

Life-Coherent Politics

Moving from Power-Struggle
to the Governance of
Shared Life-Capacity



BASED ON THE ACADEMIC WHITE PAPER BY DR. BICHARA SAHELY

The Crisis of Life-Blind Politics

Ecological Breakdown



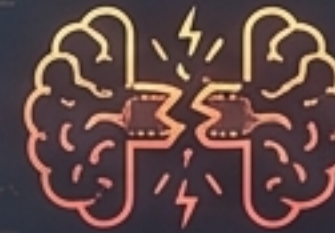
Extracting growth at the cost of planetary boundaries.

Democratic Erosion



High formal participation, but plummeting institutional trust.

Polarization



Conflict deteriorating into mutual world-denial.

The Root Cause: System-Maintenance vs. Life-Maintenance

Our political systems have become highly efficient at measuring wealth, compliance, and electoral victory, but are completely "Life-Blind"—unable to register the degradation of life-capacity itself.

The Great Inversion



Life-Blind Politics

Power over Life. The system demands sacrifice from life and calls that sacrifice "realism."
Means (money, law, markets) become ends.

Life-Coherent Politics

Stewardship of Life. The system is asked to justify itself before life. Living capacity is the end; systems are the means.

Re-Grounding Political Legitimacy

Dimension	Life-Blind Politics	Life-Coherent Politics
Primary Goal	Power, Growth, Control.	Shared Viability, Flourishing, Care.
View of Constraints	Obstacles to be overcome or externalized.	Ecological and human boundaries to respect.
Approach to Margins	Consume reserves for maximum short-term efficiency.	Preserve buffers for resilience and future shock absorption.
Definition of Peace	The absence of disorder; compliance.	Non-domination; participatory repair of harm.
System Hierarchy	Life serves the System.	System serves Life.

The Life-Ground of Legitimacy

Zone 3

The Canopy: Political Freedom & Rights

Voting, free speech, market participation, legal equality.

Zone 2

The Pillar: Social & Developmental Viability

Care, education, health systems, language, social trust, meaningful work.

Zone 1

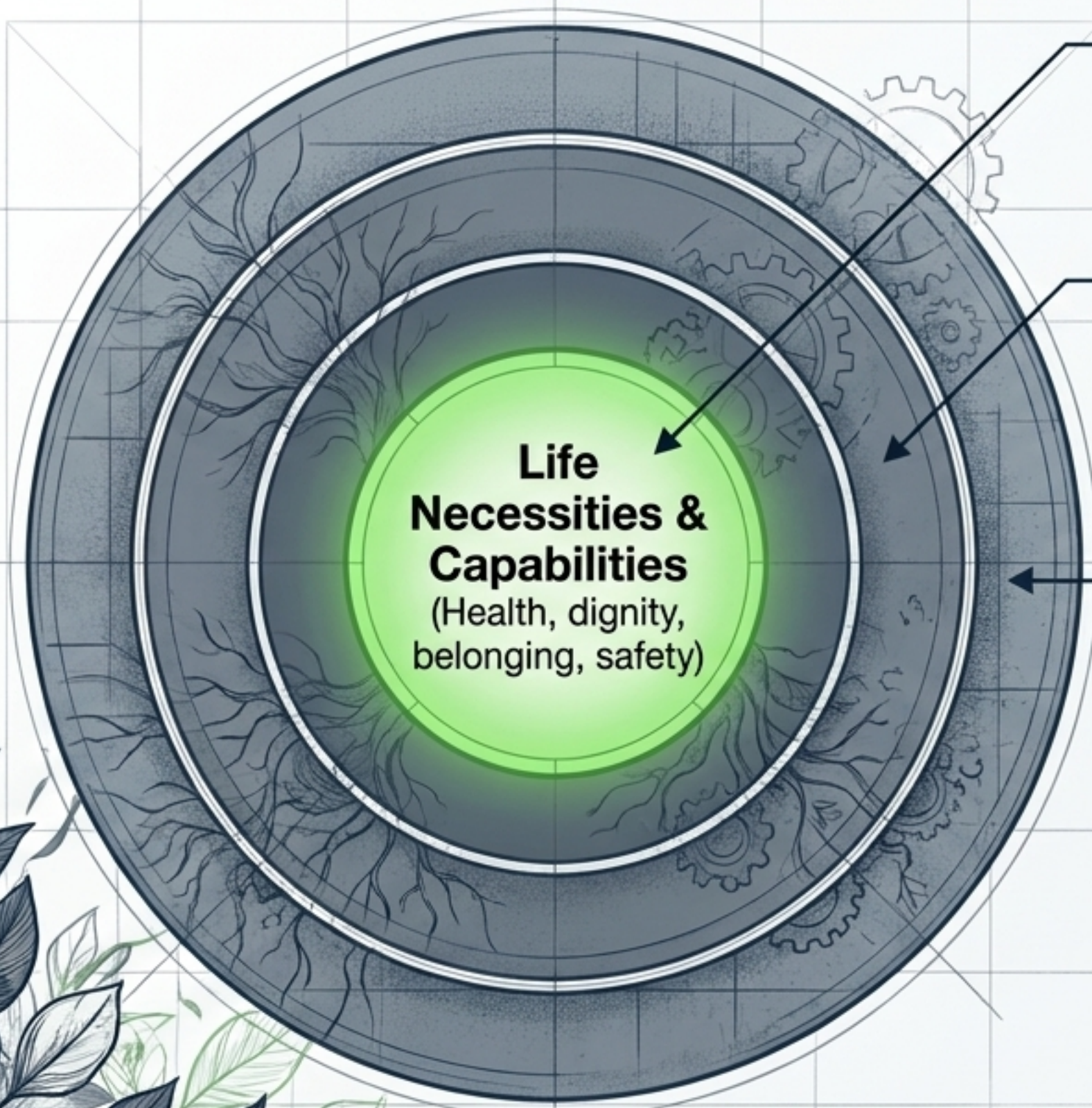
The Roots: Biological & Ecological Viability

