

Slow Down

DEGROWTH
COMMUNISM

A BEGINNERS GUIDE



PAGE 1 (RECONFIGURE) P171

MURRAY BOOKERIN:

"WE MUST ESCAPE FROM THE DEBRIS WITH WHATEVER BOOTY WE CAN RESCUE.."

"THE RUINS THEMSELVES ARE MINES.."

ANAPY WORKERS: "WAREHOUSES, TRUCKS AND TRAINS CAN BE PUT TO DIFFERENT USES!"
(CLASS POWER ON ZERO HOURS)

DAVID HARVEY - THE 7 ACTIVITY SPHERES OF HUMAN LIFE INCLUDE

- PRODUCTION AND LABOUR
- TECHNOLOGICAL AND ORGANISATIONAL FORMS

THIS IDEA IS THAT WE CAN REPURPOSE INFRASTRUCTURE TO MEET HUMAN (AND NATURE'S) NEEDS. ALL THE WASTE OF PRODUCTION FOR PROFIT, WHERE DIFFERENT PARTS OF AN ITEM ARE PRODUCED ALL OVER THE GLOBE TO TAKE ADVANTAGE OF WORKERS, CAN BE SLOWED DOWN, CUT OUT. "PRODUCTION FOR USE VALUE NOT EXCHANGE VALUE..."

THOU SHALT

RECONFIGURE

PRODUCTION AND
DISTRIBUTION NET
WORKS
MEET
TO
LIFE



NEEDS OF

HUMAN

NATURE

NOT

CAPITAL



"EVERYTHING LIVED IS NOW SPECTACLE" DANE AND STUARTWISE!

THE WORKING CLASS HAVE BEEN CONVINCED THAT IF THEY JUST TRY HARD ENOUGH, THEY TOO CAN HAVE A LIFESTYLE THAT SEEMS LUXURY, FREE, IT MEETS OUR OTHER DREAMS AND DESIRES.

YET THIS IS A MIRAGE, WE ARE TRYING TO COPY A GHOST WHO IS ISOLATED ALONE WITH THEIR COMMODITIES. BUT WORKING CLASS CULTURE IS SOMETHING THEY CRAVE, EMULATE AND SET BACK TO US. WHAT NEEDS TO BE SCARCE? WHAT NEEDS TO BE ABUNDANT?

THOU SHALT
NOT ENULATE
THE LIFESTYLES OF THE RICH
...



FOR YOURS
IS
ABUNDANT
IN WAYS THEY CANNOT
IMAGINE ...

"MUTUAL AID, COMMUNISM .. CAN BE SEEN AS THE FOUNDATION OF ALL HUMAN SOCIALITY ANYWHERE: IT EMERGES SPONTANEOUSLY IN TIMES OF CRISES" DAVID GRAEBER."

WE ALL REMEMBER THOSE WHATSAPP GROUPS SPRINGING UP AFTER THE INITIAL SHOCK OF LOCKDOWN, ORGANISING + CO-ORDINATING THE WORK, THE PRODUCTION / DISTRIBUTION OF GOODS, RATIONING, LEISURE ACTIVITIES, EVERYTHING...

REBECCA SOLNIT PROVIDES TONNES OF EXAMPLES IN HER BOOKS OF HOW COMMUNITIES ORGANISE IN TIMES OF DISASTER - USUALLY THE BIGGEST THREAT BEING THE GOVERNMENT...

THOU SHALT...

REMEMBER



THE MUTUAL AID OF LOCKDOWN
AND HOW NO GOVERNMENT
TOLD US HOW TO DO IT.

THIS SOCIETY IS BUILT ON THE UNPAID LABOUR OF COOKING, CLEANING, WASHING CLOTHES, RAISING KIDS, MOSTLY DONE BY WOMEN. IT CAN BE STRESSFUL, ISOLATING + EXHAUSTING, ESPECIALLY NOW THAT EVERYONE ALSO NEEDS TO DO MONEY WORK TOO! SILVIA FEDERICI WRITES

ON HOW CARE WORK CAN BE SOCIALISED, SHARED AROUND INCREASING LEISURE TIME EVERYWHERE.

ANGRY WORKERS SUGGEST ^{SOCIAL} UNITS OF 250-300 PEOPLE WOULD BE ABLE TO DO THIS, WITHOUT IT BEING TOO WIERD..

THOU SHALT...

SHARE

THE CARE AND BREAK THE



ISOLATION OF DOMESTIC
WORK. 250 PEOPLE IS
ENOUGH TO ORGANISE
CHILD CARE, COOKING AND
WASHING CLOTHES SO WE
GET LEISURE EVERYWHERE.

BY KEN PERN
↑
PLANTS FOR A FUTURE
↓

"WE NEED A NETWORK OF 1000'S OF AMATEUR BOTANISTS, THIS MAY BE ALL THAT STANDS BETWEEN IMPOVERISHMENT - A GENERAL IGNORANCE OF BOTANY - AND AN ABUNDANCE OF PLANT DERIVED FOOD, USEFUL MATERIALS, INSPIRATION AND PLEASURE"

DAVE + START WISE :

PEOPLE KNOW THEIR AREA, PEOPLE ARE CLEVER BUT WE NEED EDIBLE FOOD FORESTS, THINKING AHEAD FOR BUILDING MATERIALS, MEDICINES, EVEN FOR AESTHETICS LIKE COLOURS...

ALL THOSE BUILDERS LEARN THE PERMACULTURE + SCREWFIX + TOOLSTATION HOST IMMENSE VARIETIES OF PLANTS + SEEDS. .

