

Adapted from the Earth Holder Sangha

<https://earthholder.org/personal-commitment/>

Make a Personal Commitment...

PUT MORE LOVE INTO YOUR LIFE

[We encourage you to take a few moments in the next few weeks] to reflect on your lifestyle and make a personal commitment to reduce your environmental impact. When contemplation and action come together in the moments of our daily life, we enrich our daily life with love, meaning and connection.

Steps of mindful contemplation:

1. Stopping

We invite you to take a quiet moment to reflect on your daily life and to select a number of concrete habits you can change in order to actively engage in protecting yourself and life around you. You may like to begin your reflection by spending twenty minutes walking mindfully in nature, or practising sitting meditation in a quiet, peaceful place. We can walk with the Earth, breathe with the Earth, and listen to the Earth outside of us and the Earth within us.

2. Looking Deeply

Making a resolution to live in a different way is a way for us to express our deep love for our planet and for all life. The impact of every act of love is measureless. It resonates across space and time. Our actions as an individual are deeply interconnected with the collective. We are society and society is us. What is important is our intention: to live each moment with compassion and with awareness of what is happening to our precious home.

3. Contemplation in Action

The suggested actions below are inspired by the Five Mindfulness Trainings, the Buddhist vision for a global spirituality and ethic. We don't have to be perfect in following the commitments we select, but we can do our best, knowing that we are actively going in the direction of greater love, freedom and happiness for ourselves and our society.

4. The Art of Awakened Living

Perhaps start with just three commitments that are significant for you.

Write them on a piece of paper and post them where you will see them – on the fridge, on the mirror, on your desktop.

Tell your family and friends what you are planning to do and ask for their support.

If the resolution is an action – take the first next step towards that action today.

If you resolve to change a habit, organise your life in such a way that supports the new habit. Cultivate a mind that is loving, patient and kind. It usually takes at least 21 days to establish a new habit.

We know that our actions will lead to collective insight, collective awakening, and collective change.

SUGGESTED COMMITMENTS TO PUT MORE LOVE INTO YOUR LIFE

COMPASSIONATE EATING

Eat vegan 1, 2 or 3 days a week

Become fully vegan

Buy more local, seasonal food to reduce food-miles

Buy at least ___% organic food

Support a local farmer's market

Grow fruits and vegetables at home

POSITIVE ACTIONS FOR A HEALTHY WAY OF LIFE

Switch to green electricity

Divest from fossil fuels, especially for home heating

Transfer finances to a "green" bank

Join a local currency movement (a "Local Exchange Trading System" or "Timebank")

Offer to share resources (tools, equipment, transport) with neighbors; join a neighborhood cooperative

Start or join a community garden

Help plant native plants & trees, edible plants, flowering plants and fruit-bearing trees near where I live

Consider shared housing or community-based housing programs

Join a local Transition Town movement

ENERGY IS LIFE

Replace all old light bulbs with compact florescent bulbs

Turn computers & televisions fully off at night

Only boil the amount of water I need, not more

Use stairs instead of elevators

Reduce heating at home to ___ degrees

Reduce or eliminate air-conditioning at home

Install a programmable thermostat at home

Get an energy audit of my home and improve its efficiency

Install energy-efficient insulation and windows at home

Get a clothesline or rack to dry clothes naturally (avoid using the dryer)

Install a solar or biomass water heating unit

WATER IS PRECIOUS

Keep track of and reduce water use

Take shorter showers

Turn off water while brushing teeth or shaving

Install a system to capture and store rainwater

Install a system to re-use greywater

MINDFUL TRAVELLING

Track car trips and organise my life in such a way as to reduce them (combine errands)

Walk or bike to work ___ days per week

Walk or bike to places within five miles

Use public mass transport

Use a ride-sharing service

Arrange to work from home one day per week

Drive an electric vehicle or fuel-efficient vehicle

Have a car-free day once a week, or once a month

Reduce flight travel; buy carbon offsets for flights

Take vacations close to home

SIMPLE CONSUMING

Compost kitchen waste

Re-use or recycle to the maximum (including batteries, computers, old clothes, ink cartridges....)

Use both sides of the paper

Buy 100% recycled paper for printers & bathrooms

Use biodegradable household cleaning products

Stop paper bank statements and bills

Say “no” to plastic bags – every time

Buy second-hand, from used clothing or thrift shops

Use the library instead of buying books

Avoid buying disposable items, or items with extra packaging: about 33% of trash is packaging

Meditate on everything I throw away for one month, and on what will happen to those items

Discuss with my employer about tracking and reducing waste, increasing recycling, and reducing the workplace’s ecological and carbon footprint. Offer to help reduce the carbon footprint at work.

Find out more about the products I buy – where they come from and the companies that produce them

Create a boycott lists of all companies I do not wish to support. Share this information with others. Inform companies of my choices

COLLECTIVE AWAKENING AND DIRECT ACTION

Spend time in nature, and meditate on my relationship to the ecosystem in which I live

Meditate further on my consumption habits. See what other changes I can make to simplify my life

Start or join a community that brings contemplation and action together (Eg. Earth Holder Sangha)

Share what I am doing with those close to me, and help them see what they can do. Listen deeply to their response. Share information and views in a way that creates compassionate dialog

Learn more about ecological issues. Find sources of information that educate, inspire and motivate

Find out more about local, national, and international environmental organizations I have an affinity to

Donate some of my time, energy and resources to these organizations

Write articles and stories to help others get in touch with environmental issues and the natural world

Write to political and business leaders, locally and nationally

Attend or help organise non-violent direct actions to raise awareness

Meditate on the world that my children will inherit. Look deeply to see if bringing children into the world feels appropriate to the current situation of life and the environment around me. Consider adopting a child.

Share this with friends and groups.