Clean water, breathable air, secure food, safe shelter, ecological continuity.



Key Insight: Consent, law, and rights are meaningless if the “Life-Ground” is destroyed. A person with the legal right to speak, but without food, care, or a habitable ecology, is formally free but functionally abandoned.

Violence as Life-Capacity Suppression



Direct Violence

Physical harm, war, displacement, bodily coercion.

Structural Violence

Poverty, unequal exposure to pollution, exclusionary education, administrative cruelty. (Harm built into ordinary institutional operations).

Cultural Violence

Ideologies, narratives, and “manufactured ignorance” that legitimize the structural harm (e.g., blaming poverty on moral failure).

Peace is not just the cessation of killing (negative peace). It is **the presence of conditions that allow life to flourish** (positive peace).

Navigating the Safe-and-Just Political Space

Inner Boundary: Social Foundation

The minimum life necessities
(Water, Food, Health, Housing,
Voice).

Rule: No person or community
can be pushed below this line.

Inner Boundary: Social Foundation

The minimum life necessities
(Water, Food, Health, Housing,
Voice).

Rule: No person or o exceed the
Earth's regenerative capacity.



Outer Boundary: Ecological Ceiling

Planetary boundaries (Climate
change, Biodiversity loss,
Freshwater depletion).

Rule: No society can exceed the
Earth's regenerative capacity.

The Channel: Safe & Just Space

Politics is the disciplined art of
navigating this exact
channel—achieving social
provisioning without ecological
overshoot.

The Civil Commons: Infrastructure of Shared Life



The Civil Commons is not a “welfare cost.” It is the living infrastructure that makes freedom, dignity, and participation real.

Democracy as Relational Coexistence

Step 4: Real Participation

Affected beings and communities must have meaningful influence over the conditions shaping their lives, not just a procedural consultation.

