

The Natural Step In (Inward)
A Creative Perspective on Manfred Max-Neef's
Fundamental Needs
By Ed Kopp, Pop Sustainability

A Sustainable Self is composed of a

Physical body that is healthy, exercises, eats a proper diet, gets ample rest and is

Protected and Secure with ample shelter and surrounded by family and friends and is allowed to express

Affection/(Emotion) and share feelings, desires, and emotions so that you gain

Understanding of yourself, others and the world around you which lets you

Participate/Serve and contribute to your family, friends, causes, charities, and to allow yourself to be contributed to which can be balanced by

Leisure to take time out, to "not do," to do things for the sake of pure enjoyment, to relax which allows for

Creativity/(To create) to allow your own essence, your distinct personality to come through in any form it wishes be it music, art, dance, writing, sports which gives you a sense of

Identity that special something in you that makes you distinctly you which leads to

Transcendence and one's connection to all things, to know that you are one small piece of the whole which liberates you to

Freedom and control of your own destiny. Your choices, your intentions, and your actions create your reality.

To get more information about presentations and workshops that address sustainability and the fourth principle of the Natural Step Framework about meeting fundamental needs, contact Terry Gips, 7915 Victoria Curve, St. Louis Park, MN 55426; 612-940-4939; Terry@afors.org; or the Alliance for Sustainability: www.afors.org

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