



Beloved Peacekeepers,
Today, our practice is of caring for Mother Earth - Ecology

Today's Principle, Today's Practice - ECOLOGY

Value the earth by conserving natural resources and avoiding the purchase of products that deplete rain forests or exploit labor forces. Practice recycling today by using at least one recycled product or by recycling a product.

Ask yourself: What does ecology stand for? What are the ways that you and your family support the ecology of the planet? What are the ways your community either supports or destroys the ecology in your area? What does "sustainability" mean? Discuss the ecology of your own body. What sorts of things do you do to support and protect your personal environment?

Visit: www.earthday.org
www.coopamerica.org

Activity - Value the earth in conserving and protecting natural resources. Avoid the purchase and consumption of products that deplete our natural resources, or exploit labor forces. Identify these products and plan to practice reducing, reusing, and recycling the products you use.

Adopt a beach, wetlands, forest, or other natural environment - involve family and friends - spend the day exploring, cleaning, restoring and enjoying it.

Research companies and organizations that are helping the environment today - check their homepage -

Journal Activity: Journal your thoughts....today, use crayons or color pens - live differently and vibrantly!

Consider this Quotes on Ecology:

Only after the last tree has been cut down, only after the last river has been poisoned, only after the last fish has been caught, only then will you find that money can not be eaten. ~ Cree Indian Prophecy ~

Reasonable men adapt themselves to their environment; unreasonable men try to adapt their environment to themselves. Thus all progress is the result of the efforts of unreasonable men. ~ George Bernard Shaw ~

There is no better way to please the Buddha than to please all sentient beings. -- Ladakhi saying

Arne Naess on Spinoza, Self-realization and the link with Gandhi: Does Spinoza think of the sage as a meditative rather than socially and otherwise active person? ... My main argument is ... inspired by ... variety of Mahayana Buddhism ... The teaching that the further along the path to supreme levels of freedom a human being proceeds, the greater the identification and compassion and therefore the greater the effort to help others along the same path. This implies activity of social and political relevance. Gandhi, considering Buddhism to be a reformed Hinduism, furnishes a good example. His mistakes were many, but he tried through meditation of sorts (combined with fasting) to improve the quality of his action, especially the consistency in maintaining a broad and lofty perspective. He deplored the followers in his ashrams who spurned outward action and concentrated on metaphysics, meditation, and fasting. He conceived that as a kind of spiritual egotism. He did not recognize yoga, the meditation and prayer as an adequate way to insight, perfection and freedom. Advance towards the highest levels require interaction with the terrifying complexities of social life.

Remember all sentient beings this day!

Blessings,
SNVOakland
www.snvoakland.org