

# Earth Gratitude

## Clean Living

Edited by  
Natalie Pace  
Christopher Van Buren



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## Earth Gratitude Project

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### Acknowledgments

The editors would like to thank each of our esteemed contributors, and to their people behind the scenes who worked tirelessly and expeditiously to get their content in on such a tight schedule. Special thanks to our friends at Unify.Org and to Linda Kahler, Concepcion Lara, Lora O'Connor, Kathleen Rogers (the president of the Earth Day Network), and Felicia Tomasko for being close friends and active supporters of the project, to Trista Martin for final copy edits on the ebook, to Paul Angles for marketing and PR, to Andrew Frank for branding and PR expertise, and to Bill Gladstone for co-creating the Earth Gratitude® project.

We are in deep gratitude to everyone who views this book, pushes pause on the daily routine and status quo, and makes bold, brave and sustainable choices for their everyday lives. A huge bravo and immense respect to the talented Alvin, Jada and Satori Tam for filming their Earth Gratitude journey into the wilderness for the project.

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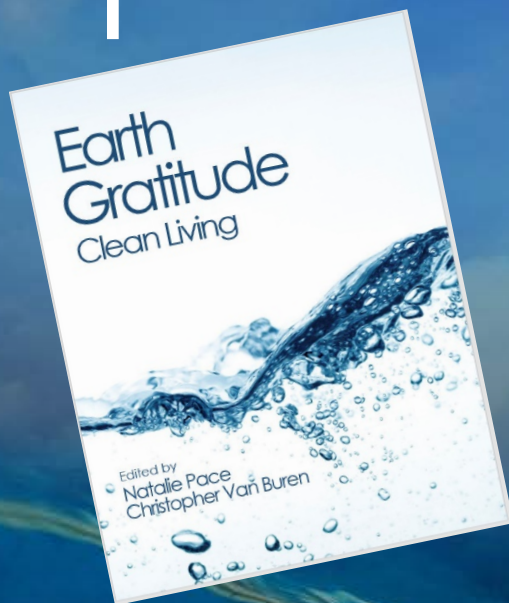
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# More Ways to Celebrate with Us...

1



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2



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## 14 Days of Beauty & Gratitude

14 beautiful emails over two weeks that will inspire you and move you into a place of beauty and gratitude.

3



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Our fun trivia games will challenge your knowledge of Earth, The Oceans, Developing Countries, Wildlife and Food.

It's all at  
[www.EarthGratitude.org](http://www.EarthGratitude.org)

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# Planting Trees Is a Virtuous Act

Trees are extremely important.

A healthy tree purifies the air and supplies oxygen for living beings to breathe. It harmonizes the elements and increases life expectancy. Its shade provides a refreshing place to rest. It brings rain at the right time. It nourishes crops and livestock, and balances the temperature. It contributes to an attractive landscape and continually replenishes its surroundings. It brings about natural developments in the spheres of education, economics and so forth.

The drawbacks of a polluted environment include a decline in the pure, cool qualities of the oceans and lakes, so that the creatures dwelling in those places are disturbed. The loss of vegetation and forests causes degeneration in the Earth's nourishment. Rain does not fall when it is needed. Unprecedented fierce storms rage. There are many disadvantages.

Planting and nurturing trees are virtuous acts. It is beneficial to plant various types of trees. In particular, fruit trees provide nourishment predominantly for humans, as well as benefit to many other sentient creatures. They help to improve health.

