

Scarcity or Abundance: Your Choice

Bruce T. Milne

*W.K. Kellogg Chair in Sustainable Environmental and
Food Systems*

Professor of Biology

Director, Sustainability Studies Program



McCUNE
Charitable Foundation

Abundance



A daily practice of giving gratitude for everything shifts you toward abundance mentality

Abundance-mentality:

- Local, native resources
- Seasonal
- Inputs balance outputs
- Relational, ecological
- Value in having slack in system (some waste is good)
- Interdependence, community

Scarcity



Scarcity-mentality:

- Long-haul import/export
- 24/7; just in time
- Subsidies
- Command/control
- Maximum efficiency
- Competition

Part 1

Industrial efficiency and profit-taking exploit **scarcity mentality**

ravages the Earth, makes us vulnerable to shocks, keeps us in fear, and reinforces the false notion that we are separate from nature.

Scarcity mantra:

**“There is never *enough*,
so make more and sell the excess for profit.”**

Evidence-based psychology of scarcity mentality at the personal level (Mullainathan and Shafir 2013. *Scarcity*)

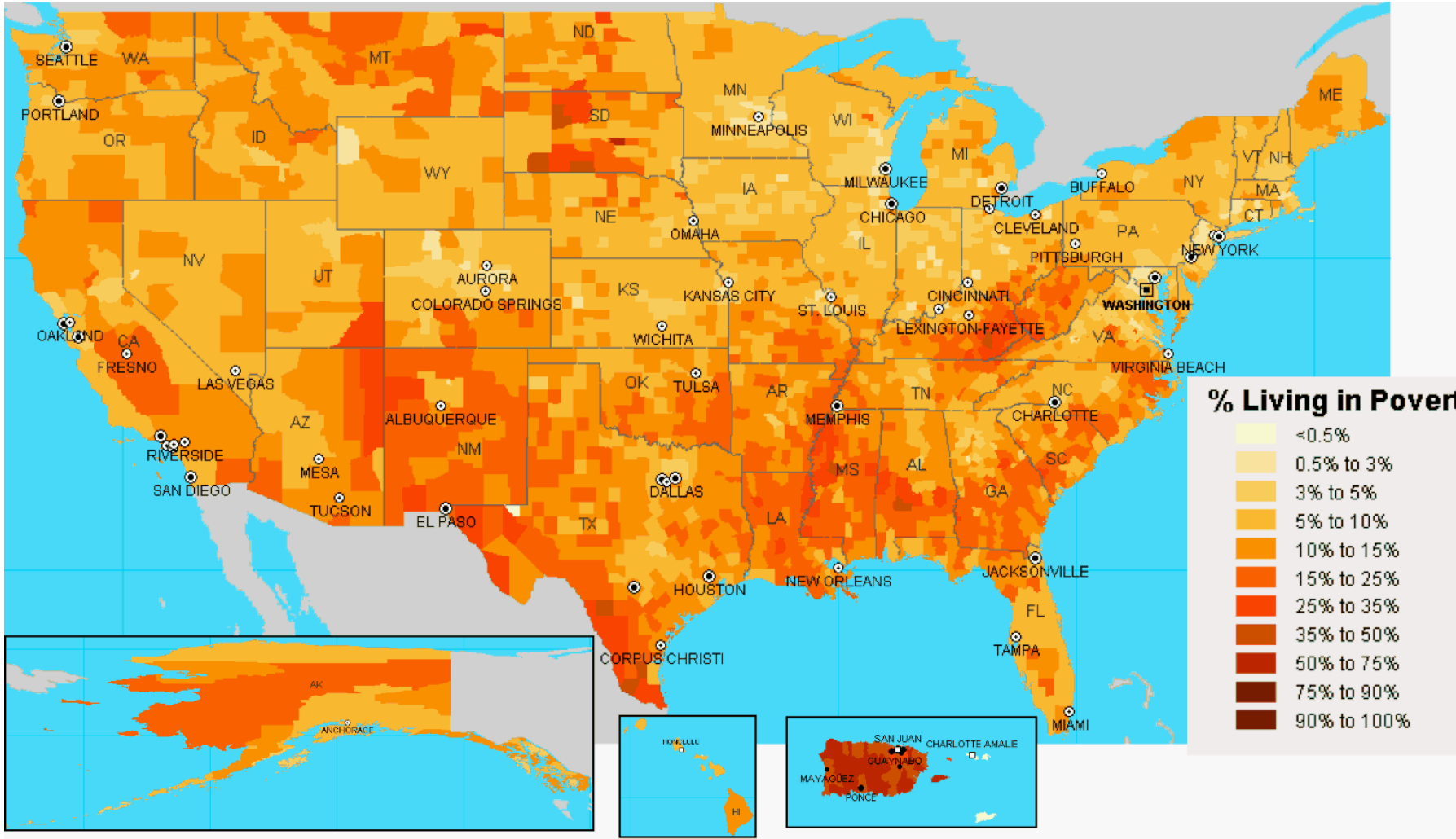
Hunger narrows your mental scope to one thing --- food.

