

Earth Gratitude The Good News

eZine Volume Five

With contributions from:

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EARTHDAY.ORG

Jane Goodall

XPRIZE

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The Good News

Earth Gratitude Project

Edited by Christopher Van Buren & Natalie Pace

Acknowledgments

We are deeply grateful to you for reading this eZine and sharing it with others. Please post your own “good news” on social media with the #earthgratitude hashtag.

We’d like to thank all of our wonderful contributors and partners. Special thanks to our friends at Waterside Productions and Creative Visions.



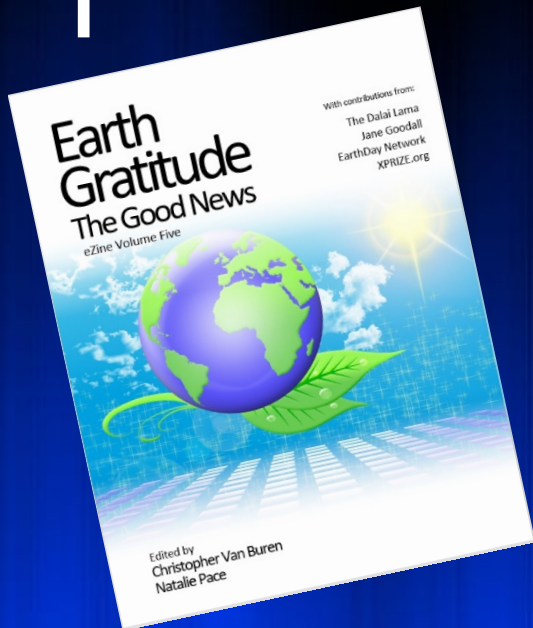
It's all at
www.EarthGratitude.org



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1



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Ensure that climate and conservation literacy and gratitude for our home, Earth, reaches a worldwide audience.

Tax deductible through our 501c3 fiscal sponsor Creative Visions Foundation. Email info@NataliePace.com or call 310-430-2397 for information.

This is Our Only Home

Everybody wants to live a happy life – not only human beings, but also animals and insects. Everyone is very much concerned with their own existence.

The human brain is very special. It is remarkable. Yet, human beings are also the greatest troublemakers. Other animals are concerned with just eating, sleeping and sex. But we are too much concerned with “we” and “they,” “us” and “them.”

We create a lot of good things, but at the same time we create a lot of problems, including ecological problems. Why? We think first of ourselves: *my* family, *our* nation, *our* country. This is a small circle. In ancient times, the circle was only *we, we, we*. This thinking is now unrealistic.

The reality is that individual life depends on the community. The entire 7-billion humans in the world are one community. The time has come for us to think of the entirety of humanity.



His Holiness, The 14th Dalai Lama of Tibet
<https://www.dalailama.com>



Make Friends, Find Common Ground

EarthDay's target population is what we call *Everybody Else*, not the *Green* people, but those people who don't have the time to listen, don't want to get involved, or have different political views.

Find people who are different, and make friends. Find common ground. In the current political atmosphere, there is nothing more valuable than finding common ground.

Speak out and speak up about climate and environmental issues. Remind our elected officers – everyone from elected school boards, board of supervisors, city council, our members of congress, state legislators – that we care about this. Do this on a regular basis.



Kathleen Rogers
President, EARTHDAY.ORG

Visit [EARTHDAY.ORG](https://www.earthday.org) to join our Earth Day Live digital livestream event on April 22, 2021 and learn how you can to participate in a billion acts of green year-round.

ACT NOW



Together We Can Change The World

Jane Goodall's Message to Humanity...

In 1960, a young British woman ventured into the forest of Africa to follow her childhood dream, to find a way to watch free wild animals living their own undisturbed lives. She left everything familiar behind, and winded up giving the world a remarkable window into our closest living relatives. That woman was me. The Gombe National Park in Tanzania is the site of the longest running study of any non-human animal.

We're using some exciting new technology to learn more about chimpanzee ranging patterns and the state of the forest. This helps to inform decision-makers on action to be taken to protect chimpanzees, their habitats and the other creatures that live there. In the area outside of Gombe National Park, the trees were gone. The land was over-farmed and infertile.