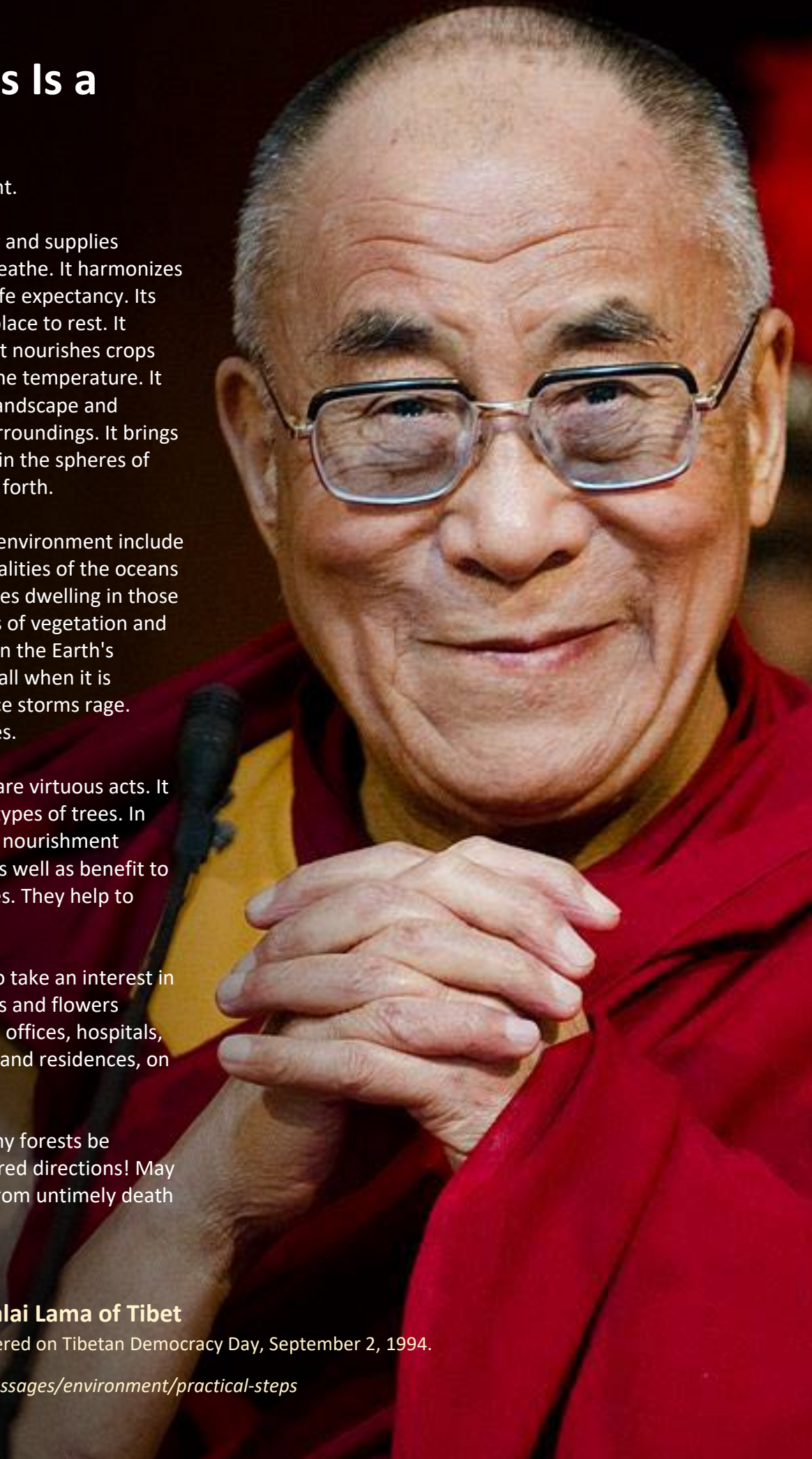
The whole of society needs to take an interest in planting various kinds of trees and flowers around monasteries, schools, offices, hospitals, factories, restaurants, hotels and residences, on both sides of thoroughfares.

May the attractive and healthy forests be increased in all the one hundred directions! May sentient creatures be freed from untimely death and live happy lives!

**His Holiness, The 14<sup>th</sup> Dalai Lama of Tibet**

*From a message that was delivered on Tibetan Democracy Day, September 2, 1994.*

<http://www.dalailama.com/messages/environment/practical-steps>





# Making Gardens Fun

No child should ever know that she's being educated. We want to get the message out, but you have to get it out in a clever way. You can't just preach to children.

In truth, the Poison Garden at The Alnwick Garden could be considered to be an apothecary garden. The same plant that kills can cure. Every botanic will have an apothecary section, but I thought, "That's so boring. What child cares about how a plant cures?" But you tell a child how that plant kills. You talk about the death and the vomiting, and the way that it attacks their organs, bit by bit. A poisonous mushroom is the best example because you don't know it's got you until it's too late. It takes 48 hours for you to start peeing blood, and by then your kidneys are messed up. You're on dialysis, and you need a transplant.

The Alnwick Garden was a very controversial project. The classic garden designers hated the plastic tractors and children running around, on a hot summer's day, in their swimming costumes. However, I was building a pleasure garden. There should be room for all of us in the gardening world. We have three programs directed to children (Sprouts), at-risk young adults and elders. Even in this agricultural region, children don't know that a carrot comes from the ground. They have no idea that a potato can be made into leek and potato soup.

There have been 7 gardens on this site, and they haven't survived. As a family, we think long term. Everything is planned a hundred years ahead. What I try to do, not for my legacy but for the garden itself, is that I want it to continue to be relevant. Today, you can't build something if it's not sustainable – sustainable organically, as well as financially.

The Duchess of Northumberland  
[www.alnwickgarden.com](http://www.alnwickgarden.com)

Photos: The  
Duchess of  
Northumberland  
and The Alnwick  
Garden Treehouse.

Photo by Margaret  
Whittaker. Used  
with permission.





# Journey Into Wilderness

Why leave the most fantastic, plastic city in the world – Las Vegas – to be immersed in the heart of the wilderness? Two years ago, we led a yoga retreat in the Sacred Valley of Peru where the native people exuded an authentic connection to the Earth. At a farmer's market one day, we admired mothers with armfuls of wild food, plant medicine and vegetables - like an endless parade of Earth's treasures. In Las Vegas, food comes wrapped in layers of plastic.

We had an auspicious feeling about heading north into the wilderness of Western Canada. We followed a calling to find land that spoke to us and found a beautiful slice of the forest where we could continue teaching our passions in yoga, circus and protection of the environment. We now live off-grid gathering rain water, drinking from wild springs and being powered by solar.

There is a respect that arises when you see yourself no longer as a user of a resource and more as a partner with nature. We are learning to become guardians for Earth Mother for the sake of our child, the children of the future and our inherent connection to the planet.

