



*AN ANNOTATED INDEX  
TO  
A SOCIETY  
WORTH LIVING FOR*

*Tom Bender \*18 February 2015*

*An ongoing collection of papers I've written exploring some of the less familiar dimensions of conversion to a wholistic and sustainable society:*

**LOOKING AHEAD:** It's amazing, looking back, at how long ago the elements were visible for transition to a better world and life using a fraction of the resources we use. It's easy, when we're wealthy, to throw money at symptoms of problems rather than address their root issues. But how much better when we do address them!

**LIVING LIGHTLY: ENERGY CONSERVATION IN HOUSING.**

Monograph. 1973. (Excerpts)

**LIVING LIGHTLY: ENERGY CONSERVATION IN HOUSING.** Full monograph. 1973. This was pretty audacious. Asserting, in 1973, that we can lower our energy use by 90%. Asserting we will be happier and healthier when we do. Showing how, in our built environment. Then taking a class of pre-architecture students and *building* a demonstration house to show it works.

**"AUTONOMOUS LIVING IN THE OUROBOROS HOUSE"**, POPULAR SCIENCE, Dec. 1975. Here's a report on that demonstration house.

**THE HIDDEN COSTS OF HOUSING.** Top award winning entry in the 1981 California Affordable Housing Competition. Laid out strategies to reduce housing costs by 90% through unconventional approaches to the whole spectrum of housing costs.

**"FENG-SHUI: ENERGY AND PLACE"**, 1972. First publication in this country asserting a geophysical basis to the Chinese practice of feng-shui, and

asserting the acknowledgement by other cultures of the existence of life-force energy and its central role in all aspects of a culture.

**"THE END OF NUCLEAR WAR"**, Dec. 1986. Fifteen years before 9/11, this warned of the vulnerability of centralized high-tech societies and the importance of dealing with the real needs of everyone. Not the same scenario as 9/11, but equally scary. Rejected by *Foreign Affairs* as "too theoretical" and by *Harvard Business Review* as "not giving our CEOs 'effective policy actions'".

**"VITALITY AND AFFORDABILITY OF HIGHER EDUCATION"**, Oct. 1993. How to reduce the cost of higher education by 90%. Nineteen years later, Stanford University professors are offering free on-line courses, with up to 160,000 students from 190 countries!

**RENT-ALLS**, 1993. Again, almost 20 years ago, showing value of CarShare/ZipCar, systems. Some of the least visible yet most important elements and concepts for creating a transportation system providing more freedom, convenience, and quality of transportation than current.

**"GRANNY-FLATS AND DUPLEX-PENSIONS,"** RAIN, Nov. '78. Scoped out in 1978, in part implemented in several states in the late 1990s, lays out how to better use our oversized housing stock. **"TILLAWATTS"**, 21 Jan. 2009. Lays out combining ADUs or Granny-Flats with deep energy retrofits to lessen infrastructure impacts as well as construction costs of housing. "FlexPlex" and "Two for One" lay out more physical details.

**"IMPROVING THE ECONOMIC VALUE OF COASTAL PUBLIC FOREST LANDS"**, Dec. 1994. Updated as **"FIXING FAILED FORESTS,"** April 2002. Only 18 years ago, examined

as example of what we "conveniently" forget to account for in conventional economics and how we achieve ten times or more effectiveness improvements using wholistic economics.

**"NOTES ON OUR PLASMA UNIVERSE,"** Oct. 2007. This one is still unfolding, but combines emerging "electric universe" information with life-force energy, as source for the plasmas that generate our material world.

## **SPEAKING FROM OUR SOULS:**

**A PRAYER FOR HELP**, March, 1997. Leadership in transition to sustainability will come from the Third World as much as the wealthy countries. Our fears are largely what keeps us from that transition. Here is why we need each other's help.

[SHOOTING PEOPLE](#), PDF photoessay, 5 Jan. 2007. How a digital camera can transform how we see ourselves and others.

[WHAT IS TO GIVE LIGHT MUST ENDURE BURNING](#), 1978. Our house fire, the day we finished building. Loss and grief break us free from our rational world and plunge us deep into the interconnected consciousness from the realms of qi. The heart speaks.

