



Buddhist Action Handbook 2025



Incorporating
Buddhist Action Month
June 2025



Buddhist Action Handbook

Part 1



Buddhist Action Month 2025
Sowing Seeds of Compassion in the World



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The Network of Buddhist Organisations (NBO)

The Network of Buddhist Organisations UK (NBO) was founded in 1993 to:

- a) promote fellowship and dialogue between Buddhist organisations.
- b) facilitate co-operation in matters of common interest.
- c) work in harmony with other Buddhist and like-minded organisations such as the European Buddhist Union as well as other Faith communities

Why do we need the NBO?

During the 20th century a very diverse range of Buddhist traditions became well-established in the UK: new Western Buddhist movements and traditions with roots in Asia.

All UK Buddhist traditions need to respond to governmental, legal and cultural requirements to a greater or lesser extent. Equalities legislation has established religious identity as a "protected characteristic"; Religious Education frameworks identify Buddhism as one of the six major UK faiths to be studied in schools; Buddhist chaplains work in healthcare, prisons, further and higher educational establishments, the armed forces and other bodies.

BAM began as a Buddhist Action Day initiated by the Network of Buddhist Organisations as an opportunity to focus on the practical implications of living by your values as a Buddhist today. It soon became a month – June – inspiring practical action all year round.



What Viewpoint Do You Have?

Taken from the writing of internationally renowned environmentalist David Suzuki

**"The way we see the world shapes
the way we treat it. If a mountain
is a deity, not a pile of ore;
if a river is one of the veins of the
land, not potential irrigation water;
if a forest is a sacred grove, not timber;
if other species are our
biological kin, not resources;
or if the planet is our mother,
not an opportunity - then we will
treat each one with greater respect.
That is the challenge, to look at the
world from a different perspective."**

-DavidSuzuki



Buddhist Action Month - BAM 2025

Theme - Sowing Seeds of Compassion in the World

BAM

Buddhist Action Month (BAM) is an annual opportunity to put our Buddhist values into action. It's a time to reflect on how our compassion manifests in the world, celebrate what we are already doing, and challenge ourselves to do more. Founded by the Network of Buddhist Organisations in 2012, it quickly grew into a month-long initiative every June, inspiring practical action throughout the year. Individuals, groups, and centres across the world participate each year, making a collective impact.

BAM 2025


This year we are suggesting the theme of 'Sowing Seeds of compassion in the world', which includes creating stories of positive ecological and climate action to inspire others so we can face the future together more joyfully. We invite you to get involved in ecological and climate action in your local communities by joining already existing groups and creating your own. To act with gentleness and endeavour towards the collective wellbeing of all life, is to follow the Buddhist path and our aspiration to address suffering. The future emerges from our present actions and therefore sowing seeds is the most important thing we can do – both literally and metaphorically. We invite you to interpret this as you wish.


Here are also some suggestions and you can find more resources in the 2025 BAM handbook available on our website www.nbo.org.uk/bam.





How to Get Involved


Here are some suggestions to help you embrace this year's theme:

 **Outdoor Activities:** Literally sow seeds by participating in community gardening, rewilding projects, or local conservation efforts. Connect with existing ecological initiatives or start your own.

 **Growing Food Together:** Share knowledge and skills related to sustainable gardening and food production. Collaborate to grow fresh produce while building stronger bonds within your community.

 **Building Community:** Lasting change requires collective effort. By working together, we strengthen our communities and inspire one another. Bring your Buddhist perspective to local groups and activities to infuse them with wisdom and compassion.

 **Imagining Our Future:** Use storytelling and creativity to envision a positive and sustainable future. Sharing stories of hope can motivate others to join in and feel a sense of belonging.

 **Join a Buddhist Activist Community:** Consider connecting with groups like **Extinction Rebellion Buddhists**, who bring Buddhist faith to the forefront of environmental activism. Learn more about their work at xrbuddhists.com.

BAM Online in May

Join our May webinars to gather inspiration for your June activities!



We will be hosting four online events featuring Buddhists from various traditions, sharing stories of what has motivated them to take action on today's most pressing issues. These webinars will be an opportunity to explore how you can get involved, develop new ideas, and contribute to projects within your own community.

Come along, connect with others, and be inspired to make a positive impact!

