



PRACTICAL TIPS

For daily use

*Simple tips to follow in our day-to-day life
to protect our Mother Earth by practising
ceiling on desires in terms of use of
various natural resources*



An offering by the Young Adults of the
Sathya Sai International Organisation

*God is all-pervasive and is the indweller of all beings.
Likewise, the five elements, which are nothing but divine
manifestations are also all pervasive and all-powerful. The
whole world is pervaded by the five elements, bound by the
five elements and it functions because of the five elements.
It cannot function even if one of the elements is absent.*

– Sathya Sai Baba, 05 July 2001

*Dedicated with Love and Gratitude to
Bhagawan Sri Sathya Sai Baba*

In order to protect Nature, man has to practice ceiling on desires. He should not trigger the negative aspect of Nature. Care should be exercised in providing comforts as excessive comforts may spoil man's mind and cause misery instead of happiness. Nothing good can be achieved without certain restraints. Because of the advancement of technology and provision of excessive comforts, life has become mechanical and spirituality has declined.

– Sathya Sai Baba, 21 January 1993

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Use a bucket to wash your car
Save cold/lukewarm water
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Install an aerator to existing taps
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Install drip irrigation
Save water while washing dishes
Save water while brushing or washing hands
Use a rain barrel to collect water
Water plants in the morning
Bathe your dog outside
C. Reduce Plastics Usage
Use biodegradable or reusable dinnerware

- Carry your own food containers
- Re-use metal or glass water bottles
- Take your own mug to coffee shops and the office
- Buy whole fruits and vegetables
- Go digital and say No to CDs and DVDs
- Replace plastic sandwich bags
- Use reusable dinnerware and utensils at picnics and potlucks
- Refuse single-serve packaging, straws and other disposables when purchasing food or eating out
- Use reusable bags
- Use reusable containers
- Return unnecessary food packaging to the manufacturer
- Look for products with no packaging
- Return plastic forks and knives
- Refuse products that contain microbeads

D. Save Energy

- Use cold water to wash your clothes
- Ensure the clothes dryer lint trap is cleaned
- Practice earth hour at least once a month
- Select the economy wash option for washing dishes
- Unplug your laptop and phone when fully charged
- Open drapes/blinds during the day
- Turn down your central heating
- Change to LED bulbs
- Paint your walls a pale color
- Switch off home appliances
- Clean your air conditioner (AC) filters once a month
- Set the AC temperature to around 24°C (75°F) to 25°C (77°F)
- Switch off television and other entertainment systems
- Switch off lights, fans and air conditioners
- Position your refrigerator away from heat sources
- Leave a space between the wall and the refrigerator
- Make sure the refrigerator door seals are tight
- Keep your refrigerator between 2°C (35°F) and 3°C (38°F)
- Turn off cooking items a few minutes before final cooking
- Use pressure cookers for foods that take a long time to cook
- Reduce the usage of tumble dryers
- Use solar panels to the extent possible
- Choose energy efficient appliances
- Buy rechargeable batteries

II. AT OFFICE OR SCHOOL

- Use recycled paper
- Set up a bulletin board for memos
- Use e-mail instead of paper correspondence

- Shut off all electrical equipment when leaving the office
- Use soy-based ink which is made out of soybeans
- Recycle printer cartridges
- Maintain and repair durable products
- Do not throw away your notebooks

III. ENVIRONMENT

- Go vegetarian or vegan
- Use natural room fresheners
- Use baking powder and white vinegar for household cleaning purposes
- Buy chlorine free products for cleaning
- Use low-phosphate washing liquid and washing powder
- Avoid throwing hazardous products
- Print as less as possible
- Buy locally grown vegetables and food items
- Grow plants as much as you can
- Grow your own vegetables and herbs
- Grow an environmentally-friendly garden
- Go for eco-friendly gifts
- Wrap gifts in fabric and tie with ribbon
- Use reusable diapers and wipes
- Join a library instead of buying books
- Walk or use bicycles
- Use public transport or car pool
- Reduce the number of private vehicles you have
- Recycle electronic products
- Cancel unused magazine
- Borrow an item
- Give away clothes and shoes you never use
- Do a 5-minute beach clean-up
- Buy a smaller house
- Reduce time spent on electronic devices
- Practice silence
- Practice unity in thought, word and deed

COD TRACKER

COD GRAPH

REFLECTIONS

FOREWORD

All the five elements have been created by the will of the Supreme. They must be used with reverential care and vigilant discrimination. Reckless use of any of them will only rebound on you with tremendous harm.