Alvin and Jada Tam  
Founders of Barefoot  
Sanctuary, Wilderness  
Yoga Retreat Leaders

Watch the 3-Minute Film of their Journey



00:17



00:20



Join the Journey

<http://barefootsanctuary.com/wild>

# The Code of the Noble Spirit

What is the Noble Spirit?

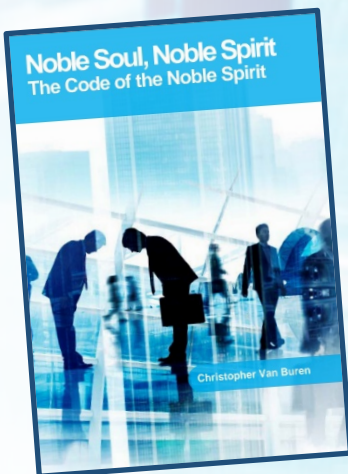
It's not something acquired with wealth. It's not birthright or social status. It's not an office that puts a person above others.

Nobility of Spirit must be earned by living according to a Noble Code...a way of living among fellow human beings, among all beings. It's an ethical and moral code that requires no leap of faith, no fanatical belief system, no dogma.

It is a simple operating system for human behavior, a set of guidelines for walking the Noble Path, a personal truth that provides meaning for life.

In a world full of conflicts and contradictions, where do we turn for guidance and wisdom?

The answer is in the still silent center within. There, we can begin to hear the voices of our own inner wisdom...the voices of our inner guides, the voices of our Noble Code.



Christopher Van Buren  
Author of [\*The Code of the Noble Spirit\*](#)

[Download a Free Copy](#)



# Clean Air Requires More Clean Cars

Tesla Motors was created to accelerate the advent of sustainable transport.

The unfortunate reality is that electric car programs (or programs for any vehicle that doesn't burn hydrocarbons) at the major manufacturers are small to non-existent, constituting an average of far less than 1% of their total vehicle sales. At best, the large automakers are producing electric cars with limited range in limited volume. Some produce no zero emission cars at all.

Given that annual new vehicle production is approaching 100 million per year and the global fleet is approximately 2 billion cars, it is impossible for Tesla to build electric cars fast enough to address the carbon crisis. The market is enormous. Our true competition is not the small trickle of non-Tesla electric cars being produced, but rather the enormous flood of gasoline cars pouring out of the world's factories every day.

We believe that Tesla, other companies making electric cars, and the world would all benefit from a common, rapidly-evolving technology platform. Technology leadership is not defined by patents, but rather by the ability of a company to attract and motivate the world's most talented engineers. We believe that applying the open source philosophy to our patents will strengthen rather than diminish Tesla's position in this regard. Tesla will not initiate patent lawsuits against anyone who, in good faith, wants to use our technology.



Elon Musk  
CEO, Tesla Motors



# Well Being, Wonder, And Wisdom

by Arianna Huffington

Don't buy society's definition of success, because it's not working for anyone. It's not working for women. It's not working for men. It's not working for polar bears. It's only truly working for those who make pharmaceuticals for stress, diabetes, heart disease, sleeplessness and high blood pressure.



Arianna Huffington  
Founder and CEO, Thrive Global  
Founder of The Huffington Post  
Sleep evangelist

[www.ThriveGlobal.com](http://www.ThriveGlobal.com)

## Well Being

In 2007, sleep deprived and exhausted, I fainted, hit my head on my desk, broke my cheekbone and got four stitches on my right eye. Sleep deprivation profoundly affects your creativity, your productivity, and your decision-making. The Exxon Valdez wreck, the explosion of the Challenger Space Shuttle, and the nuclear accidents at Chernobyl and Three Mile Island — all were at least partially the result of decisions made on too little sleep.

## Wonder

I was blessed with a mother who was in a constant state of wonder, delighted at the mysteries of the universe. Whenever I'd complain or be upset about something, my mother had the same advice: "Darling, change the channel. You are in control of the clicker. Don't replay the bad, scary movie."

## Wisdom

Wherever we look around the world, we see very smart leaders — in politics, in business, in media — making terrible decisions. What they're lacking is not IQ, but wisdom. When we are centered in a place of wisdom, harmony and strength, life is transformed, from struggle to grace, and we are suddenly filled with trust, no matter the obstacles, challenges and disappointments. And that is where wisdom lies. Learn to regularly disconnect from technology in order to connect with yourself. Learn to unplug in order to recharge.

Find your place to stand — your place of wisdom and peace and strength. And from that place remake the world in your own image, so that all of us can live our lives with more grace, more joy, more empathy, more gratitude, and yes, more love.



# Clean Living Applies to Everything

For the second annual Earth Day Gratitude ebook we want to focus on simple ways to express our gratitude to the earth and simple acts we can do that remind us how fortunate we are to be on this planet at this time. Part of expressing gratitude is finding ways that honor ourselves and our planet.

In ancient times in Israel, clean water was considered the source of connection to the divine. Why clean water? Water transmutes the energy of all that enters it. To ensure that clean water remains clean, it is best to find water that has constant movement whether in a river, ocean, lake or pond. In ancient China spiritual masters observed that fish will get sick or die if they swim in still or polluted waters.

How do we ensure that we are not swimming in polluted waters (physically, mentally and emotionally)? One of the easiest ways is meditation and prayer. You'll find some beautiful ways to do both within these pages.