What interest could hungry people afford to have about education, health care, environment, social equity, democracy?

Poverty lowers IQ drastically



Ivarfjeld.com

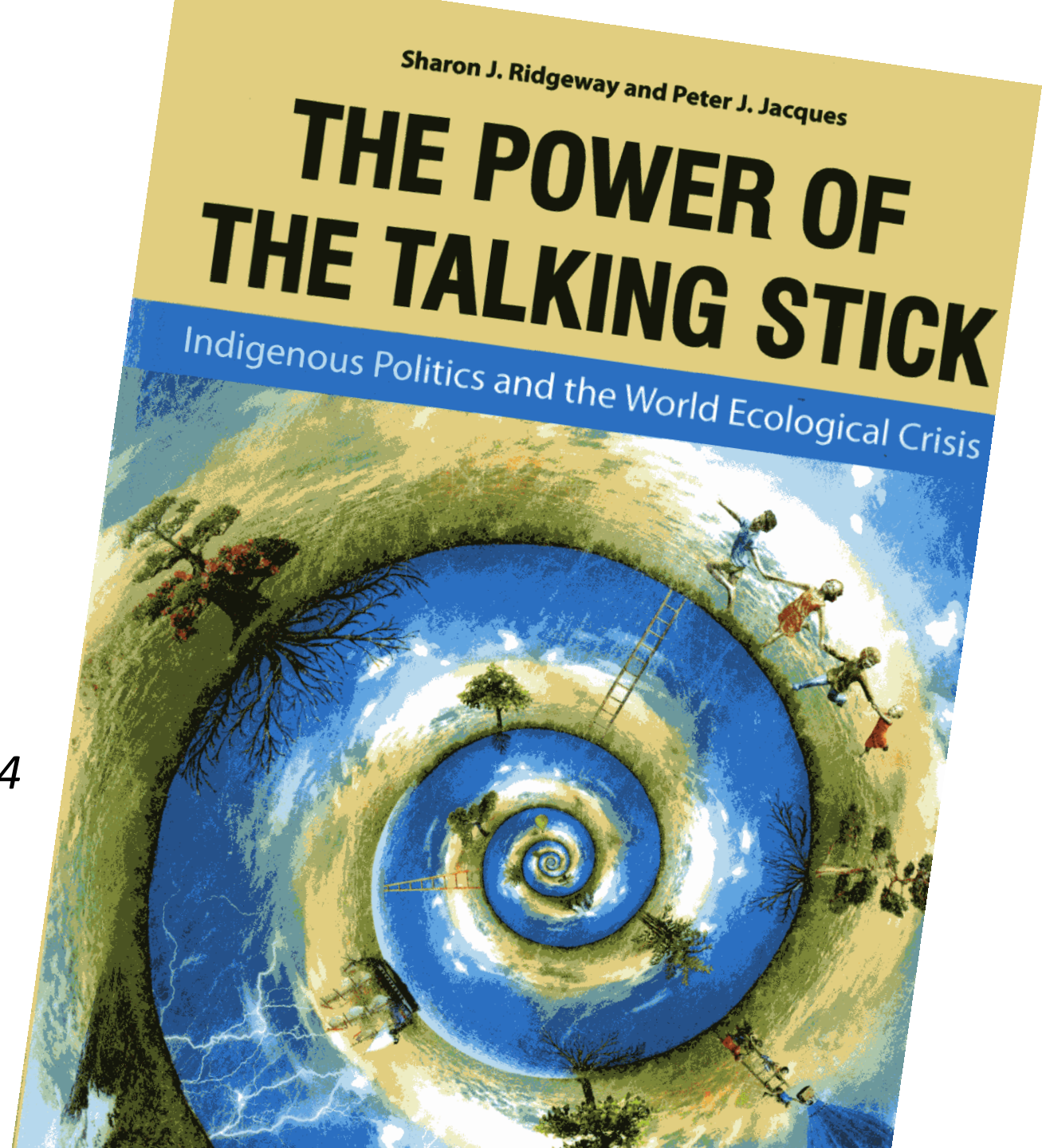


Industria

“a globalizing system of power/knowledge that has come to control most of the infrastructure of civilization.”

William T. Hipwell

The Canadian Geographer 2004



Let's call out *industria* for scarcity mentality
and its ruination of:

Biodiversity

Local traditional

cultures, economies, and languages

Climate

Leading to:

