

# How to save the world

Mike Sosteric

The world, our planet, is dying and humans are the cause. I'm not going to list all the horrible things happening on this planet right now that humans are causing. If you don't see the horrible things, I have nothing to say to you except, "Shame on you." People are suffering and dying needlessly every day, children even, and it is getting worse. Everybody has access to the Internet, online resources, and now AI, so there's *no excuse* for ignorance anymore. When you or somebody else (maybe your children or grandchildren, maybe your higher self, maybe God, depending on what you believe) ask the question why you didn't do something about it, "I didn't know" isn't going to cut it.

So, let me ask you, what are *you* going to do about it?

If you don't know in this moment, that's fine. I'm not here to judge. I just want to introduce you to a fellow by the name of Erich Fromm. Fromm is a very important figure in the history of psychology. Fromm was one of the founding agents of **Humanistic Psychology**, an important resource for the hurdy gurdy of the 1960s and 70s. He wrote the books on humanity's existential sickness, which he said was bad, even back then.

He had a definition of religion that I like.

He said that religion is a "group-shared system of thought and action that offers the individual a frame of orientation and an object of devotion." The object of devotion is what we hold sacred, what we sacrifice for, what we devote our lives to. Our **Frame of Orientation** is the story we tell ourselves about our *reality*, where we came from, who we are, where we are going... that kind of thing. They go together, obviously.

Fromm said that having religion, having an object of devotion and a frame of orientation, was important because humans don't come with a built-in frame. A human child is born with nothing but questions. A frame of orientation answers those question. It points us in a direction and gives our life meaning, and that's vital. Fromm said having a frame of orientation is as vital as our need for food. Without one, we are not just lost, we're dysfunctional. We can't make a decision, can't raise a child properly, can't do anything but lie in bed or point our face at the screen, consume another

bobble, take another distracting vacation, because nothing means anything at all. If that happens, we're sick, existentially speaking.

So let me ask. What is your frame of orientation?

Is your object of devotion God and are you oriented towards some future good place?

Is your object of devotion money and are you oriented towards getting as much as you can?

Is your object of devotion technology and are you oriented to advancing it?

Is your object of devotion stuff? Are you oriented to getting more stuff?

Is your object of devotion science and are you motivated to find the truth?

What is it?

What is your frame of orientation?

What is your object of devotion?

What do you sacrifice for?

What, essentially, is your religion, and how is it going to help you save the world?

I know I have one, a religion.

If you're interested, I'll share it with you next time.

In the meantime, think about it, talk about it, follow along.