

REVERSECLIMATE.ORG



"IS ALL HOPE LOST?"

WARNING

The following eBook is recommended for mature audiences only and as it may contain controversial materials or potentially offensive content that is unsuitable for younger readers under the age of 16.

By continuing, you agree that the material and information contained in this eBook is for general information purposes only. You should not rely upon the material or information on the website as a basis for making any business, legal or any other decisions. The content creators will not be liable for any false, inaccurate, inappropriate or incomplete information presented on the website. Any content provided by the content creators are of their opinion, and are not intended to malign any religion, ethnic group, club, organization, company, individual or anyone or anything. Further, the content creators **DISCLAIMS LIABILITY FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES** and assumes no responsibility or liability for any loss or damage suffered by any person as a result of the use or misuse of any of the information or content on this website.

If you do not agree to the above, please close this eBook immediately.

REVERSECLIMATE.ORG

Table of Contents

| | |
|---|----|
| OUR DYING PLANET | 4 |
| HOW CLIMATE CHANGE DIRECTLY IMPACTS YOU | 4 |
| RICH BOB PART 1..... | 6 |
| AUTHOR'S NOTE 1: | 8 |
| THE MONEY CYCLE | 9 |
| AUTHOR'S NOTE 2:..... | 10 |
| JUNIOR BOB | 11 |
| RICH BOB PART 2..... | 13 |
| EPILOGUE | 14 |
| THE TRUE PATH TO HAPPINESS | 16 |
| OBSTACLES TO HAPPINESS | 18 |
| OWNERSHIP | 19 |
| SOCIAL STATUS | 19 |
| HOW TO REVERSE CLIMATE CHANGE | 21 |
| A STROKE OF GENIUS..... | 22 |
| ELIMINATING WASTE..... | 22 |
| SOCIAL MOVEMENT..... | 22 |
| SUMMARY | 23 |
| POSITIVE AGGRESSION..... | 23 |
| CHANGES WITHIN | 23 |
| SELF-ACCEPTANCE..... | 23 |
| AUTHOR'S NOTE ON THE IDEA OF SELF | 24 |
| AUTHOR'S FINAL WORD..... | 24 |

REVERSECLIMATE.ORG

OUR DYING PLANET

You probably wouldn't want to read this at the beginning of any book but here it is – our planet is dying.

In fact, one might find it alarming to learn that global warming has gotten so bad that it might very well become irreversible.

Climate experts are giving out warnings about tipping points. Tipping points are boundaries that once crossed, reversing climate change may be out of our control.

I know you are likely to be inundated by news about how climate change is melting our ice caps, raising water levels, killing coral reefs, etc. In fact, more news doesn't necessarily mean more awareness or more actions. Up to a certain point, we may just become numb to all that negative news.

So, let's try another approach. How about we discuss how climate change directly impacts us. Maybe that makes more sense.

HOW CLIMATE CHANGE DIRECTLY IMPACTS YOU

1. Torrential rain may cause unexpected floods. If the infrastructure is not adequate to deal with the sudden increase in rainfall, that may cause damage to properties.¹
2. If you are living in the coastal area, rising sea-levels can threaten to damage your home. Since I live in Singapore, which is basically an island surrounded by water, I am at risk too²!
3. Soaring temperatures means that the weather is getting hotter and hotter year by year. You may have to spend more on cooling equipment and electrical bills.
4. If your profession requires to be outdoors most of the time, you are at risk of getting dehydrated or suffer from heat strokes.
5. Rising temperatures and floods create potent challengers for farmers and may disrupt food supplies. This means food prices may rise and that affects everyone.
6. There will be an increase in vector-borne diseases such as dengue. These are diseases caused by vectors such as fleas, ticks and mosquitoes³.
7. Carbon emissions and pollution goes hand in hand. This leads to a suffocating environment that may impact your health directly.

¹ The World Bank estimates that [flood risk already affects 1.81 billion people](#).

² Singapore's mean sea level may [rise by up to 1.15m](#) by 2100, exceeding previous estimates (CNA).

³ The Centers for Disease Control and Prevention (CDC) noted how climate change influences [the spread of vector-borne diseases](#).

REVERSECLIMATE.ORG

8. As governments need fresh funds to improve on existing infrastructure, they may raise taxes.
9. As homes are destroyed due to eroding coast lines, millions of people will be seeking new homes. Land scarcity and intensifying competition may drive real estate prices upwards.
10. Intense floods may stress sewage systems and lead to water contamination⁴.
11. Whether you are an athlete or just play sports for fun, all forms of outdoor recreation become more difficult.
12. If you fly often, you may encounter more turbulence⁵. If you aspire to be an aviator, you may need to take the additional risks into consideration.
13. If society destabilizes, that may lead to social unrests, riots and other social problems that affect all of us.

It is clear that climate change is costing us our health, finances, and even our homes.

Yet, even as there is heightened awareness, many climate experts do not see reversal of climate change coming fast enough.

There seems to be increased urgency, especially in the technological space, to devise solutions to help cope with climate change. Some are looking into capturing carbon and turning it into something of value. Others suggested creating a “blanket” in our atmosphere that will somehow block the heat from the sun. Researchers are also looking at ways to absorb and capturing carbon from the environment using grasslands. Energy experts are looking for better and more efficient ways to harness solar power, wind energy, and even nuclear power.