Concentrated wealth

Pollution

Colonialization

Militarization of states that resist



Source: Silenced
Majority Portal

What We Think About



When We Try Not To Think About Global Warming

Toward a NEW PSYCHOLOGY of Climate Action

Per Espen Stoknes

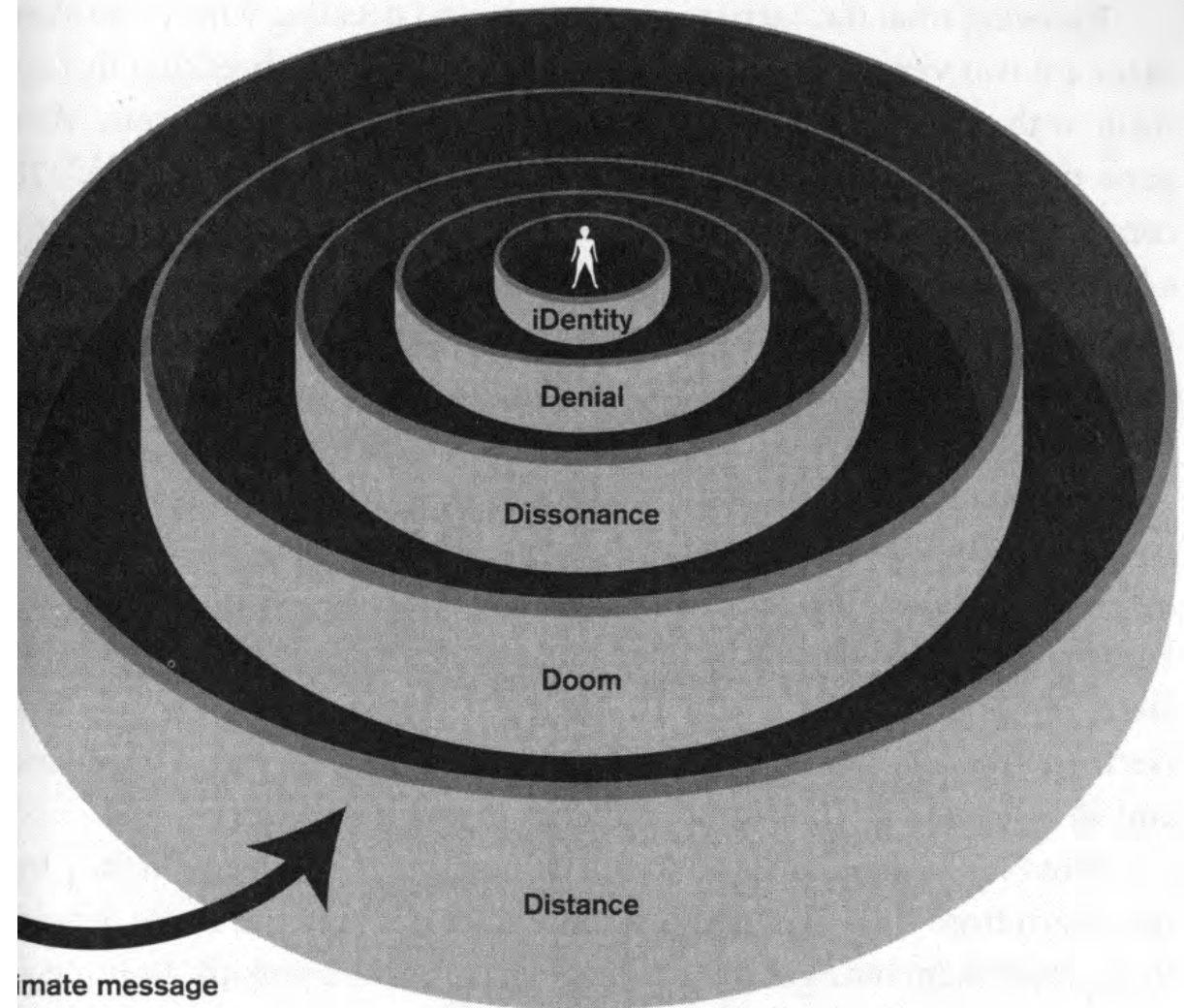
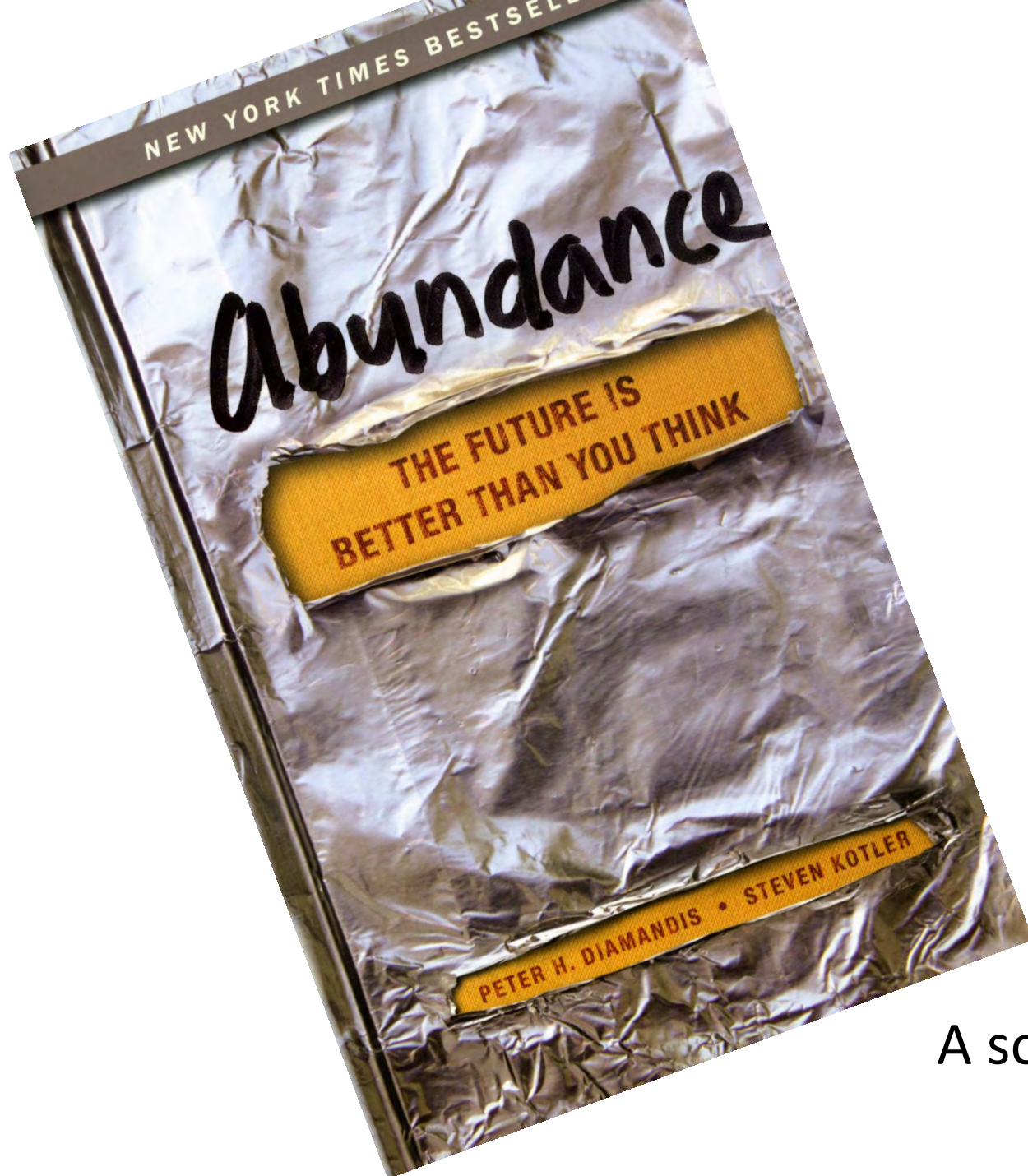


