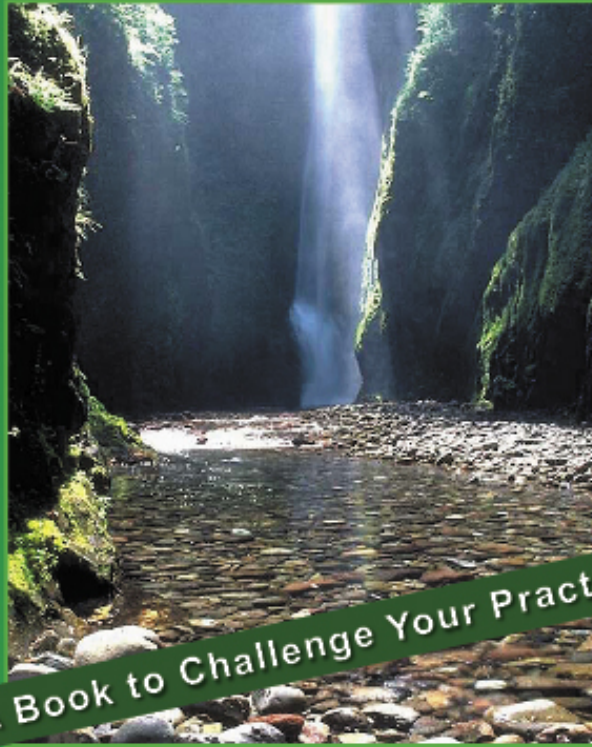


GREEN DHARMA



A Book to Challenge Your Practice

**Georg Feuerstein
& Brenda Feuerstein**

(Slightly modified excerpt from *Green Dharma*)

“Greening Your Life”

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If you wish to donate to Traditional Yoga Studies, we will use it to further our work on the worldwide environmental and social crisis.



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Every day we are bombarded with more bad news about the state of our planet, and rarely do we hear about the positive actions that countless numbers of people are making. Is it that the media do not acknowledge good news or that we have collectively come to think that our individual actions simply don't matter anyway? It's a very good moment right now to stop thinking that our personal actions don't count and instead begin regarding personal change as a positive and essential part of our daily practice.

There is no doubt that we have created the huge mess we are in, but we also have the ability to change things around. We understand that global change is not easy nor something that can happen overnight. But *personal* change can be relatively easy and can in fact happen instantly.

Are we challenging you? You bet we are, but more importantly we are hoping that you will take responsibility for your own actions and start doing as much as you possibly can *right now*. Nothing would thrill us more than to hear that everyone who reads this book decided to further educate him- or herself and others and become an environmental activist.

We make the optimistic assumption that our readers are either already environmentally active or ready to begin. To make things a bit easier for you we have listed several websites, documentaries, online documents, books, and a number of practical things to do. In compiling this list, we realized that finances may limit some people from taking immediate action, and so we have included various practical ideas that cost absolutely nothing as well as those that will mean more of a financial commitment.

The internet is full of resources and lists of organizations to assist you in finding ways to become more active in protecting and restoring our planet. Our suggestion is to check out the links page on web sites because they will lead you to other remarkable sites.

Down-to-earth practical things that you can do to make a significant difference

Simplify your life as much possible. Nowadays nearly every book we pick up, magazine we read, website we visit, or conversation we hear is in some way related to greening one's life. Green is big business! Not only have consumers embraced the green movement, but they also spend a lot of money doing so. Thus, instead of seeing this critical moment in time as an incredible opportunity to simplify their lives, they turn it into a shopping extravaganza where every facet of their lives must be made green at whatever cost, even if that means at a greater cost to the environment. As our local garbage dump would show, often people simply discard perfectly useable items just to have a newer or more fashionable "green" one.

One of the most important aspects of a green lifestyle can't be purchased, and that is the idea of simplification. If we look around our homes, we will probably have to admit that we are overconsumers. How much stuff do we need, and where do we draw the line? One of the most cost-effective ways of making a positive impact on the environment is to simply use—and buy—less. Become aware of how your lifestyle impacts the environment. Make a list of what kind of "stuff" you use daily, weekly and occasionally, as well as how you live your life in general. This practice may be mind-boggling at first, but it will definitely help you to see where you can readily make positive changes. Please take the time to watch [*The Story of Stuff*](#).