While such innovations look promising, experts have warned that even if these technologies are to attain full maturity, they can only remove a fraction of the carbon. Furthermore, to use such technologies to remove carbon may lead to other unforeseen problems.

What is happening is that with the increasing global population, more carbon gets released into the environment each day. Many experts agree that the easier approach to reversing climate change is not to release the carbon into the environment in the first place.

That’s easier said than done, isn’t it? To understand how formidable the challenges we face are, let’s simplify things for a moment with a little story.

⁴ The UN noted that [water quality may be affected](#) due to climate change.

⁵ BBC noted that [aircraft turbulence](#) is worsening.

REVERSECLIMATE.ORG

RICH BOB PART 1



Many years ago, a baby was born. It was named Bob.

Straightaway, upon Bob's birth, he started consuming products and services. He needed diapers, clothes, milk, toys, etc. Of course, that sounded like just a very small amount of carbon foot print for a little baby.

However, as Bob grew, he continued to consume. He bought more toys and electronic gadgets. While growing up, Bob observed how money works. He learned the importance of money. Something was stirring inside him. Bob made a promise to himself. When he grew up, he wanted to be rich and successful. After all, he had seen what money could buy and he didn't know how else to live his life. Making more money must be the only path to success and happiness.

REVERSECLIMATE.ORG

In order for Bob to become rich, he realized that he should sell something. Hopefully, he can sell millions and billions of whatever that was. In his mind, he had no doubt that one day, he would become rich, successful and happy.

So, Bob started to study and train to acquire the knowledge and skills he needed. When Bob came of age, he kicked up an absolute storm. He started a couple of businesses and failed. But that didn't stop him. He was smart and tenacious. He kept trying until he made his first million. At that time, he was only 28.

He asked himself, "What's next?"

He realized that he was still young and had plenty of time on his hands. So, there was no good reason to stop. He should continue to pursue his interests and earn his next 5 million dollars. When he achieved that, he would move on to earn 10 million dollars. Maybe, if he continued down that path, he might one day wake up to find himself a billionaire.

In a few short years, Bob was making millions each year. He was well on his way to achieving his dreams...

It didn't occur to Bob that his aggressive pursuit of financial success was costing our planet. Bob was either foolishly unaware of what is happening to our planet (which was unlikely), or he simply didn't care. In his mind, he could easily justify his efforts to make himself feel better. He told himself every day that he was creating jobs and growing the economy. He is also putting out millions of products that improve people's lives.

As Bob reached middle-age, something seemed to be nagging at him inside. He wasn't as happy as he thought he would be. He found himself suffering from frequent meltdowns and panic attacks due to the stress at work. "Anxiety" was his new best friend. He found that he was impatient and irascible at times. He snapped at his colleagues and those who were close to him and he didn't know why.

He also found that although he could afford anything, material things only brought him short-term pleasure. An emptiness rang inside him incessantly. He woke up one day, looked in the mirror, and hardly recognized himself. "Who had I become?" he asked himself.

Why did Bob feel the way he did? After all, isn't making money the be-all and end-all of human existence? He should be euphoric as he was wealthy and had great social status. But somehow, he was feeling quite the opposite. He had achieved his goals but, in the process, he seemed to be blissfully unaware that his actions were responsible for the emissions of carbon that was damaging the climate.

He switched on the TV to watch the news. He wanted to distract himself from the uncomfortable thoughts...

REVERSECLIMATE.ORG

AUTHOR'S NOTE 1:

I believe we can all resonate with Rich Bob to some extent because most people want to be wealthy, isn't it? Of course, not all of us will become multi-millionaires or billionaires but we do need money to live and experience life. That makes money making more or less a universal pursuit.

So, is Rich Bob to blame for climate change?

In 2024, the world has a population of 8 billion. Although the global population growth rate has decreased over the past few years, it is still growing rapidly. The point is, if the majority of the global population live their lives like Rich Bob, with money making as their top priority, then climate change is, of course, inevitable.

Each of us, as we consume, work and produce, are responsible for contributing to climate change to some extent.

This means that from the moment we are born, we become unsuspecting contributors to climate change.

But isn't it our birthright to be born free and be able to pursue our dreams?

Rightly so. However, the message here is not so much about the money. The key here is to realize that if we want to be able to continue having the freedom to do whatever we want, we need to adopt an approach that is *sustainable*. In other words, if you want to be rich, be rich. But do so in a way that does not cause irreversible harm to the planet.

At the moment, it seems that the human race is veering dangerously close to the tipping points.

TIPPING POINTS

Tipping points are threshold limits that when exceeded, leads to large and often irreversible damage.

Alarm bells are probably going off like crazy at the United Nations Head Office as UN experts have warned that we are really close to breaching five major tipping points⁶.

The Paris Agreement sets the target of achieving Net Zero emissions by mid-century but recent assessments found that even exceeding 1.5°C of global warming risks crossing several of these thresholds for tipping points⁷.

That's concerning.

The narrative seems to sound rather depressing thus far. And it doesn't stop there. The engine of economic growth doesn't seem to be slowing down. Perhaps climate change has got something to do with the money cycle...

⁶ World on verge of [breaching 5 climate tipping points](#), scientists warn in new report

⁷ Understanding climate change [tipping points](#).