That's when I realized that unless we help the people to improve their lives, so they no longer rely on over-farming and other land-depleting practices to sustain themselves, there would be no way we could even try to save the precious chimpanzees.



The main message of Roots and Shoots is that every one of us makes a difference every single day. The program empowers and encourages youth of all ages to pursue their passion, mobilize their peers, and become the compassionate citizens and leaders our world needs in order to ensure a better future for people, other animals, and the environment. For example, the five- to nine-year-olds at Damers First School in Poundbury, England, who won the Jane Goodall's Root and Shoots Educational Environmental Institution of the Year 2019 Award, championed a Plastic Free Dorchester Campaign reducing the amount of single-use plastic in local businesses and the community.

Together with everybody making a difference, we can change the world.



Dr. Jane Goodall is a trailblazing scientist, a compassionate activist and a U.N. Messenger of Peace. Learn more about the Jane Goodall Institute and Roots & Shoots at RootsandShoots.org.

Plastic-Free Schools?

The Kids at Damers First School are Making it a Reality...

The Story of Damers Eco-Ambassadors...

When I first joined Damers First School nine years ago, there wasn't a huge level of environmental awareness. The children did not know about recycling or how to look after their environment. They thought their food came from the supermarket! Today, the children of Damers First School are fantastic ambassadors for how we would all like the world to be.

Every class has an Eco ambassador who forms our Eco Crew. Each class makes a pledge to help animals, people or the environment. This structure is from Jane Goodall's Roots and Shoots program. It gives every child the opportunity to have a voice and speak passionately about environmental issues they believe in. One pledge was to make Dorchester (our city) litter free. The local community began recycling printing cartridges, pens, potato chips packets, soap dispensers and more. This recycling project raised £2500, which the school and Eco Crew used to purchase chickens, a nature area and a bird hide.

Damers became an SAS Plastic-Free School in May 2018. They contacted businesses supplying school fruit and milk, asking if fruit could come in cardboard boxes and milk in glass bottles. They wrote to all local head teachers asking them to become plastic-free schools. They put pressure on Brace of Butchers (our local meat and produce shop) to become a zero-waste shop. Damers' children signed up 25 businesses to become plastic-free, and appeared on the BBC's Newsround.



In July 2019, Damers First School achieved Plastic-Free School status from Surfers Against Sewage. Dorchester achieved Plastic-Free (Single Use) Community Status. The children have set up a steering group with influential members of the town to help them carry on their plastic-free work.

Top Tips for Empowering Student Eco-Ambassadors

- Find a staff leader with the enthusiasm, drive and initiative to take the group forward.
- Create a passionate group of eco warriors.
- Make an audit of environmental work in the school.
- Celebrate what you do and improve other areas.
- Make an action plan of things you are going to work towards.
- Sign up for Eco Schools and follow their 7 Steps.
- Inspire staff, parents and the local community to get involved.
- Embed environmental work into the school curriculum.
- Take part in national campaigns such as EarthDay.org's Restore Our Earth, on April 22nd.



Edd Moore is a teacher and Eco Coordinator at [Damers First School in England](#). Under Edd's leadership, Damers achieved the Eco Schools Green Flag three times in 2016, 2018 and 2020, and won Eco Schools Primary Eco School of the Year, Surfers Against Sewage Plastic-Free Schools Champion, Jane Goodall *Roots and Shoots* Best Group in 2019 and Education Business, Environmental Practice Award 2020.



A 100 Million Dollar Solution...

One of the most valuable experiences of my trip to the International Space Station, was a shift in perspective, in every sense. From the vantage point of a metal cocoon orbiting and looking down at our planet Earth, one startling observation is that it doesn't resemble any map you've ever seen in geography books.

Instead of a divided world, you see the beauty of one home, painted in the green colors of our rainforest, contrasted by the crimson colors of the Sahara's, all floating in shades of shimmering blue oceans that cover 71% of our planet. Watching our beautiful planet as it floated and rotated against the stark dark contrast of the universe in the background, I was reminded how unique our homeworld is and how we, the earthlings living on it, are undeniably connected to it and to each other.