Think twice before you purchase something. Do you really need it? Can you find it used? Where is it made and under what conditions? (If it's made overseas, think not only twice about it but three or four times.) If it is broken, can it be repaired? Can it be recycled or be reused by someone else? Educate yourself about the resources in your community and make a list of all the secondhand stores, fixit shops and individuals in your area that know how to repair the things you have.

Be an environmentally and socially conscious consumer. If you are thinking about purchasing something make your first choice thrift stores, vintage stores and garage sales and look into renting or borrowing it instead of purchasing it. If you still decide that you want to purchase an item, please find the product that will have the least impact on the environment and that is made in a socially responsible manner (i.e., fair trade, which does not exploit the local population).

Reduce, reuse, and recycle! Try to reduce waste by choosing reusable and recyclable products. Remember that a product may say it is recyclable but you may not be able to recycle where you live. Learn about what and where your community recycles. The United States generates approximately 230 million tons of "trash" annually of which 70 percent is recyclable or reusable materials, BUT only about one quarter of it is actually reused or recycled. A wonderful exercise is to visit your local garbage dump and take a look at everything that goes into it. You may be very surprised to see articles that are reusable and only ended up there because someone wanted something newer, more convenient, or simply more fashionable. People have reported finding boxes of new nails and shingles for housing projects, sheets of plywood, guitars, furniture as well as numerous other new or slightly used items. Please be sure that everything that leaves your house for the garbage dump has no other home to go to.

Try to find products with as little packaging as possible. A perfect example is a box of tea that has tea leaves in a bag that is wrapped in paper or plastic, that is boxed and then wrapped in plastic again. Is this over packaging or what? Buy products in bulk when possible and look for products that have little or no packaging. Encourage the stores where you shop to purchase products that are designed with the environment in mind, not the dump. Remember that you are the consumers and what you do does count. When it comes to the commercial world, you are supposed to be "king."

Purchase only 100% recycled and chlorine-free paper products or try an alternative paper like hemp or kenaf. This includes printing and writing paper, paper towels, toilet paper and tissue paper. The National Resources Defense Council site states that if every

household in the United States replaced just one roll of virgin fiber paper towels (70 sheets) with 100% recycled ones, we could save 544,000 trees every year. There is absolutely no good reason to purchase anything other than recycled paper. New products are popping up every day, and with more pressure from consumers all stores will be forced into stocking a wide range of environmentally friendly products to suit everyone's needs.

Go paperless. According to [Wood Consumption.org](http://WoodConsumption.org), the United States annually consumes 350 million magazines and 25 billion newspapers. Reading your newspaper and magazine subscriptions online and switching to electronic banking and credit card payment whenever possible is an efficient way of conserving the forests.

Remove yourself from junk mail lists. One hundred million trees are used every year to stuff our mailboxes with junk! In Canada check out the [Red Dot Campaign](#) and in the United States, [Forest Ethics](#) or [Green Dimes](#).

Encourage publishers of books, magazines and newspapers to use ancient forest friendly 100% post-consumer recycled paper for all their printing needs and congratulate those that do. Make a point of looking at the content of every book, magazine and newspaper before you consider purchasing or subscribing to it. The key words to look for are: Forest Stewardship Council (FSC), 100% post-consumer recycled paper, Ancient Forest Friendly, Agricultural fibres, chlorine-free and vegetable-based inks. For a list of definitions please refer to [Market Initiative](#).

Take a shower instead of a bath and challenge yourself to make it the quickest shower possible. Water for bathing and showering accounts for two-thirds of all water-heating costs. If you're staying away from home, please remember that water is water no matter where you use it and who is paying for it. And water is getting scarce around the globe! Encourage your friends and family members to be part of the ever growing water-conscious community worldwide.

Install low-flow shower heads and low-flow faucet aerators. Low-flow showerheads use about 2 gallons of water per minute compared to conventional showerheads, which use 4-7 gallons per minute. Consider purchasing a low-flow showerhead with a shut-off button, which allows you to be very water energy efficient—you can interrupt the flow while you lather up or shampoo and then resume at the same flow rate and temperature. This low-cost idea has significant savings for water, energy, and your pocketbook.

Switch your washing machine to cold water wash only. If all U.S. washers were switched from hot water to cold water it could mean a savings of about 30 million tons of CO₂ per year. An estimated 80–90% of the energy used to wash your clothes is used to heat the water. Your clothes get just as clean in cold water as they do in warm water, and the added bonus is that cold water extends the lifespan of all your clothes.