[SHEDDING A SKIN THAT NO LONGER FITS](#), Mar. 1996. The head and the heart of letting go of things that don't help us any more, and a feel for what we find beyond.

## **GLOBAL WARMING:**

[OH, NO! WE'VE BEEN ELECTED!](#), for Daily Astorian, 3 Jan. 2007. Global warming requires more than just replacing our light bulbs with more efficient ones. Here is what can be accomplished on a community level.

[OREGON COAST IMPACTS OF GLOBAL WARMING](#), Oct. 2008. Tsunami and global warming impacts take on new meaning when we see the potential impacts where we live.

["NATURAL HAZARDS LEGISLATION"](#), 11 Feb. 2015. An update of above, showing that landslides, subduction-quakes/tsunamis and other hazards present equal needs for preparation and action.

["GLOBAL WARMING: TAKING REAL ACTION"](#): 28 May 2008. Lots of real, and effective action, that can begin locally. Things that should be done with or without global warming. Sigh!

["SOME TRUTHS MAY BE TRUE"](#) 14 Dec. 2006. North Coast Citizen. More local actions.

["BAN BILLBOARDS, BUY LESS, WORK LESS"](#) Daily Astorian, 24 July 2008. Not promoting consumption, and consuming and working less is one real way to reduce energy use, reduce global warming, and make life better! Europeans work 25% fewer hours a year than Americans, while having greater productivity. That's the equivalent to three months more vacation every year.

["BAN INCANDESCENT LIGHTBULBS"](#) Daily Astorian, 3 July 2008. In 2007 Australia legislated a ban on incandescent bulbs. Here was a conservative government taking serious and forceful action on global warming. *They* cut through all those human roadblocks to change. The stuff's available now, most of the problems are resolved, and after the usual amount of grumbling, even

Americans can adapt.

**"BUILDING MORATORIUMS IN IMPACTED AREAS"** 28 May 2008. It's amazing our government jurisdictions take no action when we discover what can be destroyed by tsunami or sea level rise. The insurance industry is pulling out from coastal areas. Why do we continue to allow construction in impact zones?

**"DOUBLE VEHICLE MILEAGE NOW"** 14 May 2008. Why wait? Outside the U.S., there are 38 vehicles that get 50 mpg or better. We can mandate on state levels a doubling of vehicle efficiency immediately. Here's a process.

**"REQUIRE ZERO-ENERGY HOMES"** Daily Astorian, 3 July 2008. Requiring zero-energy houses in our building codes can happen, and happen quickly, at local, state, or national levels. It helps homeowners. It helps the building industry, transferring investment from oil to building. It helps the future.

## **ENERGY:**

**FUTURE WORLD OIL SUPPLIES: There IS a Finite Limit**, L.F. Ivanhoe. WORLD OIL, Oct. 1995. From industry statistics - when world oil peaks, depletes; strategies for wise use, false statistics. Outstanding intro to this issue.

**COSMIC ECONOMICS**, - with Office of Energy Research & Planning, Governor's Office, State of Oregon, 1974. Growth, fueled by fossil fuels, operates on an "inversion" of values and successful practices from a sustainable society. What's now called a "Carbon Tax" originated in this article long ago, which warned of all the failure-shortcuts we're now trying, such as ethanol fuels that are not net energy producing.

**"EMERGING ENERGY POLICY PRINCIPLES"** - with O. E. R. P, 1974. Valuable principles for public policy to guide transitions relative to peak oil.

**"INDEPENDENCE?"**- with O.E.R.P, 1974. Concise summary of shift needed in energy policy.

**GREEN POWER OR GREED POWER**, NORTH COAST CITIZEN Nov. '03. When are utility-scale giant wind power plants "green", and when just more of the same old greed?

**LNG IMPORTS: NEITHER SAFE NOR WISE**, HIPFISH, Jan. 2005. LNG terminals are proposed around the US. They hold potential for catastrophic accidents, can be major terrorism targets, and one of the least wise alternatives for meeting our energy needs.