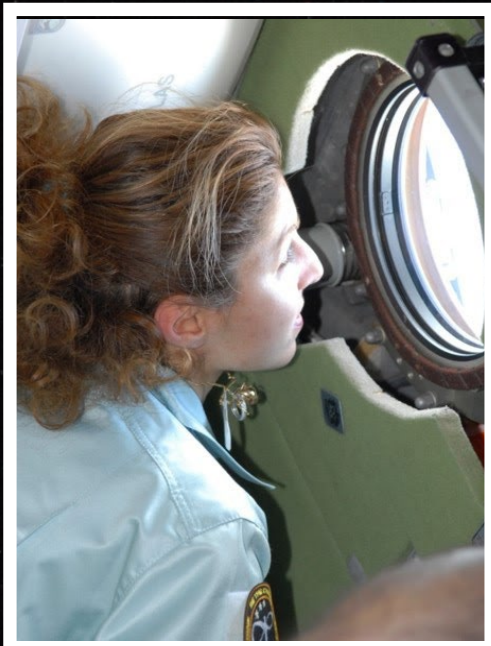
This realization comes with the sobering understanding that this delicate balance is in danger and must be restored urgently.



I have been fortunate enough to be part of building an amazing organization called XPRIZE over the past 25 years with a focus on catalyzing pathways to a hopeful and abundant future for all earthlings. Whether this means sustainable and affordable access to basic human needs such as water, food and energy or preserving our precious environment like our rainforest and oceans, our competitions accelerate human ingenuity toward innovative solutions to the biggest problems facing humankind.

As we mostly hear scary statistics about how bad the climate change problem is, I'm excited that at XPRIZE we are taking on this problem head-on with the launch of the XPRIZE Carbon Removal competition funded by Elon Musk and the Musk Foundation. The winners of this competition will help remove gigatons of CO2 from the atmosphere with their inventions, ultimately reversing some of the effects of global warming. This does not mean that we can be complacent in our relationship with Earth, but I think it gives us cause to be optimistic, and I believe that optimism is the most important tool we have.

Anousheh Ansari is CEO of the XPRIZE Foundation, the world's leader in designing and operating incentive competitions to solve humanity's grand challenges.



Back to Blue Skies

A New Normal

I thought I was leading a pretty green life. My main mode of short-trip transportation is walking (which I use for my daily exercise). I embrace the 4th R – refuse – as much as the more commonly known reduce/reuse/recycle. What does refuse mean?

To me it means, as much as possible, to understand where energy and products come from and to embrace the sustainable choice. This spans taking the stairs rather than the elevator, to using my backpack and canvas bags when I shop, as well as opting for pedal-power over gas-power when safe and practical. All of this requires planning initially, until those choices become second nature, which they are now.

2020 pushed my commitment far further, however, forcing me to host my in-person financial empowerment retreats by videoconference. What I discovered was that the online experience was actually more intimate and pleasurable for my attendees. It was also a lot more affordable – savings I was able to pass onto my clients through a reduced registration cost. Yes, there is still a value to in-person. However, it is clear to me that online retreats will play a majority role going forward.

It turns out I wasn't the only person who reduced flying and driving significantly in 2020. Transport and aviation were down 10% and 40%, respectively, over 2019 levels. 2020 was a year of dramatic reductions in CO2 emissions. Global fossil CO2 emissions were 7% lower than 2019, and down 11-13% in Europe, the U.S. and the U.K. Many of us learned that we don't have to commute an hour a day to work, or fly to meetings.

While scientists explored and tested treatments and vaccines to end the pandemic, Mother Earth took a deep breath and produced the bluest skies I've seen in my lifetime.

2020 was challenging for humans, but delivered great news for our home planet. As we step forward in 2021, one question we might ask is, "What lessons were forced upon me in 2020 that I can embrace and champion in 2021 and beyond? Did I ride a bike and walk more? Will I continue to opt for videoconference retreats? Did my DIY projects include weatherizing my home and other energy efficiency upgrades? Did I become a gardener or a composting champion?"

Here's a toast this Earth Day to more climate good news in 2021 and beyond. You'll find some very inspiring projects in these pages toward that end that are worth diving into with your family and community.