Recycle and Reuse Water. Never waste water by letting it run down the drain when there may be another use for it, such as watering a plant or garden, or cleaning. Please remember that you will need to use biodegradable products in the water so as to not cause additional harm to the environment. Visit [EcoWaters Projects](#) to learn more.

Find your local watershed and learn how to protect it. If there are no active groups, consider starting your own.

Use a clothesline or clothes-drying rack instead of your dryer whenever possible. Make use of the gift of free energy from wind and sun. Not all communities allow outdoor clothes drying. So, if yours doesn't, please work toward changing that.

Turn down your water heater to 120 F or 49 C. Most water heaters are set to have water scalding hot, for which there is no need. If you plan to be away for an extended period of time, set your water-heater thermostat to a minimum setting, and if you are shopping for a new one, choose a high-efficiency unit.

Promptly repair any leaks in your faucets and hot water pipes. A typical steadily leaking tap can waste over 528 gallons a month or 6336 gallons a year! With the growing concern of global water shortage, repairing leaky taps and pipes is a must. It's also a very simple way to reduce personal water consumption.

Practice eco-friendly flushing. "If it's yellow, let it mellow. If it's brown, flush it down." The average four-person family flushes the toilet about 20,000 times a year. Even if you are using a water-efficient toilet, that still amounts to 1.6 gallons (6 litres) per flush—an incredible amount of water flushed away every year.

Choose to have an environmentally friendly yard and garden. Choose native and/or drought-tolerant grasses, ground covers, shrubs and trees to assist in reducing the need for fertilizer, and do not use dangerous pesticides. Consider purchasing a solar or push-reel mower instead of the conventional gas or electric mower, and also educate yourself on xeriscaping, permaculture and organic gardening.

Turn your thermostat at least 2 degrees down in the winter and 2 degrees up in the summer. Consider installing a programmable thermostat, and program it to fit your individual needs such as having it set even lower when you are at work or gone for several days. Another cost-effective way of reducing your energy consumption is to use blinds and drapes. Window coverings can keep the heat out in the summer and in during the cold winter nights.

Turn off everything that you are not using and unplug appliances when you are not sure whether you will be using them again shortly. A surprising number of small household appliances use energy all the time, even when switched off. According to [Building Green TV](#), TVs and VCRs alone waste \$1 billion in lost electricity in the U.S. annually. Take a walk around your home to see what you have plugged in and whether or not it is necessary. Plug all equipment into a power bar and turn the power bar off or simply get into the habit of unplugging things when you are finished with them.

Purchase locally grown and produced organic food whenever possible, or better yet, if you have access to garden space, grow your own. The average American meal travels 1500 miles to get from the farm to your plate. You don't have to be a math wizard to figure out that your eating habits can contribute to an enormous amount of carbon dioxide emissions, plus by buying local you will be making a positive contribution to your community. Find farmers' markets, family farms, community gardens, and other sources of sustainably grown food near you, and if possible, grow your own delicious and pesticide-free fruits and vegetables.

Eliminate fast food from your diet. The fast food industry creates an enormous amount of waste and does not support local producers. In the United States, consumers spent about US\$110 billion on fast food in 2000. That amount of money could plant approximately 1.2 trillion trees annually through [Trees for the Future](#).

Take your own containers. If you choose to eat out at a restaurant, bring your own reusable containers with you. According to [Bring Your Own Bags](#), a Starbucks waste audit found that its 13.5 million customers who brought their own cups kept an estimated 586,800 pounds of paper from landfills in 2003.

Become a vegetarian or a vegan. Animal agriculture creates soil, water, and air pollution and is a major contributor to global warming. It is also the cause of great suffering to non-human beings. The practice of non-harming not only refers to the environment but to all beings living on our blue planet. According to Viva.com, in the UK alone an estimated 850 million animals and hundreds of millions of fish are killed every year to put meat on tables. Before they are slaughtered, hundreds of millions lead desolate, disease-ridden lives on factory farms. Rainforests are cleared for grazing, methane from livestock causes global warming, soil is eroded by livestock, and their runoff poisons waterways. While some 750 million people are starving, one-third of the world's grain is fed to farmed animals. Check out the following sites for free vegan and vegetarian recipes: [Living Vegan](#), [Vegan Menu](#), [International Vegetarian Union](#), [Veg Web](#), [Vegan Chef](#).

