The Inner Alignments that support the 17 United Nations Sustainable Development Goals
‘Transforming Ourselves to Transform Our World’

In cooperation with the United Nations, Human Evolutary™ Change and the Global Center Research Team
The 17 Sustainable Development Goals (SDG’s) articulated through the United Nations express the will of 193 countries in addressing the critical challenges of our times. They are universal, ambitious and meant to transform the world.

These accompanying inner human alignments to the 17 SDG’s show the transformative process of change that reminds us WHY it is important for each one of us, each day, to respond to the urgent calling of a new time.

- Goal centered thinking focuses the individual and collective mind on the many challenges ahead and develops our ‘know-how’ and ‘know-what’ to do.
- Inner alignment process grows our ‘know-why’ – the consciousness of ourselves SEEING why we are called to respond to the calling of a new time to create a different future.

These alignments are the beginnings of a new conscious attitude about living on this planet and honoring life – an attitude that sustains and grows opportunity for ourselves and all life now and for generations yet to come to go alongside the SDGs.

We must lift ourselves up and SEE that each one of us has a part to play in creating a better world – together.

**To transform the world, we must transform ourselves**

We have arrived at a pivotal point where continuing as we do is no longer sustainable. This is the unerring consensus of the scientific community that led to the adoption of the SDG’s.

We are daily assailed by the evidence that suggests we need to change. Floods and intense heat and uncommon weather patterns are affecting almost every part of the planet, but it is the congruence of challenges exemplified by the 17 SDG’s that show that the entire human race is now living under the threat of imminent extinction.

It is of universal concern that we find a new way forward.

The catalyst for real change is not just to see the peril of our situation and react (often seeking short term solutions aimed at redressing ‘what’ is wrong and ‘how’ we are going to fix it), but to see the opportunity to make a conscious response in creating a new world built on principles that bring harmony out of the division.
Each of these alignments demonstrate the beginnings of an inner human response corresponding to each of the SDG’s and shows the vital shift in ourselves that is necessary to see beyond the challenges of our times to the vision of a different world that we can create. Each alignment is encapsulated in a short video / writing / audio that nurtures the shift that scientists are referring to as a ‘new altruism’ – a concern for the whole rather than the parts, so essential in the evolutionary unfolding of human life at this significant moment in history. And alongside each inner alignment there is an example of the way the new global conversation can begin to show the way we can all make the necessary shift to a more conscious level of human response that begins inside ourselves.

The purpose of these alignments is NOT to answer the questions (there are no convenient answers), but to quicken the global conversation about the vital issues of our times and to encourage the movement of change that creates a new world by supporting the vision of the SDG’s.

The Facebook page ‘Aligning to the SDG’s – Transforming Ourselves to Transform Our World’ is a gathering point for the global conversation, inviting reflections and stories and sharing ways we can and are helping the world forward with the SDG’s, either individually or as a group and refocusing on the viable challenges that the SDG’s raise for us to ACT.

Through universities and schools and youth organizations we are making a special effort to ensure that the voice of the new generation is heard clearly in this world.

For talks on each of the Sustainable Development Goal Alignments, plus workshops on the way conscious change can support the SDG’s, please contact us below:

Write an email: contact@humanevolutarychange.org
Visit our website: www.humanevolutarychange.org
Like us on Facebook: Aligning To The SDGs

*Drawn from the philosophical frameworks of Human Evolutary™ Change and presented by the Global Center, a 501(3)(c) not-for-profit organization based in New York.
We see plastic on the beaches and in the rivers. We can recognize, amongst the debris, samples of what any one of us might use and buy in their daily life.

We then read accounts of animals dying from ingesting the plastic and know that the oceans contain millions of tons of plastic concentrated in gyres swirling around and breaking down into micro-particles – the images are there for us all to see.

Now we learn we are ingesting these plastic particles in the fish and seafood we eat and in the products that we buy.

We address the problem with the goal of ‘sorting it out’ and give ourselves a time scale to do it. The way we think is to eliminate the problem as a goal that will bring about the desired outcome in the way in evolution past we have addressed threat.