Another is communing with nature and protecting it. You'll see in these pages some of the good works that our partner organizations are doing to help nature and help you connect with it.

One area of life that is often overlooked for cleaning up your world relates to business. As a business person I find it useful whenever possible to clean up my emails and other communications before retiring. This way I always have a clean slate in the morning to tackle whatever new business challenges might arise. I also find it valuable to always communicate disappointing or bad news immediately. Nothing is gained delaying such communications. There is really no easy way to report that the deal fell through or that a vendor owing money has declared bankruptcy. Bad things happen in life and in business, and the best way to keep your internal aura and energy clean is to face these negative events calmly and quickly. That way you can better assess future solutions that will ensure the continued health of your business and your life.

So when thinking about how you can express gratitude to the earth, think about clean water and how you can ensure clean water in every aspect of your personal and professional life knowing that clean water implies clean personal energy that will nurture you throughout your life.



William Gladstone  
Author and Founder of  
Waterside Productions



# Clean

Clean Air, Clean Water, Clean Food, Clean Power, Clean Dialogue.

As a child living in Morenci, Arizona, the largest open pit copper mine in North America, I would often dream of learning how to breathe underwater. It didn't take an EPA report to know that the pollution spewing out of two smelters was toxic. After a lap or two of swimming underwater, I dreaded coming up for air. The pool water felt so much cleaner. My father worked in the smelter. He came home each day covered in soot. Thankfully, he's 87 now. Most of the men he worked with died long ago.

During the 1980s, when I lived in Los Angeles, the nightly news posted air quality reports. Many days were so unhealthy that children weren't allowed to play outside.

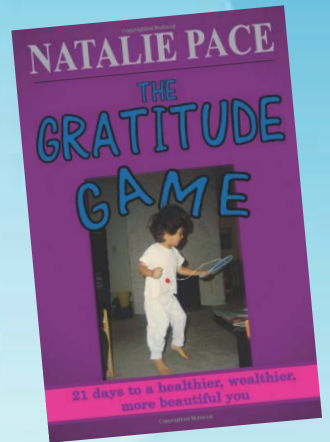
Sometimes today's cheaper is tomorrow's outlandishly expensive. Junk food is more affordable than organic, when you calculate it by the pound. However, when you factor in health, the costs become alarming. China has paid a high price for being the world's factory. Over 40% of the time air is unhealthy in Beijing, and scientists expect that to remain the case for the next two decades. Water pollution is another significant problem. Reports warn that China has 20% of the population but only 7% of the fresh water.

Did you know that even the most environmentally conscious suburbanite has a far greater carbon footprint than people living in towns and cities, due to their daily commute and the larger homes, which require more energy to heat and cool?

That is why we must also keep our dialogue clean. When we take blame and finger-pointing out of the debate, and start with our common goals – clean air, clean water, healthy food and a beautiful planet for all to enjoy now and eons from now — then we can discuss facts, goals and ways to get there.

We cannot just protest. We must “be the change we wish to see” (Gandhi). A post-petroleum, clean, equitable world is something that we can co-create, just as a free world was dreamed up and created by our forefathers.

Fear presses us into short-term solutions. Habit keeps us harming ourselves and our planet, when we know there are better choices. Our future requires courage, vision and right action. It is not a problem of us vs. them. We can and must do this together.



Natalie Pace

Author of

*The Gratitude Game*

And co-creator of the [Earth Gratitude Project](#)





# Green Our Schools

Green schools protect the environment, keep teachers and students healthy, and promote environmental literacy - a triple bottom line! Green schools also save taxpayer dollars. Our commitment is to green every school in America within a generation.

## The Five Pillars:

1. Facilities
2. Food
3. Schoolyard & Outdoors
4. Transportation
5. Environmental Education

Here are some inspiring statistics on the important benefits of greening your school.



A typical green school saves \$100,000 per year on operating costs, enough to hire at least one new teacher, buy 200 new computers, or purchase 5,000 textbooks.



If 133,000 schools switched to recycled paper, they would save about 6 million trees per year.



Improving energy efficiency in school buildings can help reduce the consumption of fossil fuels. (65% of the electrical grid is powered with fossil fuels.)



Natural daylight reduces the energy needed to light a building and has a positive effect on student performance.



Modification of a pre-existing building for energy efficiency can save a typical 100,000-square-foot school building between \$10,000 and \$16,000 annually.

Sustainability is about being good global citizens: ensuring adequate resources for a clean, healthy environment for all. Schools can be the leaders in environmental sustainability, giving students the tools to be innovators, and giving them a healthy environment in which to learn and play.

Learn More at [Earth Day Network](#)

By [Earth Day Network](#)  
President [Kathleen Rogers](#)

ACT NOW





# Why I Eat Organic Food

Organic farms will be the only way to produce enough food in the future. Industrial farming relies completely on the availability of fossil fuels to produce mineral nitrogen and synthetic fertilizers, phosphate, potassium and pesticides. If just one of these inputs becomes unavailable, yields on intensive conventional farms will decline and within a few years be less than half of the yields achieved by organic farms.