Figure 7.1. The Five D's: There are five barriers that block the climate message—eventing it from attracting enough concern to make climate a high priority. Crafting climate messages that work requires navigating around these five defenses.

Part 2

Abundance mentality celebrates the flows of water, energy, food, wealth, knowledge, and love that we receive; we can actively nurture social interactions to move collectively toward sustainable solutions.

Indigenous people know this and are teaching others.



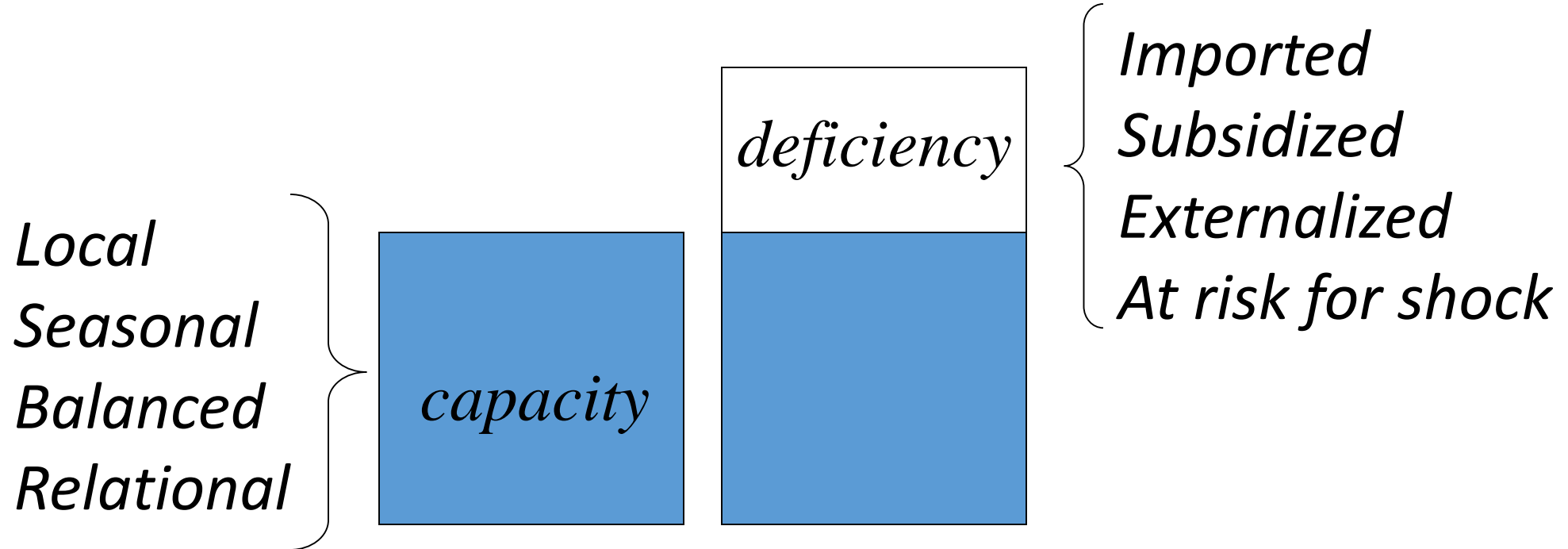
Networks and sensors
Artificial intelligence
Robotics
Digital manufacturing
Infinite computing
Medicine
Nanomaterials
Nanotechnology