**"THE COST OF ENERGY SLAVES,"** RAIN May '76. Understanding things about energy such as energy quality, net energy, cascading use, peak oil, and how cheap oil was impossible to try to compete with can help develop wise actions as we transition beyond oil.

**"FLEXPLEX ENERGY"**, NeahCasa, Aug. 2010. Yes, here's an innovative design for a duplex that uses 95% less energy/unit than the standard American house.

## **TAKING ACTION:**

**"FIRST THINGS FIRST: RESTORE FREE ELECTIONS,"** Daily Astorian, 1 June 2009. You can't have a democratic government if candidates for office have to pay today's huge fees for advertising. No civilized country permits such costs for use of public media.

**"QUICK AND SIMPLE ANSWERS"**, 26 Oct. 2008. Here's major and simple change that we can do in our lives and in our hearts.

**TEN EASY PIECES,** DAILY ASTORIAN, 31 Oct. '01. Ten first steps on a path away from terrorism, greed, and violence.

**SOME QUESTIONS WE HAVEN'T ASKED,** April 1996. A more extensive coverage of the issues, showing that political actions needed involve little more than reversing some of the laws enacted in recent decades.

**"PAYING FOR CHANGE,"** 28 May 2009. Sure, change costs money, but can save far more, and *how* we pay for change can change things in itself.

**"LIGHT AND POWER"**, 10 Oct. 2007. Presentation to Oregon Interfaith Power and Light. Institutional process to work with both "efficiency" and the sacred.

## **SADNESS AND GRIEF:**

**"SEEK WISDOM, NOT VENGEANCE,"** Guest Column, DAILY ASTORIAN, 21 Sept. '01. From my heart, after 9/11. The roots of terrorism are in our own history and actions as well as those of others.

**"SHAME AND OUTRAGE,"** DAILY ASTORIAN Letters to the Editor Spring '03. Declaring war, based on lies. Haven't we had enough of this?

**"WE HAVE FOUND THE TERRORIST THE TERRORIST IS U.S."** October, 2004. The overwhelming propaganda of "terrorism", and acknowledging some of the truth beneath it.

**"ELECTIONS"**, Nov 7, 2004. Personal feelings after a national election is stolen.

**"OUR GOVERNMENT IS A TERRORIST "** North Coast Citizen, 11 Sept 2008. Terrorism by our government against U.S. citizens escalates again.

**"STOP BEING SO GULLIBLE,"** Daily Astorian, 17 July '09. The smokescreen of pointing our fingers at others to distract from our country's own actions.

## **LIFE, AND DEATH:**

**"REAL HEALTH CARE"**, 30 Nov. 2006. North Coast Citizen. The systemic costs alone of a for-profit insurance based system show 50% savings possible through Single-Payer Medicare-type systems.

**"ARE WE ALL VETERANS OF WAR?"** 17 June 2009. HEADLIGHT HERALD 1 July '09. PTSD, shamanic, and community healing of the inner wounds of our culture.

**HOSPICE: GATEWAYS OF LIFE AND DEATH,** Oct. 2000. Acknowledgment and honoring the major transitions of life transform the institutions we create to deal with them.

**"DON'T BREED WONDER-BUGS,"** 1 Nov. 2007. "Health" systems based on killing don't work.

**MIDNIGHT COMES: A JOURNEY FROM DEATH- TO LIFE-CENTERED HEALING,** Feb. 2001. A battle with mutant staph inflections, and what they say about our relationship to the rest of life.

## **EDUCATION:**

**"VITALITY AND AFFORDABILITY OF HIGHER EDUCATION"**, Oct. 1993. How to reduce the cost of higher education by 90%. Nineteen years later, Stanford University professors are offering free on-line courses, with up to 160,000 students from 190 countries!

**TERMINAL ED: OUR SCHOOLS ARE DEAD,** 2001. Finding a ray of light for our public schools. What to do when almost all aspects are screwed up.



## NEW VALUES ARE CORE:

[\*\*BUDDHIST ECONOMICS\*\*](#), by **E.F. Schumacher**, 1966. Schumacher's essay on the economics which arise from different value systems was a profound breakthrough for me in understanding how to create a society worth living for.