– Sathya Sai Baba, 23 November 1968

We, human beings, have the greatest fortune to enjoy so many treasures that Mother Earth has endowed us with. In fact, everything we have is a gift from Mother Earth. She is the manifestation of God, of our beloved Sathya Sai Baba, and is always giving without expecting anything in return. Years back, humanity had a very close and good relationship with Nature. With increasing industrialisation and commercialisation, greed and selfishness, we have disconnected ourselves from Mother Nature and from the divinity that is within us. We have forgotten the oneness of God, nature and man. We have been misusing natural resources and using more fossil fuels. Our forests, marine life, birds and wild animals are vanishing, our ecosystem is affected, and the environment is highly polluted.

Environmental experts have been warning us for a long time about the consequences of ecological imbalance and global climate change. Our beloved Sathya Sai Baba says that our selfish desires and greed have led to the disturbance of the elements, causing imbalance in nature. The only way to reverse this, is to awaken our own divinity. Thus, let us not wait any further and start reconnecting with Mother Nature, take right actions, practice daily *sadhana* (spiritual discipline), and express our gratitude and reverence to Mother Earth. After all, we have only one Earth; and if it is ruined, our future generations and all beings will not be able to survive. Also, we will be deprived of basic necessities such as access to clean water, air, food and land.

We must be vigilant of our daily actions and habits as they affect the planet and the future generations. But if we all do our best to protect Mother Earth, we can make positive changes towards a greener planet. This is best done by practicing the human values of truth, right conduct, peace, love and non-violence towards Mother Nature. We should also practise ceiling on desires (COD) which will reduce the use of natural resources. By working together, our planet can remain habitable for centuries to come and be a source of joy, peace and sustenance for everyone and everything.

I am happy to know that as a part of the 2018 Serve The Planet Programme and the Go Green Conference (Prasanthi Nilayam, 25-26 July 2018), the Sathya Sai Young Adults have prepared this mini-booklet with the compilation of practical tips on ways to use resources wisely and protect the Earth. This mini-booklet contains 108 practical tips. If we practice any or all of these tips, it will be our expression of gratitude to Mother Earth.

I would like to congratulate the Sathya Sai Young Adults for compiling such a wonderful booklet. I urge everyone to take advantage of this unique resource for the benefit of one and all.

Let us collectively embark on our journey towards a greener planet.

Jai Sairam.

In the Loving Service of Sai,
Dr. Narendranath Reddy
Chairman, Prasanthi Council
Sathya Sai International Organisation

Any use of the elements, over and above legitimate bounds, is a sacrilege. So too, each element must be used under some limitations, not as and how you like. Treat the elements as a vesture of the Almighty.

– Sathya Sai Baba, 11 March 1968

PREFACE

Have you ever wondered how God created each species on this Earth? How much care and attention, God would have given while creating each creature? Out of all the creatures, we, human beings, are the most fortunate ones to enjoy all the resources available on this Mother Earth. How are we showing our gratitude to Mother Earth for the resources provided to us?

Man has the rare good fortune of adoring Nature as the body of God and offering grateful worship to God. But is he conscious of God being the source and sustenance? Does he give God the first place in his thoughts which is his due? Or, is he engaged in the activities of life in total disregard of God? It is a pity that, instead of paying attention to God, Nature, and Man, in that order, men today are concerned most with themselves, more with Nature and very much less with God. From birth to death, from dawn till night, man pursues fleeting pleasures by the exploitation, the despoiling, the desecration of Nature, ignoring the truth that it is the property of God the Creator, and any injury caused to it is a sacrilege, which merits dire punishment.

– Sathya Sai Baba, 11 July 1985

Sathya Sai Baba constantly reminds us of our obligation to treat Mother Nature with respect and tread lightly on Her. We may not intentionally set out to destroy Mother Nature, but our every action – direct or indirect – does impact the environment. With the exponential rise in the earth's population, our natural resources are being destroyed to manufacture more goods and lands are being cleared at an alarming rate to provide space for homes and grow food. Also, our society has become a throwaway society that is dependent on one-time use products for our convenience. Since we cannot see an immediate environmental impact, our desires for more material goods and, as a consumer, choices we make for convenient lifestyle is resulting in loss of biodiversity and habitat, air and water pollution, and is having long-term and significant adverse impact on climate and sea level.

We are the stewards of Mother Earth, so it is our duty to protect Her and make this planet habitable and green for our future generations. We can attain this goal simply by being conscious of our daily actions, making behavioural changes for environmentally friendly lifestyle, preserving and maintaining the integrity of the ecosystem, and not straying away from the righteous path causing harm to any beings and their habitats. Let us do our part to protect our planet.