Natalie Pace

Co-Founder, Earth Gratitude Project
Bestselling Author, *The ABCs of Money*, *The Gratitude Game* and *Put Your Money Where Your Heart Is*

Go to www.nataliepace.com



Lessons from 2020

What Did We Learn?

There is so much to be thankful for this Earth Day 2021. The last year has been difficult for everyone. Our hearts go out to those who have lost family members or lost their businesses because of the pandemic. Fighting the pandemic has encouraged cooperation at a level never before experienced by individuals, communities, organizations and nation states.

As this war ends and trust us, it will end and it will end with human beings triumphing over the virus, the time to show appreciation is now. Let's all show appreciation for front line workers and for family members.

We must reflect on what we have learned this past year. We have learned to enjoy life with fewer of the large events which we thought essential to normal life. We have learned to enjoy life with fewer trips in planes, trains, and in our automobiles to exotic locations and foreign lands. We have learned that when we can have family events or opportunities to travel that these are events we should cherish and not take for granted.

As our species evolves, we will need this level of cooperation and appreciation to ensure that our planet will survive as the beautiful nurturing environment we have always taken for granted. As challenging as the pandemic has been, the greater challenge is ending pollution, and the impact of pollution and human activities on our environment and climate.

There is no single action that will magically ensure the end of the climate crisis. However, there are billions of daily

actions that each of us collectively can undertake that will greatly mitigate climate change. Perhaps the most important is attitude.

Let us resolve to be respectful to ourselves, our families, our communities and everyone with whom we interact. We will not take family celebrations and travel for granted any longer. When we are able once again to have large gatherings and travel freely, let us take a moment and reflect on how fortunate we are. Choose travel and gatherings wisely. Do not assume there are no negative impacts to “returning to normal life.” Perhaps the lesson from the pandemic is that what we considered “normal” never was the norm it should have been.

I believe we should have events and gatherings and travel, but also cherish these opportunities as the gifts they are. Let’s all be more conscious when undertaking a trip. You may choose to take fewer trips to reduce your carbon footprint. Each of us has different priorities and emotional needs. Let’s honor those needs while also honoring our planet and our impact.

2021 will be an easier year than 2020. Being more conscious of our behavior will ensure that 2030 will be even better.

With gratitude and appreciation for everyone who contributes to this magnificent planet.



William
Gladstone
Co-Founder,
Earth Gratitude
Project; Author
and Founder of
Waterside
Productions

Our Greatest Contribution is Good News

Consider that every creature and resource, our climate, our atmosphere and all ecosystems ultimately depend on humanity's commitment to be a responsible caretaker.

And realistically, sustainability requires advancement and innovation that will self-propagate the minds and actions of not only other individuals, but of organizations and governments alike.

You may consider your decision to compost, recycle, and reduce consumption as your wheelhouse for contributing to a sustainable future, but I suggest that the fastest way to propagate momentum is to share -- share good news about our Earth and the strides being made to advance sustainability.

Psychologists believe in two primary benefits of sharing good news. First, it cultivates a common bond and a common purpose within a community. Second, good news actually sustains a community.

If good news propagates *more* good news through sharing and inspiring action, then our best contribution is to connect with a community dedicated to a sustainable Earth and then share positive news and anecdotes of sustainability.



R Wayne Martin is the principal and founder of [*three: martin music management*](#), the host of [*The Small Plates Podcast: Bite Sized Career Strategies for Musicians & Other Creators*](#), and the creator of *Sustainably Yours*, a Facebook group dedicated to sharing good news about the health of planet earth.





