

SUSTAINABILITY

Helping others is a sign of intelligence



Ricardo Fraguas Poole.

You know my commitment to the promotion of behavior for the generation and the rational use of energy.

I have shared with you on several occasions, I consider sustainability from respect and from the responsibility to ourselves, to people and living beings with whom we share our fleeting existence, and to those people to come and enjoy, also, of his own existence.

Therefore often I convey the need to address alternative approaches to the massive use of fossil fuels to transport people and goods to avoid, on the one hand, the total extinction of these natural resources and otherwise unwanted acceleration imbalances irreparable environmental.

I understand sustainability as the rational management of resources in the widest and global sense of the term.

In response to a scale of values, importance of the resources available, it is reasonable repair, first, in our own lives.

Life, our life, as we know it inevitably has a beginning, from conception and birth, and an end, after biological death. All this while maintaining the moment, outside the so respectable, belief in the existence, before and after these inevitable events.

Life, our life is a finite resource. This nature invites us to contemplate the rational management of its working time.

So, for once the indispensable minimum that we can guarantee their own survival and the possibility of exercising freely what we think, by consensus, such as the right to life, it is also reasonable to stop and identify priority targets to meet, during our conscious existence.

Suppose we set as a global goal, to feel partly or fully satisfied and happy with our existence, most of the time as possible. Goal that brings us to what we commonly understand as full life or fullness.

This assumption, in turn, we headed directly to the need to find out, the need to determine where they reside plots return of happiness and satisfaction.

What is it that makes us be happy and satisfied of our existence?

Let us guessing. Imagine we found out that what gives us more happiness is to some activities, but most notably, the active sharing time with loved ones. And that experience to help others, that is, make others happy and expose their happiness, in turn increases our level of happiness.

It would not seem unreasonable to think to spend the maximum time for these activities would be a gesture of intelligence and rationality. True?

Although not necessary to reaffirm these objectives supposed to enjoy a healthy and sustainable living, also science and scholars agree to take care of loved ones and doing good to others is a sign of intelligence, since it is scientifically proven this makes us happier and less prone to disease.

One of the most recent studies on the issue was conducted by researchers at Harvard and the University of British Columbia

http://greatergood.berkeley.edu/article/item/kindness_makes_you_happy_an...

<http://link.springer.com/article/10.1007%2Fs10902-011-9267-5>

<http://www.publicaffairs.ubc.ca/2013/05/09/rich-or-poor-giving-makes-you...>

It is determined to devote own resources, including time, to give joy to others, not only provides joy and happiness that do it, but we also integrates a positively vicious circle where "Kindness Makes You Happy ... and Happiness Makes You Kind "Akin says Lara, one of the researchers at the University of British Columbia.

Sustainability is a good generation and balanced management of resources to ensure its maintenance and therefore the activity. According to the report presented in 1987, led by the then Prime Minister of Norway, Gro Harlem Brundtland, sustainability, from the perspective of human prosperity, is to meet the needs of the present generation without compromising the ability of future generations to meet their own needs.

Well, now, in 2014, thanks to researchers and science, we know that awareness on sustainability and act accordingly, do everything possible to help our fellow human beings and future generations to be able to exercise their right to life, also it means our "salvation", at least in the sense that our lives will be better used to be fuller and happier.