This mini-booklet presents a few simple and practical tips to practice in our day-to-day life towards protecting our Mother Earth by practicing ceiling on desires (COD) principle in terms of use of various natural resources. We hope this mini-booklet will serve as a *sadhana* (spiritual discipline) tool at an individual or household level and guide us to reduce our environmental footprint and appreciate Mother Earth for all she does for us. Please find the guidelines on how to make the best use of this mini-booklet.

GUIDELINES

- There are 108 tips listed in this mini-booklet, covering areas where we can implement the practical tips such as at home, school/office and in the environment. Any tip can be chosen at random to follow.
- Each tip is a sadhana to be achieved by the individual and will be referred to as COD (Ceiling on Desires).
- For each tip, space is provided to write the following:
 - Challenges that need to be or were faced to achieve the COD in everyday life
 - Notes to write down points, which helped you in achieving the COD, so that it can be shared with others
 - Month and year on which you successfully achieved the COD
 - COD Number in sequential order, starting from one, which helps in tracking the order of COD achieved
- Once a COD is achieved, it can be tracked using the _____ provided at the end of this booklet.
- Progress of CODs achieved over a period of time can be marked in the _____, which will show cumulative CODs achieved over a period of time.

Let us make the best use of this booklet and do our part to protect Mother Earth.

Note: This booklet can be saved in Adobe reader or writer. For personal use, please download and save a PDF copy of this booklet. To write on a PDF copy, click Edit PDF tool or open up the Edit - Tools pane, select Text or Text Box (sometimes available as Typewriter tool). After writing on the PDF, click Save to retain the copy. Please consider the environment before printing this booklet. When printing is necessary, select the double-sided printing option.

I. AT HOME

Knowingly or unknowingly, we waste a lot of water, food and energy at home. By putting small efforts and carefully making small changes, we can avoid this wastage and save resources for a better tomorrow.

A. Reduce Food Wastage

Do not waste food. Food is God. – Sathya Sai Baba, 18 July 1996

1. Shop smartly and realistically. Have a shopping list and stick to it. Avoid impulse purchases, which will save money.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

2. Shop what you need. Buy only what you planned for, especially when you buy items for a new recipe. Extra items may get wasted if not suitable for another recipe.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

3. Keep track of what is already in your refrigerator before you go for shopping. That way you will not double-up on products and fail to use them before they go bad.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

4. Skip the fresh produce aisle at the supermarket. Instead visit your local farmer’s market for a variety of locally grown seasonal fruits and vegetables.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

5. Avoid clutter in your refrigerator, pantry and freezer. Keep things neat and visible, and use the *first in, first out* principle. After you buy new groceries, move the older products to the front, so you consume them first and avoid wasting them.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

6. Plan ahead the quantity of food to be cooked for every meal. This will avoid storage of leftovers and consuming stale food.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

7. Plan ahead the quantity of food required for parties. During parties and functions, quantity can be decided after ensuring the number of attendees through RSVP.

Challenges:

Notes:

Month & Year of Achievement: COD No.

8. Have contacts of nearby food banks and charities. Before you throw away excess food, give them to food banks and charities, so that needy people can consume the food before it goes bad.

Challenges:

Notes:

Month & Year of Achievement: COD No.

9. Do not over-serve food. Using small plates can help with that.

Challenges:

Notes:

Month & Year of Achievement: COD No.

10. Serve small portions. While serving food, especially to children, if they are not sure whether they like the food that is being served, we can ask them to sample and then only serve. Keep the refills ready in case they want more.

Challenges:

Notes:

Month & Year of Achievement: COD No.

11. Do not waste served food. Children can be taught from a very young age that food served should be eaten in full. They should take only the portion that they can eat. This is applicable to adults as well.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

12. Save leftover food. Make sure you save leftover food when you either cook too much or you get too much food from a restaurant. Apply the *first in, first out* principle.

Challenges:
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Month & Year of Achievement: COD No.

13. Maintain a waste log to keep an eye on what you are throwing out, so you can prevent doing the same in the future.

Challenges:
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Month & Year of Achievement: COD No.

Man should realise that there should be no excessive indulgence in any desire, whether it be food or other necessities. – Sathya Sai Baba, 5 October 1997

14. Preserve the food. Using glass jars with airtight seal and storing in a freezer is a great way to preserve fresh food (especially, fruit) and increase its shelf life for months.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

15. Compost food scraps. Rather than discarding scraps, you can compost certain foods and vegetable and fruit peels and turn them into nutrient-rich fertiliser.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

16. Practice waste segregation, so that it is easy to properly dispose of and recycle.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

Even in the preparation of food, you should be careful in avoiding wastage. We are only doing a disservice by consuming more food than what is necessary for the body.