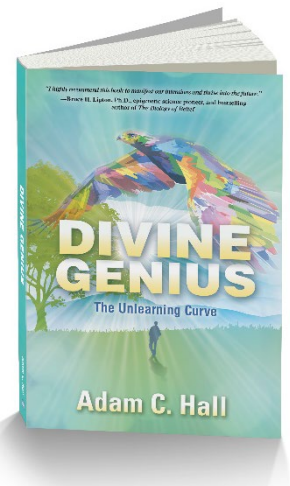
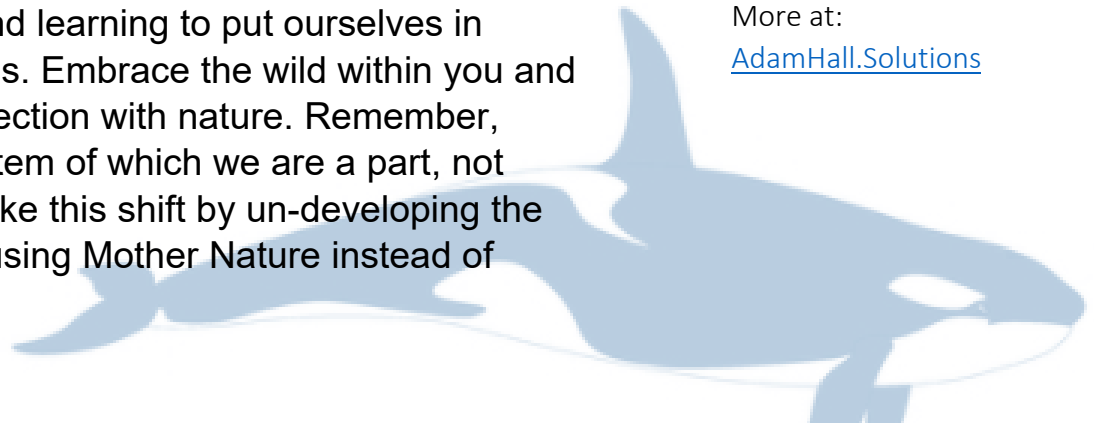
Biomimicry: Learning from Nature to Heal the Planet

Nature has superior intelligence resulting from its 3.8 billion years of research and development. Besides its ability to evolve in myriad ways, it can regenerate, restore, and revive itself. For example, trees and whales sequester excess carbon. Coral reefs and mangrove forests help protect coastal areas from storms and harbor marine life that balances the ecosystem.

Nature is the secret to our survival. It contains perfect and sustainable solutions for our problems. It only makes sense for us to emulate nature's time-tested patterns and strategies to solve our own complex problems. This process is called *Biomimicry*. Solutions based on biomimicry are more efficient, resilient, and sustainable. For example, researchers developed ways to sequester carbon dioxide from the atmosphere by storing it in the oceans. Scientists are conducting studies to regenerate forests naturally to help better conserve biodiversity and balance the ecology.

We have the ability to develop a new culture, business and otherwise, that respects and embraces the regenerative healing powers of Mother Nature. With this new mindset and understanding, we should integrate its teachings into our ecosystem to find pragmatic solutions.

The way to develop a biomimicry mindset is by *re-wilding* ourselves. We can do this by connecting with the elements of nature and learning to put ourselves in Mother Nature's shoes. Embrace the wild within you and rediscover your connection with nature. Remember, nature is a whole system of which we are a part, not separate. We can make this shift by un-developing the habitual old ways of using Mother Nature instead of working with Her.



Adam C. Hall is the author of *Divine Genius* and *The EarthKeeper*, *Undeveloping the Future*. He is the Founder of the Earthkeeper Alliance, and is a Speaker and Father.

