



The Fyera Foundation Sustainability Challenges Addressed by Our Proposed Policies

Challenge #1 Social and behavioral barriers and the prevailing social paradigm that perceives individuals as separate from the whole.

Addressing the climate crisis requires significant changes in consumer behavior, including changes in consumption patterns, transportation choices, and energy use. These changes are contingent upon significant social and cultural shifts, as well as public education and awareness campaigns to encourage behavior change. The current paradigm perceives individuals and nations as separate from, and therefore unaffected by, inaction to address the degradation of Mother Earth. In order to shift this ingrained mindset and the resultant behaviors, the consciousness in which the behavior is rooted must, and can, be changed by shifting our heart rhythm patterns from chaos to coherence.

Coherence and Heart Rate Variability (HRV)/emotional self-regulation training and interconnectivity education allows individuals to tap into their heart intelligence leading to increased self and situational awareness, collaboration, and self responsibility, which increases awareness of the effects of their own choices and the ripple effect of these choices globally. This change in consciousness leads to behaviors and decision making at the individual, community, and global level that are based in compassion, wholeness and interconnectivity that prioritizes Mother Earth and Net Zero attainment over greed and self interest.

Challenge #2 Prioritization of defense budgets over investment in Net Zero initiatives: in a paradigm of defensive and violent national/ international security, militaries are one of the largest sources of carbon emissions and other forms of environmental degradation and ecocide. In addition to being top polluters, they also siphon crucially needed funds from development and implementation of clean energy.

Within our lifetime, or sooner, we can reach Net Zero by reallocating a small percentage of funds currently invested in security and defense toward clean energy and soil restoration. A major barrier is the current human decision making paradigm based in fear, threat, and defense which arises from "survival mode" physiology, thus driving defensive decision-making and monetizing military might, above all else. This mode also drives greed and a sense of separateness in which short term financial profits are used as justifications for disregarding long term environmental impact.

When we are in a chronic state of "survival mode," 1400 biochemical changes impact our physiology, including the part of the brain that perceives life events and reacts to them in a less optimal way. This results in a cascade of neurological and social effects leading to power struggles, domination, aggression, violence, competition, self-over-other, and the very consciousness perpetuating lack of regard for Mother Earth.

In contrast, the activation of more coherent HRV rhythms leads to feelings of care, compassion, collaboration, perceived equality, and generosity. These HRV/emotional self regulation skills can be effectively taught and deployed with large populations. With applied heart intelligence and wisdom gained through coherence, the current decision making paradigm will shift from survival to thriving leading to the shifting of budgets away from defense to the requisite investments in new infrastructure, technologies and strategies that prioritize the preservation, wholeness, and longevity of Mother Earth.

Challenge #3 Increasing access to expanded forms of human intelligence from which to innovate cleaner energy options that are ubiquitously available across the rich/poor gap and other diverse populations at scale.

Because survival mode and a state of incoherence have become the default operating systems for much of humanity, the brain can not readily access higher cortical functions such as emotional regulation, attention, creativity, intuition, clarity, problem-solving, and social cognition. The use of coherence and HRV/emotional self-regulation skills to shift to a coherent heart rhythm, provides access to these higher cortical functions, resulting in enhanced learning and cognition, which amplifies potential for individuals and societies to be on the leading edge of innovation, effective teaming and collaboration, productivity, sustainability, and effectiveness in all human endeavors, including reaching Net Zero.

By incorporating coherence and HRV/emotional self-regulation training and interconnectivity education into the collaboration process with innovators, entrepreneurs, researchers, communities, and governments, individuals can improve their cognitive function, emotional regulation, communication and teaming skills. This fosters creativity and innovation, facilitates more effective and innovative problem-solving, and promotes a shared sense of purpose and commitment to finding sustainable energy solutions.

In addition, coherence and HRV/emotional self-regulation training builds resilience among individuals and organizations, enabling them to manage the stress and uncertainty that comes with working on complex global problems. This can help to reduce resistance to change and fear of the unknown, which can hinder progress towards net zero emissions.

Overall, coherence and HRV/emotional self-regulation training can be a valuable tool for accessing expanded forms of human intelligence and innovation to create cleaner energy options at scale, by promoting creativity, innovation, resilience, and effective collaboration.