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LOCAL FUTURES
ECONOMICS *of* HAPPINESS

The Big Picture

A New Way of Seeing the World

Masterclass with Helena Norberg-Hodge

"One crisis follows another, yet we hear almost nothing about root causes. We urgently need to connect the dots..."

Helena Norberg-Hodge

For the first time ever, we are offering a **Masterclass with our Founder and Director Helena Norberg-Hodge**. Beginning on October 26, this five-week immersion invites you to see the world through different lenses, to move beyond fear and find inspiration and meaning for your own life and activism.

What if many of today's biggest problems have the same roots?

The crises we face today can seem separate: ecological breakdown, economic insecurity, political polarisation, anxiety, loneliness and a growing sense that we have lost control over the forces shaping our lives. The Big Picture explores the deeper connections between them — and what those connections can tell us about creating change.

In **The Big Picture**, Helena Norberg-Hodge draws on decades of experience — from her formative years in Ladakh to her work with communities and grassroots movements around the world — to explore the deeper forces shaping our lives and societies.

Helena examines how the scale, speed and distance of the modern economy have broken our relationships with community, nature, place and one another. She asks what it would take to move from a path of *disconnection* to *reconnection*, ultimately recovering our deep interdependence with the rest of life.

This is an invitation to see more clearly, understand more deeply, recover our spiritual roots, and discover new possibilities for action. Exploring localization offers a practical pathway towards both inner and outer systemic change.

The masterclass follows our new short film, **The Economics of Eating: Local Food Can Save the World**, which has reached nearly half a million people in just a few weeks (see below).

Starting 26 October, two new 20–25 minute video modules will be released each Monday, with supplementary materials and questions for reflection.

You'll also join two live sessions: an opening session with fellow participants and a final conversation with Helena Norberg-Hodge to reflect, ask questions and explore ways to take action.

The masterclass follows our new short film, **The Economics of Eating: Local Food Can Save the World** (watched over 400,000 times to date), and signals a growing localization movement around the world!

Learn more about the Masterclass here

Have you seen The Economics of Eating yet?

The enormous popularity of The Economics of Eating shows that a new moment for localization is on the horizon!

We invited special guests to reflect on the film and share their impressions and experiences in **two online zoom sessions** moderated by Anja Lyngbaek.

You can watch the recordings in full here:

Session 1 with Nathalie Kelley - Actor and Storyteller, Nick Pratt - Founder Regenerative Skills Network, Rachel Ward - Actor and Regenerative Farmer and Helena Norberg-Hodge.

Session 2 with Stuart Gillespie - Food Policy Researcher, Lyla June Johnston - Indigenous Scholar and Community Organiser, Finn Harries - Fo-founder Earthrise Studio and Juntos Farm and Helena Norberg-Hodge.

We have also compiled **10 Food System Facts** and a **comprehensive set of resources** to verify every point made in the film.

View our Economics of Eating resources

New! From our Local Futures Blog

The Economics of Eating

By Helena Norberg-Hodge and Local Futures

The impact of our global economic system on food and farming is disastrous. Giant multinationals and financial speculators are making profit out of destroying diversified, regional farming systems at an alarming rate. In other words, our economic system is set on automatic pilot to drive people off the land into ever bigger cities. And in these mega-cities per capita consumption escalates...

Read here.

Planet Local Voices II

From speedy speculation to the speed of trust with Warwick Smith

Episode 10 features **Warwick Smith**, an Australian economist, ecologist, writer and policy analyst, working across many areas of economic research. He introduces his town of Castlemaine in Australia, and the range of interesting projects happening there.

Watch **Listen**

Our next Planet Local Sharing Circle

A free monthly online gathering for listening, reflection and meaningful dialogue around localization and the global-to-local shift.

Planet Local Sharing Circles offers a welcoming space to exchange ideas, build relationships and support one another in creating more resilient local futures.

Our next sharing circle will be held on **21 October 2026:**
Time: 9am PDT / 4pm UTC / 5pm BST
Duration: 90 minutes
Platform: Zoom

RSVP here

All our best,
from the Local Futures team

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