[\*\*SHARING SMALLER PIES\*\*](#), Excerpts from monograph. 1975. Thirty-seven years old, but still an excellent introduction to the "new" operative values involved in becoming a part of a sustainable world. Pioneered consideration of values as core and highly productive elements of change. [\*\*SHARING SMALLER PIES\*\*](#). Full monograph. 1975.

[\*\*"YOU GET WHAT YOU GIVE,"\*\*](#) RAIN, Jun '78. Yep, 'tis true!

[\*\*"GO SLOW,"\*\*](#) 18 Oct. 2007 North Coast Citizen; Global Intelligencer, Oct. 2007. Running around all the time – in our heads and in our bodies – can block out important things that bubble slowly to the surface.

[\*\*"SLOW CITIES"\*\*](#) 10 Jan. 2008 North Coast Citizen. Slow can mean time to savor!

[\*\*"ACKNOWLEDGING FEARS AND HOPES,"\*\*](#) 13 July 2006. North Coast Citizen.

[\*\*"PRISON BAIT"\*\*](#) 20 Mar. 2008 North Coast Citizen. Another crazy pattern that needs to be healed.

[\*\*"WE'VE GOT IT. DON'T LOSE IT."\*\*](#) North Coast Citizen, 15 June 2006. Things we take for granted around us that cause us to say, "We've got everything money can't buy!"

[\*\*THEIR POPULATION, OUR PROBLEM\*\*](#), 1996. Population is not someone else's problem. Why we tiptoe around the issue points to our own responsibilities. Curious, isn't it, that we think of ourselves as a culture of "freedom", and ignore any sense of responsibilities! What mathematician would concur on infinite exponential growth in a finite world?

[\*\*"OUT ON A LIMB"\*\*](#), Feb. 1992. Taking risks can have rewards!

[\*\*"TRANSFORMING TOURISM"\*\*](#), EARTH ETHICS, Summer 1993. Doing everything a little differently can give very different rewards.

[\*\*"TRUE SECURITY"\*\*](#), RAIN, Oct/Nov 1982. *Everyone* must feel safe and fairly treated for any of us to have true security.

[\*\*SIMPLE PRICES\*\*](#), Feb. 1996. A quick snapshot which illustrates how totally our values color our every action, and the magnitude of change implicit in small actions.

[\*\*"LET FANTASIES BE FANTASIES,"\*\*](#) RAIN, Apr. '77. Such a little thing, but what freedom it can give!

[\*\*UNEXPECTED GIFTS\*\*](#), Solar '96 Solar Energy Association of Oregon Conference, October, 1996. A feeling for some of the non-economic benefits of a sustainable culture that are far different from those of a growth society.

[\*\*FINDING TIME\*\*](#), IN CONTEXT, Spring 1994. Another brief look at the impact of a different mindset in freeing and enriching our lives when we let go of maximizing acquisition of material possessions.

[\*\*"VIOLENCE/NON-VIOLENCE"\*\*](#), MANAS, June 8, 1983. Violence has been core to our culture. A discussion here of alternatives to it.

[\*\*"BEYOND AN OVERSTUFFED WORLD"\*\*](#), 3 Nov. 2008. Images of the savings and benefits of thinking smaller in our homes.

[\*\*THE IZU PRINCIPLES\*\*](#), Oct. 1994.  
A brief summary of the five change-of-heart principles needed for sustainability.

[\*\*ECO-BUILDING II\*\*](#), May 1996. A succinct overview of the immense savings from letting go of the costly values of growth, greed, inequity, and violence. Some of the paradoxes involved if we capture those savings without first dealing with population, appetites, and our inner values.

## **REAL WEALTH:**

[\*\*BUILDING REAL WEALTH\*\*](#), May 1993. Text of top award winning entry in the 1993 AIA/UIA Sustainable Community Solutions International Competition. What constitutes our real wealth, with a cluster of illustrations of how our surroundings change when we embrace more nurturing values.

[\*\*THE ECONOMICS OF GIVING\*\*](#), from THE HEART OF PLACE, 1993. This might sound absurd at first, but shows the vital importance of values as an integral part of economics. In the economics of giving, *both* the giver and receiver gain.