In reality, each of the examples of plastic pollution is a result of the same basic human attitudes playing out with ever more serious consequences – a threat of our own making.

As much as is done to rectify the problem and disarm the threat, until we humans change and have a different value for water, the planet and the limited resources of the world, nothing fundamentally changes in the outer world.

Yes, we are responsible and changes can take place in the way we consume, the way we package goods, the way we recycle and we need to continue to strive to do this, but there is one step further that is the contribution of the SDG Alignments.

Sorting out the mess we have created is one part of the equation (how and what we do), but acting from the conscious principle (why) to not leave life in any situation that we occupy in a lesser state than when we entered it (including our interactions with water) is a universal principle about the whole of living and the daily interactions we enter into.

Only when we think to ensure the pristine opportunities that living presents us with (not to take them for granted and pollute them) can we guarantee a sustainable future and this begins inside each one of us, each day – the inner shift that proposes a cultural change of immense significance.

The SDG Alignments stand alongside the SDG’s, showing an unselfish, truly universal kind of thinking that can shine a light on addressing the great problems of our times. The charge upon us all is to grow up and take responsibility for ourselves acting in the world.

The SDG’s are the best we have and we must make the promise of a new world REAL.

(An Extract from the EVO News Broadcasts and Public Lecture on SDG 6.)
Goal 1: End poverty in all its forms everywhere

Extreme poverty rates have been cut by more than half since 1990. While this is a remarkable achievement, one in five people in developing regions still live on less than $1.90 a day, and there are millions more who make little more than this daily amount, plus many people risk slipping back into poverty.

Poverty is more than the lack of income and resources to ensure a sustainable livelihood. Its manifestations include hunger and malnutrition, limited access to education and other basic services, social discrimination and exclusion as well as the lack of participation in decision-making. Economic growth must be inclusive to provide sustainable jobs and promote equality.
At root, the greatest cause of poverty is the human self-centered way of thinking that is an overrun from our evolutionary past.

The mental disposition that considers only what one can get from life rather than what one gives is at root the cause of so much poverty and the ensuing sense of there not being enough to go around.

This selfish attitude of ‘for-me-first’ thinking leads to framing every situation as an opportunity to profit, to make more for oneself, to own and to possess until the resources of the world are appropriated to the ‘winners’ of the competition at the cost of all.

Driven by economies that want to sell more and encourage consumers to use more and to buy more in the name of some assumed goal, be it happiness or status – this previously unchecked assumption is now being challenged – in ourselves. The realization that this attitude of taking is no longer sustainable is new to this generation.

Every moment is an opportunity to generate real wealth – in fact the increasing evidence is that it is the only way to grow and find peace and live meaningfully.

The generation of wealth comes from the recognition of real value – the value of life as an opportunity to make a difference by sharing and giving service as a way of thinking about life – and is the only way forward. The SDG’s focus our minds on what concerns us all.
Goal 2: End hunger, achieve food security and improved nutrition and promote sustainable agriculture

It is time to rethink how we grow, share and consume our food. If done right, agriculture, forestry and fisheries can provide nutritious food for all and generate decent incomes, while supporting people-centred rural development and protecting the environment. Right now, our soils, freshwater, oceans, forests and biodiversity are being rapidly degraded. Climate change is putting even more pressure on the resources we depend on, increasing risks associated with disasters such as droughts and floods. Many rural women and men can no longer make ends meet on their land, forcing them to migrate to cities in search of opportunities. A profound change of the global food and agriculture system is needed if we are to nourish today’s 815 million hungry and the additional 2 billion people expected by 2050. The food and agriculture sector offers key solutions for development, and is central for hunger and poverty eradication.
Human values in line with the SDG’s show the need to consider more the whole picture and not just the vector of what we can get (Alignment One), which is only half of the human experience – an imbalance that pervades our lives at every level and resonates through the whole (how we grow, share and consume our food).

That so many are without enough to eat is connected to the appropriation culture that has developed where the few have too much. Driven by the persuasion of industry to ever seek more refined and lavish (food) experiences, we then drive the demand for more and different foods ourselves (from every part of the world) as a daily ‘need’ – as a lifestyle.