Globally, the production of nitrogen fertilizer for conventional farming uses approximately 115 million tons of fossil fuel and causes greenhouse gas emissions equivalent of more than 230 million tons of CO<sub>2</sub> per annum. (Roughly 10% of total greenhouse gas emissions are from agriculture.) Oil, natural gas and phosphorus reserves are predicted to run out within my children's lifetime.

Organic farming practices are based on nutrient-recycling and do not rely upon synthetic chemical pesticides.

Since the large mining and agrochemical corporations have infinite lobbying power/budgets and will prevent any substantial political support for an expansion of organic farming, the main way I can contribute to change is by consuming organic food. If many more people do the same, demand will drive the expansion of organic food production.

Consuming organic food will also preserve essential natural resources for future generations, and immediately provide me with nutritionally better food. Interestingly, recent studies have shown direct links between the non-use of mineral N- and P-fertilizers and synthetic chemical pesticides in organic farming and the higher antioxidant levels, and lower concentrations of the toxic metal cadmium, nitrate, nitrite and pesticide residues in organic foods.

**Carlo Leifert**

Research Development Professor  
of Ecological Agriculture  
Newcastle University, United Kingdom







*Dr. Paula Kahumbu is the CEO of Kenyan Conservation NGO [WildlifeDirect](#) and is leading the hard-hitting [Hands Off Our Elephants Campaign](#) with Kenya's First Lady Margaret Kenyatta. She is the Chair of the National Museums of Kenya, a National Geographic Explorer and the winner of the Whitley Award.*

## Hands Off Our Elephants

Things have improved for elephants since the dark days of 2011 and 2012, when ivory poaching across Africa spiraled out of control and conservationists worried about the unthinkable: the extinction of the African elephant. There are grounds for cautious optimism. In 2016, a major trafficker was jailed for 20 years, poaching dropped by 80% and the biggest market, China, declared a ban on ivory trade. Prices of raw ivory have dropped by more than 50 percent.

However, it is too soon to assert that Africa's elephants are safe. As consumer demand slows in China, traffickers have lost no time in moving into other markets. The ivory trade is booming in Vietnam and Japan, and other species like pangolins are now the most highly trafficked African species.

There are other threats that are potentially as deadly as the poachers' guns. Human population growth leads to loss of natural habitats. Large-scale infrastructure projects fragment natural landscapes, cutting across vital migration routes on which elephants depend. This causes loss of life through human-elephant conflict, which turns people against elephants and erodes the public support that is essential for any successful conservation strategy.

To rekindle love for wildlife, WildlifeDirect has partnered with the Kenya Wildlife Service and the TV station NTV to produce NTV Wild Talk. This first ever wildlife series, produced by and for Africans, restores our ancient relationship with our wildlife, forests, and oceans. For the first time in decades, Kenyans are using the law to demand that the government delivers on development projects without destroying our natural wilderness and killing the animals that we love.



# Trees

## Food Fuel Shelter Prosperity

When we started the Green Belt Movement, I was responding to the needs of rural Kenyan women, namely lack of firewood, clean drinking water, balanced diets, shelter and income. They were unable to meet their basic needs, due to the degradation of their immediate environment, as well as the introduction of commercial farming, which replaced the growing of household food crops.

The work was difficult because our people had been persuaded to believe that because they are poor, they lack not only capital, but also knowledge and skills to address their challenges. They were conditioned to believe that solutions to their problems must come from 'outside.' Women did not realize that meeting their needs depended on their environment being healthy and well managed. A degraded environment leads to a scramble for scarce resources and may culminate in poverty and even conflict. Tree planting is simple, attainable and guarantees quick, successful results within a reasonable amount time.

Together, we planted over 30 million trees that provide fuel, food, shelter, and income.

In the 40 years since we started this work, activities that devastate the environment and societies continue unabated. We must shift our thinking, so that humanity stops threatening its life-support system. We are called to assist the Earth, to heal her wounds and in the process heal our own – indeed, to embrace the whole creation in all its diversity, beauty and wonder.

In the course of history, there comes a time when humanity is called to shift to a new level of consciousness, to reach a higher moral ground. A time when we have to shed our fear and give hope to each other. That time is now.



Professor Wangari Maathai  
(1940-2011), founder of the  
Green Belt Movement.



Excerpted from her Nobel Peace Prize lecture. © The Nobel Foundation (2004). Wangari Maathai was the 1st African woman to receive the Nobel Peace Prize.





# Save the Food

40% of food in America is wasted.

20% of the food we each buy never gets eaten.

90% of us throw away food too soon.

Each of us tosses nearly 300 pounds of food every year. Half of seafood, fruits and vegetables are tossed.

Wasting food wastes everything. Water. Fuel. Labor. Money. Love. Being smarter about food helps save a lot of water. We wouldn't run the shower for 104 minutes, but that's how much water it takes to make a pound of chicken.

A 4-person family loses \$1500 a year on wasted food. Saving that would basically be a raise.

Using up leftovers helps the environment. Food is the number one thing in America's landfills, and it contributes more to climate pollution than all of the cars in Georgia.

When we store food right, it lasts longer. You can learn how to Save The Food at [SaveTheFood.com](http://SaveTheFood.com).