– Sathya Sai Baba, 19 January 1983

B. Reduce Water Usage

Resources like water, air, power and minerals should be used properly and not misused or wasted.

– Sathya Sai Baba, 27 September 1992

17. Limit shower to 5 minutes or use a bucket for shower and save water.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

18. Reuse water used for washing vegetables. Water used for washing vegetables can be reused by watering the plants in your garden.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

19. Run fully loaded washing machine and dishwasher, preferably on eco mode, so that both water and power can be saved.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

20. Check and repair all possible leaks, from the taps to pipes, to reduce water waste.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

21. Install dual-flush toilet in a new home or when replacing the old one to conserve water.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

22. Install low-flow shower-heads and faucets to avoid wastage of water.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

23. Take your car to car wash that recycles the water used to wash your car.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

24. Use a bucket to wash your car instead of a hose pipe. Using a bucket and a wet sponge or rag to rinse your vehicle will help save water.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

25. Save cold/lukewarm water. While waiting for the tap to give warm water, collect any cold/lukewarm water and use it for other activities.

Challenges:
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Month & Year of Achievement: COD No.

26. Reuse the water generated by reverse osmosis purifiers for other purposes like washing the car, watering the plants, etc.

Challenges:
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Month & Year of Achievement: COD No.

27. Install an aerator to existing taps to reduce the flow of water. Also, keep the main valves half closed to avoid water wastage.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

28. Mulch your garden to reduce the amount of water it requires. It will also retain moisture in the soil, suppress weeds and make the garden bed look more attractive.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

29. Install drip irrigation. Drip irrigation is a great way to save water by allowing water to drip slowly to the roots of plants, either from above the soil surface or buried below the surface.

Challenges:
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Month & Year of Achievement: COD No.

30. Save water while washing dishes. When washing dishes, do not run the water continuously. Turn the faucet on only when required.

Challenges:
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Month & Year of Achievement: COD No.

31. Save water while brushing or washing hands. Do not run the water continuously while brushing your teeth or washing your hands. Turn the faucet on only when required.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.



32. Use a rain barrel to collect water for the garden or to wash cars. However, rain barrels may need local approval in some areas, so be sure to check your local regulations before setting them up.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

33. Water plants in the morning. Water your lawn and outdoor plants early in the morning while it is still cool. This will allow the water to run down into the soil without much evaporation.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

34. Bathe your dog outside, so that you are watering the lawn at the same time. Just be sure to use a soap that will not harm your plants.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

More than anything else, the foremost requirement today is water for all. Water is life sustaining. You may live without food for a few days, but you cannot live without water.
– Sathya Sai Baba, 20 March 2007

C. Reduce Plastics Usage

Earlier, people used pitchers, plates, and pots made of clay by local artisans. After some time, stainless steel utensils replaced the clay utensils. But now plastic pitchers, plates, and pots have come into vogue. These plastic articles have exposed man to great dangers.

– Sathya Sai Baba, 22 August 2007

35. Use biodegradable or reusable dinnerware instead of styrofoam, plastics and paper disposables, when serving food during functions.

Challenges:

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Notes:

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Month & Year of Achievement: COD No.

36. Carry your own food containers, cup and utensils to avoid using plastic crockery and cutlery in restaurants and at events.

Challenges:

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Notes:

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Month & Year of Achievement: COD No.

37. Re-use metal or glass water bottles and say no to plastic bottled water.

Challenges:

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Notes:

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Month & Year of Achievement: COD No.

38. Take your own mug to coffee shops and the office to reduce waste from plastic/polystyrene cups and lids.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

39. Buy whole fruits and vegetables to avoid unnecessary trays and wraps (used for packaging cut fruits).

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

40. Go digital and say No to CDs and DVDs. Instead buy music and videos online.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

41. Replace plastic sandwich bags with reusable lunch boxes or bags to store the packed food.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

42. Use reusable dinnerware and utensils at picnics and potlucks. Carry them in your reusable bag or car to such events.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

43. Refuse single-serve packaging, straws and other disposables when purchasing food or eating out. Encourage the vendor to provide reusable utensils or carry your own including a bamboo or stainless-steel straw.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

44. Use reusable bags, made of fabric or other environmentally-friendly materials, for shopping or for carrying your stuff and say No to plastic bags.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

45. Use reusable containers to store food instead of aluminum foil or plastic wrap.

Challenges:
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Month & Year of Achievement: COD No.