Step 3: Nested Governance

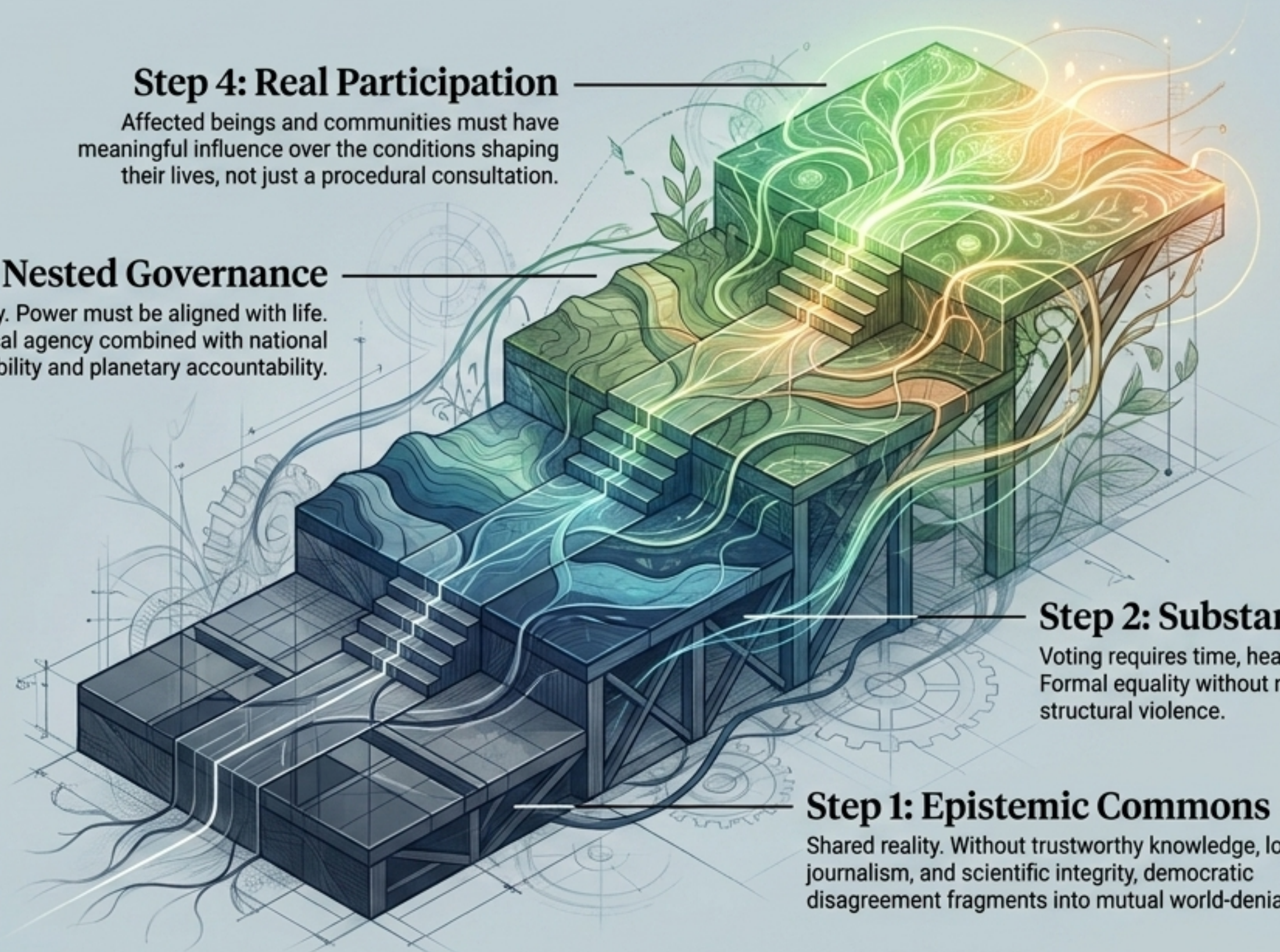
Subsidiarity. Power must be aligned with life.
Local agency combined with national responsibility and planetary accountability.