[\*\*"TIME TO CHANGE OREGON FORESTRY"\*\*](#), 16 Feb. 2015. Detailed, with hotlinked sources, on what actions are needed to transform, revitalize, and improve the benefits given us by our forests. Some suggestions may seem



outrageous at first (of course), until we see the benefit of the wholistic pattern shifts involved.

**"TIME FOR ACTION ON NEW FORESTRY LAWS"**, 16 Feb. 2015. Short summary of core issues with how badly our forests are mismanaged in Oregon and action to take to transform that world.

\* **"PUTTING DOWN 'SACRED' ROOTS ONE TREE AT A TIME"**, NORTH COAST CITIZEN, 8 March 2012. Any of us can find ways to restore real wealth to our communities and our hearts.

**"EFFICIENCY VS. EFFECTIVENESS"**, BUILDING WITH NATURE #18, Jan. 1998. Getting beyond one-dimensional criteria in our lives.

**"FORECLOSING OUR FUTURE,"** 12 April 2002. The core mechanism of our economics is future discounting or "present net value accounting". In real life, it causes major loss of economic productivity compared to longer term thinking. The integrative approach of Factor-10 economics, in contrast, produces far more economic productivity and financial return. Actions taken under PNV thinking often destroys the more productive long-term options, giving the appearance of "best value."

**"AD-FREE TV,"** RAIN Apr. '77. What if, like other countries, TV programming wasn't based on promoting consumerism????

**"ARE WE ALL VETERANS OF WAR?"** 17 June 2009. HEADLIGHT HERALD 1 July '09. PTSD, shamanic, and community healing of the inner wounds of our culture.

## **OUR BUILT ENVIRONMENT:**

**"FREE HOMES,"** March '14, 2014. Summary of material put together for housing showing real elements of housing costs and how to reduce them by 90-100%.

**NEAHCASA,** 2007. Strategies our own CLT has been developing to transform the housing market and achieve 80% reduction in overall housing costs.

**"MOSS ROOFS"**, Dec., 2000. Simpler ways of getting ecological roofs that cool, create oxygen, absorb water.

**"BANK OF ASTORIA: BUILDING COMMUNITY SUSTAINABILITY"**, May 2001. 2001 AIA Sustainable Design Award, 2002 Top 10 Green Buildings Award. A small town bank designed from F-10 economics. Just the impact on employee effectiveness more than pays front-end costs.

## **MONEY:**

["GETTING OUR CITIES OUT OF BANKRUPTCY"](#), 20 May 2012.

Operating bills for urban sprawl are coming home. How to get out of the debt-trap and make our city structures more effective.

["BORROWING TROUBLE"](#) Nov. 1993. Why haven't we been able to see the absurd illogic of debt-based systems?????

["GET U.S. OUT OF DEBT"](#) 29 Dec. 2007 North Coast Citizen. Until we point our minds and hearts in the right direction, it's difficult to figure out "how-to" details that become obvious when we do. 20% reduction in costs of all we do, once we turn around!

## **WHOLISTIC THINKING:**

[ENDGAMES](#), Nov. 1990. Overall costs of alternative courses of action include where they leave us in at the end. Twenty years of heating a house with natural gas leaves us with twenty years less reserves of gas. Heating with insulation leaves us at the end of the same period still having that twenty years of gas available, plus houses insulated to save heat for fifty or a hundred more years.

[BUILDING VALUE](#): Energy Design for State Buildings. Monograph. Office of State Architect, State of California, 1976. A few graphic reminders, from a study done for the California State Architect's Office, of different ways of valuing our surroundings and the importance of new concepts in our approach to sheltering our activities.

["LIFE-FORCE ENERGY IN WORLD CULTURES"](#), BOL 8 Jan. 1999. An appendix to Building with the Breath of Life, but most-linked page on my website. Shows 65 cultures around the world where life-force energy is viewed as core to everything.

["THE PHYSICS OF QI,"](#) 3 Nov. 2006. Overview article of **THE PHYSICS OF QI**, DVD. Fire River Press, Oct. 2007.