Compost. If you can't do it outdoors, try indoor vermicomposting (using friendly little worms). Check out your local library for books that teach you how to compost properly or look for articles online. You can find numerous composting bin plans at the following site:
<http://www4.uwm.edu//shwec/publications/cabinet/html/compost/Bin%20Plans.htm>

Say no to every plastic bag that is offered to you. According to Morsbags.com over 1 million plastic bags are consumed per minute globally—an insane practice, since plastic doesn't decompose for a very long time and tends to end up in the ocean. Make the switch over to cloth shopping bags for ALL your shopping needs, not just at the grocery store. Many communities are moving toward an environment free of plastic shopping bags. Please encourage yours to do the same. Please visit the following site to find a pattern for an easy-to-make shopping bag: Morsbags.com

Plant trees. Get involved with [Trees for the Future](#) and consider their program for an alternative to conventional gift giving. Plant trees around your house to save an average of 20–25% in energy cost, in comparison to an unsheltered house. Contact your community leaders and ask them if they have a tree planting program; and if so, volunteer and if not, consider starting one yourself.

Rethink gift-giving. Instead of gifting family and friends with more stuff (and packaging), consider some of the options featured at the following sites: [Alternative Gifts](#), [Just Give](#), [Kiva](#), [Mercy Corps](#), [Trees for the Future](#), or select any social or environmental organization that appeals to you as a target for your generosity on behalf of your family and friends.

Make the switch to green power. Many energy service providers have this option available, and it may only cost you a few extra dollars a month. Ask your local provider for more information.

Learn ways to use solar and wind energy. There are many cost-efficient ways of using the Sun's energy for everyday uses, such as cooking and heating water. Learn about what programs are available in your area and check out [Build it Solar](#) for resource materials, or order plans from [Morning Sun Press](#).

Change your transportation habits. Walk, bike, carpool, skateboard, rollerblade (where allowed), and use public transportation like bus and train whenever possible.

Fly less often, if at all. Consider vacationing closer to home (or at home). If you need to attend conferences and meetings as part of your work, look into video and phone conferencing. If you absolutely must fly, do so during the daytime, because studies have shown that flights taken at night have a greater impact on the climate. Fly economy, pack light, and please purchase high-quality carbon offsets. Please take the time to read the [Consumers Guide to Retail Carbon Offset Providers](#).

Be a real eco-traveler. Eco-tourism is a very fast growing industry and is not necessarily environmentally friendly. Consider exploring and volunteering closer to your own home, and please remember that air-travel is a major contributor to global warming even if your adventure has "eco" attached to it. If you absolutely must indulge in eco-traveling, please reread the preceding paragraph.

Do not use plastic water bottles. Drink tap water that is safe to drink and, if necessary, filter your tap water with a filtering system like [Aguasana](#). If you need to carry water with you, choose a stainless steel or glass water bottle. Commercial bottled water is not only grossly overpriced but also when packaged in plastic containers leaks phthalates; it is a major contributor to land, air, and water pollution and may be quite hazardous to your health. Check out [Sigg](#) for a safe alternative to plastic water bottles.

Switch your investments over to socially and environmentally responsible investments, and be sure that all future investments are done by your broker or bank in the same manner. Be proactive in learning how your money is being invested,

and ensure that the companies you support address issues relating to positive environmental and social action. Many so-called “ethical” investment packages are far from environment friendly.

Replace your incandescent bulbs light bulbs with compact fluorescent light bulbs.

They not only last about 10 times longer but also use 75% less energy than incandescent light bulbs.

Use only environmentally friendly cleaning products. Many of the commonly used cleaning products are full of toxic chemicals, which not only pollute our bodies but also the environment. There are several eco-cleaning products on the market, or you can make your own following the easy to make recipes at the following link (please copy and paste this link into your browser otherwise it will not work):

http://www.davidsuzuki.org/files/NC/Green_cleaning_recipes.pdf

Use organic body products. The average person uses approximately 10 different products on their body in a single day! Try to reduce the number of products and only use organic products. Check out [Saffron Rouge](#) for a wide variety of organic body care products or [Mountain Rose Herbs](#). Alternatively, try your hand at making your own, which is not difficult.

If you are purchasing or renting a vehicle, look for the most fuel-efficient and lowest polluting one available. Perhaps, consider a plug-in hybrid.