**SAVETHEFOOD.COM**



# Give Peace a Dance

EarthDance began as a vision to get the whole world to dance together for one day, using the universal power of music and dance as a medium to inspire global peace and world healing. The highlight of the event is the “Prayer for Peace.” This global link-up is a profound and powerful moment that focuses the intention of millions of people on the affirmation of global unity. The simultaneous dance floor link-up occurs in the morning in the Australian Rain Forest, at midnight in London, in the afternoon in San Francisco and at sunrise over Mt. Fuji.

During this panoptic moment, no matter where you are in the world, you know that everyone is connecting to affirm global peace and healing. Join us over the weekend of the International Peace Day each year (September 21).

EarthDance stands for Peace. We practice peace, sustainability and social responsibility. We are all part of one global community.

Think like a planet.

**Chris Deckker**

Founder of EarthDance

<http://www.earthdance.org/>





# Where Are We Today?

## Wind Energy

Wind is already cheaper than a new coal plant. Wind energy is being sold at 2-3 cents a kilowatt hour to utility companies (including a production tax credit). Unsubsidized wind is projected to be 4-5 cents/kWh by 2025, comparable to natural gas.

## Solar Energy

In 2008, solar was at 18-20 cents a kilowatt hour. By 2014, contracts were being signed in Texas pricing solar at 4.8-5 cents per kilowatt hour.

## Batteries

The Tesla battery weighs 1200 pounds and costs about \$30,000 for the battery system. We need a battery that has 4 times energy density, so that it weighs 300 pounds, and has a 10 times faster charging rate. Teslas are great cars, but we need something like a Tesla with a 280-mile range that costs \$25,000 without subsidies.

## The Electrical Grid

As we move from 10% renewable energy to 50%, we need a much more flexible transmission and distribution system. We need backup power, just in case the wind doesn't blow and the sun doesn't shine.

We need to take better care of the Earth for us, for our people, for our grandchildren. There's nowhere else to go.

Since 1968, we've discovered that the climate is changing due to humans. When I went to Washington, I witnessed how the fossil fuel companies were trying to convince Congress that renewable electrical energy is much more expensive than fossil power plants. In the coming decades, renewable energy and electric vehicles can be the low-cost option.



**Steven Chu**, the 12<sup>th</sup> (and longest serving) U.S. Secretary of Energy (2009-2013). Nobel Laureate, Physics, 1997.

[Visit His Site](#)

Watch the videos  
for additional  
information.



Climate Change Math



Climate change, clean energy and  
nanotechnology for energy



# Clean Energy Saves a Lot of Money

You don't normally think of Marines as tree huggers, but there has been a 60% reduction of fossil fuel usage in the Marines. We have SEAL teams that are right at net zero in terms of energy and water. More than 50% (1 GW) of the Department of Navy's onshore energy is being derived by renewable sources, including hydropower, solar and wind, and we achieved this five years ahead of schedule (in 2015).

The Great Green Fleet, which was launched in 2016, is steaming 100% on biofuels and nuclear. The U.S. Navy is switching to LED lighting, electric cars and hybrid motors for our ships. \$90 million have been saved, and 22 million tons of CO2 have been abated.

We did this to be a better military, but you also cannot overlook climate change. If we don't slow the rise of sea levels, our bases will be at risk, particularly at Norfolk, Virginia. The last two Ice Exercises that we had, where we put a camp on the ice about two miles off the Alaska coast, had to disband very quickly and a couple of weeks early because the ice broke up. These ICEXs have been going on for decades. Suddenly, the ice just isn't thick enough to support it.

We have already had the first climate refugees in the United States. People are moving off of an island in Louisiana because it is submerging.

Regardless of who occupies the White House, regardless of what the policy of the federal government is, alternative energy costs have come down, and the benefits are real. Once you have solar panels, the cost of your energy drops dramatically. We can all save money, and a lot of it, with clean power and smarter energy choices.



Ray Mabus  
The 75th U.S. Secretary of the Navy





# My Stroke of Insight

During my stroke, I found nirvana. And if I found nirvana and I'm still alive, then everyone who is alive can find nirvana.

We have the power to choose moment by moment who and how we want to be in the world. Right here, right now, I can step into the consciousness of the right hemisphere of my brain, where I am the life force power of the universe and of the 50 trillion beautiful molecular geniuses that make up my form. At one with all that is. Or I can choose to step into the consciousness of my left hemisphere where I become a single individual, a solid, separate from the flow, separate from you. Which do you choose? And when?

We can be a world full of beautiful, peaceful, compassionate, loving people. We can come to this space at any time. We can purposefully choose to step to the right of our left hemispheres and find peace. I believe that the more time we spend choosing to run the deep inner peace circuitry of our right hemispheres, the more peace we will project into the world and the more peaceful our planet will be.



Dr. Jill Bolte Taylor

<http://drjilltaylor.com/>



# Join Our Team On CompassionGames.org or Start Your Own



## Fun Games That Everyone Wins

Compassion Games International offers fun and creative ways to ignite and catalyze compassionate action in communities around the world.

In the five annual Compassion Games, teams and individuals challenge one another to make our planet a better place through community service, acts of kindness, and fundraising for local causes.

The Games amplify what is already working in our communities, what you're already doing and what we can inspire in each other.