## **THE SACRED:**

["LESSONS FROM THE OSUN SHRINE, NIGERIA"](#) 2014

ARCHITECTURE, CULTURE, AND SPIRITUALITY SYMPOSIUM (ACS6), Toronto CA. June '14. The "official" presentation paper, with hotlinks to sources.

**"LESSONS FROM THE OSUN SHRINE, NIGERIA"** PPT from 2014 ARCHITECTURE, CULTURE, AND SPIRITUALITY SYMPOSIUM (ACS6), Toronto CA. June '14. This is a wild one. Academic sphincters slammed shut on the first slide! I think it really explores some of the deep issues of sharing information or not on sacred places and practices such as these. Also covers some of the wild stuff in a divination I had from Malidoma Somé, and Suzanne Wenger's words on life-force energy in mature forests.

**"LIVING ARCHITECTURE,"** Bringing Buildings to Life Symposium, 18 May 2006. Published in *Biophilic Design*. Kellert, Heerwagen & Mador, eds. July 2007. The role of soul in architecture.

**THE SACRED ROOTS OF SUSTAINABLE DESIGN,** Sept. 1995. A personal commentary on moving to enriching and nurturing patterns of living and working.

**"CITIES OF PASSION, CITIES OF LIFE",** 9 Oct. 1993. What makes community arise within the places we live?

**THE SPIRITUAL HEART OF SUSTAINABLE COMMUNITIES,** May 1994. Dealing with the *diseases of the spirit* that haunt our society, the essential role of a sacred basis to our lives and culture, and how the power of sustainability becomes expressed in cities of passion and life.

**"IN BEAUTY WE WALK"** Sept. 1992. How things change when we embrace the sacred.

**THE SHRINE OF THE MOUNTAIN AND THE WATERS,** March 1997. The importance of our surroundings showing that we value all of Creation, and what happens when we go about ensuring that it does.

**PLACES TOUCHING SPIRIT,** 14 July 2006. How our places can bring us into deeper connection with the rest of creation.

**SACRED ART, SACRED SPACE,** 27 March 2006. The different roles of art and architecture in a world where all is held sacred, and where the primacy of energetic realms is understood.

**"PORTALS TO THE SPIRIT WORLD,"** SHAMAN'S DRUM, Sept. '01. Introduction to the use of life-force energy in architectural design.

**"THE REALMS OF SPIRIT",** ARCHITECTURE, CULTURE, and SPIRITUALITY SYMPOSIUM, 25 March, 2009. A silent presentation, through images, of the role of the sacred in our surroundings and lives.

["SEWAGE IS ART: A STUDY OF THE HEALING OF PLACE WITH "CHI"](#), June, 1995. ["SEWAGE IS ART: A STUDY OF THE HEALING OF PLACE WITH "CHI"](#), June, 1995. Excerpt. Weaving cultures, energy, and life in the Inner City. Design for competition for Korean Museum of Art and Culture in L.A.

## **TRANSPORTATION:**

[RENTALLS](#), AORTA BULLETIN, Jan 1995. Some of the least visible yet most important elements and concepts for creating a transportation system providing more freedom, convenience, and quality of transportation than the automobile.

["OR-MAX"](#), w/Lee Johnson, 1988. Development of an electrified rail system throughout Oregon.

[NEAHCASA TRANSPORTATION](#). Everything is connected. A brief touch on rural non-profit carshare systems and their potential benefits for housing affordability.

## **FOOD:**

["FAKE FOOD,"](#) 19 Oct. 2006. North Coast Citizen. The nutritional loss in food chosen for corpora

## **WORK:**

["GOOD WORK!"](#), 22 March 2007.

["WORK AND LEISURE"](#), MANAS, April 13, 1983. There are possibly some better ways of looking at life than such a total separation.

## **LINKS TO RELATED ITEMS:**

[AFFORDABLE HOUSING INDEX](#)

[ENERGETICS OF PLACE INDEX](#)

[GLOBAL WARMING INDEX](#)

[OCCUPY EARTH INDEX](#)

[SUSTAINABLE ECONOMICS INDEX](#)

**ALPHABETICAL ARTICLE INDEX**  
**CHRONOLOGICAL ARTICLE INDEX**