REVERSECLIMATE.ORG

THE MONEY CYCLE

Historically, to print money, money had to be pegged to a valuable commodity such as gold. That was abolished in 1971⁸. In the modern world, we are dealing with what is commonly known as fiat money⁹. Fiat money is money that is pegged to nothing. Some governments can continue printing unlimited money simply because people continue to believe that it has value. In other words, in the modern world, money is pegged to confidence. That also means that if confidence is eroded, then fiat money, which has no intrinsic value, will have its value eroded as well.

Some governments seem to enjoy printing money to boost economic activities. They lower interest rates and make it easier for people to borrow money. They pump money into the economy via stimulus packages to boost growth. Their intentions, of course, are to stimulate consumer spending, create jobs, boost productivity and grow the economy - all sounds pretty reasonable.

However, when people get money too easily, they use it in ways that differ from the original intentions. Instead of borrowing money to start a business, they loan money to invest in real estate. The banks support that because it is risky for banks to loan to small businesses due to high failure rates. When banks offer mortgage loans, they can repossess the property if the homeowner cannot pay for the mortgage. This helps to mitigate risks.

As markets are largely deregulated, governments have little to no control over how money is used. Many people try to find fast and easy ways to make money. They speculate in the stock market and gamble in the risky derivatives markets. Some even partake in high-risk investments such as cryptocurrencies. Crypto-mining becomes an "investment" and tech savvy individuals buy tons of expensive hardware to aggressively mine for the digital currency without a single thought about global warming.

Most of the above-mentioned activities do very little to improve the quality of the economy or the quality of life for the people. Instead, the speculative activities drive up asset prices. Homes become more expensive. With excess money chasing after the same products and services, inflation becomes a real concern. Persistent inflation can cause the economy to overheat and destabilize. Some claim that in effect, future generations are being robbed.

With the economy awash with money, the quality of life should be improving but for some, it is not. In fact, the divide between the rich and the poor is widening. In order to consume or make a living, the poor has no choice but to borrow. They get into debt quickly. They take the money and invest in real estate and partake in speculative activities to get rich quick.

However, when the economy overheats, governments have to put on the brakes and raise interest rates to combat runaway inflation. When that happens, the poor are the most vulnerable and some will default on their debts. A recession occurs and homes are repossessed by banks. Small businesses are most likely to become insolvent as they can no longer get access to easy money. Even banks¹⁰ are at risk of becoming insolvent as loans have become bad debts. To stabilize the financial systems, governments will come to the rescue to offer bailout packages¹¹. And guess who is paying for the bad debt? It's the tax payers. Somehow, private debt from private banks have become public debt. It may take years before banks that are bailed out make repayments.

REVERSECLIMATE.ORG

During a financial crisis, while some people lose their life savings, others may just walk away with generous bonuses. Most go unpunished¹², and no one seems to be responsible for what has happened.

After the bailout, the economy continues to be in recession for a time. The government then decides to pump money into the economy, hoping to “fix” the recession, and the cycle continues all over again.

In summary, here are a few interesting lessons about money.

1. Money has no intrinsic value and is pegged to confidence.
2. Some people tend to lean towards making quick and easy money.
3. Recession and boom times are all part of the economic cycle.
4. Individuals, corporations, and even governments, can do naughty things and cause some serious damage.

AUTHOR'S NOTE 2:

What has the money cycle and the economy got to do with climate change?

While economic growth does not cause global warming directly, it can influence or even accelerate global warming indirectly.

For example, as long as we believe that economies must grow infinitely, manufacturing activities and consumption will cause more carbon emissions.

As demand for products and services rise in a boom, resources are being extracted to meet the demand. This creates competition for resources – the very same resources which can be channeled towards reversing climate change.

Finally, persistent inflation may dampen sustainability initiatives.

Thus, it is important to understand that while humans are largely responsible for global warming, systemic issues play a part too.

⁸ The Gold Standard is [abolished in 1971](#).

⁹ What is [fiat money](#).

¹⁰ The collapse of [Lehman Brothers](#) during the 2007 financial crisis.

¹¹ [AIG was bailed](#) out by the government during the subprime crisis.

¹² Only [one person went to jail](#) after the financial crisis.

REVERSECLIMATE.ORG

After watching the news of how top executives from wealthy corporations walked away with millions in bonuses, Bob switched off the TV and walked to his son's room.

As he watches the tiny figure sleeping soundly in his cot, he wonders what kind of future is in store for the little one. He needs to make plans for Junior Bob so that he has a better future.

JUNIOR BOB



Junior Bob grew up as a happy child. His father was wealthy and he didn't need to worry about money. Most of time, he got what he wanted. With online shopping and fast food, Junior Bob was used to instant gratification.

Everywhere Junior Bob went, he seemed to be glued to the screen. He was either using his beloved mobile phone or his tablet.

When asked if too much screen time was harmful, Rich Bob just shrugged and answered, "It's the trend you know. It's how kids live their lives these days."

REVERSECLIMATE.ORG

So, each day, Junior Bob got to access content on the internet to his heart's content with little or no supervision. He exposed himself to all kinds of content online. Apps had special algorithms that recommend content that had gone viral. And Junior Bob was right there to eagerly consume everything that was served up on his screen.

If it was trendy on social media to make money fast, then that was going to be recommended to Junior Bob. Since Junior Bob grew up in the age of social media, he had no point of reference. He didn't know a world without the internet. Thus, being young and impressionable, he started to look up to those content creators (aka influencers).