This puts huge pressure on the whole system of food distribution, causing industries to short cut natural laws and cycles of harvest (and burden transport systems, use more fuel, create more pollution…) to the point of degrading the planet that produces our food.

But this cycle is not only deeply unsatisfying, it resonates imbalance throughout the world. While millions hunger for the basics to live, the ‘privileged’ few hunger for some meaning in life not satisfied by being full-time consumers (the figures on antidepressants and stress and obesity in developed countries are a staggering testament to the consequences of this imbalance and unfulfilled hunger) – we even call it an existential hunger.

It is simple to join the dots and see the way those who have nothing are affected by those who have too much and the global sense of ‘we’ the world community is ruptured.

Human attitudes that heal the world community emerge from engaging with the larger wholeness and significance of life and the natural cycles of the planet. Real change begins inside ourselves.

**Alignment 2: The Global Conversation – An Example**

We can each day begin to look at food in the larger context of the fact that the planet supports life but cannot support greed and human imbalance, nor can it process the careless disregard in creating waste that we engender.

Simple conscious ways to begin:

- Be aware to not create trash and to recycle.
- Buy and consume food made within 100 miles of your home.
- Reduce your intake consciously to not eat to overfull.
- And clean-up afterwards so there is no debris.

And to do all of the above from the conscious principle that we are all a part of the natural cycles of life and not separate.

Try to re-locate the natural balanced responses that are intact within each of us rather than those overlaid reactions we are conditioned to and share it with others who want to enter the global conversation about what concerns us all.

The SDG’s are not a chore or sacrifice or a burden to carry – they are an invitation to join a new life and establish a more harmonious global community – one that is fulfilling for all who join it.
Goal 3:  
Ensure healthy lives and promote well-being for all at all ages

Ensuring healthy lives and promoting the well-being for all at all ages is essential to sustainable development. Significant strides have been made in increasing life expectancy and reducing some of the common killers associated with child and maternal mortality. Major progress has been made on increasing access to clean water and sanitation, reducing malaria, tuberculosis, polio and the spread of HIV/AIDS. However, many more efforts are needed to fully eradicate a wide range of diseases and address many different persistent and emerging health issues.
Health and well-being begins inside each and every one of us as an appreciation of the ‘Sanctity of Life’.

To bring a child into this world is a consideration about offering a life a chance to grow and play a full part and fulfil its promise and not just be burdened with the struggle to survive.

Every life is precious and none more so than those who have just entered this world. The sheer number of infant deaths and those suffering curable diseases can be numbing to the fact that each single life is sacred.

The sequence of life is the fundament of our planetary experience – from childhood to infancy to adolescence... and to old age – and each stage of life can be fulfilling and whole in making a conscious response to the sanctity of life in the way we think and act and treat each other.

At the core of SDG Alignment 3 is this recognition.

**Alignment 3: The Global Conversation – An Example**

What can we do? We can grant to each life the respect of what is due from the recognition of the sanctity of life.

To respect that each person has appeared in this world and into the sequences of life to find and play a meaningful and significant part and understand that a person’s well-being stems from fulfilling this promise.

It begins inside the way we think of each person and the promise they represent as one interacts with them (rather than judging others and what appear as their differences to ourselves).

To preserve the sanctity of life is a principle that develops a conscious attitude that extends into the world and into the global community.

This SDG challenges us to challenge the numbing effect of the numbers of casualties in the world and work together to a collective and conscious well-being.
Goal 4: Ensure inclusive and quality education for all and promote lifelong learning

Obtaining a quality education is the foundation to improving people’s lives and sustainable development. Major progress has been made towards increasing access to education at all levels and increasing enrolment rates in schools particularly for women and girls. Basic literacy skills have improved tremendously, yet bolder efforts are needed to make even greater strides for achieving universal education goals. For example, the world has achieved equality in primary education between girls and boys, but few countries have achieved that target at all levels of education.
The underlying notion of education is largely about being taught something that makes one fit and able to play an inclusive and active part in society.