The dates are:

Sunday 4th May @ 5pm - 6.30pm

Living Well in Turbulent Times

Acting as an individual and as community

Hear how one Sangha has engaged in individual and community activities to promote Biodiversity, tackle climate change and support the local community in areas from helping food banks to engaging asylum seekers in supporting the environment. With Narapa and Kim Farr

FREE REGISTRATION on EVENTBRITE

Sunday 11th May @ 5pm - 6.30pm

Compassion: the only sustainable fuel for climate activism

What is compassion? How do we work with horrified anxiety? Guided compassion meditation. With Shantigarbha and Santacitta, members of Triratna Earth Sangha Heart Group. Shantigarbha is author of [*The Burning House: A Buddhist response to the climate and ecological emergency*](#) and Santacitta is a retired GP and Jungian analyst.

FREE REGISTRATION on EVENTBRITE



Saturday 17th May @ 5pm - 6.30pm

Extinction Rebellion Buddhists: The Dharma of Direct Action

Listen to a live interview with long-time activists from XR Buddhists, with a chance to join the discussion. Find out how the group is bringing the dharma to the front lines of climate activism - and what the experience of this is like on the ground. With Andy Weistrich and Joe Mishan from XR Buddhists.

FREE REGISTRATION on EVENTBRITE

Sunday 25th May @ 5pm - 6.30pm

Walking the Eightfold Garden Path: garden work as Buddhist Practice and Climate Action

By opening out each step of the Eightfold Path, we'll explore how our practice and engagement with the world can be illuminated through work on the land, and how that most fundamental connection we have through our bodies with the earth can nurture and nourish us along the path of awakening and ecological restoration. With John Marder and Margaret Lear.

FREE REGISTRATION on EVENTBRITE



Buddhist Action Handbook

Part 2

Taking Action

Following the 'Ecosattva' Path

The aim of this handbook is to inform and inspire Buddhists and all interested in how Buddhism is relevant in today's society. To encourage discussion and ultimately action in addressing the challenges of climate change, biodiversity loss and the myriad of societal issues we all face in turbulent times.



The Relevance of Buddhism in solving today's problems

Some people wonder how the Buddha's teachings can be relevant to today's world, after all there were no human influenced climate change issues during the Buddha's time, what we now know as the Iron Age. Nor were their cars, aircraft, nuclear weapons, but the cause of problems remains the same. His teachings could be seen as even more relevant today. From the wars in Ukraine, Gaza and Sudan to the impacts of climate change on Pacific islands and the Tibetan plateau. From the turmoil in financial markets to poverty and pandemics, destructive fires in California to flooding in the UK. People everywhere are faced with suffering. Much of it results from the actions of man, and man's response to greed, hatred and delusion, the rampant consumerism, disconnection from the natural world we are part of and ignorance of the science highlighting the issues we face and a way forward influenced by 'fake news'..

We know the Buddhist Eightfold Path offers a framework that can be meaningfully applied to addressing the complex challenges of climate change and other issues. Here's a breakdown of how its principles intersect with environmental concerns:

Understanding the Connection:

* Dukkha (Suffering):

* Climate change causes widespread suffering, from displacement due to natural disasters to the loss of biodiversity. This aligns with the Buddhist concept of dukkha, the inherent suffering in existence.

* The Root of Suffering:

* Buddhism identifies greed, hatred, and delusion as the roots of suffering. These can be seen as contributing factors to climate change, driven by excessive consumption, disregard for nature, and denial of scientific evidence.

* The Path to Cessation of Suffering:

* The Eightfold Path provides a way to alleviate suffering, offering ethical and mindful guidelines for living sustainably.



The Eightfold Path and Climate Action:

Here's how each element of the Eightfold Path can be related to climate change:

* Right View (Sammā-ditṭhi):

* Understanding the interconnectedness of all beings and the environment. This involves recognising the scientific reality of climate change and its consequences.

* Right Intention (Sammā-saṅkappa):

* Cultivating intentions of compassion, non-harming, and renunciation of excessive consumption. This translates to making conscious choices that minimise our environmental impact.

* Right Speech (Sammā-vācā):

* Promoting honest and constructive communication about climate change. This includes avoiding misinformation (and spreading it!) and advocating for responsible action.

* Right Action (Sammā-kammanta):

* Engaging in ethical and sustainable practices, such as reducing waste, conserving resources, and supporting environmentally friendly initiatives.

* Right Livelihood (Sammā-ājīva):

* Choosing professions that do not harm the environment or exploit living beings. This could involve working for third sector organisations, small community based businesses or pursuing careers in renewable energy.

* Right Effort (Sammā-vāyāma):

* Cultivating the effort to reduce harmful habits and increase beneficial ones. This means consistently working towards a more sustainable lifestyle.