"I want to make money quickly and become rich and famous just like these people," Junior Bob said to himself.

He saw this content creator with millions of subscribers on his channel revealing how he had quit his 9 to 5 job as a full-time doctor to become a content creator. The former doctor shared the story of how his ex-colleagues looked so unhappy with their jobs as they were overworked. To add insult to injury, they only earned a meagre salary!

Who wanted to study for years and become a professional only to earn a meagre salary? That was a narrative that had been shared online and Junior Bob was starting to believe it. When he grew up, he wanted to be just like the rich ex-doctor.

In the meantime, Rich Bob had other plans for Junior Bob. He had big dreams for his job. At the same time, he also hoped to protect his son from any major disappointments. Being the loving father and the meticulous planner that he was, he started making not one but three plans for Junior Bob. He felt he needed all three plans just in case the primary plan did not work out.

The primary plan was for Junior Bob to pursue the academic route. Junior Bob was to become a very knowledgeable man. He could pursue multiple degrees and if possible, attain his doctorate (PHD). Having a learned man in the household would bring status and prestige to the family. Money was not a problem at all.

In case Junior Bob was not cut out to study, he could become an entrepreneur. In that case, Junior Bob could use the funds set aside for his studies to start a business for himself. Rich Bob couldn't help but smile as he thought about the happy moments he would get to share with his son while showing him the ropes of conducting business.

The final back up plan was for Junior Bob to become an astute investor and just help to manage the growing wealth of Rich Bob. He could learn to be a day trader and just live off the profits of the investments.

Of course, Rich Bob didn't truly understand what Junior Bob wanted because they rarely spend time talking to each other. Rich Bob was always busy growing his business empire while Junior Bob was always glued to his screens.

One fateful day, Rich Bob received a phone call. He dropped to the ground when he heard the message.

Junior Bob had died in an accident.

REVERSECLIMATE.ORG

RICH BOB PART 2

After the death of his son, Rich Bob became severely depressed. He started to withdraw socially as even stopped going to work. He was in so much pain and suffering that he started seeing multiple doctors to ease his pain. The doctors gave him some medications to take to numb his pain but the effects were only temporary. Every morning, when he woke up, he felt intense pain again. The cocktail of pills was losing its effectiveness over time.

Rich Bob eventually came to realize that there are some things in life that money just can't buy. The pills were not really working so Rich Bob starts to seek for answers to alleviate his pain and suffering in a different direction. Instead of searching for answers outside of himself, he turned his awareness internally and started asking questions.

"I have all the money I want. So why am I so miserable? What went wrong?" he asked.

At first, there was no reply. Then, something strange started to happen. As he waited patiently for an answer, he soon became more aware of what was happening inside himself. His mind contained many distracting thoughts and his emotions were in turmoil. It took him quite a while before he managed to steady his breathing and calmed himself down. That was when he became aware of his inner voice.

"That is a good start," Inner Voice said. "I've been waiting for you to have this conversation with yourself for a very long time. Are you even aware of how you have been living your life?"

"Not really," Rich Bob replied. "All along, I have been led to believe that the pursuit of money is synonymous to success. It is the only way I know how to live my life and I really think, at that time, that my path will bring me happiness. Unfortunately, with the loss of my son, all the money in the world doesn't seem to matter anymore. I have never experienced such profound sadness. Everything seems so meaningless to me now. What is the point of having all that money when we can't even hold on to our loved ones?"

"Bob," Inner Voice replied. "Life is a fleeting experience. Everything that you see in this world is impermanent. From the moment you are born, you are guaranteed to die. If we can't take with us anything material in this world, then what is the point of hoarding and accumulating material wealth?"

"But...but..." Rich Bob said. "I want to feel safe and secure. I want to be financially independent so that I can live life on my own terms. I truly value that independence. Is it wrong of me to want to become rich?"

"The game of life is not about being right or wrong," Inner Voice replied. "How do you know the path you have taken is right or wrong when you don't even know your true self?"

Rich Bob was taken aback by the reply.

"My true self?" he asked. "I am Rich Bob. I am someone's son, a father, and a good business partner. I know who I am."

REVERSECLIMATE.ORG

Inner voice replied, "Rich Bob is just a name your parents have given you. The rest are just identities that are made up. In truth, you can take on as many roles or identities as you want. If you are not happy, you can even reinvent yourself and take on new identities."

Rich Bob said, "I've never looked at my life that way. I just think the paths taken by others are the right ones and I follow them. In hindsight, I should've followed my own path. I think I'm ready to find out who I really am."

Inner voice said, "Good. Let's begin..."

Rich Bob dived deep within himself and meditated. Not all the answers came to Rich Bob in a single session but he was making progress. For days, Rich Bob meditated. On some days, he received almost no answers. On others, he received answers in abundance. When he pondered over difficult life and death questions, tears rolled down his cheeks uncontrollably. Still, Rich Bob stuck to his daily meditation.

As TRUTH was finally revealed to Rich Bob, he gained new insights. Never before had he seen the world in such clarity. He felt centered and at peace.

The grieving was over.

Rich Bob had found out who he really was. He knew, with great clarity, how to live his life. He rose from his sitting position and strode purposefully out of his room...