Natural learning begins with the recognition that each person is included and that we are ‘being educated’ naturally through the sights and sounds that we process each day and our witnessing the growth patterns of flora and fauna and all life that we are surrounded by each day.

Understanding the way the natural worlds work is fundamental to living a harmonious life on this planet.

Natural learning preserves the wonder and reverence for life and our environment and the extraordinary way all life is a community of needs, all inter-connective – each part feeding and serving another part – it is the model for a harmonious global community.

It is only through such natural learning that we come to appreciate the special place and responsibility we humans have as a living part of the whole.

Alignment 4: The Global Conversation – An Example

Sensitivity to our environment, to others, to the balances of life – this requires a different way of seeing that is vital for a forming life to have a well-balanced view and not think that everything ‘out there’ is for us to do with as we want.

Everything we do has consequences and the more aware we are of them the more we can make informed and conscious decisions.

To join the dots and see the way things affect other things is to begin to re-connect us to the wholeness of life of which we are a part.

It can be a natural thing, such as discovering where the food we eat comes from and why it might be better to seek foods grown locally, to discovering what happens to the trash we discard in the garbage, where it goes and how it inevitably poisons all life including ourselves.

The SDG’s empower individuals to discover new way to address the challenges we face and not assume that government and society has all the answers.
Goal 5: Achieve gender equality and empower all women and girls

While the world has achieved progress towards gender equality and women’s empowerment under the Millennium Development Goals (including equal access to primary education between girls and boys), women and girls continue to suffer discrimination and violence in every part of the world. Gender equality is not only a fundamental human right, but a necessary foundation for a peaceful, prosperous and sustainable world. Providing women and girls with equal access to education, health care, decent work, and representation in political and economic decision-making processes will fuel sustainable economies and benefit societies and humanity at large.
Alignment 5:
Honoring the whole human through its two expressions of gender

While the world continues to rebalance the legacy of gender inequality from the past, this SDG Alignment focuses on a new beginning point that honors the whole human design through its two equal and complimentary expressions.

By starting afresh and acknowledging the natural and equal rights of each gender, rather than only trying to re-balance the injustices of history, we can see the way we denigrate the integrity of both genders when we do not accord them equal respect.

Life originates from the union of these two genders and throughout life the generation of new and productive thought and feeling arises from the interaction of these two principles.

Whether it be listening and talking, in giving and receiving, in pathfinding and consolidating (none of which are the exclusive domain of either gender), we can deeply acknowledge the equal value of each gender.

Only when we see that to honor the whole human is an inner alignment position from which we can discover a full and correct and dynamic balance, can all be enhanced.

Alignment 5:
The Global Conversation – An Example

It is by virtue of the natural separation and union of gender difference that anything can be done in practical life – it is a natural law – we cannot reasonably value one gender above the other – it diminishes us all.

Change begins in becoming aware of oneself occupying these ‘gender’ positions and seeing that listening is as powerful as talking, that creating space is as vital as filling that space meaningfully, that opening opportunities is as creative as realizing them.

Only then can we learn to register and become conscious of the whole domain of gender does it becomes possible to value each gender equally - and the practice of this is in our hands to do each day.
Goal 6: Ensure access to water and sanitation for all

Clean, accessible water for all is an essential part of the world we want to live in. There is sufficient fresh water on the planet to achieve this. But due to bad economics or poor infrastructure, every year millions of people, most of them children, die from diseases associated with inadequate water supply, sanitation and hygiene. Water scarcity, poor water quality and inadequate sanitation negatively impact food security, livelihood choices and educational opportunities for poor families across the world. Drought afflicts some of the world’s poorest countries, worsening hunger and malnutrition. By 2050, at least one in four people is likely to live in a country affected by chronic or recurring shortages of fresh water.
Alignment 6:
Sustainable human process

The access point for an inner alignment about water and sanitation is to consider the bigger picture of the flow of life of which water is such a significant part.

Water flows through all levels of life and nourishes and gives life to all living things. When water stagnates and becomes polluted, life dies and the integrity of the larger environment suffers – as is the case with the parlous state of our oceans today.

