**Exercice starting from an idea of degrowth presented by Edgar Morin: “ art of rebalancing what needs to grow, degrow and be stabilized”.**

***Keywords:* complexe thinking, growth, degrowth , stabilization.**

**This activity proposes group working and discussion allowing each participant of the group to see what has to growl, to degrow ad to be stabilized in his or her own life .**

There are so many different “definitions” about degrowth …

The one proposed by Edgar Morin is “an art of rebalancing what has to grow, to degrow and to be stabilized”. We will look on this idea through a complexe thinking and simple acting perspective, crossing three interesting paradoxes:

* Globalization / localization
* Occidentalization/pluralization
* Development / Envelopment

Degrowth as an *Art of rebalancing* means to take in consideration - in the same time and on different levels - those three mentioned paradoxes allowing seeing -and acting on- what has to grow, to degrow and to be stabilized.[[1]](#endnote-1)

**Methodology:**

1. Short presentation of **Edgar Morin** thinking: **30 minutes**
2. **Each participant invited to answer** on a paper to the question “what has to growl, to degrow and to be stabilized in his or her own life ? **15 minutes**
3. Group discussions start in **3 persons groups** where each participant has **15 minutes** to present his paper to the 2 other persons of the group and discuss it.

At the end each group tries to summerize big tendencies coming out of the different discussions (including tensions paradoxes and contradictions) **15 minutes.**

 **4x15 = 60 minutes**

1. Discussion in the big group connecting the outcoming of each 3 persons groups with the questions of

-Globalization / localization

-Occidentalization/pluralization

-Development / Envelopment

**60 minutes**

1. Edgar MORIN The Way, January 2011 [↑](#endnote-ref-1)