

**ACTIONS WE CAN TAKE FOR OUR CLIMATE INDIVIDUALLY:**  
ALIGN OUR BEHAVIOR WITH OUR VALUES

***"If we don't change our direction, we are likely to end up where we are headed".***  
Chinese Proverb

**1. Advocate for our climate:**

- **End Climate Silence!** Advocate for Climate with family and friends. Speak up!
- See resources below to get up-to-date scientific facts

**2. Educate yourself about climate science:**

- **Mainstream/corporate media does not report on the urgency of climate change.** 90% of corporate media is owned by 6 corporations who get huge advertising dollars from car companies and fossil fuel industries that prefer the status quo.
- Check out independent media for another perspective: Democracy Now, CounterPunch, Nation of Change, Reader Supported Network, The Young Turks, The Guardian, Real News. Google for more information and links.
- Become more knowledgeable of scientific facts; subscribe to one or more of these and receive regular updates about climate:
  - [joboneforhumanity.org](http://joboneforhumanity.org) – can also sign a Declaration of Global Climate Emergency to express your sense of urgency
  - [ecowatch.com](http://ecowatch.com) – excellent source of the info about climate change and it's effects
  - [thinkprogress.org](http://thinkprogress.org) – excellent source of info about climate and related issues
  - <http://www.commondreams.org/> – excellent source of info about climate and related issues
  - [climaterealityproject.com](http://climaterealityproject.com) – great information on this website and opportunities to get training to become a volunteer climate presenter
  - [greenworldrising.org](http://greenworldrising.org) – has 4 short excellent succinct videos on climate
  - [climatenewsnetwork.net](http://climatenewsnetwork.net) – latest climate science
  - [unionofconcernedscientists.com](http://unionofconcernedscientists.com) – promotes the role of science
  - <http://thesolutionsproject.org/> – Dr. Mark Jacobson's website with detailed plans to get us to 100% renewable energy

**3. Get educated about the big issues facing our country:**

- Loss of our democracy, income inequality, corporate biases in mainstream media, social justice, racial justice, the economy, the “military-industrial complex”, etc. All issues are connected, and all affect climate.

- Check out independent media for another perspective: Democracy Now, CounterPunch, Nation of Change, Reader Supported Network, The Young Turks, The Guardian, Real News. Google for more information and links.
- Read the [Powell Doctrine](#): "A Corporate Blueprint to Dominate Democracy"

#### **4. Deepen your commitment to decrease your carbon footprint:**

- Sign up for clean energy with [Arcadia](#): this is done through your current energy company, but the energy comes from wind.
- Divest from fossil fuel company holdings: <http://www.greenamerica.org/fossilfree/>
- Gradually make environmentally sustainable choices: **reduce, reuse, recycle!**
- The U.S. uses the equivalent of 5 earths each year, so we all have room to improve! We can simplify and de-clutter our lives and in the process lower our footprint.
- Compute how many earths you use each year with this [Ecological Footprint Calculator](#). It's fun, informative and also humbling! However, it's easy to start with the low-hanging fruit, whatever is easiest to change.
- Decrease your use of plastic bags as much as possible. Take reusable bags for shopping.
  - Worldwide, a trillion single-use plastic bags are used each year, nearly 2 million each minute. The amount of energy required to make 12 plastic shopping bags could drive a car for a mile.
- Buy less! Ask yourself if you really need it. Get off junk mail lists. Simplify your life!
- Consider how the product was made and where. Support local businesses. Buy local: it saves the carbon costs of shipping.
- See [greenamerica.org](http://greenamerica.org) for info on how products are made.

#### **5. Practice Self-Care to optimize your energy and health: take care of your most valuable resource: YOU!**

Do everything you can to maintain your energy, enthusiasm, and joy of living by celebrating what you love and developing your open compassionate heart:

- Yoga; social support; physical, mental, & emotional health; make healthy non-pesticide local food choices, etc. Continue your spiritual practices.
- Consider learning to meditate; meditation changes your brain in significant ways:
  - Research shows it increases the frontal cortex functioning by 10%, the part of brain used to make wise choices.
  - Meditation teaches you how your mind operates.
  - Meditation encourages greater spaciousness and less judgment, while at the same time increasing your ability for discernment.

- Meditation gradually transforms you from knowing yourself as a physical being having a spiritual experience to knowing yourself as an embodied soul.

**ACTIONS WE CAN TAKE FOR OUR CLIMATE COLLECTIVELY:**  
JOIN WITH OTHER GROUPS, EMPOWERING EVERYONE

**1. Support the return of our democracy**; nothing will work correctly as long as the richest 1% controls over 99% of the global wealth and makes choices for all of us.

- Because of the Supreme Court decision, Citizens United, unlimited money can now be given to political candidates, ads, etc. with no transparency or accountability.
- Read ***Democracy in Chains: The Radical Right's Stealth Plan for America*** by Duke Historian, Nancy MacLean. If we don't know the extent of the Radical Right take-over, it will be difficult to know how to respond fully. Check here for an [excellent book review](#).
  - "This sixty-year campaign to make libertarianism mainstream and eventually take the government itself is at the heart of *Democracy in Chains*. . . . If you're worried about what all this means for America's future, you should be" – NPR
  - "[A] vibrant intellectual history of the radical right . . ." – The Atlantic
- Check out [Movetoamend.org](#) for more info to get Citizens United overturned.
- Big corporations, such as [the Koch Brothers and ExxonMobil](#), are a driving force behind climate denial; they lobby Congress with millions of dollars.
  - The Koch Brothers have spent over \$80 million to discredit climate science. They fund dozens of "think tanks" that put out misinformation.
  - Book and documentary: "Oreskes and Conway tell an important story about the misuse of science to mislead the public on matters ranging from the risks of smoking to the reality of global warming. Watch [Merchants of Doubt](#).
  - ExxonMobil makes \$100 million **profit every day!**

**2. Join an organization fighting for what you believe in and participate with your time, energy, and/or money.**

- <http://www.eco-usa.net/orgs/nc.shtml> List of North Carolina Environmental Groups
- <http://frackfreenc.org/home/> Info on Frack Free NC
- <http://eco-institute.org/> Eco-Institute at Pickards Mountain, Chapel Hill, NC
- <http://www.ncwarn.org/> NC Warn; focuses on climate & energy justice
- [350.org](#) Keep It In The Ground movement; Bill McKibben founder
- [Mobilization.org](#) Switch to renewables ASAP; [Pledge to Mobilize, to note urgency](#)
- <http://www.greenpeace.org/usa/> Activist group

- <http://www.citizensclimatelobby.org/> Citizens Climate Lobby
- <https://nextgenamerica.org/> Next Gen Climate America
- <http://www.sierraclub.org/> Sierra Club
- <http://www.interfaithpowerandlight.org/> A religious response to global warming

**3. Support a fee, or tax, on carbon** so polluters pay the full costs of doing business, rather than leaving it to the public to pay for their pollution clean up. For more information see [Citizens Climate Lobby](#).

**4. Support alternative energy sources** such as solar and wind.

- A [Stanford University study](#) shows wind, solar, water can supply 100% of the world's energy needs by 2050.
- **The amount of sunlight striking the earth's surface every hour has enough energy to power the world for an entire year!!** *And so why is it that we are still using the old and dirty technology of fossil fuels?*
- Renewables are growing exponentially and have reached cost parity with fossil fuels.