In memory of Loren Goldner 1947-2024



In abolishing fictitious capital, we impose "global accounting standards" or "world resource accounting" to take an "inventory" of total existing means of production and labor power, in terms of use values (The goal is pushing all production beyond the necessity of exchange, so that social "measurement" occurs neither in price nor in labor-time but is strictly in use-value terms of real goods and services produced.)

10) automation of all drudgery that can be automated.

Offset capitalism not carbon
Any person offsetting carbon in this land commits an offence under Abolish act of not thinking through how the forces of production, big business and the state (otherwise known as Capital) intend to profit from climate change.
The fine is to decide whether Capital will set the terms on which this change is confronted or whether we shut.

... can be quickly implemented by working-class people through the debates about "forms of organization" in the other sectors mentioned which exist only because...

- 11) generalization of access to computers and education
- 12) free health and dental care.
- 13) integration of education with production.
- 14) the shift of R&D currently connected with production to the general framework of labor.
- 15) the great increase in productivity of labor within the general framework
- 16) global shortening of work week.
- 17) centralization of everything that can be automated within the general framework
- 18) measures to deal with the atmosphere

- 1) implementation of a program of technology export to equalize upward the Third World.
- 2) creation of a minimum threshold of world income.
- 3) dismantling of the oil-auto-steel complex, shifting to mass transport and trains.
- 4) abolish the bloated sector of the military; police; state bureaucracy; corporate bureaucracy; prisons; F&R&E: (finance-insurance-real estate); security guards; intelligence services.
- 5) taking the labor power freed by this to begin retraining and reeducation around real needs.
- 6) crash programs around energy: nuclear fusion power, solar, wind, etc.

THOU SHALT
BECOME AN
EXPERT IN...

PLANTS



FOR OUR
HEALTH,
OUR FOOD AND
OUR BUILDING
MATERIALS TO
PREVENT US FROM RUIN..

“WE NO LONGER KNOW WHY
WE LIVE THE WAY WE DO...

WE ARE DRIVEN TO CEASELESS
LABOUR WHICH CREATES HUGE
VOLUMES OF COMMODITIES...

... WHICH NEED TO BE
DISPOSED OF. THIS LEADS
TO CEASELESS CONSUMPTION.”

KOHEI SAITO

ADVERTISING MANUFACTURES
SCARCITY IN A WORLD OVERFLOWING
WITH IDENTICAL PRODUCTS

RELATIVE SCARCITY IS A
STRUGGLE WITH NO END.

FADED AND OUTDATED.

THOU SHALT RESIST THE CREATION
OF INSECURE AND

**FALSE
NEEDS**

FOR THE
DISPOSAL OF
CAPITALIST
GOODS... ADVERTISING
SHITS IN YOUR HEAD..



"PUT SIMPLY, THE CLIMATE CRISIS IS BEING CAUSED BY THE RICHEST CLASS IN EVERY COUNTRY. THEY ARE THE ONES DRIVING US OVER THE EDGE."

MAX LAWSON

◦ SINCE 1990, THE RICHEST 5% WERE RESPONSIBLE FOR OVER A THIRD OF THE GROWTH IN EMISSIONS.

◦ FOR THE RICH, MOST OF THEIR EMISSIONS COME FROM THEIR INVESTMENTS, THEIR *CAPITAL* (70%)

◦ A HUGE REDUCTION IN INEQUALITY IS THE ONLY WAY THAT EVERYONE ON EARTH CAN LIVE A DECENT LIFE.

**EAT
THE
RISH**



TO

SAVE THE PLANET

PAGE 8 (HEAL) P 188

“NATURE CONSISTS OF MANY CYCLICAL PROCESSES THAT ARE INDEPENDENT OF HUMANITY — ‘THE METABOLISM OF NATURE’.

CAPITAL HAS BEEN EXTRACTING VALUE FROM BOTH HUMANS AND NATURE, RESULTING IN A ‘METABOLIC RIFT OPENING UP BETWEEN US.

TO HEAL THE METABOLIC RIFT NEEDS MORE THAN A CHANGE IN CONSUMPTION, OR DISTRIBUTION, OR TECHNOLOGY OR EVEN VALUES.

“THE MOST CRUCIAL THING.. IS THE REVOLUTIONARY TRANSFORMATION OF LABOUR AND PRODUCTION”

WE SHALL ...

HERE

THE METABOLIC

LIFT

AND WE SHALL

RESTORE

RESTORE

ECOLOGICAL

BALANCE

NOTES

THE IDEA WAS TO COME UP WITH A '10 COMMANDMENTS' OF WHAT AN ECOLOGICAL SOCIETY MIGHT LOOK LIKE, WHAT A REVOLUTIONARY SITUATION MIGHT LOOK LIKE, AND ALSO IN WHAT WAYS MIGHT WE ALREADY BE DISPLAYING COMMUNAL IDEAS.

"SLOW DOWN" IS THE NAME OF THE BOOK BY KOHEI SAITO WHICH DESCRIBES A KIND OF 'DEGROWTH COMMUNISM'

THIS BRILLIANT BOOK, COMBINED WITH LOTS OF OTHER RESEARCH, AND A LOVE OF GRAPH, RESULTED IN THIS MINI FANZINE, A BEGINNERS GUIDE IF YOU LIKE.



0211

THE INTERNATIONAL DEGRADATION



HOW DEGROWTH COMMUNISM

DOWNTOWN

*How Degrowth Communism
Can Save The Earth*



KOHEI SAITO