46. Return unnecessary food packaging to the manufacturer. This growing trend places responsibility on the food producer to deal with the inconvenience and cost of disposal.

Challenges:
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Month & Year of Achievement: COD No.

47. Look for products with no packaging. When shopping, look for products with minimal to no packaging, or at least packaging made from recycled items.

Challenges:
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Month & Year of Achievement: COD No.

48. Return plastic forks and knives. If you are ordering a takeout/takeaway at home, ask the vendor not to include plastic forks and knives. If it is a door delivery, return the plastic items.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

49. Refuse products that contain microbeads. Microbeads are tiny plastic balls found in some facial scrubs, body wash, shampoo, soap and toothpaste products which quickly find their way into our water systems and oceans.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

D. Save Energy

Energy is energy alone. It is Divine. – Sathya Sai Baba, 20 July 1997

50. Use cold water to wash your clothes and avoid hot water whenever possible. This can reduce your washer's energy use by as much as 75%.

Challenges:

Notes:

Month & Year of Achievement: COD No.

51. Ensure the clothes dryer lint trap is cleaned at least every fortnight. A clogged lint trap can increase energy use by up to 30% and presents a safety hazard.

Challenges:

Notes:

Month & Year of Achievement: COD No.

52. Practice earth hour at least once a month by switching off all electronic items for one hour. Frequency can be then increased to twice a month and then to four times a month.

Challenges:

Notes:

Month & Year of Achievement: COD No.

53. Select the economy wash option for washing dishes and the air-dry option to dry dishes in the dishwasher to conserve energy and save costs.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

54. Unplug your laptop and phone when fully charged. It maximizes laptop battery life and most importantly saves energy.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

55. Open drapes/blinds during the day to get maximum natural light and save energy.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

56. Turn down your central heating during winter and put on a jumper.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

57. Change to LED bulbs. It uses 80% less energy than conventional bulbs and lasts longer.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

58. Paint your walls a pale color, so you need less artificial light. Use toxic-free paints.

Challenges:
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Month & Year of Achievement: COD No.

59. Switch off home appliances at the power socket when not in use. Use smart strip wherever possible to save energy.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

60. Clean your air conditioner (AC) filters once a month for better breeze and to reduce energy costs.

Challenges:
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Month & Year of Achievement: COD No.

61. Set the AC temperature to around 24°C (75°F) to 25°C (77°F) in the summer and in on auto mode.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

62. Switch off television and other entertainment systems when no one is using it.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

63. Switch off lights, fans and air conditioners when no one is in the room.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

64. Position your refrigerator away from heat sources like the oven, dishwasher or direct sunlight from the window. A -12°C (10°F) increase in surrounding temperature can result in 20% higher energy consumption.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

65. Leave a space between the wall and the refrigerator, and thus, allow the air to circulate around the condenser coil.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

66. Make sure the refrigerator door seals are tight and do not leave the refrigerator door open for long periods of time.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

67. Keep your refrigerator between 2°C (35°F) and 3°C (38°F) and your freezer at -17°C (0°F) to save energy consumption.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

68. Turn off cooking items a few minutes before final cooking and let residual heat finish the cooking. Also, cover pots when cooking to avoid heat loss.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

69. Use pressure cookers for foods that take a long time to cook. It can cut the energy use by 50-75%.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

70. Reduce the usage of tumble dryers and instead dry clothes outdoors. Ensure to fold clothes immediately to avoid heavy creases and save on electricity through ironing.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

71. Use solar panels to the extent possible to electrify your homes.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

72. Choose energy efficient appliances with higher star ratings. Five stars imply higher efficiency.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

73. Buy rechargeable batteries for devices that you use heavily. This will reduce the disposal of use-and-throw batteries, which harm the environment.

Challenges:

Notes:

Month & Year of Achievement: COD No.

II. AT OFFICE OR SCHOOL

Nature is not anybody's property. It is not even the property of all the people put together. Nature belongs to God. – Sathya Sai Baba, 15 June 1973

74. Use recycled paper and recycle items like envelopes, folders and paper clips.

Challenges:

Notes:

Month & Year of Achievement: COD No.

75. Set up a bulletin board for memos instead of sending a hard copy to each employee.

Challenges:

Notes:

Month & Year of Achievement: COD No.

