

UK Eco News

Ecological Wisdom and the Everyday Sacred

This workshop was carried out by Joanna on a very hot day in May at the Bradford Inner Space for the general public. The starting point of ecological wisdom is the ability to know yourself as a spiritual being living in a body made up of the elements of nature. When we align with our spiritual power and virtues then we can be in correct relationship with everything around us and with 'ecos' our home. Ecological wisdom is thereby rooted in a lived experience of the interconnection and intrinsic value of all life. The workshop included exercises in perception outdoors, creative writing, discussion and meditations to enable participants to experience the everyday sacred within themselves and in nature.



Joanna also facilitated a session in Leeds with BKs on **Building Sustainable Communities**. Sustainability was defined as avoidance of the depletion of resources in order to maintain a balance or a steady state, ie not using up what we don't have or can't replenish whether it be internal or external resources. This was explored in relation to the Sustainability compass and how we can make our lives sustainable on the four points of **Wellbeing, Nature, Economy and Society** (relationships).



Eco friendly tableware used at Global House for the first time in August!

Global Co-operation House in London are now using biodegradable tableware (plates, spoons, glasses etc) for their large programmes. The tableware was sourced from a company called Environmental Packaging after painstaking carried out by Maria and the members of the GCH eco team. Here is the tableware in action during Rakhi.