* Right Mindfulness (Sammā-sati):

* Being aware of our consumption patterns and their impact on the environment. This involves mindful consumption and supporting sustainable businesses when purchasing online and a deep appreciation for nature and our place in it, the impact we have.

* Right Concentration (Sammā-samādhi):



* Developing inner peace and clarity, which can help us make wise decisions and maintain a sense of calm in the face of environmental and other challenges.

In essence:

The Eightfold Path encourages a shift in consciousness, moving away from greed and self-centeredness towards a more compassionate and sustainable way of living. By applying these principles, individuals and societies can contribute to mitigating climate change and creating a more harmonious relationship with the Earth.



Is there an Emergency?

Both Covid19 (and other pandemics to come!) and the threat of climate change delivered shocks to our systems, to our ways of living and working. Both are non-linear, they start with small effects and grow rapidly to have major impacts world wide. Both increase the risk to people, business and the planet as a whole. Both are regressive, they impact on the poorest the most, those who can't afford computers to work from home, those who don't have the opportunity to self-isolate as they only have one room, those who are in low paid jobs and need to work, those who struggle to find food anyway. Both affect the rich who can afford to protect themselves, the least.

There are though key differences. The timescales are different. Viruses spread quickly, have a rapid impact. Climate change is gradual, though the factors causing or contributing to it are accumulative. As a result we face what some call 'the tragedy of the horizon', it is too far away so we have no sense of when or how bad it will get. Unlike with the Covid19 pandemic, we don't wake up tomorrow with an understanding of the consequences. The fact is, and some countries, some people, are seeing and feeling this already, Climate Change will be a lot worse, last a lot longer and affect more people.

We know that Climate Change is what insurance companies term a 'risk multiplier'. As storms hit, more places will be flooded, more coastlines will be submerged as sea levels rise. Droughts and fires will affect vast areas. In both instances crops will fail and food shortages will occur, not just in the poorer countries already affected by Climate Change but worldwide. We need to be developing systems that can endure, be resilient and yes as we've seen in the pandemic, there will be shortages, some people will panic buy so we need to have more mindful management of our future. Maybe as a result of the pandemic there will be more respect for science, but there will still be those in denial, including politicians who seek to bluff and bluster their way out of the crisis, those who seek to portray business and life as normal.

But what is normal? We're currently seeing more people working from home, travelling less, using technology more. As a result of the lockdown there was less traffic in cities, less pollution less deaths from other causes such as seasonal flu or measles. Is this a new normal that people may prefer? Certainly the planet benefited in the short term, though the cumulative effects continue to cause problems, air and water quality improved for some but in the UK we already see pollution problems caused by different



rainfall patterns, broken infrastructure and the quest for profit. The cost of fuel means some are using less resources, could this be a new normal? We're seeing what a cleaner world looks like, is it a world we want for our children and grandchildren? If so we need to ask for it, to hold our politicians to account.

The country is ours. We delegate the running of the country to our elected politicians to run on our behalf, but sometimes they forget this. We need to thank them for their service and remind them constantly who they represent and why. The first duty of any Government is to keep their citizens safe, did they during the pandemic? Will they do so in the face of climate change?

Case Study

One Sangha holds regular 'writing' workshops where following a presentation about a topic, everyone sits down and writes letters to elected officials such as national and local politicians.

They've found writing and posting actual letters produces better results and sometime opens up new channels of communication compared to the 'sign here' type email petitions adopted by many campaign groups.

Plus there is the added advantage of good conversations, tea and biscuits (fair trade of course!).

A big problem is the psychological impact of the last pandemic, thoughts of the next one, worries about politics and war and of course fears about the impact of climate change on us and our families. We have a tendency to want to forget about the bad times, to want some version of 'normal' that we like. At the same time there are vested interests, persuading us and our politicians that we must return to a 'normal' where they maximise their profits and we keep buying. We need to counter this, to have a shift in consciousness, maybe a shift in 'conscience-ness', a state where we recognise and act on what is best for people and planet, a state that reflects how our communities can change, can come together for the good of the many rather than the profits of the few!



Action Steps

What community groups are already taking action in your area?

Are there any you and your Sangha can partner with (e.g. Faith for the Climate)?

Are there any practical steps you've been putting off?

Can you take one more journey on foot, by cycle, on the bus or train?



An Emergency? Where's the plan?

