

Handout: Yoga & the Climate Crisis
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Steps we can take to address Climate Change/Disruption

What we can do individually:

A. Engage in conversation about Climate Change/Disruption

- a. See resources below to get up-to-date scientific facts
- b. Talk with your friends, family, neighbors, and co-workers about climate issues; we can help spread the word! **Don't let climate denier myths go unchallenged!** Remember, we got out of Viet Nam by speaking up!
- c. As a yoga practitioner or teacher, you likely speak from a more inclusive worldview. **Your role model sparks others to care!**

B. Deepen your commitment to decrease your carbon footprint; Options:

- a. Gradually make environmentally healthier choices: **reduce, reuse, recycle!**
 - i. Less packaging; start composting; get off junk mail lists by writing:

Direct Marketing Association Mail Preference Service
P.O. Box 9008 Farmingdale, NY 11735-9008

- b. Consider how the product was made: Where? Was any harm done to humans and/or the environment in the process?
 - i. www.greenamerica.org for info on how products are made
 - ii. Decrease use of plastic bags as much as possible:
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.
 - iii. Take reusable bags to all stores when you shop ~ It's fun!!
- c. Buy local, saving the environmental costs of shipping the product
- d. Divest from fossil fuel company holdings; find out more here:
(<http://www.greenamerica.org/fossilfree/>)
- e. Google "reduce carbon footprint" for more examples

C. Educate yourself about climate science

- a. Become more knowledgeable of scientific facts:
 - i. www.climaterealityproject.com Great information on what you can do to address climate change; Al Gore's organization
 - ii. www.realitydrop.org Information on the science of climate change; this website daily collects the most important climate articles online
 - iii. www.350.org Bill McKibben; building a global movement
 - iv. www.earth-policy.org Lester Brown
 - v. www.climatenewsnetwork.net Latest climate science
 - vi. www.unionofconcernedscientists.com Promotes role of science
- b. **Get educated about the big issues facing our country, such as loss of our democracy, income inequality, corporate biases of mainstream media, "military-industrial complex" that President Eisenhower warned us about. All affect Climate. Check out non-mainstream media for another perspective.**

- i. "... in 1983, 50 companies owned 90 percent of the media consumed by Americans. By 2012, just six companies controlled that 90 percent, according to testimony before the House Judiciary Committee examining Comcast's acquisition of NBC Universal". NY Times 7/26/14
- c. **Check out Democracy Now, CounterPunch, Nation of Change, Daily Kos**
- d. **Read about the Powell Doctrine; go to <http://www.greenpeace.org/usa/en>**
- e. **Ask questions when you see something that's off:** Why isn't Climate Change being discussed on the media? Trust your inner guidance on it.

What we can do collectively:

- A. **Support the return of our democracy; nothing will work correctly as long as the richest 1% controls over 48% of the global wealth and makes choices for all of us.**
 - a. Big corporations, such as ExxonMobil, are a driving force behind denying climate change; they exert power over Congress due to unlimited spending
 - i. **ExxonMobil spent \$16 million from 1998-2005; Koch Brothers spent \$67 million since 1997 to discredit climate science.**
 - ii. *ExxonMobil makes \$100 million profit every day!*
 - b. **Because of the Supreme Court decision Citizens United, unlimited money can now be given to political candidates, political ads, etc. with no transparency or accountability.**
 - i. Example: ever wonder why we cannot get a sensible gun control law passed in the US, when they have them in Canada and Australia? Gun lobby influencing Congress.
 - c. www.MoveToAmend.org to get Citizens United overturned
- B. **Changing laws is more impactful than changing light bulbs!**
 - a. **Support a tax on carbon so polluters pay the full costs of doing business, rather than leaving it to the public to pay for clean up**
 - b. **Support alternative energy sources such as solar and wind**
 - c. **Researchers estimate that there is enough solar capacity to provide two times the energy needs for the entire planet by 2050. Using wind, water, and solar can provide 100% of world's energy by 2030.**

Optimize your energy and health:

- A. Do everything you can to maintain your energy, enthusiasm, and joy of living by celebrating what you love and developing your open compassionate heart
 - a. Yoga; social support; physical, mental, & emotional health; make healthy non-pesticide local food choices, etc.
- B. **Meditate.** And continue your other spiritual practices.
 - a. 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.**
 - b. Meditation encourages greater spaciousness and less judgment, while at the same time increasing your ability for discernment.
 - c. **Meditation gradually transforms you from knowing yourself as a physical being to knowing yourself as an embodied soul.**