A source of optimism!

The glass is already full.

Work to regenerate capacity.

Accept abundance, avoid scarcity mentality.



Celebrate local abundance of water, energy, food, wealth, and love we receive; nurture social interactions to move collectively toward sustainable solutions.



Packing the camel...



Dixon, NM



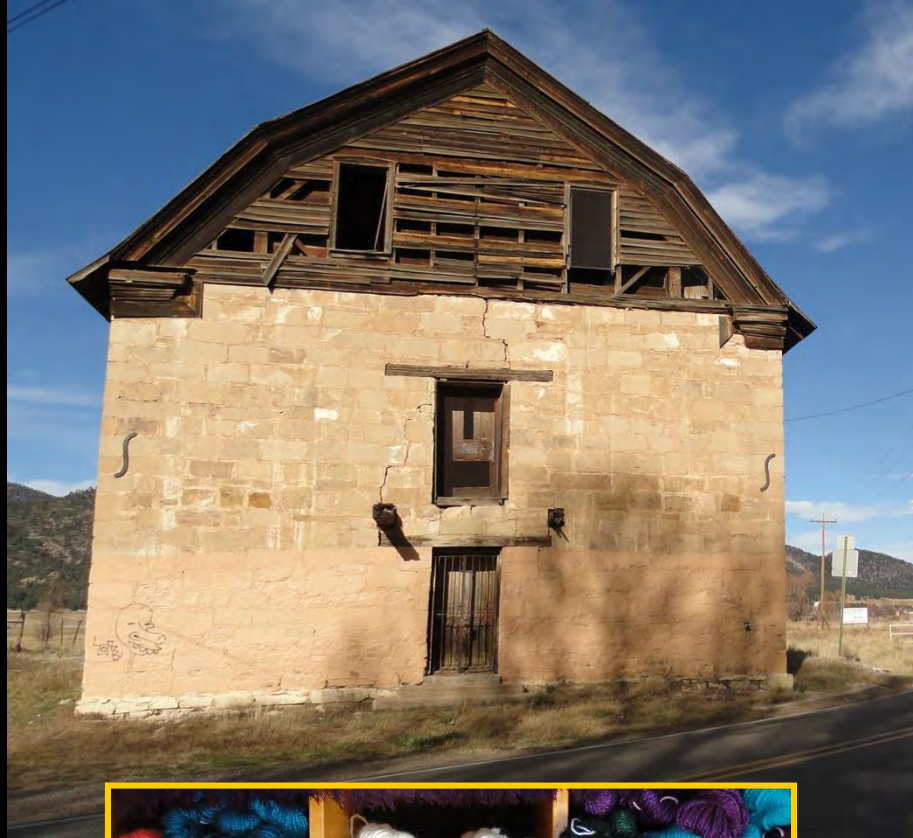
Barter economy trades labor for housing, 150 years of landrace chile, organic farming, benefits of flood irrigation, coaching new farmers, beneficial soil fungi.



“Wasteful” flood irrigation is good for the land and promotes biodiversity to provide beneficial insects for organic practice, birds, wildlife, shelter, fuel, fiber, wind protection, etc.