We have grown up learning that if there is an emergency listen to the alarm, the message, take action now! There are emergency plans in hotel rooms, evacuation instructions at work, emergency instructions in trains, tubes and buses. The trouble is although some governments, some local authorities, even some schools and businesses have declared a climate emergency, they've taken little if any action.. They haven't sounded an alarm, or told us what to do. Instead we're left to feel worried, anxious, confused. They're also confusing us with dates. Change needed now, or change by 2030, 2050, even worse by the end of the century! When did you last see an emergency that you didn't need to respond immediately to?

At the same time vested interests, deniers, the uninformed, even party leaders, Prime Ministers and Presidents are telling us it's a false alarm, the figures are wrong or that it will cost too much.. But this is just like people thinking the Earth is flat, that it's only 6000 years old when the science shows it's 4.5 Billion years old. The trouble is vested interests have money, they buy power, even credibility. But the impacts are now and they'll get worse unless we change. The cost of not doing anything will be eclipsed by the costs of change in the future. One of the impacts is on our own mental health, often acknowledged using the term 'Eco-Anxiety'. We know there are problems but we don't know how to respond and some aren't telling us while others contribute to the problem.

Think about your local area, what have you seen change? Moorland fires, flooded homes after heavy rain, plastic and other waste on the roads, at the beach, villages flooded by coastal storm surge. People moving because where they live is affected by climate change, even if it is simply the inability to find affordable house insurance because of risks.

We must act now and keep acting for our own and our futures sake and that of our children and wider communities.



Action Steps

Look at your local resilience plan.

What are the issues that have been identified as the major risks?

What is being / can be done about them?

How can you help / What can you do?

We already know that Buddhists understand the principles that we, that all beings, are interconnected, that our actions have consequences. That the arising of something will have an effect as will the ceasing of something else.

Our world is changing because of mankind, whether it is carbon dioxide in the atmosphere, the depletion of resources, plastic in the ocean, population growth or declining food and water supplies, we are having an impact and we need to cease our negative actions and take positive ones.

Only then will our grief and anxiety be eased.



Hot Poets Sparks

New Horizons in Poetry

In 2022 a project took place to encourage writers, poets and activists to take part in a writing and creative journey to become better climate advocates. These are extracts from a poem by one of the participants, M.G. Hunter, they have been chosen for their direct relevance to the actions in this handbook, to challenge and inspire. (Check: www.hotpoets.org)

Two Minutes to Midnight

What if I told you, you only have two minutes?
If I told you your beautiful life will end
In exactly one hundred and twenty seconds.
And what if I told you, you have only these two short minutes
To save the world?

....

Right here. Right now.
No waiting.
No delays. No excuses. No ifs. No buts.
No maybes. No sorrys. No pardons.
No hesitating.

....

Let's clean up every neighbour hood
'Cause plastic in our seas ain't good
Marine life can't digest this 'food'
We hope by now that's understood

.....

And if you can't get to a beach
Look around your towns instead
Two minutes cleaning up your streets
Will health the litters spread

Two minutes, think about your waste
Refuse, Recycle and Replace
Our plastic use; our shared disgrace
Two minutes cleans in every space



Action Step

Check out Plastic Free Communities at www.plasticfree.org.uk
If you don't have one, start one,

Contact plasticfreecommunities@sas.org.uk

Surfers Against Sewage provide many resources for Plastic Free Communities. Individuals simply sign up on the website and a full leaders pack is sent to you. This includes posters, certificates, badges and many other resources. They also provide insurance should you wish to exhibit and recruit at community events.



That we live in turbulent times is undeniable. From climate change to war, biodiversity loss to population growth, pandemic fears to fake news, there are people suffering and being affected by suffering and uncertainty everywhere. While some argue that Buddhist practice is about a personal path from suffering others suggest the Buddhist Path is at the heart of relieving suffering for all beings, everywhere.

As we've seen Buddhism offers profound resources for facing an uncertain future. Here's how we can apply their core principles:

More Key Buddhist Principles and Their Application:

