

Stay Awake to Sustain Our Planet

I'm so upset about what we're doing to the Earth. I can't believe people in power are ignoring what's happening and not making changes to save the planet. How can humans be so short-sighted and selfish? I'm angry and heartbroken. I recycle and try to use less plastic, but it's so overwhelming. Prayer doesn't seem like enough. How can I stay awake and not feel hopeless?

Being awake and living in alignment with your values is the way out of hopelessness. Stay with your difficult feelings long enough for them to propel you into a deeper commitment. Making environmentally friendly choices — even when they are inconvenient or your neighbor is not doing them — will empower you, thereby impacting and inspiring others.

The precarious state of our planet is becoming more widely acknowledged; however, most people are so focused on their individual needs they are deafened to the call to act globally. Our home is on fire, and we need to wake up in time to put it out. Please keep praying and, as our founder Ernest Holmes said, "Move your feet!" This world needs courageously conscious people like you to honor and sustain it.

Transferring blame and responsibility outside of ourselves is part of this problem. The people of power you spoke of are you and me. Energetically saying, "No, thank you," to Styrofoam and insisting on pesticide-free plants to not poison pollinators makes a difference. In the book "Power Versus Force," Dr. David Hawkins writes, "In this interconnected universe, every improvement we make in our private world improves the world at large for everyone. We all add to our common buoyancy by our efforts to benefit life. It is a scientific fact that what is good for you is good for me." (And it's good for the planet, too.)

The enormous challenge of avoiding ecological collapse requires each of us to individualize the mission, purpose and vision of Centers for Spiritual Living: to provide spiritual tools for personal and global transformation and to awaken humanity to its spiritual magnificence. Our vision is a world that works for everyone. This is our evolutionary call, and I affirm we are answering it. And so it is. ❀



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