76. Use e-mail instead of paper correspondence and save paper. Do not forget to delete unwanted emails to save storage space and clean your junk box as well, as storing unnecessary emails uses up energy as well.

Challenges:

Notes:

Month & Year of Achievement: COD No.

77. Shut off all electrical equipment when leaving the office, including your computer monitor, printers, projectors, etc.

Challenges:

Notes:

Month & Year of Achievement: COD No.

78. Use soy-based ink which is made out of soybeans to print documents, which is less toxic.

Challenges:

Notes:

Month & Year of Achievement: COD No.

79. Recycle printer cartridges and reduce e-waste.

Challenges:

Notes:

Month & Year of Achievement: COD No.

80. Maintain and repair durable products instead of buying new ones.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

81. Do not throw away your notebooks or text books at the end of the semester or the academic year. Pass them on to junior students donate them to your local library or a textbook drive, or give recycle them.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

III. ENVIRONMENT

There is no greater example of selfless love than Nature.
– Sathya Sai Baba, 21 November 1999

82. Go vegetarian or vegan. Start reducing your consumption of dairy products. Did you know it takes 2,500 litres of water to produce 300 grams of cheese? Animals that are bred for meat, egg and dairy products need vast amounts of food, water and energy, and they emit methane and other greenhouse gases and produce mountains of physical waste. One billion people go hungry every day, but livestock now consumes the majority of the world’s crops.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

83. Use natural room fresheners like coffee or potpourri.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

84. Use baking powder and white vinegar for household cleaning purposes, instead of store-bought chemical cleaning products, as they are more environmentally-friendly.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

85. Buy chlorine free products for cleaning. Chlorine poses a number of health risks. A hydrogen-peroxide-based bleach can be used instead.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

86. Use low-phosphate washing liquid and washing powder. Phosphates stimulate algal growth when discharged into the water supply, lowering oxygen levels and killing plants and fish.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

87. Avoid throwing hazardous products, such as paint, nail polish, oil, motor solvents, household cleaning chemicals and other slick materials into the sink or toilet. Take it to a facility that accepts such waste and can dispose of it responsibly.

Challenges:

Notes:

Month & Year of Achievement: COD No.

88. Print as less as possible. Use a laptop or E-reader for downloading the material. If you have to print, print on both sides. Do not forget to delete unwanted files to save storage space.

Challenges:

Notes:

Month & Year of Achievement: COD No.

89. Buy locally grown vegetables and food items that do not require long-distance transporting. This helps local farmers and getting fresher produces.

Challenges:

Notes:

Month & Year of Achievement: COD No.

90. Grow plants as much as you can, both indoor and outdoor. It reduces the carbon dioxide level, increases humidity, reduces airborne dust level and keeps air temperature down. Avoid pesticides.

Challenges:

Notes:

Month & Year of Achievement: COD No.

91. Grow your own vegetables and herbs in your garden or in containers on your terrace or get a plot at a nearby community garden. It contributes to a healthier diet and sustainable lifestyle.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

92. Grow an environmentally-friendly garden. Avoid mixing the garden soil with chemical laden fertilisers as they pollute surface water and groundwater sources with run-offs carrying petrochemical pesticides, herbicides and inorganic fertilisers. Also, food produced in such chemical infused soil creates long-term health consequences.

- Chemical-free alternatives:
- opt for compost;
 - make your own chemical-free herbicides to treat any plants affected by pests e.g., a solution of ghost pepper, water, garlic, mint and clove can be used to treat aphid-infected plants);
 - welcome pest-controlling predatory insects such as ladybug and beetle by planting some native plants consider diverse planting and include bright flowering plants, such as marigold and sunflower, to deter pests;
 - consider companion planting, such as herbs and vegetables;
 - designate an area in the garden as a pollinator plot by planting wildflowers for bees;
 - to prevent weed growth and maintain water and air balance in the soil, install breathable fabric weed-block mat to cover the prepared plot prior to planting, or apply 2–4 inches of mulch on top of the garden soil after planting;
 - compost locally available chipped woods, leaves, a layer of newspaper with grass clippings, or grass clippings alone to make inexpensive mulches.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

Foster the tiny seed of Love that clings to “me” and “mine.” Let it sprout into Love for the group around you and grow into Love for all mankind and spread out its branches over animals, birds, and those that creep and crawl and let the Love enfold all things and beings in all the world. Proceed from less Love to more Love, narrow Love to expanded Love.