- **Interdependence (Pratīyasamutpāda):**
 - This central teaching emphasises that all things are interconnected. Recognising this, we have and can promote in others a sense of responsibility for the wellbeing of all beings and the planet as a whole.
 - This means taking and promoting actions that minimise harm to the environment, such as reducing consumption, as well as encouraging supporting sustainable practices, and advocating for policies that protect ecosystems.
- **Compassion (Karuṇā):**
 - Climate change disproportionately affects vulnerable populations. Compassion motivates Buddhists to act to alleviate suffering.
 - This can involve providing aid to those displaced by climate disasters, supporting initiatives that promote climate justice, and working to reduce inequalities.
- **Non-harming (Ahiṃsā):**
 - This principle encourages minimising harm to all living beings.
 - In the context of climate change, this means adopting lifestyles that reduce our carbon footprint, such as choosing plant-based diets, reducing energy consumption, and supporting ethical and sustainable businesses.
- **The Four Noble Truths:**
 - These truths outline the nature of suffering, its causes, its cessation, and the path to its cessation.
 - Applying these truths to climate change can help Buddhists understand the suffering caused by environmental degradation, identify the causes (such as greed and ignorance), and follow the Eightfold Path to create a more sustainable future.
- **Mindfulness (Smṛti):**
 - Mindfulness practices can cultivate awareness of our actions and their impact on the environment.



- This can lead to more conscious consumption, greater appreciation for nature, and a stronger sense of connection to the Earth.
- **Equanimity (Upekkha):**
 - In the face of the difficulties that climate change will bring, equanimity is very important. This allows people to remain calm, and to make rational decisions, in the face of very trying times.

Practical Adaptations

- **Promoting Sustainable Lifestyles:**
 - Encouraging vegetarianism/veganism, reducing consumption, and promoting energy efficiency.
- **Engaging in Climate Activism:**
 - Support organisations working on climate solutions, advocating for policy changes with your elected officials, and raising awareness about environmental issues in your Family, Sangha, and wider community. Join Greenpeace, Surfers against Sewage, Sea Shepard
- **Providing Disaster Relief:**
 - Offering aid to communities affected by climate disasters, such as floods, droughts, and wildfires by supporting organisations such as the Red Cross. RNLI, Food banks
- **Cultivating Inner Resilience:**
 - Practicing meditation and mindfulness to cope with anxiety and uncertainty.
- **Community Building:**
 - Building strong local communities that can support each other through the difficulties that climate change will bring.

By integrating these principles and practices, we can adapt to the uncertain future we face and contribute to a more sustainable and compassionate future for all.



Case Study

A Sangha arranged for speakers on environment, biodiversity and climate change (some in partnership with local Quaker group. Following this Sangha members agreed a series of individual actions:

Two work with refugees and asylum seekers at a two different community allotments

One is part of a team maintaining local cycle paths for the charity Sustrans

One works with a local food project for the homeless

One works on a local resilience group

One clears a section of hedging on the local canal working with the charity - The Canals and Rivers Trust

One chairs a climate change action group

All committed to making changes to lifestyle from downsizing homes to yoga in the park



Peace in the Wilderness

Standing to one side of him, a deva said to the Buddha

These people who dwell in wild places,
Living a life so peaceful and simple,
Eating just one meal a day,
How is it that they look so serene?

The Buddha said

They are not sorrowing about the past,
Or longing for the future,
They are living in the present.
That's why they look so serene.
It is by sorrowing about the past,
And longing for the future,
That foolish people wither away,
Like green reeds drying in the sun.

Aranna Sutta
'The Wilderness'



Deepening our Practice - What else can we do?

How do we deepen our practice through engagement with global issues, especially if we've already taken steps to live more ethically?

In a verse from a Mahayana text known as 'The Voice of the Silence' containing instructions for disciples, a disciple asks how to gain enlightenment and is told

"To live to benefit mankind is the first step"

Think of the first two precepts, not causing harm and not taking the not given. Our use of an uneven share of the world's resources has to equate to taking the not given. How can it be right for people to be dying of water shortages when we waste so much? Our use of limited resources whether fossil fuels or minerals. causes harm to nations and communities world wide. Simply look at the situation in Nigeria to see how ethical oil companies are. When we buy flowers for a shrine do we know where they come from? Many exotic flowers or even everyday varieties in supermarkets are now grown unsustainably in Africa. In Kenya alone the UK demand for tulips has caused the damming of rivers, the drying up of lakes, the movement of entire communities from self sufficiency to dependence on state aid in shanty towns; yet another example of our taking the not given both from these communities and the Earth itself.

We think we're not causing harm through being vegetarian but do we really believe it is normal to be able to buy cucumbers and courgettes everyday of the year? If we do, look at a satellite shot of Southern Spain and see the dry arid landscape caused by the reduced water table resulting from the hundreds of miles of poly-tunnels. If you buy pre-packed salads from a supermarket, they are sealed in packs containing rarified air (that's why they go off so quickly when opened), they have been washed in chlorine solutions and been stored for long periods in refrigerated hangers.

It is not enough to say 'well I didn't know it was going on' and blindly continue using, wasting and causing harm, how mindful is that?

