

INCLUSIVE GROWTH means LINKING THE ENERGY OF EVERY CITIZEN

*I call out to leaders around the world, to "give back the power of conscious action to citizens. Thus enabling them to get in control of their life and connect to a society and ecosystem they can really associate with.....just to create a better world together".*

"Individual wellbeing is based on the individuals functioning in taking advantage in their own life. It is about where it leads to, not what means it takes. On the other hand: Economic rationality has to do with the choice of means, not ends. This calls for a new rationality."

*Amartya Kumar Sen (Economist)*

"The field [the science of complexity] is in the midst of a broad synthesis of scientific disciplines, helping reverse the trend toward fragmentation and specialization, and is groping toward a more unified, holistic framework for tackling society's big questions."

*(Geoffrey West, professor at Santa Fe Institut)*

The issue of inclusive wellbeing is seen as a complex matter, but part of it is that we don't have a framework that helps us to understand it and find solutions. Off course we can research the hard and soft matters of wellbeing as we perceive the issue now. How would it be if we could approach it in a different way to make it less complex and more manageable?

Human behaviour is at least partly responsible for the complexity of this world and for the complex challenges arising from that.

Somewhere in the last centuries in the economical and technological driven parts of the world we lost the connection between the development of our nature and that of our systems, which made our lives complex.

Renewed inclusion of human biology in development approaches, could reinstall this connection, making complexities bearable and enabling us to handle them.

The complexities that we produce are reflections of ourselves and most often stem from the relations between ourselves and our social and physical environment.

If we understand what drives our biology, individually and in communities of different scale, we are able to understand the parameters for complexity and eventually learn how 'we are the complexity we produce'. Only then we will discover that we can reorder complexity from our own biology, for instance to simply increase our wellbeing.

So the biology of complexity is human biology, and especially the behavioural side of it. It is the science that describes what drives human behaviour and human interaction. It incorporates human cognition, psychology, social science and some elements of life sciences, like aging, talent development, creativity and health.

The inclusion of the biology of complexity in the approach of wellbeing will, in my opinion, reduce its complexity to a single formula, that I call "The happy life formula".

It consist of only seven variables that form the seven natural human drives, and consciousness, potential, development opportunities and environmental quality. The seven drives in human biology are: basic provision (safety, food, shelter, health, etc.), loving, understanding, expressing, playing, creating, and developing.

Increasing wellbeing is a change process. Change is in most cases planned with high expectations, but concludes in most cases as an autonomous organic process only to be claimed by many competitors. But this 'autonomous organic change process' is in fact a human affair that we made ourselves, either consciously or not.

It is our own individual biology and our shared group biology that can be addressed to create the desired change and at the time we want it.

Talking about societal transition to a higher state of wellbeing, we just entered the notion of transition towns and innovation ecosystems. Although in those notions the role of human talents and co-creation is entering at least something human in systems theory, there is still only a tiny part of human biology in these approaches. A concept how to address all of human biology in systems theory, other than by using the old social science mechanisms as education and sociology of organization, is yet missing.

The previously mentioned "happy life formula" however enables us to put the factors of human biology in the mechanisms for raising the level of wellbeing, leading to a conscious natural growth in three steps:

First starting from the complexity 'as it is', there is a lower level of complexity to be chosen as 'a reasonable state' that allows most of us to develop ourselves upon.

Second we should then determine the minimum levels of wellbeing that will provide all of society the key to self-sustained organic growth, enabling each individual to fully live up to his own potential.

Third it is to be determined what are the variables of the biology of complexity to be addressed in a specific setting to arrive at that wished level of wellbeing. We can do it so that we find only support from that complexity, which is the case when it lends us just enough anchor points for conscious development.

Remember that complexity is only what we produce. It is something that we only need to reduce when it hinders our wellbeing.