



DAY.14

Earth provides enough to satisfy every man's need, but not every man's greed.

As we become more aware of our habits, we come closer to the truth. We influence everything around us, with our thoughts, emotions, and actions.

We can see how our actions have consequences if we take a look at the climate crisis, the ozone hole, and plastic pollution. Humans managed to put on danger our whole planet in just 50 years, with their actions.

As western civilization developed rapidly in the last decades, we became more demanding and greedy. Our ancestors experienced poverty, war, and hunger. With good intentions but the feeling of scarcity, they fought to create abundance for the next generations. We grew up learning to ask for more. More food, toys, clothes, money, cars, houses, experiences, relationships, drugs.

Always wanting more is **the disease of western civilization**. This is also the cause of depression, burnouts, and eating disorders.

We consume unconsciously, which covers the fear of not being good enough. We might feel that we constantly need to progress more and own more, in order to be enough. However, our consumption has a detrimental effect on mother earth. We are nature. Change our ripple effects start within ourselves.

Everything is connected. How we exploit ourselves (lack of self-care, always being busy, burnouts, money-driven etc.), how we exploit other people (for example bad working conditions in 3rd world countries etc.), and ultimately how we exploit nature (cutting trees, desertification, usage of fossil fuels etc.) We are part of the earth, but we act as if we own her, and we have the right to exploit her. A wise reminder from Ancient tribes: **"We do not inherit the earth from our ancestors; we borrow it from our children."**

DAY.14

Phrase of the day: 'Today I understand my ripple effects'

Write this phrase in your journal.

You create a ripple effect with every action, decision, conversation. Our money is energy, and anything we give attention to, will grow. What do you support with the choices you make when buying things you need? Who & what will benefit? Who & what will be negatively impacted?

PRACTICE:

Thich Naht Hanh, a renowned Buddhist monk, explains in his book "Peace with Every Step", that we can create positive ripple effects just where we are, by walking consciously, lovingly, wishing the earth and its visitors well.

Listen to the 'WALKING MEDITATION' (10 min) while you are barefoot in nature, and use the intention to walk on this earth with loving-kindness.

Today observe everything and everyone you support with your actions, and your energy (money). Write down a 3 layers deep chain of corporations, people, nature and how they are affected by your choices (actions, reactions, words, consumptions).

For example:

Situation: You Inspire a team member to practice meditation when stressed.

- 1. The team atmosphere is calmer*
- 2. Therefore another team member is less tired at end of the day.*
- 3. He/she can respond kindly, instead of stressed, to their child because of it.*

Situation: You buy apples that were grown with harmful pesticides

- 1. You eat apples that risk your health in the future*
- 2. The farm that produces in a cheap manner is supported to continue.*
- 3. The nature around the farm continuous to perish (bees, birds, insects).*