Eliminating the ecological deficit depends on four factors:

- *Consumption:* Choices such as how and how much we travel, how large a home we live in, and what kind of foods we eat.
- *Technology:* How cleanly and efficiently we produce goods and services.



- *Population*: With more people there will be less ecological capacity available per person.
- *Ecosystem Health*: Efforts to protect other species and to help ecosystems cope with human impact.

Ecological Footprints

These can be good tools for helping you review and analyse your impact, as an individual, family or Sangha. However, a note of caution, some footprint tools were developed by fossil fuel companies to try and blame individual actions for the problems we face rather than the large corporations.

The Ecological Footprint may tell us how much we need to reduce the ecological deficit, but it is up to us to decide what actions to take in order to do this. Individual Footprint reductions are important, and they can be especially powerful when accompanied by widespread, systematic changes. This means that we must take on the deficit at all levels: from daily food choices to working to influence national and international policy.

Personal food choices

The world average for the Ecological Footprint of food is 0.9 global hectares per person, or about 35% of the total Footprint.

Here are some factors that reduce the Ecological Footprint of food:

- Being vegetarian or vegan is the most effective way of reducing your 'footprint' for food. So is an ideal way to avoid causing harm to ALL sentient beings including ourselves
- Avoiding non-seasonal food products protects threatened species.
- Buying and growing local and pesticide-free produce is good for local economies and reduces the adverse impact of processing, packaging, transportation and shipping.
- Composting food wastes and reusing packaging reduces the amount of waste that pollutes soil, water and air



Personal Mobility

The world average Ecological Footprint of personal mobility is 0.3 global hectares per person, or about 11% of the total Footprint.

Here are some factors that reduce the Ecological Footprint of mobility:

- Walking and biking have the lightest Footprints of all.
- Buses and trains use far fewer resources than cars.
- A 4x4 consumes an average of twice as much resources as a 'normal' family car throughout its manufacture, life and disposal. They also result in more deaths to pedestrians and cyclists.
- Using cars with higher fuel efficiency can greatly diminish Footprint size and reduce the amount of toxic exhaust fumes.
- Cars and aircraft are the most energy intensive forms of transportation. Limiting their use is critical to reducing Footprint size.

Energy use

Household fossil fuel energy use corresponds to 12% of the world's Ecological Footprint.

Here are some factors that reduce the Ecological Footprint of energy use:

- Incorporating energy conservation and using renewable energy sources whenever possible can drastically cut Footprint size.
- Buy your electricity from suppliers specialising in renewables e.g. ecotricity.
- You can reduce your resources/energy Footprint through
 - fewer and more efficient appliances,
 - energy saving / compact florescent light bulbs
 - turning lights and appliances off when not in use
 - reuse of building materials
 - insulation against heat and cold

Hungry for still more ways to change your life? You might:

- **Become politically active** – this doesn't mean be a politician, it does mean stand up for the rights of the less fortunate, pressure MPs, councillors etc, you are of course already voting, aren't you?
- **Become more socially active** – many of you already support different charities, for those that don't look for opportunities to help others.
- **Waste less food:** In the UK over 50% of all food produced is wasted. If you buy



locally grown, unpackaged food e.g. from your local green grocer, it will last longer and you can cook the exact amount you need rather than leaving some in the packet or tin to go off.

- **A plant-based diet** generally requires less land, energy, and other resources. Crop-based food requires an average of 0.78 global hectares per ton of food, compared to 2.1 global hectares required to produce one ton of animal-based food. Convince others to be vegetarian!
- **Give up air travel – unless you go by glider!**
- **Drive a fuel-efficient vehicle** and reduce the amount that you drive - walk, cycle, carpool, or use public transport instead. Don't drive a 4x4 unless you're a farmer or work in an off road environment!
- **Avoid purchasing disposable items with lots of packaging.** Re-use items when possible, and always recycle items that are recyclable.
- **Compost kitchen waste:** Rubbish that is not contaminated with degradable (biological) waste can be more easily recycled and sorted, and doesn't produce methane gases (a significant greenhouse gas contributor) when stored in a landfill.
- **Be a conscientious consumer** - learn about sustainability-friendly products by visiting Ethical Consumer magazine or Action for Sustainable Living
 - www.ethicalconsumer.org
 - www.afsl.org.uk
- **Share magazines** by donating them to hospitals, clinics and doctors' surgeries or by creating an informal programme in which you rotate magazines and books among your friends and the Sangha.
- **Save trees by freeing yourself from junk mail –go online**
www.mpsonline.org.uk



Case Study

One Sangha comes together to support their local Wildlife Trust. Each quarter they take part in beach cleans, hedgerow maintenance and marine surveys.