Enjoying this ebook?
Share it so that others
can join the movement to
Reverse CLimate Change
ReverseClimate.ORG

EPILOGUE

Rich Bob was a changed man. He decided to conduct his life in a manner that was congruent to his newfound philosophy.

He made a list of his existing businesses and marked down a couple that were really meaningful to him. The rest of the companies, he would either sell them away or get someone else to run them on a daily basis.

He sold his gigantic mansion and bought an apartment that was suited for his desired lifestyle. He also got rid of his growing collection of sports cars.

REVERSECLIMATE.ORG

After consolidating his assets, Rich Bob started giving away most of his money to charities. He even made a will to give away most of his assets upon his death. He lived like a minimalist, without spending aggressively like he used to.

He knew exactly what he needed in his life. He knew he had enough.

In his free time, Rich Bob would sit on his armchair in the balcony and enjoy watching the gorgeous sunsets.

Rich Bob continued to contribute actively to his community until his death.

His funeral was exactly the way he wanted – simple and without much fanfare.

REVERSECLIMATE.ORG

THE TRUE PATH TO HAPPINESS



So, what happened to Bob? Why did Bob change his way of life? After all, Bob was already very wealthy. Wasn't he supposed to be happy for the rest of his life?

Granted, it's nice to have money. Money can be used in many ways that allow us to experience what life has to offer. We can choose to live in comfort or luxury. Some choose to use money to care for their loved ones.

However, we have already taken a long hard look at what money *IS*, haven't we? While it is good to be financially healthy, there are some things in life that just cannot be bought with money.

We also learn from Bob's story that all lives come to an end at some point. Therefore, wealth accumulation and hoarding flies in the face of good sense. Money is good and has value only when

REVERSECLIMATE.ORG

we give it meaning. In other words, the value of money is unlocked only when we do something meaningful with it.

We can use money to fund charity organizations, invest in the research of green energy or fund schools in developing nations. If you are like me, with less lofty ambitions, we can use money to teach kids how to fix a computer, buy meals for some needy people or simply buy gifts for friends. But before we can use money in such meaningful ways, we need to make some money in the first place.

That eventually leads to a pertinent question - *how do we decide how much to make?*

And if we are successful in hitting our targets, how do we spend the money meaningfully?

There are no straightforward answers to these questions because each individual is different. We all have different needs and desires. For some, earning a hundred million dollars may seem a worthwhile goal. For others, owning a small business to feed the family seems like the responsible thing to do.

All of us will eventually arrive at the same conclusion – once our desired lifestyle is met, any excess is unlikely to “buy” more happiness. Beyond a certain level, excess cash just buys more material stuff. The next sports car isn’t a transportation tool anymore. It’s just another fancy toy that is likely to sit unused in the garage most of the time.

To know how much wealth we truly need is of utmost importance because everything we produce and consume has a carbon footprint. If we do not tread purposefully and learn when to stop, the human race may just place such a huge burden on the planet’s resources that tipping points are ruthlessly breached.

I believe that the answers that we are seeking for lie within ourselves. Most people live their lives following scripts that they have picked up from various role models such as parents, celebrities or social media influencers. Without introspection, they have allowed themselves to become good copies of someone else. If they making money is the only path they know, then they are likely to pursue that path. It’s sometimes depressing to see that the incessant pursuit of money has become a major distraction – a distraction so potent that many have forgotten who they truly are.

Only with a true understanding of our identity can we make meaningful decisions about our lives and attain long term happiness and fulfilment. Without that knowledge, actions tend to lead to more emptiness instead of fulfilment. Thinking that being able to afford the next mansion or branded race car will fill that void often leads to disappointment.

Mediate. Reflect. Engage in introspection.

These are the tools that will lead you down the path of true happiness. Self-discovery is a truly enlightening and liberating journey. I cannot tell you what the answer is. You may be surprised to learn that the answer has already been revealed in several spiritual texts. However, I disagree with that approach. To outright reveal the answer is like providing a spoiler to a movie. Besides, just knowing the answer is very different from fully understanding what it truly means. Therefore, I stand firm on strongly recommending turning inward for answers. Use the tools that are freely available to you: Mediate. Reflect. Engage in introspection.

REVERSECLIMATE.ORG

Even when you arrive at the answer, your approach to your own life will be different from others. That is because we are all special and unique in our own ways. We have our own strengths and weaknesses. We also have different talents and innate abilities. No one can tell you how to live your life except for yourself as ultimately, you are the only one who has to keep living with yourself. There is no running.

I once watched an interview with a very wise man. The host asked, "Given the chaotic situation we have now, what would you say to someone who is thinking of having kids?"

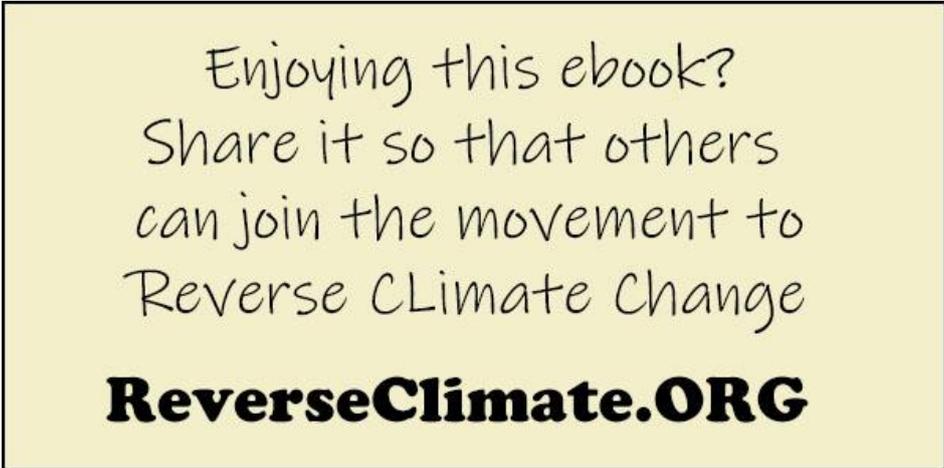
The wise man replied, "I would say wait a couple of years."