– Sathya Sai Baba, 23 July 1975

93. Go for eco-friendly gifts. You can also gift plants instead of flower bouquets, home-baked goods or other eco-friendly fun and creative do it yourself (DIY) items.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

94. Wrap gifts in fabric and tie with ribbon, both are reusable and prettier than wrapping paper and sticky-tape.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

95. Use reusable diapers and wipes instead of disposable ones.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

96. Join a library instead of buying books.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

97. Walk or use bicycles to cover short distances. It is good for health and saves transportation and thereby carbon emissions.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

98. Use public transport or car pool to commute and reduce carbon emissions.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

99. Reduce the number of private vehicles you have. Go for the bare minimum, make optimum utilisation of vehicles you have and reduce your carbon footprint.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

100. Recycle electronic products, do not dump them in regular trash as they contain toxic elements.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

101. Cancel unused magazine and newspaper subscriptions.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

102. Borrow an item if you are not going to use it very often.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

103. Give away clothes and shoes you never use. Differentiate between want and need. Manufacturing of clothes go through various processes, which has major environmental impacts.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

104. Do a 5-minute beach clean-up whenever you go to the beach. You are not only removing more litter than you thought you would ever find in 5 minutes, but you are also leading by example and inspiring others to do the same.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

105. Buy a smaller house. It will save your money and reduce the cost and environmental impacts of heating and cooling.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

106. Reduce time spent on electronic devices especially social media. It will free up time for your family, friends and for social activities. You are also saving electricity and internet charges. Pledge that no electronic devices are used while dining!

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

107. Practice silence and talk only when necessary, to save the energy within.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

108. Practice unity in thought, word and deed and conserve your physical, mental and spiritual energy.

Challenges:
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Notes:
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Month & Year of Achievement: COD No.

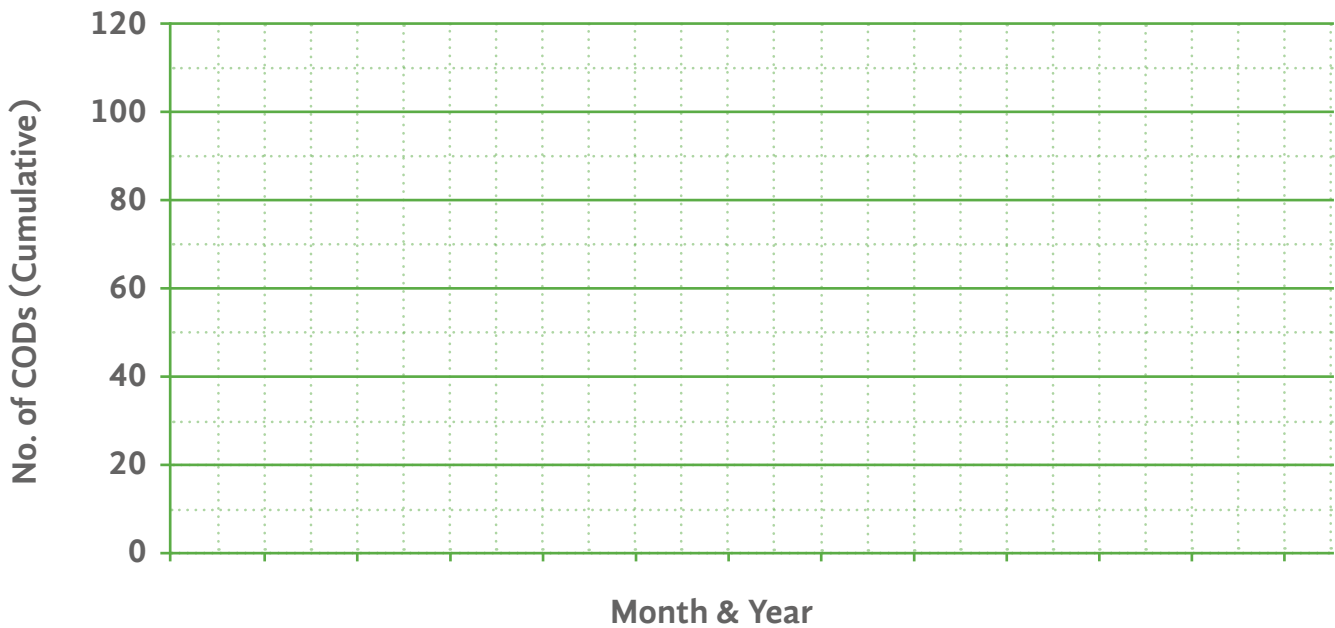
COD TRACKER

Update the below tracker as and when you achieve a COD.