Step 2: Substantive Capabilities

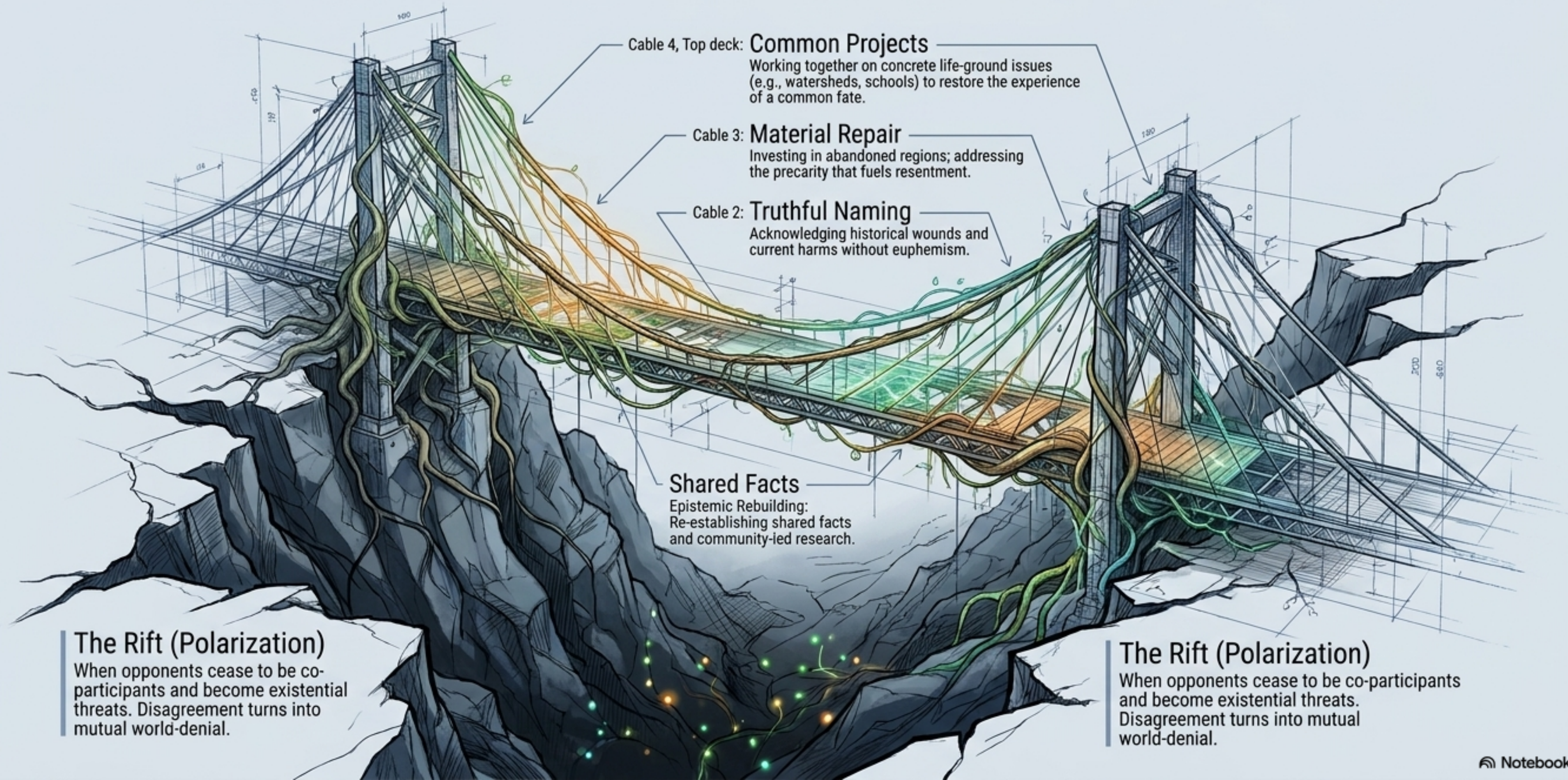
Voting requires time, health, and education.
Formal equality without material access masks structural violence.

