

Theodore Roszak's Eight Principles of Ecopsychology:

1. Repression of the ecological unconscious (the nature within) is the deepest root of collusive madness in industrial society. Open access to the ecological unconscious is the path to sanity.
2. The contents of the ecological unconscious represent a living record of cosmic evolution, tracing back to distant initial conditions in the history of time. Life and mind emerge from this evolutionary tale as culminating natural systems.
3. Just as it has been the goal of previous therapies to recover the repressed contents of the unconscious, so the goal of ecopsychology is to awaken the inherent sense of environmental reciprocity that lies within the ecological unconscious. Ecopsychology seeks to heal the more fundamental alienation between the recently created urban psyche and the age-old natural environment.
4. For ecopsychology as for other therapies, the crucial stage of development is the life of the child. The ecological unconscious is regenerated, as if it were a gift, in the newborn's enchanted sense of the world. Ecopsychology seeks to recover the child's innately animistic quality of experience in functionally "sane" adults. To do this, it turns to many sources, among them traditional healing techniques of primal people, nature mysticism as expressed in religion and art, the experience of wilderness, the insights of Deep Ecology.
5. The ecological ego matures toward a sense of ethical responsibility to the planet that is as vividly experienced as our ethical responsibility to other people. It seeks to weave that responsibility into the fabric of social relations and political decisions.
6. Among the therapeutic projects most important to ecopsychology is the re-evaluation of certain compulsively "masculine" character traits that permeate our structures of political power and which drive us to dominate nature as if it were an alien and rightless realm. In this regard, ecopsychology draws significantly on the insights of ecofeminism with a view to demystifying the sexual stereotypes.
7. Whatever contributes to small scale social forms and personal empowerment nourishes the ecological ego. Whatever strives for large-scale domination and the suppression of personhood undermines the ecological ego. Ecopsychology deeply questions the sanity of our gargantuan urban-industrial culture, whether capitalistic or collectivistic in its organization, but without necessarily rejecting the technological genius of our species or some life-enhancing measure of the industrial power we have assembled. Ecopsychology is *post*-industrial not *anti*-industrial in its social orientation.
8. There is a synergistic interplay between planetary and personal well-being. The term "synergy" is chosen deliberately for its traditional theological connotation, which once taught that the human and divine are cooperatively linked in the quest for salvation. The contemporary ecological translation of the term might be: the needs of the planet are the needs of the person, the rights of the person are the rights of the planet.