Be an environmentally conscious driver. Avoid unnecessary idling, maintain correct tire pressure, maintain moderate speeds, accelerate smoothly, remove excess weight from your vehicle. Also, have regular maintenance done to keep your vehicle functioning efficiently.

Go carbon neutral. Going carbon neutral is a relatively easy way of taking responsibility for the negative environmental impact that we create in our daily lives. Check out [The Consumer's Guide to Retail Carbon Offset Providers](#), and please don't use offsetting as a substitute for simplifying the way you live.

Take action by writing, emailing or calling your political leaders and voting. Political leaders are influenced by the public, and you can make a big difference by simply speaking up. The Internet has made voicing our opinions much easier. Please take a few minutes every week to sign online petitions. Here is a list of some of the sites that offer petitions to sign: [Avaaz.org](#), [Care2 Make a Difference](#), [Co-op America](#), [Greenpeace](#) and [Biogems](#).

Support your public library. Not many things are free these days, but libraries still are (unless, of course, you have overdue items), and they are great resources for books, DVDs, CDs, magazines, and newspapers, which you might otherwise purchase. If you don't see it on the shelf, ask the staff if they can order it.

Encourage your business, organization, school, family and friends to reduce their carbon emissions, and share this list with everyone you know!

Websites

Adbusters. An anti-consumerist organization based in Canada: www.adbusters.org

Avaaz.org. A web movement that promotes action on issues such as climate change, religious conflict and human rights through global online petitions:

<http://www.avaaz.org/en/>

Bicycle City. This is a planned, urban design community where people live, work and play. Its eco-friendly, car-free design is healthy, sustainable and animal friendly:

<http://www.bicyclecity.com/>

Bountiful Gardens. A U.S. non-profit organization and a project of Ecology Action, which does garden research and publishes books. A great source of untreated open-pollinated seed of heirloom quality for vegetables, herbs, flowers, grains.

<http://www.bountifulgardens.org/>

Build It Solar. A renewable energy site for do-it-yourselfers:

<http://www.builditsolar.com/>

Care2 Make a Difference. The largest online community for people who want to make a difference, offering news, green living section, newsletters and petitions: www.care2.com

Climate Wire. This is a leading international news service specifically focusing on the issue of climate change: www.climatewire.org

Co-op America. Promotes environmental sustainability and social and economic justice through consumer education: www.coopamerica.org

David Suzuki Foundation. A science-based Canadian environmental organization with a website that is second to none for accurate, well-researched information:

www.davidsuzuki.org

Earth Day Network. A site that offers an Ecological Footprint Quiz for all different areas of the world. <http://earthday.net/Footprint/index.asp>

Earth Island Institute. Develops and supports projects that counteract threats to the biological and cultural diversity that sustain the environment. Through education and

activism, these projects promote the conservation, preservation, and restoration of the Earth. <http://www.earthisland.org>

Ecological Buddhism. A website dedicated to educating the Buddhist community about global warming: <http://www.ecobuddhism.org/>

Environmental Health News. Provides links to articles on environmental health issues: www.environmentalhealthnews.org

Ecowaters Projects. Develops, promotes and demonstrates better wastewater management systems and practices, with an emphasis on source-separation and utilization approaches. <http://www.ecowaters.org/>

E/The Environmental Magazine. Provides information, news, and resources for people concerned about the environment: www.emagazine.com

Environmental Working Group. Educational site addressing various environmental issues. <http://www.ewg.org/>

Forest Ethics. A U.S. site to help you resolve your junk mail issues. <http://www.forestethics.org/>

Friends of the Earth Canada or U.S.A. Serves as a voice for the environment and for the renewal of communities and the Earth through research, education, and advocacy: www.foecanada.org or www.foe.org

Global Giving. An organization that connects people who have world-changing ideas with people that can support them: <http://www.globalgiving.com/>

Greenpeace Canada / Greenpeace U.S.A. A global organization that campaigns for various issues—from global warming to genetic engineering: www.greenpeace.org or www.greenpeaceusa.org

Green Press Initiative. Assists those in the book and newspaper industries to better understand their impact on endangered forests, indigenous communities, and the Earth's climate. Consider referring your preferred publishers to this organization.

<http://www.greenpressinitiative.org/>

Grist. A trustworthy environmental news site. <http://www.grist.org>

Kiva. Connects people through lending for the sake of alleviating poverty. Kiva is the world's first person-to-person micro-lending website, empowering individuals to lend directly to unique entrepreneurs in the developing world.