As a result individual members have also joined and supported in Trust in other ways, such as volunteering at Trust owned sites, guiding walks and helping others.

Recently they have joined with local groups supporting low income families, asylum seekers and refugees to facilitate them taking part in activities e.g. meeting at the rail station, sharing cars.



Tao Te Ching

Verses of the Tao Te Ching by Lao Tzu help set principles for a simpler way of living.

The supreme good is like water,
Which nourishes all things without trying to.
It is content with the low places that people disdain,
Thus it is like the Tao.

In dwelling, live close to the ground,
In thinking, keep to the simple
In conflict be fair and generous,
In governing, don't try to control,
In work, do what you enjoy,
In family life, be completely present.

When you are content to be simply yourself,
and don't compare or compete,
Everybody will respect you.

Fill your bowl to the brim
and it will spill.
Keep sharpening your knife
and it will be blunt.
Chase after money and security
and your heart will never unclench.
Care about people's approval
and you will be their prisoner.

Do your work, then step back,
The only path to serenity.

(From Stephen Mithchell's translation of Lao Tzu's Tao Te Ching)



Action Step

How serene do you feel?

Do you feel your life is too complicated?

Are you completely present to those around you? To your community and the planet?

So what can you do to achieve contentment?



Resources

Reading

The books suggested here are selected as providing personal information and inspiration, discussion topics for groups and Sangha activity such as book clubs, study groups and for environment, climate and biodiversity sections of libraries.

Action Step

Look through the reading list, how many have you read?
Are there any that you'd like to borrow from your local library?
Could you bring one to a book group to discuss?

Buddhist Action,

Akuppa ((2009) Saving the Earth, Windhorse Publications, Cambridge

Bhikku Analayo (2019) Mindfully Facing Climate Change; Barre Center for Buddhist Studies, Barre, Mass, USA

Hahn, T.N. (2021) Zen and the Art of Saving the Planet; Random House, London

Kaza, S. (2005) Hooked: Buddhist Writings on Greed, Desire and the Urge to Consume; Shambala Publications, Boston USA

Kaza, S & Kraft, K. (Eds) (2000) Dharma Rain: Sources of Buddhist Environmentalism; Shambala Publications, Boston USA

Macy, J. (2012) Greening of the Self; Parallax Press, Berkeley, Calif, USA

Sangharakshita (2009) Living Ethically; Windhorse Publications, Cambridge



Shantigarbha (2021) *The Burning House: A Buddhist Response to the Climate and Ecological Emergency*; Windhorse Publications, Cambridge

Loy, D.R. (2008) *Money, Sex, War, Karma: Notes for a Buddhist Revolution*, Wisdom Publications, Boston, USA

Loy, D.R. (2019) *Ecodharma: Buddhist Teachings for the Ecological Crisis*; Wisdom Publications, Somerville, USA

Climate, Biodiversity and The Way we Live

Scientists for XR (2025) *Scientists for Survival: Personal Stories of Climate Action*; Michael O'Mara Books, London

Berners-Lee, M. (2019) *There is No Planet B*; Cambridge University Press, Cambridge

Monbiot, G. (2017) *How Did We Get Into This Mess?*; Verso, London

Helm, D. (2023) *Net Zero: How we stop causing climate change*; William Collins, London

Juniper, T. (2015) *What Nature Does For Britain*; Profile Books, London

Klein, N. (2014) *This Changes Everything*; Allen Lane Penguin Books, London

Read, R & Alexander, S. (2019) *This Civilisation is Finished*; Simplicity Institute, Melbourne, AUS

Read, R. Kavanagh, L. & Bell, R. (Eds) (2023) *The Climate Majority Project*; London Publishing Partnership, London

Robinson, R. (2018) *Climate Justice*; Bloomsbury Publishing, London

Siegle, L. (2022) *Be The Ultimate Friend of the Earth*; Michael O'Mara Books, London

Stevens, G. & Rewse, K. (2021) *Climate Action, The Future is in Our Hands*; Little Tiger, London



Thunberg, G. (2022) *The Climate Book*; Allen Lane Penguin Books, London

Willis, K. (2024) *Good Nature: The New Science of How Nature Improves Our Health*; Bloomsbury Publishing, London