Step 1: Epistemic Commons

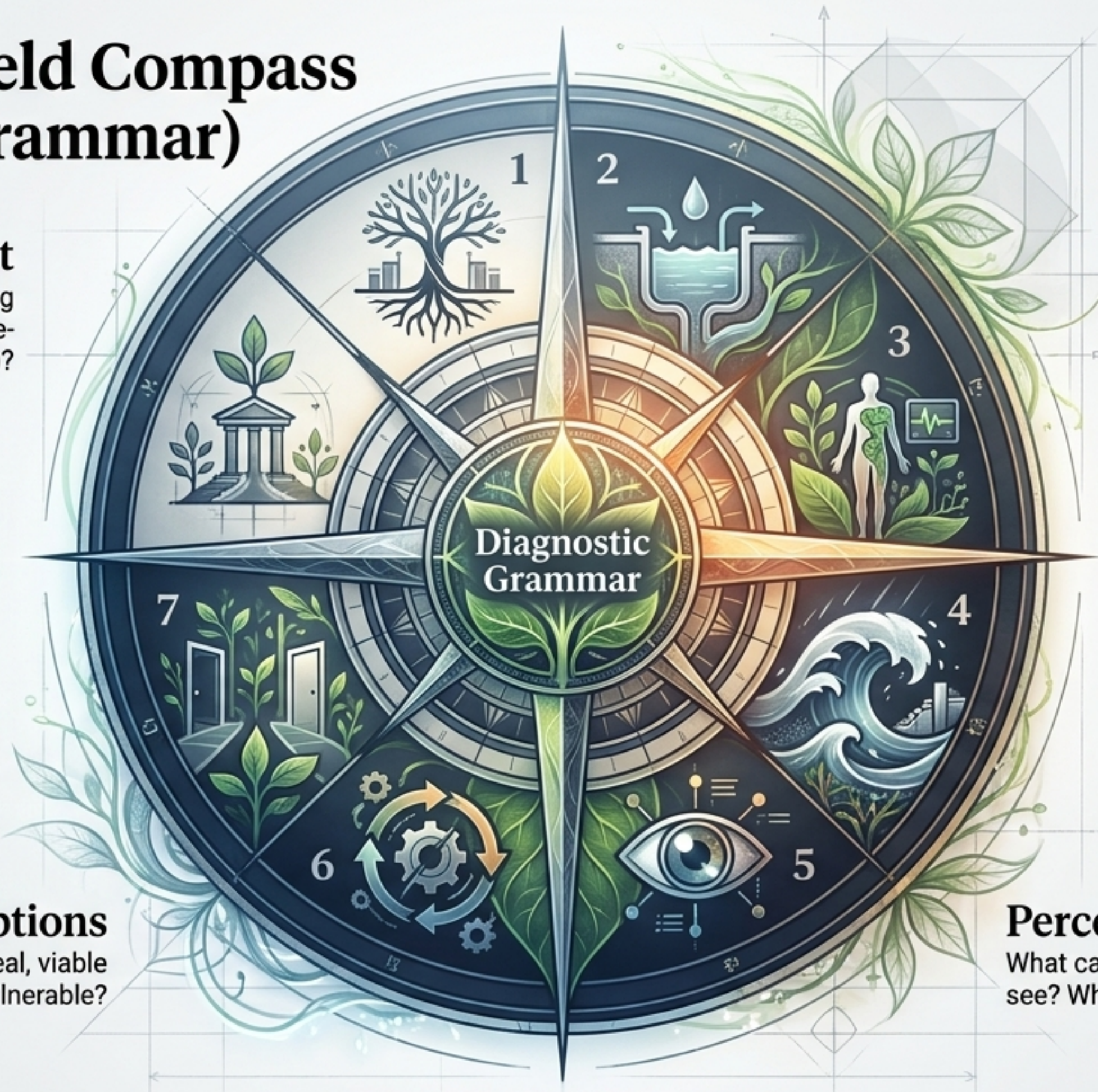
Shared reality. Without trustworthy knowledge, local journalism, and scientific integrity, democratic disagreement fragments into mutual world-denial.



From Polarization to Participatory Repair



The Living-Field Compass (The 7-Fold Grammar)



Constraint

Does this honor life-serving limits (ecology) or impose life-suppressing limits (poverty)?

Erosion

Does this honor life-serving limits (ecology) or impose life-suppressing limits (poverty)?

Regulation

Do our feedback loops repair the field, or just force compliance?

Options

Are we expanding real, viable pathways for the vulnerable?

Margin

Are we preserving reserves for resilience, or consuming them for efficiency?

State

What is the actual condition of bodies, ecosystems, and trust right now?

