



SSIO ENVIRONMENTAL SUSTAINABILITY GUIDELINES FOR PERSONAL PRACTICE

These guidelines should be adjusted to take account of local cultural, financial and technical differences

Reconnect & Review

- Reconnect with Nature by spending time in Nature; acknowledge the interdependence and inter-connectedness of everything.
- Reflect God's love in your life by including love for Nature.
- Cleanse the atmosphere with good thoughts, prayer, devotional singing, *mantras* and meditation; achieve inner balance and balance with Nature.
- Create inner peace and outer cleanliness by practising the five universal human values, unity in thought, word and deed, and selfless service.
- Live a simple, eco-friendly life as a spiritual practice.
- Evaluate the environmental impact of your habits and desires.
- Seek happiness that does not come from material wealth, comfort and excessive consumption.
- Avoid animal products that involve killing or inhumane treatment.
- Respect the Divine spark in everything and practice compassion towards Nature and all beings.

Reduce & Refuse

- Everything you need is a gift from God; consume responsibly and in moderation.
- Do not waste natural resources - place a Ceiling on Desires and be content.
- Refuse gratefully when you are offered less environmentally friendly choices.
- Do not waste energy. To reduce your carbon footprint –
 - a. switch off lights and devices when not in use;
 - b. reduce your use of cars and flights;
 - c. use renewable energy sources;
 - d. minimise your use of fossil fuels;
 - e. plant more trees;
 - f. be vegetarian, and consume locally grown, organic food or grow your own.
- Do not waste food: reduce your consumption and share any extras with others.
- Do not waste your money: purchase only what you 'need' and not what you 'want'.
- Do not waste your time: undertake green service projects, attend eco-friendly events and outreach projects, and do things that help environmental sustainability.
- Do not waste water: use the minimum you require every time and reuse where possible.
- Reduce or eliminate your use of plastic items; discover alternatives and use them.
- Use whatever you save to serve others and Mother Earth.

Reuse & Recycle

- Accept recycled items and purchase second hand items; share what you do not need.
- Donate your used quality clothes and household items to charity or opportunity shops or give them to friends.
- Compost your waste food and yard clippings.
- Recycle packaging, such as cans, glass bottles, plastic containers, paper, etc.
- Sort and reuse/recycle your other suitable waste.
- Recycle useful items such as your mobile phones, reading glasses and printer cartridges.
- Responsibly dispose of your hazardous waste, such as automotive liquids, paint products, batteries, light bulbs, household/garden chemicals, etc.
- Repair items you use instead of replacing them, whenever possible.
- Learn from Nature, where nothing is wasted.

Refer to SSIO –

<http://www.sathyasai.org/ya/serve-the-planet>

Environmental Sustainability – Practical Tips for Daily Use:

<http://sathyasai.org/environmental-sustainability>