Mora, NM

Wool, mills, weaving, land grant, deep democracy, "No fracking!", shamans and spirituality.



UNM Campus as a sustainability laboratory...



Lobo Growers' Market (April 21) links community to campus.
Helps to support 40-50 vendors
25,000 pedestrian customers

Helpful statewide green building mandate





At the UNM Bookstore
*Eating well from the
local foodshed!*



**La Montanita UNM
Hours**

**Monday-Friday
7am-6pm**

**Saturday
10am-4pm**

**Sunday
Closed**



A partial audit of local abundance

Buildings:	LEED certification commercial buildings Architecture 2030	\$ 16 billion (estimate 2014).
Energy:	Sunzia solar transmission project	342 million + jobs, tax revenue
Food:	La Montanita Food Coop and CDC CSAs Growers' markets Community gardens, Food Festival Schoolyard gardens	37 million (5 million locally sourced) 3+ million 1.8 million
Financial and funding:	Time banking, micro-lending; McCune, W.K. Kellogg	
Heritage & Identity:	Pueblos and Diné, Hispanic agriculture	
Water:	Albuquerque 135 gal/person/day down from 225	
Carbon:	UNM main campus 23% carbon reduction, UNM Taos PV array, House wind farm, solar projects	
Entrepreneurship:	Innovate ABQ, ABQid, UNM Innovation Academy	
Ecovillages:	The Source, The Hive	



To communicate our narrative about abundance...

Social – Use the power of *social networks* (traditional and new media)

Supportive – Support messages with *positive emotions* (hope, love, desire)

Simple – Make desirable *behaviors easy and convenient*

Story-based – Use the *power of story to create meaning and community*

Signals – Include indicators for *feedback on societal response*

Stoknes (2015. *What We Think About*)

Part 3 The Method is a set of tools for cultivating abundance mentality and thereby (reskilling your mind!):

- Replace negative thoughts such as fear,
- Orient to a narrative of “flows” not “things”,
- Orient toward **gratitude, personal authenticity, courage, grace and joy,**
by acknowledging love and the profound commonality of the human spirit (strength and struggle both) and our ecological interdependence.

Why does this matter?

New Mexico ranks 49 or 50 in the union on all measures of education, well-being, crime, graduation rates, teen pregnancy, etc.,

yet for decades government, business, and education have not changed our status.

Why? Because real change has to come from inside each person.

What if we could each really achieve our burning desire:

... finish a degree, create a business, find a mate, educate our child, save for retirement, beat personal addiction, be healthier... We would all rise up!

Parts of The Method:

I Building Mental
Fitness

II From Thought to
Physical Reality

III Gratitude & Acceptance

Tools:

Heart of the Rose → *Secret of the Lake*
+ Replacement of negative thoughts + Mantras
↓ ↓
Self-confidence Formula

6 Steps to Program the Subconscious and
Achieve Your Burning Desire

28-day Recipe for Expressing Gratitude
+ Group Gratitude
+ The Magic Rock

Why does The Method work?

The basic premise is that all physical outcomes start with a thought.

Look around. Can you find anything that was not a thought first?

Sharma (1997) says, like the ancients before us, we need to cultivate a harmonious set of principles to have good thoughts.

These are **Compassion, Industry, Humility, Patience, Honesty, and Courage.**

Use the Method to perfect yourself on each count.



Rodin, *Thought* 1886 Musee d'Orsay, Paris

Hill (1937) tells us the subconscious mind can be regarded as a filter of sensory inputs. It changes every day based on experience.

If accidentally, or through misfortune, you "program" it on a maladaptive basis (e.g., letting fear trump courage), the subconscious will "filter" inputs on that basis.



(Image: Dim Dimich / [Shutterstock](#))

Express gratitude
for everything.

Your mind will
become dominated
by positive thoughts
and feelings. Life
will present abundance.



Recipe

I am especially grateful for _____ because _____.

Thank you, thank you, thank you.

I am grateful to be wearing clean socks because my feet smell great.

Abundance



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