From the wise man's perspective, perhaps that is what he would do. However, I don't know you. I have zero knowledge about you. Hence, I shall not venture to say anything that suggests that I know what is best for you.

If you have searched deeply and decided that having a child at this time is the right thing to do, then go for it. I have no clue what the future holds for the child. Maybe this special child holds the key to reverse climate change. Saying something to discourage the birth of such a child would make me a complete idiot!

Therefore, all the decisions about how to live your life lie in your own hands. Once again, use the tools that are freely available to you (Mediate. Reflect. Engage in introspection.) to guide you in your decision-making.

During your self-discovery process, you may discover that the road to happiness is not a straightforward one. You may very well encounter some roadblocks along the way. There are two particularly formidable ones that I'd like to highlight.



Enjoying this ebook?
Share it so that others
can join the movement to
Reverse CLimate Change
ReverseClimate.ORG

OBSTACLES TO HAPPINESS

There are certain roadblocks that exist in human culture that may prove difficult to overcome. Some of us just accepted the world as it is without much awareness of how such roadblocks arise. As we self-reflect and heighten our awareness, we come to realize that we can, in fact, overcome them and become truly happy.

REVERSECLIMATE.ORG

OWNERSHIP

The idea of ownership is a peculiar one that may shackle one to a life of misery. Most of us have been taught to believe that in order to attain economic security, we have to 'own' material wealth. The more cash and assets we own, the wealthier and happier we will be. Hence, we embark on a never-ending journey to join the rat race and make money endlessly.

In truth, the idea of 'ownership' is merely an illusion based on our own beliefs. Remember how we are the ones who create meaning? Just by 'taking ownership' of something and calling it our own, we now have something that belongs to us.

Admittedly, the idea of ownership is a necessary one to keep peace. Without knowing who owns what, the whole world would be thrown into chaos as people fight over resources. Having laws and contracts allow people to use certain earthly resources with minimal conflict.

However, having a system that works to keep peace doesn't necessarily mean that we truly own a piece of land, an apartment, or a building. Eventually, as one generation ages and passes on, resources should rightly be recycled so that future generations can 'own' and use them as well.

When we understand this, we are more likely to reduce our dogged determination to 'own' as much material stuff as possible. Doing so will help loosen or even completely remove the shackles that we have put on ourselves. We stop the aggressive pursuit of 'owning' of millions or billions of dollars. We stop trying to 'own' as many pieces of real estate as possible. The persistent pressure to continue to 'own' more stuff is alleviated and we can live happier lives with less stress.

Of course, we should still 'own' some cash and assets in a largely capitalistic world. However, know that one cannot bring what one 'owns' to his or her grave. We all come to this world with nothing. We go on an amazing journey and experience life. And then, just like Junior Bob, we leave. What do we truly 'own'? Nothing. Absolutely nothing.

SOCIAL STATUS

Social status is another set of shackles that we put on ourselves. In order to attain higher levels of social status, many of us work long and hard. For sure, wealth can help elevate one's social status. Enjoying high social status usually means that one is valuable and important to the community. It marks someone as intelligent, competent, and powerful enough to have a certain level of influence in the community.

It is therefore human to want to project the image that one is wealthy and successful. It is not uncommon to see people dress up in branded goods, drive around in expensive cars, and dine in lavish fashion. Expensive clothes, fine dining, exquisite jewelry – all the good stuff that money can buy. In many cases, they are also used as status symbols. People use these symbols to send the message that they are successful in life and should rightly be respected in society.

REVERSECLIMATE.ORG

Social media is not making things easier either. As people go online to flaunt their wealth and mark their elevated social status, they send a strong message to gullible fans who believe that in order to be happy, they too need to be wealthy and successful. There is a rising number of parents who are concerned about their children's mental and emotional health as more and more young adults are feeling stressed about who they want to become. So, here we go again. Welcome to the rat race!

To tie our happiness to our social status is a way of saying that we care very much about how others think of us. We have to appear successful to others. Hence, we dress in fanciful ways to impress. We watch what we say, how we dress, where and what we eat, buy only the latest more fashionable brands, etc. As other's tastes and perceptions change, those who need to upkeep their social images will need to overhaul their wardrobes. In short, it costs a lot of money just to keep up with the Joneses!

Clearly, living in such a manner can be both stressful and pressurizing. It seems to lead to misery rather than happiness!

How then do we live in harmony in a society that seems to judge our every action?

Of course, I'm not advocating that we should all ditch our fine clothes and walk around the streets in tattered clothes. Appearances still matter for daily functioning. We can, however, adjust our attitudes towards how others think of us.

If we care too much, the moment someone hurls an insult at us, our happiness goes right out the window.

