

# Spiritual Action Green Checklist

## Companion Info

See <http://spiritualaction.org> for more information, downloads and links

*\* Get this document (in Word) for free, for adaption and use by you or your spiritual community*

### Tips for starting your green journey:

- Start with small steps, or take a big plunge like going vegan or carless
- Don't be lazy, but have compassion for yourself and others
- Celebrate the changes you make!

*Shifting from an old routine to a new, greener one may take weeks or months. But we can all do it!*

## PERSONAL ACTION

*Our culture of consumption and disposal is suffocating life on Earth. Your personal changes can make a difference.*

### CONSUMPTION: Eat local, organic, and plant-based food:

Examine the source of your food. Cutting out meat and dairy is one of the most effective actions one can take: much land is needed to sustain livestock, and methane from animal waste harms the Earth. Organic foods don't use harmful pesticides, and buying local reduces transportation impacts. **Use water mindfully:** Global warming is affecting water supply. Shower less, run clothes or dishwasher only when full. Grow low-water plants and eliminate lawns. **Use clean energy mindfully:** Fossil fuels (coal-based electricity, gasoline) produce emissions that are causing global warming, and pollute air and water. Weatherize your house, install solar panels, use heat and air conditioning mindfully. Buy energy efficient, non-carbon reliant appliances. Opt for the cleanest energy source offered by your utility company.

**Avoid overconsumption:** Our consumer society fuels non-stop production and waste. Buy only what you need. Share items (ex. tools, clothes, car), reuse and repurpose what you have. **Use green products from renewable sources:** Avoid disposables like plastic bags, utensils and sponges. Use cloth towels, napkins and bags instead of paper. Use of paper cuts down trees and adds to global warming. **Purchase items with minimal, compostable packaging:** Plastic is not biodegradable or compostable. Look for cardboard or compostable packaging, or buy in bulk with repurposed containers. **Shop local** to reduce pollution from transport of goods.

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An island of plastic garbage the size of Texas floats in the Pacific Ocean. Plastic leaches chemicals harmful to the Earth and its inhabitants.

**PROPER DISPOSAL:** Unprecedented amounts of plastics have created a landfill crisis that is causing air and water pollution and methane gases. **Reuse, repurpose and recycle.** Grocery shop with your own containers, bags. **Compost** food and garden waste (check if your city has composting or start your own compost bin). **Dispose of toxic materials responsibly**, including paint, electronics, non-natural cleaning solutions and batteries. **NON-TOXICS:** Many household products, including cleaning supplies, fragrances, cosmetics, and paints, release harmful compounds.

## We must act now!

2014-2019 were the hottest years in recorded history.

Many scientists think that we are close to a critical global warming threshold that will cause irreversible planetary disaster.

**Use natural products without synthetic ingredients or chemicals.** It is easy to make your own cleaning supplies. Use natural scents, oils. Use sustainable gardening techniques. **TRANSPORTATION:** Air travel is another major polluter. **Reduce air travel - use trains or electric cars.** If you must fly, go nonstop. Pay a carbon tax to offset the flight. Autos also pollute ~ **walk, bike, take public transport, and carpool.**

## SOCIAL ACTION

*Experts have found that the biggest motivator for switching to green practices is one's personal circle. You can light the candle in your circle.*

**Share information** with people about what you learn. Share this checklist and website with others. **Support your friends and family** to go green. Support one another – set joint goals, and do check-ins. Participate in Eco-Challenges. **Donate** money or **respond to a call for action** - sign an online petition, send letters to your elected representatives, attend a march. **Shop at or invest in climate responsible businesses, and boycott polluters. Invest responsibly.** Use a green bank or credit union. **Join** an environmental or climate justice organization that speaks to you. See our website for information, resources, calls to action, and effective climate justice organizations.

We are united in Spirit ~  
we cannot achieve spiritual or personal advancement if  
we do not care for Mother Earth and all her beings.

## SPIRITUAL ACTION

*We are aware that we manifest our reality through our thoughts and actions. We can change the world, individually and together.*

*We hold this responsibility to all beings.*

We can only make real change when our actions come with love and compassion, from a place of equanimity, peace, positivity and faith. Go through your day with mindfulness and gratitude for Mother Earth. Each day, meditate, pray, chant mantras, visualize a healthy planet, or send positive energy for healing the Earth and all beings. Stay grounded in your daily spiritual practices. This will give you strength and clarity. Apply your spiritual values to your activist work. Partner with like-minded people and groups. See our website for inspirational tools.

Sanskrit chant for universal healing:

*Lokah Samastah Sukinoh Bhavantu ~*

*May the entire universe be filled with peace and joy, love and light*

A walking meditation from Buddhist master Thich Nhat Hanh:

*Breathing in, I know Mother Earth is in me,*

*Breathing out, I know Mother Earth is in me.*

*With each step the earth heals us,*

*And with each step we heal the earth.*