**The Five Climate Justice Mindfulness Trainings**

**By Heather Lyn Mann**

**True Lotus Peace**

**Protecting Life** Aware of plain caused by the extinction of human and non-human communities, I will protect and dwell in harmony with Great Earth’s ecosystems so that all species may live and thrive in complex patterns of inter-being. I will respect the integrity of ecological systems and not manicure nature to my own end.

**Simple Living** Aware of pain caused by the unsustainable production and distribution of goods and services, I will live simply in the nested ecosystem that is my home, invest in locally and organically made essentials and support the sustainable co-generation of green energy. I will not support private interests which maximize profits while harming communities, animal welfare, food safety, and ecological systems. Instead, I will trade material resources and services in regenerative economies – cooperatives, not-for-profits, and other collaborative entities in service to planetary and societal well-being.

**Sacred Conception** Aware of plain caused by reaching the ecological and financial limits of Mother earth, I will look deeply into the resources necessary to support new life, protect children of all species from overpopulation, and prevent the waste of food, energy, and material goods. I will support democratic processes sharing wealth and power, and nurture the global community of people, animals, plants, and minerals in my thinking, speaking, working, and playing.

**Skilled Communication** Aware of pain caused by blocked, false and unskillful communication, I will be present to the living earth and tune into messages from my ancestors, future generations, and the wisdom permeating the animate and inanimate universe. I will speak with willful and loving words on behalf of those who cannot speak for themselves. Without anger, exaggeration, or sarcasm, I will lend my voice in protest against green washing – false claims things are ecologically sound or politically correct – and other forms of violence against the earth. Knowing freedom of speech does not amount to a freedom to spend, I will speak out against the excessive influence of wealth as it favors private gain over planetary interest and causes personal and political distortions in democracy.

**Preserving the Whole** Aware of pain caused by individual and societal fear, greed, anger and delusion, I will cultivate an awakened, peaceful mind of inter-being in myself and others. I will nourish myself and others as vital members of the world community and ask for help when I need it. Knowing an extractive and destructive global economy gives rise to increasing temperatures, species extinction, food and water shortages, poverty, and physical and mental disease, I will look deeply into the roots and results of what I consume, moderate my consumption to avoid harm, and promote nonviolent action for myself and my community to protect the welfare of all beings. I will aspire to give as much nourishment and loving kindness to Mother Earth as I receive.