

Joyful Earth Partnership

Acts of Love Through Action

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By **Claire Papin**

"Every individual needs to bear spiritual, political and social responsibility for making this world a better place." the Dalai Lama

Keeping Earth's ecosystems and the global social tissue healthy and able to sustain us and future generations means that we will be creating new ways for people to live and thrive. Learning to do this is a lifelong commitment that takes intention and support.

Changing a lifestyle takes time and energy, and has a better chance of solidifying when we let the intention of our actions come from love. When we think of a family member, say a beloved grandparent, or our own children, what you would do for them holds no bounds. Actions become acts of love rather than duty. When we hold our Earth as a beloved family member like this, including her in our consciousness and considerations of health, well being, and a joyful positive future as we would for our own children, we will find that our resources grow, the support gets stronger, we grow a little wiser and it gets a little easier everyday. Our commitment is deepened and we create a larger network of others who share the same intention of sustainability and a healthy, joyful, partnership with our Earth. Some are just embarking and want to know some good places to start; others have already begun such a lifestyle and are ready for more ways to grow in their relationship with Earth. Here are just a few tips to serve both:

1. **Keep Your Car Maintained** - Always keep your car tuned, tires inflated and never fill your gas tank to the top. This will not only add to the life of your vehicle but will also reduce air pollution and conserve some of Earth's resources as well as your own.
2. **Avoiding Disposables** - Durable, long-lasting products help to decrease waste by the reuse and refilling of containers. Consider using a refillable razor, rechargeable batteries, and reusable containers to hold your lunch in place of disposables that contribute to extraneous waste. Another way to cut down on disposables is to use your reusable containers (have a cashier weigh them first) for buying food in bulk. This also allows you to choose how much or how little of a certain product you want so that little

food gets wasted. Plus, buying in small amounts keeps your bulk items fresher.

3. **Kitchen Appliances** - With an electric stovetop, make sure your pan completely covers the heating element. With gas burners, make sure the flame is fully below the pan; otherwise, you're paying to heat the air around the pan, not just the pan itself. Remember to use the appropriate size pan for your meal. Also cleaning your refrigerator coils and heating vents often will allow them to operate much more efficiently.
4. **Get the Word Out** - The most important step is to keep your momentum going. Small, everyday actions can contribute to a "greener" life for you and your family and can encourage others to follow your footsteps. Take the time not only to appreciate the beauty and wonders of nature, but also to share with others that, with awareness and effort, those wonders will be there for generations to come.

Mitakuye-Oyasin

- we are all related

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