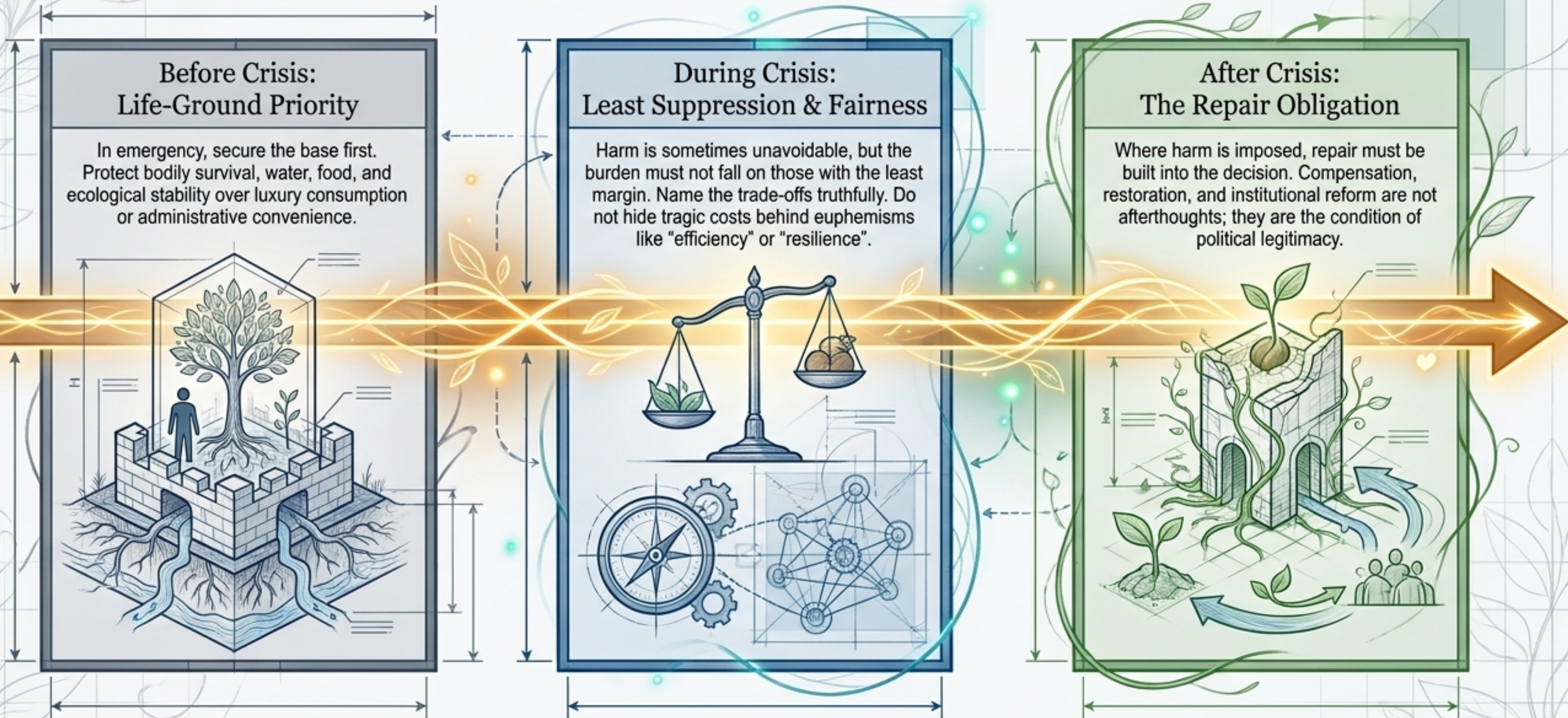
Disturbance

Are shocks causing collapse, or revealing truths that force learning?

Perception

What can our metrics actually see? Whose pain is invisible?

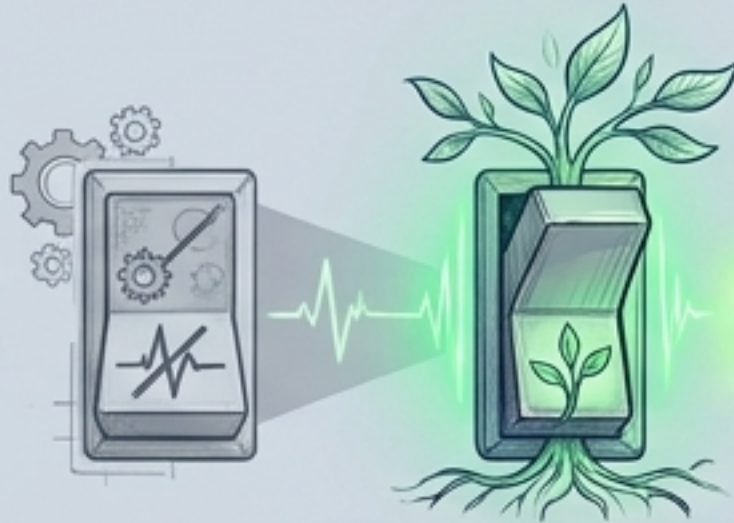
Governing Under Constraint & Tragic Choice



