

Earth Peace Treaty Commitment Sheet



This sheet offers a number of steps we can take to reduce the impact of our ecological footprint. Please look over this and, if you feel inspired, commit to a few or more of them by marking the blank with a “V” check. If you already are currently practicing the step, mark an “X” on the blank. When you are done please copy your commitments on to a piece of paper so that you can carry them with you as a reminder.

I, _____ commit to:

Nutrition.

- Purchase ___ percent organic food.
- Eat only vegetarian food.
- Support farmers and reduce food-miles by buying local produce.
- Join a Community-Supported Agriculture (CSA) group near my home.
- Plant ___ trees in my neighborhood.
- Plant native and drought-tolerant plants where applicable.
- Grow produce at home.
- Not use pesticides or herbicides.

Mindful Consumption.

- Reuse and recycle all items possible.
- Encourage office/school to recycle.
- Avoid purchasing disposable items with lots of packaging.
- Replace paper napkins, towels, and plates with reusable equivalents.
- Use cloth or other reusable bags for shopping, etc.
- Buy clothing in used clothing/thrift shops.
- Use the library, instead of buying books, as much as possible.
- Share magazines and catalogs by donating them to clinics, etc.
- Use biodegradable cleaning products.

- Compost kitchen waste.
- Pick up trash along walking-jogging route.

Electricity.

- Turn off computers while not in use.
- Set computer and display to turn off after ten minutes of inactivity.
- Install a power strip for appliances to avoid drawing ghost electricity.
- Replace light bulbs at home with compact fluorescents.
- Use stairs, not elevators.
- Reduce the use of hair dryers and appliances.
- Air-dry clothes (without a dryer).
- Eliminate the use of air-conditioning at home.
- Reduce air-conditioning at home by ___ degrees.
- Reduce heating at home by ___ degrees.
- Install a programmable thermostat at home.
- Install energy-efficient insulation and windows at home.
- Get an energy audit of my home and improve its efficiency.
- Purchase and install solar panels at home.
- Purchase renewable-source electricity (wind, geothermal).
- Have an electricity-free day once a week.

__ Write to local and national politicians calling for more effective environmental legislation.

Water.

- __ Turn off-faucet while brushing teeth or shaving.
- __ Reduce use of hot water by __ percent.
- __ Take only short, warm showers.
- __ Install a solar water heating unit.
- __ Re-use gray water.
- __ Flush only when necessary.
- __ Reduce overall water use by __ percent.
- __ Install a system to capture and store rainwater.

Transportation.

- __ Walk or bike to work __ days per week.
- __ Walk or bike to places within five miles.
- __ Carpool to work or use mass transit.
- __ Half a car-free day once a week.
- __ Half a car-free day once a month.
- __ Work at home one day a week.
- __ Reduce car trips by ____percent.
- __ Drive a fuel-efficient vehicle.
- __ Reduce flight-travel to less than __ flight hours per year.

Spread the Vibe.

- __ Meditate once a week on my relationship to the ecosystem in which I live.
- __ Meditate once a week on how I can reduce my consumption, and act on this.
- __ Encourage a friend to commit to items on this list.
- __ Educate myself on ecological issues.
- __ Support local environmental organizations.
- __ Write articles/stories to help others get in touch with their ecosystem.

Add my own commitment proposals here:

Please send me an email to remind me of the commitments I have made and to receive further information about ecology projects at the Plum Village Monasteries worldwide.

Email:

I make the commitment to practice the items that I have checked above so that I may reduce the ecological impact of my way of living.

Signed:

Date: _____

Please consider sharing your commitments on our Facebook Group – *Earth Holder Sangha (PV)* – and help inspire others to action!