<http://www.kiva.org/app.php?page=home>

Liberation of Brother and Sister Animals (LobsA). An Australian-based organization whose focus is international animal rights activism and the promotion of veganism:

http://www.lobsa.org/About_LOBSA.htm

Markets Initiative. An organization that offers valuable information about how to shift the consumption patterns of industrial paper consumers, so that their purchases do not destroy ancient and endangered forests, such as Canada's Boreal, temperate rainforests and the tropical forests <http://www.marketsinitiative.org/>

Mercy Corp. Mercy Corps assists in alleviating suffering, poverty and oppression by helping people build secure, productive and just communities.

<http://www.mercycorps.org/mercykits>

National Resources Defense Council. This is one of the most effective environmental action organizations: www.nrdc.org

Nature Conservatory. One of the leading conservation organizations working around the world to protect ecologically important lands and waters for Nature and people.

<http://www.nature.org/?src=t1>

Northwest Coalition for Alternatives to Pesticides. Offers news updates, action alerts, programs and various publications on alternatives to pesticides: www.pesticide.org

One Planet, One Life. Works toward educating the public about the global environmental crisis, specifically the Sixth Mass Extinction (i.e. loss of biodiversity): <http://oneplanetonelife.com>

Planet Air. A high quality not-for-profit carbon offset vendor. This is one of the few vendors that appears to encourage people to reduce their greenhouse gas emission not just offset them. <http://planetair.ca/>

Post Carbon Institute. An organization offering research and education to assist in implementing proactive strategies for our energy-constrained world. <http://www.postcarbon.org/>

Red Dot Campaign. A Canadian site to help you resolve your junk mail issues. <http://www.reddotcampaign.ca/>

ReUseIt Network. The mission of this organization is to reduce the human footprint on Earth by promoting conservation of resources and providing an opportunity for individuals and communities to take action. Reduce, reuse and recycle: <http://reuseitnetwork.org/>

Salt Spring Seeds. A veteran company that supplies untreated, open-pollinated and non-GMO heritage and heirloom seeds for Canadians. <http://www.saltspringseeds.com/>

Seeds of Diversity. A Canadian charitable organization dedicated to the conservation, documentation and use of public-domain nonhybrid plants: www.seeds.ca

Seed Sanctuary for Canada. A charitable organization dedicated to the health and vitality of the earth through the preservation and promotion of heritage and heirloom seeds: <http://www.seedsanctuary.com>

Shabkar.Org. A non-profit website site dedicated to vegetarianism as a Buddhist way of life. This site has a wealth of information including articles, videos and audios, scriptures and teachers dedicated to vegetarianism:

<http://www.shabkar.org/vegetarianism/index.htm>

The Green Guide. Provides information about various environmental issues and practical advice: www.thegreenguide.com

The Simple Living Network provides resources, tools, examples and contacts for conscious, simple, healthy and restorative living: <http://www.simpleliving.net/main/>

The Union of Concerned Scientists. A group of scientists who combine independent scientific research and citizen action to help implement solutions to environmental and global security issues: www.ucsusa.org

Trees for the Future. A nonprofit that initiates and supports agroforestry self-help projects in cooperation with groups and individuals in developing countries: www.plant-trees.org

Transition Network. An organization that supports and trains communities as they consider adopting, adapting and implementing the transition model in order to establish a Transition Initiative in their locale. The transition model emboldens communities to look at peak oil and climate change and work as a community to sustain themselves and thrive. <http://www.transitiontowns.org/>

Veggie123.com. Offers a well-researched free e-book entitled *How to Successfully Become a Vegetarian* by Rudy Hadisentosa: <http://www.veggie123.com/>

WorldChanging. An ongoing weblog discussing and analyzing tools, ideas, models, and technologies for building a better future: www.worldchanging.com

World Resources Institute. WRI's publications, podcasts, and articles offer in-depth treatments of issues covered in *Green Dharma*: www.wri.org

Worldwatch Institute. An independent research organization known for its fact-based analysis of critical global issues. <http://www.worldwatch.org/>

World Wildlife Fund. An international organization operating in more than 100 countries, which works for a future in which humans live in harmony with Nature: www.panda.org

Online Documents

Transitions Initiative Primer – A 50 page document that provides an overview for communities to make a transition to a lower energy future and to greater levels of community resilience: <http://transitionnetwork.org/Primer/TransitionInitiativesPrimer.pdf>