If we care too little, we end up looking like a misfit and may even lose our dignity.

Playing the game of 'social status' is saying that there is always someone of 'higher' or 'lower' status. It's a 'win' or 'lose' situation. In order for someone to 'win', another person has to 'lose'.

But if we deeply understand who we are, then we can stop playing the game of 'social status'. No one is truly 'better' or 'higher'. We are all just unique individuals. We are special in our own ways.

Once our mindsets start to shift, we are no longer bothered by petty insults. We know that claims about how we are somehow 'not enough' or 'not worthy enough' are just rubbish. Everyone is born with inherent value and self-worth.

With that knowledge, our approach to living in modern society would change. Instead of being held hostage by people who want to put us down, we would simply shrug off condescending remarks. Instead of trying endlessly to win over everyone, we would feel fine to behave in a manner that is congruent with our authentic personalities.

I hope that is a way of living that sounds like true happiness to you. You see, we never truly needed the acceptance of others. Self-acceptance is what really matters.

REVERSECLIMATE.ORG



HOW TO REVERSE CLIMATE CHANGE

As it stands, the prospects of reversing climate change are not very bright. While green technology looks promising, climate experts largely agree that even upon maturation of such technologies, it still won't be enough for the complete reversal of global warming.

This e-book explores the intricate links between happiness, making money and global warming. While technology appears to offer more readily available solutions, I believe the real long-term sustainable solutions lie in human culture. Our conventional attitudes and behaviours are what got the planet to this state. We will need a reversal of attitudes and behaviours to bring about the much-needed transformations.

REVERSECLIMATE.ORG

It appears that almost all climate experts agree on one point – the growing population continues to place an undue burden on the planet’s resources. The aggressive production and consumption of goods is hurting our planet. Does that mean the global population must be drastically reduced at some point for there to be hope? Maybe. I don’t know. But mankind has been known to overcome seemingly impossible odds. We have proven to be very good at achieving anything that we put our will to. Perhaps there is some hope on the horizon.

A STROKE OF GENIUS

Creative ideas and inspiration come to us in mysterious ways. It may just take a stroke of genius to turn the tables. With the collective creative consciousness of mankind, perhaps the production of green energy can be greatly accelerated to meet energy demands globally. Scientists and researchers may devise ways to use the erratic winds and waters to generate even more green energy. With the advent of Artificial Intelligence (AI), perhaps a Climate AI bot can analyze the data and provide a road map out of the mess we have created.

In short, the possibilities to build a sustainable way still exist.

Given that there are eight billion people globally, I like our chances a little more.

ELIMINATING WASTE

While 8 billion people on this planet sounds like an enormous burden on our planet, it also means that simply by reducing wastage individually, we stand to reduce our carbon footprint dramatically. Deciding how much we need and committing to a lifestyle within reasonable limits can mean a world of difference. If each of us can make that commitment, that will slow global warming and buy us more time to reverse climate change.

SOCIAL MOVEMENT

Finally, we can each participate in a social movement just like this one 😊. Use this e-book and website as a vehicle to help spread the message. The tools are already available to us. Through social media, we can reach millions of people in a very efficient manner.

Best of all, it’s free to participate. All you need to do is to share the link to this e-book and more people can join the movement.

Thank you for doing your part.

REVERSECLIMATE.ORG

SUMMARY

POSITIVE AGGRESSION

Climate change is a direct result of mankind's aggressive behaviour. We produce, consume and pursue infinite growth aggressively. Our beliefs, values and culture are what directed our behaviours. And our collective behaviours got us to where we are today.

While challenging, it is not impossible to reverse climate change. This time, however, aggression has to work in the opposite direction. We need to pursue all potential energy solutions aggressively. We need more aggressive plans and policies to control global populations. Most importantly, we need an aggressive shift in thinking and mindsets and adopt a revolutionary paradigm to have any chance of success.

Technology can play a big part in buying more time but if our culture works against technological advancements, the end result would be the same. If we think that technology is going to 'save' us and continue to grow our population rapidly and further contribute to global warming, then we may have negated the technological advantages we have gained.

CHANGES WITHIN

True transformation occurs from within. When we understand who we truly are, we make decisions that are congruent with our own values and beliefs. Anyone can come to understand that true happiness has very little to do with money or material things. With tools such as meditation available to all of us at little or no cost, we can all decide for ourselves how much is enough.

With infinite desires and greed, the burden on our planet is heavy beyond imagination and the symptoms are showing. Therefore, limits and boundaries need to be defined. Let's not wait for lofty reforms or restructures. Those may never happen. We can define these limits on our own today.

SELF-ACCEPTANCE

One of the central ideas of this e-book is self-acceptance. If we do not know who we are deep down, it is easy to be reactive to opinions about our identities from outsiders. Instead of staying grounded and holding firm to what we know within, we get frustrated, angry or upset by unkind comments. In short, we let others define who we are.

For cultures to undergo radical changes is very difficult, given the fact that we are creatures of habit. However, that does not mean it is impossible. We have access to tools that are not available to us in the past. We can utilize social media to spread the message about climate change and start a movement. We now have A.I. to assist us in achieving our goals.

There is still hope.

REVERSECLIMATE.ORG

Again, be reminded that time is running out. To reverse climate change for good requires fundamental changes to our habits and behaviours. To have any chance of achieving that, we need to know who are truly are.

