

# Ecological Living *Applied*



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ELIA – Ecological Living In Action

# Our place within the natural world



Within the natural world, we are only one of countless other beings and life-forms..... Yet, we have had the greatest impact on how we have shaped, modified, changed and used the natural world.

- How do you experience your place within the natural world?

# Our relationship with the natural world



- Life is about relationship – the quality of our relationship with nature, others, and ourselves determines the quality of our life.
- Each being, each life-form, and all places on Earth deserve respect and the gift of Life.
- By harming our natural world we are harming ourselves.

# Our responsibility

“Everyone shares responsibility for the present and future well-being of the human family and the larger living world. The spirit of human solidarity and kinship with all life is strengthened when we live with reverence for the mystery of being, gratitude for the gift of life, and humility regarding the human place in nature” - <http://www.earthcharter.org>



- It takes only a few minutes and little effort to cause damage and harm. Acts of wisdom and love, however, require a life-time of **dedication, commitment, and openness to learning.**
- Our **responsibility** as human beings is **embedded within the natural world.**

# The interconnectedness of Life



"Humankind has not woven the web of life.  
We are but one thread within it.  
Whatever we do to the web, we do to ourselves.  
All things are bound together. All things connect."

**Chief Seattle, 1854**

# The interdependence of Life



- When we destroy our natural environment we destroy the **living spaces** for countless beings and life-forms with whom **we share this planet**.
- Nature is not a resource to be used solely for our own needs, it is a **gift of Life** that deserves our greatest respect, love, and appreciation.

# Connecting with the natural elements



- We are the natural elements – Earth, Water, Fire, Air, and Space – together forming the human being.
- We are *one* with our natural environment - by living, breathing, eating, and excreting we constantly exchange elements with our natural environment.

## Examples:

- All the minerals we need to grow and live come from the earth.
- Our bodies are made of more than 70% water.
- Through breathing we constantly exchange air with our environment.
- The energy (fire) we get from our food comes directly from our sun.
- Without space we cannot exist, grow, and express ourselves.

« By **connecting** with the natural elements we learn to appreciate that **Life is a creative process** and that we are part of this creative process »

# Earth



- **Reflect** on the creative process that has taken place over millions of years (and longer), and has supported this sand to come into being.
- Now, **imagine** how long it will take to pollute this sand....
- And, **realise** how long it will take to clean, regenerate and revitalise the health of this sand, .....that provides a home for so many life-forms.

# Water



- **Reflect** on the importance of water – as ocean, lakes, rain, drinking water, your blood.
- **Imagine** what happens when water becomes polluted, and how many lives will be affected....
- **Appreciate** how all of life depends on healthy water, and consider your responsibility in taking care that water on our planet can be enjoyed by all – now and in the future.

# Fire



- **Reflect** on the wisdom of fire – its purifying, transforming, warming and energising qualities.
- **Appreciate** the important role fire has played throughout history, and how you make use of fire on a daily basis.
- **Respect** how our Sun provides us with energy for fire freely, and when possible choose renewable energy (solar, wind, etc.) instead of energy derived from fossil fuels (coal, petrol, natural gas, oil, etc).

# Air



- **Reflect** on the qualities of air - as sky, the clouds, and the air that you inhale and exhale.
- **Imagine** how pure air feels, tastes, smells, looks like, and sounds?
- **Realise** that air has no boundaries – pollution travels freely. Hence, **take care** of the quality of air in your natural environment, be aware of any pollutants that you bring into the air. Help to reduce pollution when and where possible.

# Space



- **Reflect** on the importance of space, the womb for all creation. Without space nothing can come into form and grow.
- **Imagine** 'space' as a great wisdom, as alive and conscious..... of YOU!
- **Appreciate** and **connect** with the wisdom of space in your life – what do you make space for? And, how do you feel when your space becomes crowded?

# Ecological Living



Ecological Living is a process of growing awareness and appreciation for the natural connectedness, interrelatedness, and wisdom of Life with the dedication to applying this for the wellbeing of all Life, now and into the future.

Through ecological living we respect that as human beings we are one of many members within a vast family of beings. We honour and act on our individual and shared responsibility to care for our planet and our quality of Life.

# Thank YOU !



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