Policy Design as Field Repair: Applications

Health

Clinical
Throughput

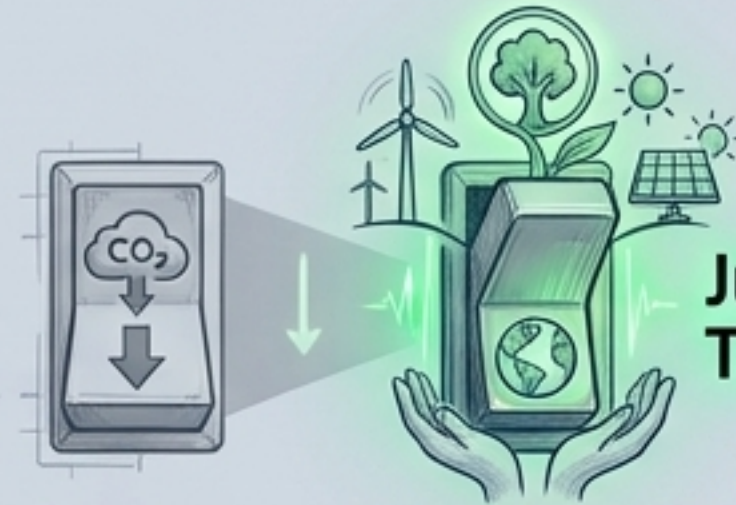


**Embodied
Participation**

Treating upstream social determinants (housing, pollution) rather than just downstream symptoms.

Climate

Emissions
Math



**Just
Transition**

Holding mitigation and adaptation together. Rapid decarbonization that protects the margins of the most vulnerable.

Housing & Land

Speculative
Asset

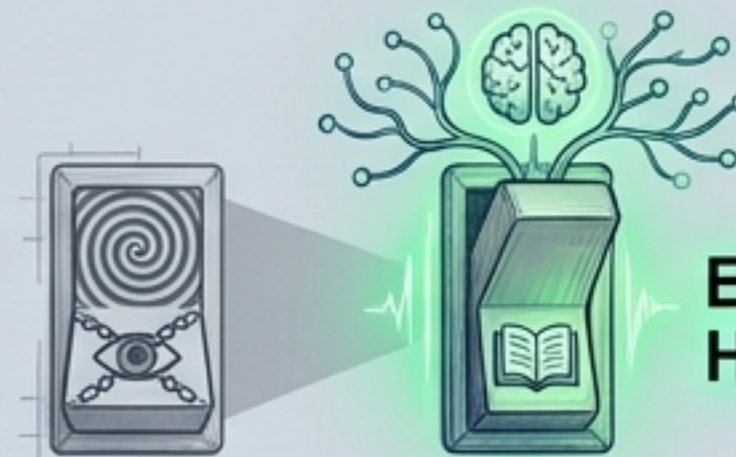


**Secure
Dwelling**

Treating shelter as a health determinant and condition of safety, protecting against predatory enclosure.

Digital Life

Attention
Capture



**Epistemic
Health**

Protecting shared reality, children's development, and democratic trust from algorithmic extraction.


The Life-Coherence Test

A deployable diagnostic to evaluate any policy, budget, or institution.

- Does it protect life necessities and human dignity?
- Does it reduce all forms of violence (direct, structural, cultural)?
- Does it protect and regenerate the civil commons?
- Does it enable real participation by those affected?
- Does it respect ecological limits and safeguard future generations?
- Does it preserve margins and buffers for future resilience?
- Does it build in structural repair for inherited harm?

If a policy grows the economy but fails this test, it is administratively active but biologically and politically incoherent.

The Worlds We Conserve



“Politics is the art of conserving worlds.”

Every law, budget, and institution participates in world-conservation. We must choose whether we conserve a world of extraction, suspicion, and sacrifice zones—or a world of care, dignity, ecological fit, and democratic repair.

The first duty of politics is to conserve the possibility of life. Everything else must answer to that.