AUTHOR'S NOTE ON THE IDEA OF SELF

The idea of self is an interesting one. Many of us start off with the idea of "I". The "I" is understood to be separated from the rest. If we believe that is true, then our behaviours will reflect that. Why do we even need to show empathy towards others? Why do we need to help others and be charitable? After all, we are all separated. The pain and suffering of others have nothing to do with us. We tell ourselves that the scorched earth and damaged homes have nothing to do with us because it is happening to others. So, we continue behaving as we have always behaved. Nothing will change.

What if, after regular meditation, you start to discover that all life come from the same source? What if beating down on others is like the Right hand cannibalizing the Left hand, both of which come from the same body? What if you come to realize that mankind is like the seven colours of the rainbow? The seven colours appear 'different' but they all come from the same white light.

It is beyond the scope of this e-book to discuss the idea of self but I hope it provides a start. If mankind continues to see each other as separate entities, it will continue to engage in harmful activities – going to war, developing nuclear weapons, committing crimes and scams, exacerbating climate change...

When we start to understand that in reality, we are part of one another. Then, the healing process can begin. It gives real meaning to the saying "To hurt others is to hurt oneself."

The transformation starts with you and me. With this approach, being rich or poor is irrelevant. Collectively, we all have the power to induce positive change.

AUTHOR'S FINAL WORD

Dear reader,

You may be wondering about the man behind ReverseClimate.org. In the grand scheme of things, I am but a nobody. However, I do think some basic information about myself can provide some helpful context.

I am a full-time private tutor in my late 40s. Every day, I face the young and teach them how to excel in examinations. My occupation requires me to keep up-to-date with current affairs. Therefore, I make it a point to keep up with my reading.

However, the more I read, the more disturbed I become. I realize that the chances of reversing global warming are getting pretty low. I also learn about the effects of runaway inflation. Real estate and cost of living is skyrocketing all over the world. Where I reside, a 4-room public apartment, which is supposed to be affordable since it's government housing, can cost north of US\$350,000. Wars are still happening in various parts of the world. Many countries, once believed to be prosperous and

REVERSECLIMATE.ORG

powerful, are on the decline with huge trade deficits. The corporate structures of businesses ensure that the income divide widens alarmingly. Wealthy business owners are openly talking about how to be “Super Tax Avoiders”. Teachers in many countries are quitting due to low pay which arises from budget cuts. A.I threatens to displace jobs. And the list goes on...

Obviously, observing how events are turning out does not sit well with me. The future of our descendants looks bleak. It seems that adults keep making decisions to benefit themselves but those benefits come at the expense of future generations.

The capitalistic system benefits some while failing others. The ‘promise’ of having good education, lucrative job opportunities, affordable housing, and a good quality life seems to be getting further and further away. More specifically, here is how the future of most of our young will look like.

They study really hard, thinking that working hard will help them land that dream job. With a handsome salary, they can own assets and start young families. However, upon graduation, their dreams are dashed as they discover that wages have not kept up with inflating real estate prices. Many will discover that owning an asset will be out of their reach. So, they resort to renting and may never be able to own assets. Even if they manage to buy a home, they would have committed to a large mortgage – a loan that will very well shackle them to the rat race for the rest of their lives.

To service a loan doesn’t sound too bad if there is job stability. However, jobs seem to be a lot less stable these days. With regular recessionary cycles and technological advancements, jobs are more easily displaced. If job losses and wage cuts occur, then some may find themselves in an untenable position to service their mortgage loans and they risk losing their homes.

To add to their worries, each generation has to figure out how to support ageing populations in their own cities. It is common for families to become smaller in developed cities. In many modern cities, the population replacement rate continues to decline. Nursing homes are not cheap considering how governments are likely to cut budgets for social initiatives due to growing trade deficits.

If the above challenges aren’t formidable enough, add climate change to the mix. The young have to contend with the effects of climate change. The pressure to reverse climate change will be stronger than before as more tipping points are breached.

That doesn’t sound much of a life, does it?

Junior Bob doesn’t have much of a chance for a decent life if not for his wealthy dad.

The confluence of the above factors gives rise to a set of conditions that make life harder, not easier, for the young.

While the outlook appears pessimistic, I staunchly refuse to teach my students to believe that their futures are doomed. As a student of culture, I believe we can achieve positive outcomes if we *will* it to be. People can change for the better and they often do. I firmly believe that each student has the power to shape their young lives. Worrying about the odds isn’t helpful. But they can embark on a self-discovery process to learn about their own strengths and weaknesses. In doing so, they can discover a path that will lead them to happiness and fulfilment for themselves. In other words, instead of feeling powerless in a victimized state and worrying about things that are beyond their control, I teach my students to find the strength and knowledge within themselves to achieve their dreams and goals.

REVERSECLIMATE.ORG

This project serves as a testament to my teaching. If a small-time private tutor like myself can act to induce positive changes, then maybe my students can start to believe that they have the power within themselves to do the same.

This project starts off with me and my students but it is only the beginning. My hope is for the project to eventually take on a life of its own and spread positive messages around the world. Of course, it may very well fail and nothing comes out of it.

Still, even as the odds are against us, we can always try. If we fail, we try another approach. In the end, as a species, we will prevail in reversing climate change because failure is unacceptable.

Yours truly,

Mr. Chow

