

An Old Salt's Way to a Brighter Future – by David L Wright

It's a brisk 7 degree morning, a day before the winter solstice. The full moon throws a muted glow across the sky from behind storm clouds building in the west. It's 6:35 am, well before sunrise, as I arrive at the lookout and gaze out towards The Island. I focus downward, past the shallow reef, to the white foam that moves across the water. My eyes settle on the changing depths of darkness highlighted by the lines of the forming waves. I feel for the wind's direction bouncing around me as it deflects through the trees. Pointing my face into the light and drizzly North Westerly, I'm startled by a voice, "we need more light". A break in concentration triggers me to take the steep steps down to the beach and assess things from the reef. I watch my feet land safely on each black and slippery tread till I reach the firm sand below. With a quickened pace I make my way towards the point, scanning the horizon. Shifting gusts sweep along the beach as I return to the chilling wind. A squally shower batters a glassy wave and crumbles the now broken swell. In an instant, I make the call "not today". I head for home thinking of the joy of yesterday's uncrowded four-to-five-foot perfection. I pause for a moment and quietly say out loud, "how lucky are we".

With enthusiastic intent I head to my office and write these words, and take another deep dive of discovery- "How can we all be motivated to make greater connections with ourselves, others, nature and the future?" Like an ocean swell, can we create movements of positive change? Can we combat the ever-growing tide of challenges? Our 21st century life reveals that the safe and just space for humanity is nearing a tipping point. The shortfall of social foundations and the overshooting of the environmental ceiling are rapidly causing stress, breakdown and death; both human and non-human populations and systems are affected. Spiritual, social and environmental challenges have risen to record epidemic proportions. Urgent, responsible and generative human intervention is paramount. To steer interventions and reverse this downward spiral, we need a fresh set of guiding principles. It's imperative to redefine community and global cultures, to foster the birth of everyday leadership, to encourage prosocial and altruistic action. It's crucial we follow the universal principles resonating across communities, cities and nations. One such principle can be summed up in five words: *wellbeing and vitality for all*. From a moment of reflection amid the big blue and green open spaces, or during our busy days, why not take one small step towards "being well – doing good", gently moving toward safe-guarding our planet and all of nature's greatest miracles for generations to come.