



TITLE: Mindful Urbanism: Honouring the Body, First Peoples & Nature in the Neoliberal Mindset

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Neoliberal economic and geopolitical thinking is characterised by masculine values of individualism, competition, development, growth and rationality. This cultural mindset has led to the creation and alienation of neoliberal *Others*: those entities that are based on feminine values of collectivism, collaboration, preservation, reflection and emotion. It will be argued that the body, first peoples and nature have all been devalued as Others in the neoliberal quest for self-sufficiency based on personal wealth. With the dissemination of these values across Australia and the Asia Pacific, we face major challenges to our health, our history and the natural environment because we continue to preserve only what we value. This paper presents *mindful urbanism* as a new ethos that honours feminine values within the masculine neoliberal project of growth and development. Mindful urbanism shifts the economy from an 'I' to 'We' consciousness of interdependence and non-domination. We see examples of mindful urbanism in the sharing economy, micro-credit, voluntary simplicity and the granting of rights to the natural environment. Mindful urbanism is a departure from anthropocentrism and sees humans as a part of nature.