



## Spiritual Reflections on our Relationship to the Environment

### Living with Simplicity:



Seeing myself as a trustee of the Earth, I use my time, money and other resources wisely and carefully.

Living a simple life gives me the time and space to appreciate the wonders of this world.

Focusing on my needs, rather than wants or desires, reduces the pressure on myself and the environment.

When I de-clutter my mind, heart and possessions I see more clearly what is going on in this world.

### Being Unlimited:



When I connect with my spiritual essence, I see everything from a new perspective. Feeling part of an amazing global family, I act accordingly.

When I go beyond the artificial divisions of gender, race, culture and religion, I am moved to care about the whole human race.

Thinking outside the box enables me to challenge old paradigms and create new and powerful solutions.

Seeing the connections between myself, others and the environment I am inspired to make a real difference in the world.

### Being Positive:



Knowing the powerful impact my thoughts can have on others and the environment, I choose to create a positive mindset.

Empowering thoughts for the self and others are the foundation for world transformation.

Seeing the benefit in every situation, however challenging it may be, I grow in wisdom and compassion.

### Respecting Life:



Recognizing the uniqueness, wonder and beauty of my own nature enables me to treat all living beings with consideration and care.

When I align with my true values, Nature becomes a friend to support, rather than an object to exploit.

Treating everyone one and everything with consideration and care fills me with contentment and satisfaction.

## Walking the Talk:



When I remain true to my inner values and follow my conscience, my actions bring benefit to many.

When my thoughts, words and actions are as one, I can move mountains.

Being authentic, I am able to open the hearts and minds of others and inspire them to action.

## Opening the Heart:



Practicing compassion and forgiveness enables me to heal the heart of the world.

When I connect with the environment in all its many forms, my heart opens like a flower and I feel at one with everything.

Love for Nature and humanity is the foundation of all my actions.

## Empowering Yourself:



Realising that I am the creator of my own reality, I choose to make a positive difference in the world.

When I connect with my inner qualities, virtues and powers, I am able to perform wonders.

My capacity to help create a sustainable future expands enormously when I tap into my spiritual power.

## Eating Well:



Knowing that a vegetarian/vegan diet substantially reduces my carbon footprint, I happily do my best to avoid eating any type of meat or fish.

Vegetarian/Vegan food, cooked with love, nourishes my whole being and contributes to the health and future of the planet.

Believing in non-violence and a sustainable future, I naturally choose to eat locally-sourced, organic fruit and vegetables whenever possible.

## Following Your Dream:



The more powerful, positive and detailed my vision of the future, the more likely I am to achieve it.

Thinking about how I would like the world to be gives me the enthusiasm and courage to make things happen.

If I do not follow my dreams, how will they come true?

## Feeding the Soul:



Time spent alone in reflection or meditation gives me the strength and wisdom to deal with life in more positive, peaceful ways.

Silent reflection helps me to connect with my deeper values and find the strength to live by them.

Spending time in the company of nature calms my mind, opens my heart and enables me to be a better global citizen, mindful of the impact of my choices.