Consumer's Guide to Retail Carbon Offset Providers – A well-researched guide that everyone should read before finding a carbon offset provider: <http://www.cleanair-coolplanet.org/ConsumersGuidetoCarbonOffsets.pdf>

Climate Code Red: The Case For a Sustainability Emergency by David Spratt and Philip Sutton. A well-researched call to action that reveals extensive scientific evidence that the global warming crisis is far worse than governments had expected, take into account in their policies, or would like the public to know: <http://www.climatecodered.net/>

Cry From the Forest – A valuable manual that serves as a community learning tool from the perspective of Buddhism and Ecology in Cambodia: <http://www.camdev.org/Publications/Cry-English-Revised-for-printing.pdf>

How to Save the Climate by Greenpeace International – An easy-to understand document about climate change, which will appeal to all age groups:

<http://www.greenpeace.org/raw/content/international/press/reports/how-to-save-the-climate-pers.pdf>

Driven to Action: A Citizen's Toolkit. Produced by the David Suzuki Foundation

Part 3: Shaping Decisions – This document describes how to be an effective lobbyist:

<http://www.davidsuzuki.org/files/Climate/Ontario/shapingdecisions.pdf>

Part 4: Working with the Media – This document describes how to get media attention for environmental projects: [http://www.davidsuzuki.org/files/Climate/Ontario/sprawl-](http://www.davidsuzuki.org/files/Climate/Ontario/sprawl-media-tips.pdf)

[media-tips.pdf](http://www.davidsuzuki.org/files/Climate/Ontario/sprawl-media-tips.pdf)

Save Trees By Making Your Own Recycled Paper – An educational document describing how to make your own paper out of the paper you use. This is a fun and easy project to do on your own or to share with children.

http://erc.openschool.bc.ca/ERC/features/paper_making.pdf

Achieving a Pesticide Bylaw Toolkit – An excellent community action toolkit developed by the Sierra Club of Canada with action plans and fact sheets to help people get their municipality to pass laws restricting pesticides.

<http://www.sierraclub.ca/atlantic/programs/healthycommunities/pesticides/index.htm>

The Carbon Cost of Christmas by Gary Haq, Anne Owen, Elena Dawkins and John Barrett and The Stockholm Environment Institute – A well-researched document showing the environmental impact of the Christmas season.

<http://www.climatetalk.org.uk/downloads/CarbonCostofChristmas2007.pdf>

Letter from Thầy. Blue Cliff Monastery. October 12, 2007

Thich Nhat Hanh's beautiful letter to spiritual practitioners on the subject of the importance of adopting a vegetarian lifestyle.

http://www.deerparkmonastery.org/news/TNH_Letter_October_2007.pdf

Guide to Less Toxic Products by Environmental Health Association of Nova Scotia

<http://www.lesstoxicguide.ca/index.asp>

The David Suzuki Foundation. You will find an incredible number of free, downloadable, and noteworthy publications on various environmental issues.

<http://www.davidsuzuki.org/Publications/>

Documentaries

The Story of Stuff takes a humorous look at the underside of our production and consumption patterns. **The Story of Stuff** exposes the connections between a huge number of environmental and social issues.

<http://www.storyofstuff.com/>

Altered Oceans. A five-part series on the crisis in the seas by Kenneth R. Weiss and

Usha Lee McFarling: <http://www.latimes.com/news/local/oceans/la-oceans-series,0,7842752.special>

Bullfrog Films. One of the best sites to find documentaries on the environment, ecology, ethics, consumerism, as well as animal and human rights: <http://www.bullfrogfilms.com/>

Earthlings. The most comprehensive full-length documentary ever produced that addresses the correlation between nature, animals, and human economic interests. We highly recommend this film and hope that everyone who reads this book sees this

powerful and thought-provoking film and recommends it to family and friends. Please be warned that this film contains very graphic and disturbing images. <http://veg-tv.info/Earthlings>

Frontline. Must-see online documentaries: Hot Politics, Harvest of Fear (GM foods) Kim's Nuclear Gamble, Merchants of Cool, News War, The Persuaders, and What's Up with the Weather, Is Wal-Mart Good for America?:

<http://www.pbs.org/wgbh/pages/frontline/view/>

Global Dimming. A powerful and alarming documentary about how pollution is affecting the world we live in and how we cannot fully understand global warming without also taking into account the phenomenon of global dimming:

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