The Games adapt creatively to any community, organization or group and offer recognition and human warmth to all who play.

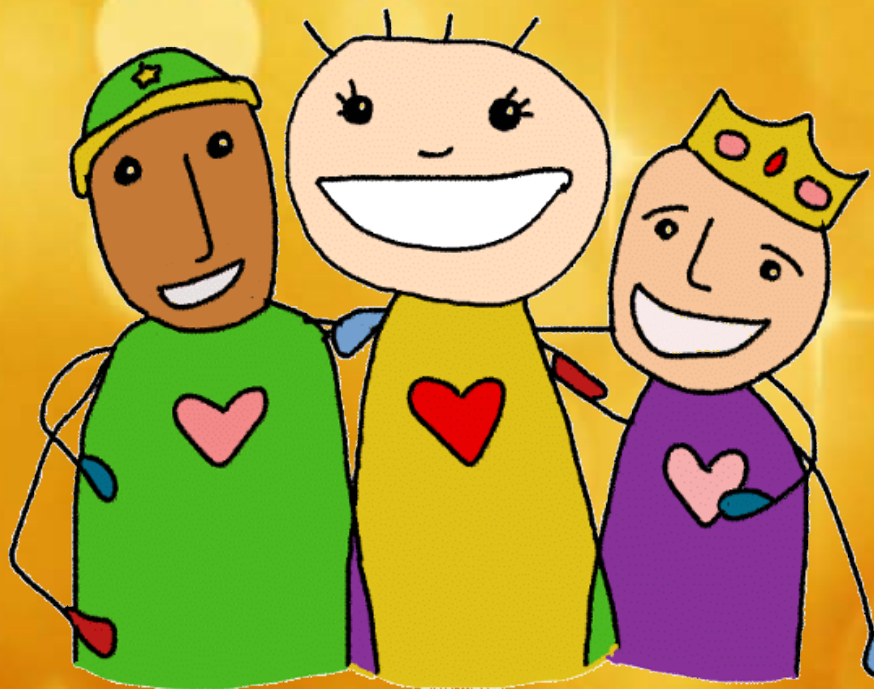
Over the past five years, the Games have mobilized nearly 500,000 volunteers that have served over 5,400,000 people in 40 countries.

There's not much to do...just join at CompassionGames.org and, when you complete an activity, report in and score it to your team...our team (EarthGratitude)!

We look forward to playing and fostering compassion together.



Click to Join our Team  
and Enter the Earth Week co-opetition





# Sacred Commerce

Sacred commerce is a way of working in a more heart-based culture in a safe environment. We train people in love as a way of being, and then we turn them loose in a retail environment.

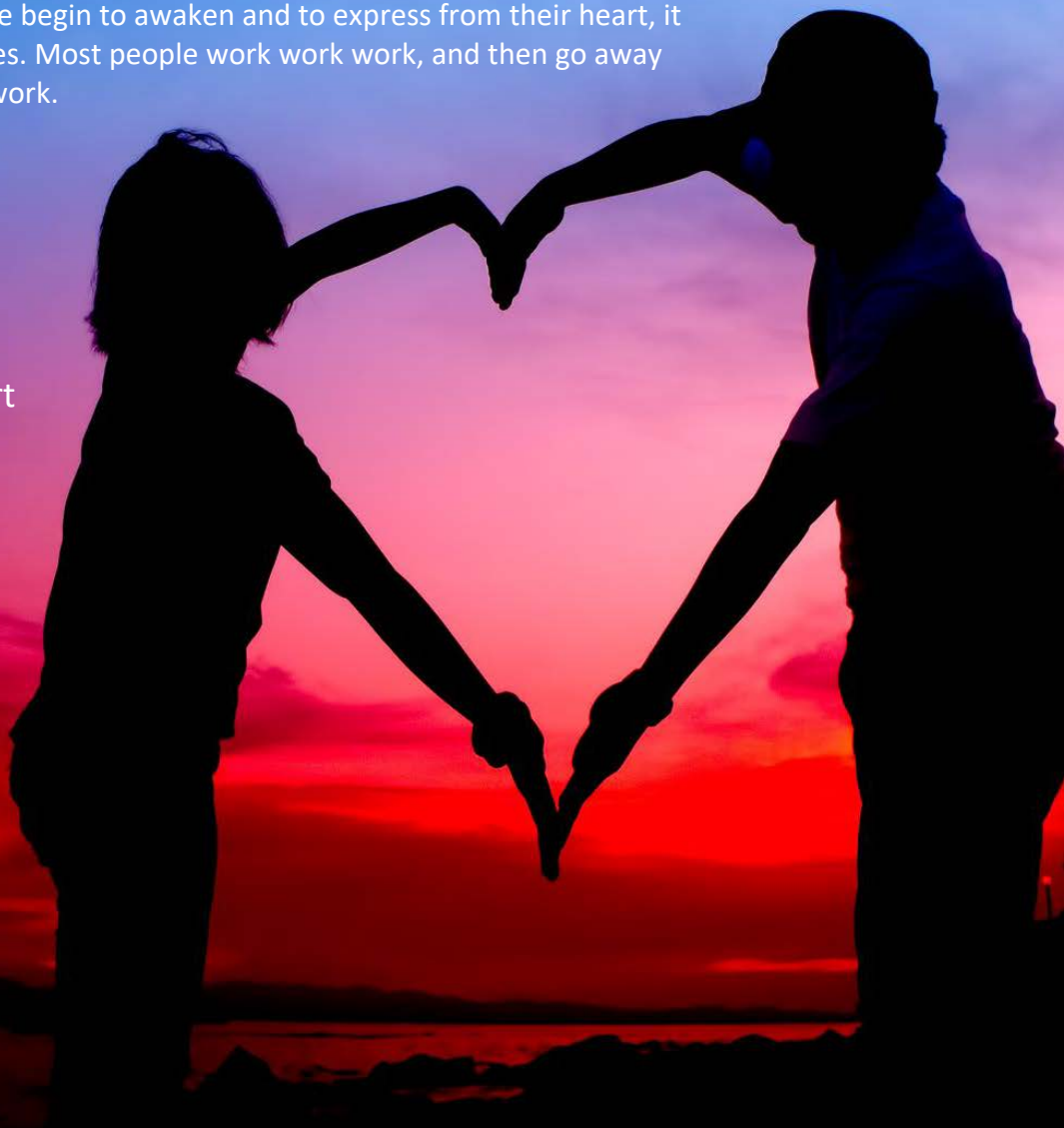
Our food and people are a celebration of our aliveness. We select the finest organic ingredients to honor the earth and ourselves, as we are one and the same. We support local farmers, sustainable agriculture and environmentally friendly products. Our food is prepared with love. We invite people to enjoy being someone who chooses: loving your life, adoring yourself, accepting the world and being generous and grateful every day. Have fun!

