

Cool Australia Regeneration Guide & Factsheet

Over many generations, human activities have severely contributed to the degradation of the environment. This prolonged pattern of carelessness is degenerating life on earth, creating loss, suffering, and contributing to global warming.

Every person, animal and plant on the planet is affected by its degeneration. Degeneration we can see today has been caused by:

- Population growth
- Cars
- Buildings
- Wars
- Deforestation
- Poverty
- Oil
- Corruption
- Coal
- Industrial agriculture
- Overconsumption
- Fracking.

The opposite of degeneration is **regeneration**. When things regenerate, they come back, growing anew. Regeneration means putting life and connection at the centre of every decision we make. It is about bringing vitality and renewed growth to our communities and our ecosystems. It is a process that achieves a sustained livelihood because a regenerative process only achieves sustainability.

The required change in our approach can begin in our schools and in our families - and every living creature on the planet can experience the positive effects of regeneration! The best and quickest way to reverse the climate crisis is to regenerate our environment - oceans, forests, wetlands, and more - and our communities and social systems are the means through which big changes can be made.

In order to begin regenerating our planet, we should begin to think about how everything is connected, and the impact of our small and large actions on the rest of the planet. Regeneration restores and protects the planet's ecosystems, like mangroves that can remove more carbon than a tropical forest (yet 50% have been lost since the 1980s), the dense underwater meadows of seagrass that nurture hundreds of millions of animals, giant kelp forests that bring fisheries and oceans back to life or the grasslands that bring soils and land back to life.

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A regenerative approach to design and development places humans within ecosystems, not above or separate from the natural environment.

This is an understanding held by many Indigenous peoples around the world. The idea of custodianship of the land, seeing animals and plants as fellow brothers and sisters is very different to our modern world view of domination and extraction of nature. A cultural evolution that reconnects us to the living world is an important part of the regeneration and must be done to reverse the multiple ecological crises we face.

Is it regenerative?

Below are some questions people should consider when applying or investigating regenerative practice:

Does the action create more life or reduce it?
Does it heal the future or steal the future?
Does it enhance human well-being or diminish it?
Does it prevent disease or profit from it?
Does it create livelihoods or eliminate them?
Does it restore land or degrade it?
Does it increase global warming or decrease it?
Does it serve human needs or manufacture human wants?
Does it reduce poverty or expand it?
Does it promote fundamental human rights or deny them?
Does it provide workers with dignity or demean them?
In short, is the activity extractive or regenerative?



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Examples of Regeneration

As we live in a world of extraction, increasing disconnection and degeneration, any action that prioritises life can be seen as regenerative. This might include:

- Planting trees
- Growing your food in rich, healthy soil
- Helping others and promoting connection
- Composting food waste
- Collecting your own water supply
- Connecting to nature regularly
- Switching to renewable energy
- Interacting with kindness on social media – rehumanising.
- Not eating meat that comes from deforestation or factory farms
- Writing to MP's about environmental protection or climate action
- Using minimal to no single-use plastics and wrappers
- Embracing Indigenous wisdom
- Wilding cities by bringing more nature into urban areas
- Growing or eating regeneratively farmed foods.

The ways we can work towards the regeneration of our planet are limitless! What is important is the will to do it. The future of our planet and its inhabitants is now dependent on us to act and make a difference.