Books that are a bit different but which might encourage discussion

Abram, D. (2010) *Becoming Animal, An Earthly Cosmology*; Pantheon Books, New York, USA

Chouinard, Y. (2016) *Let My People Go Surfing*; Penguin Books, London

Farrell, H. (2017) *Gardening for Mindfulness*; Octopus Publishing, London

Gallagher, N. & Myers, L. (2016) *Tools For Grassroots Activists*; Patagonia, Ventura, USA

Holden, A. (2013) *Do/Grow: Start with 10 simple vegetables*; The Do Book Company, London

Hope, A., McInnes, J., Michael, K., & Pengelly, G. (2019) *Letters to The Earth: Writing to a Planet in Crisis*; William Collins, London

Jensen, D (2006) *Endgame: Volume 1, The Problem with Civilisation, Volume 2, Resistance*; Seven Stories Press, New York, USA

Khan, S. (2023) *Breathe: Tackling the Climate Emergency*; Hutchinson Heinemann, London

Kolbert, E. (2021) *Under A White Sky; The Nature of the Future*; Bodley Head, London

Losada, L. (2020) *The Joyful Environmentalist: How to Practice Without Preaching*; Watkins Media, London

Macy, J. & Johnstone, C. (2022) *Active Hope*; New World Library, Novato, Calif, USA



Mitchell, E. (2019) *The Wild Remedy, How Nature Mends Us*; Michael O'Mara Books, London

Packham, C. & McCubbin, M. (2020) *Back to Nature*; Two Roads, London

Suzuki, D. (2022) *The Sacred Balance: Rediscovering Our Place in Nature*; Greystone Books, Vancouver, Canada

Una (2021) *Eve*; Virago Press, London

Valenti, D. & Atlas, S. (2015) *Green Is Not a Colour*; Lightning Lab, Cape Town

Vince, D. (2024) *Manifesto: The Battle for Green Britain*; Random House, London

Warhurst, P. & Dobson, J. (2014) *Incredible! Plant Veg, Grow a Revolution*; Matador, Kidworth Beauchamp, Leicestershire

Warhurst, P. & Sikking, A (2021) *Incredible Edible: Seeds to Solutions, The Power of Small Actions*; SP Square C.I.C. Scotland

Wood, D. (Ed) (2012) *2020 Vision: Big Ideas to Rebuild Our Natural Home*; AA Publishing, Basingstoke

Zizek, S. (2023) *Too Late to Awaken: What Lies Ahead When There Is No Future?* Allen Lane, Penguin, London

Environment links

Action Steps

How many of the sites have you visited?

It doesn't cost anything to visit, have a look - are there any resources you could use?

Are there any you'd like to subscribe to?



One of the World's leading medical journals, the Lancet now has a range of titles and freely accessible services. Since its first issue (Oct 5, 1823), the journal has strived to make science widely available so that medicine can serve and transform society as well as positively impact the lives of people. It has published many articles and reports on climate change and its impact on health.

<https://www.thelancet.com/action/doSearch?type=quicksearch&text1=climate+change&field1=AllField>

The Stockholm Resilience Centre is based at the University of Stockholm. They provide courses, undertake and publish research. They have regular conferences and events, in person and online. Key publications in the field of planetary health.

<https://www.stockholmresilience.org/research/planetary-boundaries.html>

Check the Green week activities - www.greatbiggreenweek.com



Third Sector Organisations, like local charities e.g. Wildlife Trusts and the Woodland Trust and voluntary groups (web search 'environment' or 'litter picking' and your town/ city)

One Earth Sangha, provide online 'Ecosattva' training and other resources (<https://oneearthsangha.org/articles/resources-on-dharma-and-climate>)

Zen Peacemakers run regular courses, discussion groups, trainings, including ecodharma groups (www.zenpeacemakers.org)

Resurgence and Ecology Magazine (www.resurgence.org)



Ethical consumer magazine and website (www.ethicalconsumer.org)

Freecycle (www.freecycle.org)

Friends of the Earth (www.foe.co.uk)

Groundwork (try your local branch) (www.groundwork.org.uk)

Incredible Edible (<https://www.incredible-edible-todmorden.co.uk>)

Love food hate waste (<https://www.lovefoodhatewaste.com>)

The Quakers in Britain (<http://www.quaker.org.uk/our-work/sustainability>)

Go Fossil Free (<https://gofossilfree.org>)

Guerilla Gardening (<http://guerrillagardening.org>)

UN SDGs Lazy Person's Guide to Saving the World
(<https://www.un.org/sustainabledevelopment/takeaction>)