In the human case, we are daily responsible for the flow of life in the way we interact with each other and all living things.

In conversation and action and expression there can be a healthy flow engendered from value (refreshing) or we can abandon that responsibility and let the human process fall into a contaminated state.

Witness the level of dialogue that passes as conversation and discussion today that we refer to as being stagnant, polluted, full of words and ideas attached to disagreement and disdain and ugly rhetoric that literally pollutes and contaminates the possibility of aspiring to the necessary responses needed in a new time.

We cannot hope to criticize, talk in prejudicial ways, malign and downplay each other and hope to support a sustainable and ‘clean’ flow of life at every level.

There is a direct correlation between our reverence for water and our reverence for life as a process – and we, six billion people, have to realize this.

Just as we wantonly discard plastic waste and toxic substances into the water that we know finds its ways into the ocean, polluting them in ways they cannot recover from, so we do the same with human process in other ways.

When we take responsibility for our process, in ourselves and with others, we begin to be conscious of a natural reverence for the processes and flow of life as a whole.

Alignment 6: The Global Conversation – An Example

The natural flow of water in this world is stressed from misuse and maltreatment and it is necessary to see that the human attitude that can change this begins inside and out from ourselves in everyday life.

We can enhance the flow of life with the natural vitamins of daily living that we generate into it.

We can nourish and refresh the processes of life with hope and encouragement and inspiration or make life toxic when we don’t think to care.

To even listen to another person from the position that they are doing the best they can (encouragement), rather than criticizing them (contamination) for what you disagree with can help start a new way.

When we try to offer nourishing thoughts and real hope in our associations and dealings and conversations with all life, we demonstrate a new and conscious way to make a response to a new time.

Remember the SDG’s are an opportunity to rise up as humans at a time where the future implores us to make a new and fresh start.
Goal 7:
Ensure access to affordable, reliable, sustainable and modern energy for all

Energy is central to nearly every major challenge and opportunity the world faces today. Be it for jobs, security, climate change, food production or increasing incomes, access to energy for all is essential. Sustainable energy is opportunity – it transforms lives, economies and the planet.

UN Secretary-General Ban Ki-moon is leading a Sustainable Energy for All initiative to ensure universal access to modern energy services, improve efficiency and increase use of renewable sources.
Alignment 7: Renewable energy

The greatest source of energy is natural energy and yet almost every aspect of modern life is debilitating and wearing – and stress the inevitable end result.

We use ourselves up just as we use up the energy of the planet. We think predominantly about ‘using’ energy, rather than channeling it to a purpose.

This is a fundamental understanding about the first infrastructure of life – the human design / body. It is a re-energizing mechanism when treated with care – and stress and disease often the consequence of misuse.

This shift, as with all the SDG Alignments, begins in ourselves and has universal application in and through all the SDG’s.

A new template for work and life, that allows regeneration and sustainable lifestyles that energize us, is available to us in observing what renews us and what debilitates us, but living significant lives is shown to be a great harbinger of health and energy.

Understanding the impact of the environment on us, as well as us on it, is one simple window to see the exchange of energies as the level and quality of processes that flow through us.

Alignment 7: The Global Conversation – An Example

What practices do we employ to keep our bodies, our minds, our emotions in shape and in good function?

To disregard our natural systems and expect them to work at full all the time comes at our own cost.

Everything has energy – a place, a person, an idea, a situation, an environment.

There are so many wise practices available, from meditation to just closing one’s eyes and letting our systems restore themselves, that we can take up as a simple mindfulness of the exact nature of our systems to give as they are given to.

Being ‘on’ all the time is not the way the human systems work best – as we know.

Surely, the very basis of our global conversation is in sharing such ways and practicing them daily at work and at home and into the larger world.

The thought that we can win a future must be the most energizing thought of all and one to keep close to ourselves to share and to explore in through the SDG’s and the accompanying SDG Alignments and the new Global Conversation.

Remember, the SDG’s are not about stress and unnatural effort, but about attitudes that employ the great natural resources of life – wisely.