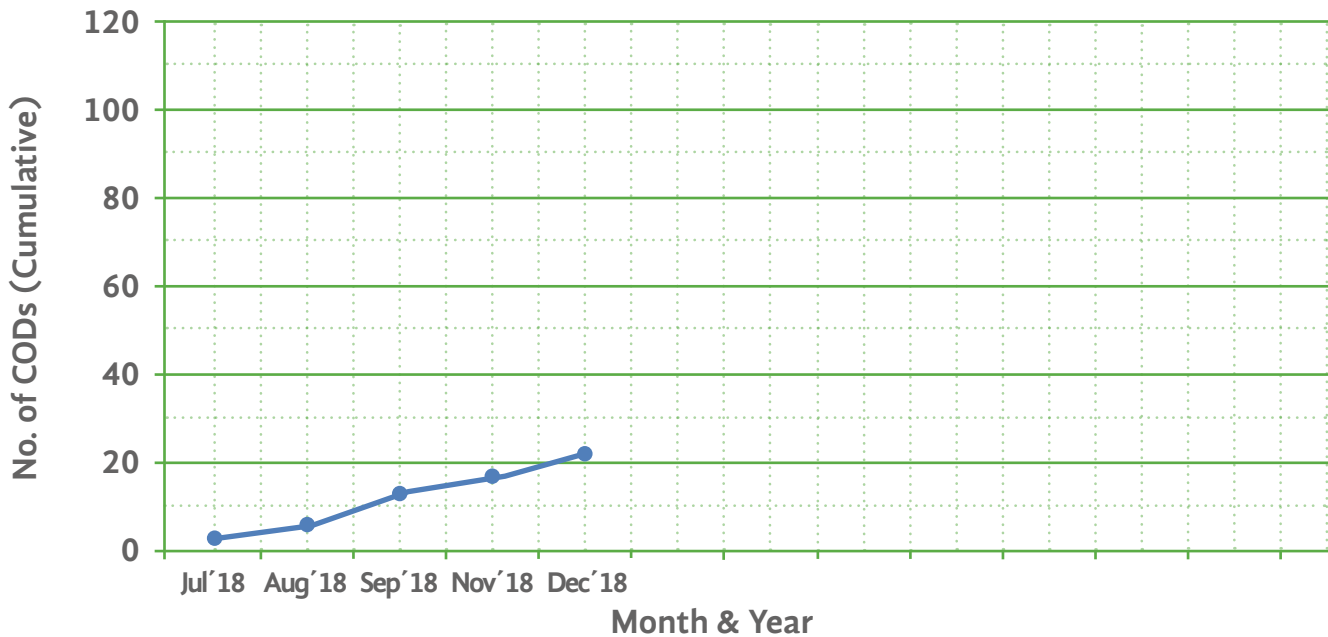
COD No	Tip No	Month & Year	COD No	Tip No	Month & Year	COD No	Tip No	Month & Year
1			37			73		
2			38			74		
3			39			75		
4			40			76		
5			41			77		
6			42			78		
7			43			79		
8			44			80		
9			45			81		
10			46			82		
11			47			83		
12			48			84		
13			49			85		
14			50			86		
15			51			87		
16			52			88		
17			53			89		
18			54			90		
19			55			91		
20			56			92		
21			57			93		
22			58			94		
23			59			95		
24			60			96		
25			61			97		
26			62			98		
27			63			99		
28			64			100		
29			65			101		
30			66			102		
31			67			103		
32			68			104		
33			69			105		
34			70			106		
35			71			107		
36			72			108		

COD GRAPH

Track your CODs periodically and see how you progressed over a period of time.



Illustrative COD graph



Assume that Brother. Sathyam achieved 4 CODs in Jul '18; 3 CODs in Aug '18, 8 in Sep '18, 4 in Nov '18 and 5 in Dec '18, then 4 will be marked against Jul '18; 7 (4 of Jul and 3 of Aug) will be marked against Aug '18; 15 (=7+8) against Sep '18; 19 (=15+4) against Nov '18 and 24 (=19+5) against Dec '18. COD tracker in the previous page can be used to understand CODs achieved in a month and also cumulative CODs.

REFLECTIONS

A series of horizontal dotted lines for writing reflections.

The Universe is the body of God; every particle in it is filled with God, His Glory, His Might, His Inscrutability. Believe that God is the inner Truth in everything and being. He is Truth. He is Wisdom. He is Eternal. Be humble, before the evidences of His Power and Majesty.

– Sathya Sai Baba, 20 May 1974

Samastha Lokah Sukhino Bhavantu
(May all the worlds be happy)



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