

Hunter-Gatherer 21C:

The Complete Two Score and Ten

1. **Tell stories** that fire the imagination.
2. **Cook meals** that taste good, are nutritious and use local ingredients.
3. **Really notice** the weather and predict what's coming next: rain or shine or snow.
4. **Sleep** easily; arise early.
5. *"Warning; before beginning a program of physical inactivity, consult your doctor. Sedentary living is abnormal and dangerous to your health".*
Frank Forencich
6. **Throw** high, throw long, throw accurate.
7. **Develop** language and **brachiate** more.
8. **Use eyes** for distances beyond the screen: look long, look up.
9. **Experience** cold and rain and wind and re-appreciate warmth.
10. **Pace** the seasons.
11. **Remember what's important.**
12. **Re-discover** fresh herbs.
13. **Notice**, observe and sense more.
14. **Stare** at night skies unpolluted by light.
15. **Move:** walk, jump, climb, run, squat.
16. **Observe:** animals, birds, insects...
17. **Establish rituals:** writing, building & crafting, reflecting.
18. *Swim: dive, float, swim a little underwater.*
Try open water.
19. **Spend time with the tribe:** love, frustrations, hugs, laughs and sheer craziness. Plan for winter. Stack logs, of course. Oh, stew the autumn fruit too.
20. **Practise walking along a 3 by 4 beam.** One inch above the ground. One foot above the ground. One yard above the ground. *Don't fall off.*
21. **No** elevators. **No** escalators. **No** PPT.
No Facebook after the sun sets.
22. **Play ball.**
23. **Sleep outside** sometimes. Especially with 1, above.
24. **Develop skills with hands:** flint spear-heads, sure. Bake bread. Make your own notebooks.
25. **Keep the cave tidy.** *At all times.*
26. **Be self-reliant:** learn how it works, from pensions to mowers.
27. **Believe in magic.**
28. **Respect** Planet Earth and allow it to breathe.
29. **Explore** new lands and walk their shores.
30. **Eat** some fruit, nuts and seeds.
31. **Spend more days** without concrete, plastic and wi-fi.
32. **Draw.** On your very own cave walls.
33. **Allow a little dirt.**
34. **Less** gym desperation, more *move with life.*
35. **Walk barefoot**, in the cave and then on increasingly demanding terrains.

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36. **Read and share** the great sagas. Start with Homer.
"The difficulty is not so great to die for a friend but to find a friend worth dying for."
37. **Live light. Travel lighter. Meditate lightest.**
38. **Get thirsty.** Drink deep and long.
39. **Use peripheral vision.**
40. *"...to construct a narrative one must already live in the world, one must already dwell in the world and, in the dwelling, enter into relationships with its constituent parts, both human and non-human."*
Tim Ingold
41. Get strong.
42. **Sweat** while pacing through the woods and alongside the lakes.
43. **Walk tall;** sit tall; listen deep.
44. **Scan** the horizon.
45. **Evolve,** change and learn from the masters.
46. **Value** wisdom over stuff, stillness over babble, investment over the quick-fix.
47. *"Today our minds are almost entirely free to choose whatever sensory experience we can imagine; we can and do innovate to heart's content. But the price we pay is excruciating... living apart from habitat will never be a path to health, performance or spiritual happiness. We need our habitat to make us whole."*
Frank Forencich.
48. **Develop mastery.**
49. *Build and leave a legacy.*
50. **Never let the fire go out.**