Healing can take place at work, and work can be a more productive place as a result. Why? Because people love being there. It's safe! It's loving! Create a juicy, transformational party at work, and people will be more productive because they want to be there...

It's extraordinary how when people begin to awaken and to express from their heart, it carries into their other communities. Most people work work work, and then go away to a yoga retreat to recover from work.

We're saying go to work, and then bring that awakening out into the rest of your life.

Matthew and Terces Engelhart  
Co-founders of [Café Gratitude](#)  
and the owners of [Be Love Farm](#)  
and [Sacred Commerce](#).





# Bike Share for All

Bike Share programs provide a simple, low-cost option for short journeys, protect the environment and promote a healthy, energized and more livable community. Ideally Bike Share stations are strategically located to access popular areas and connect with existing transit systems.

**Environment:** Cycling benefits health, supports the community and reduces greenhouse gas emissions. Using a bike share program to commute to work, or for shorter journeys, is a great way to reduce your carbon footprint.

**Equity:** There is plenty to love about bike sharing. Over the past few years, short-term bike rental systems have been popping up all over the country and transforming communities. They are filling “first mile, last mile” gaps created by existing public transit, and normalizing riding a bike as both a recreational and functional activity in urban cores. They are bringing people back to bicycles, after years away from them, and proving to public officials that there is a demand for safe, low-stress bike networks.

**Health:** Health is a critical dimension in cities wanting to better the lives of those in their communities. Bike Share extends across a calibrated Well-Being Index to support community connection, green the built environment and provide opportunities through affordable and equitable access. In encouraging community wide active transportation, people are offered more options for accessibility and mobility.

Bike share has been deployed in over 500 cities across the world, and has been a successful way to get people out of their cars and into an alternative form of transportation.

Find your place to stand — your place of wisdom and peace and strength. And from that place remake the world in your own image, so that all of us can live our lives with more grace, more joy, more empathy, more gratitude, and yes, more love.



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# Why We Unify

## The Power of Participation



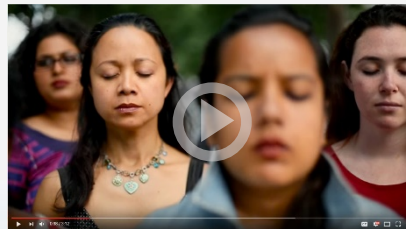
Earth Day 2013 helped launch our global gatherings in celebration of our planet.



World Water Day 2015 and 2016, we brought millions of people together in hundreds of cities around the world and help fund numerous local water charities.



Our Global Sisterhood project unites women around the world and our 2017 event brought over one million women together in 1126 sisterhood circles.



Our Global Yoga Day event brought various yoga movements together for the world's largest gathering of synchronized yoga.



Over 1 billion people celebrate Earth Days in over 22,000 locations around the world. We have so many different expressions of cultures and races on this planet much like the diverse ecosystem of a tropical rainforest.

And that's the point, isn't it?

Even with all the diversity and variety, nature teaches us about interdependence and symbiotic relationships. There is only one earth and it unifies us all. Like a flock of birds or school of fish that move together in instant unity, could we humans be connected by a unified field?

UNIFY.org creates ways for us Earthlings to become aware of each other and create our world together -- even though we may be separated by vast distances and differences.

We do this with Global Synchronized Events and storytelling through film. We invite you to Unify with us. Join our [Facebook page](#) where we'll keep you updated on future events.



We've worked closely with the U.N. on the International Day of Peace, unifying hundreds of organizations in thousands of cities around the world.





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