More at:
AdamHall.Solutions

Conscious Communities

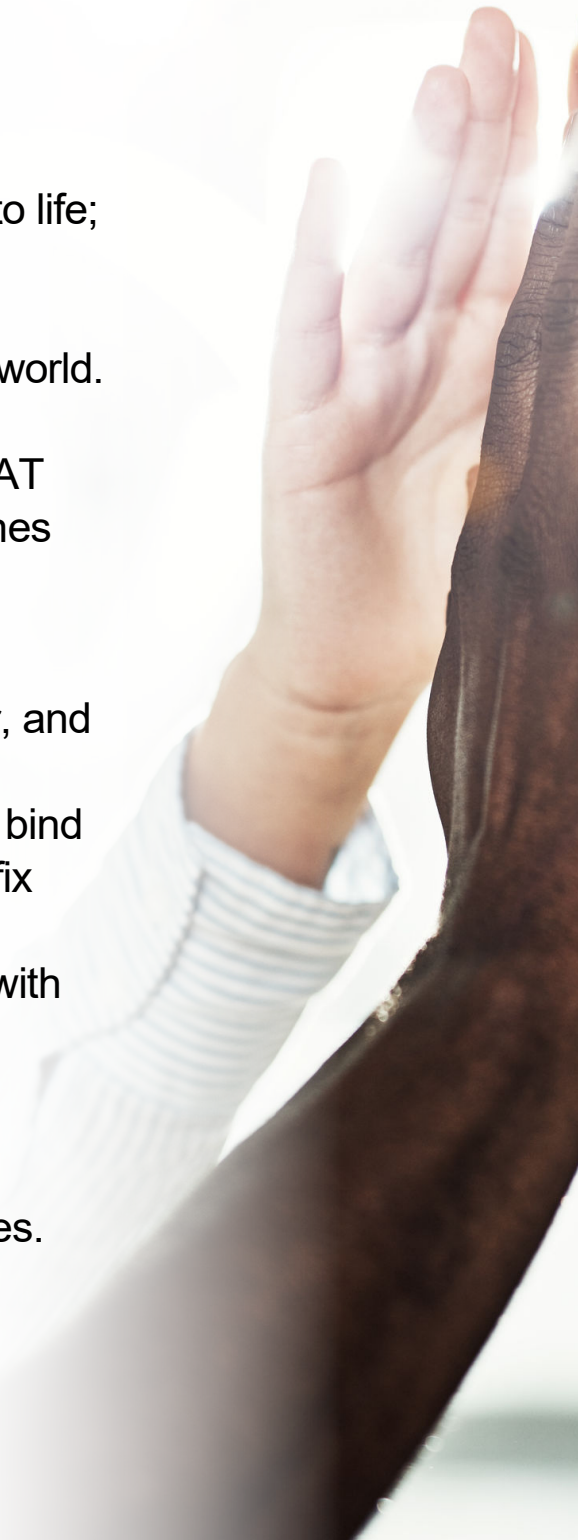
In conscious communities, there is only freedom to be. People and groups show up as who they are, in their full self-expression, and are honored and seen for just that. As this occurs, all "isms" disappear - racism, sexism, ageism, ableism, homophobia. Differences are embraced, judgment is released.

What do I mean by "Conscious Communities?"

"Conscious": the way we experience and respond to life; the vibratory pattern created by a person's beliefs, emotions, attitudes, and thoughts (your "BEAT"). Consciousness refers to the way you perceive the world. Your level of consciousness determines how you interpret experiences and circumstances. Your BEAT creates your "vibe" (i.e., vibratory pattern) that defines your life.

"Community" derives from the Latin word "communitatus." "Comm" meaning with or together, and "munis" meaning "exchanges that link or bind." Therefore, community means the experiences that bind us together. The last part of the Latin word, the suffix "tatus," means small and intimate. So, conscious communities are small groups that come together with shared meaning that elevates our experience.

Conscious communities are those in which the predominant experience is connection, belonging, meaning, self-expression, and pursuing one's values.



Just a Heart B.E.A.T. Away

This concept of creating a conscious community despite demographic differences is essential because, in many ways, our current creation of community is failing us.

- The number 2 and 3 leading causes of death in people ages 15-24 are homicide and suicide.
- The World Health Organization states that the leading disability in people in that same age group is mental illnesses, primarily depression and substance abuse.
- And as Dr. Brene Brown found in her research, we are the most overweight, overmedicated, addicted generation in history.

These facts represent a loss of meaning, connection, and belonging in our communities and in our world. We can do better. I believe we can create a vision for our communities transformed.

Too many of us are caught up in the dizzying frenzy of life that we are missing such depth, meaning, and beauty. I see it all around me, and I know you do too: people-driven, frantic, and overwhelmed, yet profoundly devoid of meaning and purpose.

The question becomes how do we create conscious communities in a largely unconscious world?

I believe that the most important questions cannot be answered but must be felt in the heart. Take this question into your heart and imagine with me a world where we:

1. Move from circumstance to consciousness – not just in our individual lives but also in our conversations, workplaces, and public discourse. We will transcend from chronically frenzied to meaningfully connected, from the ordinary everydayness of life, into the sacred experience of community when we shift from reporting on or lamenting about what is happening around us to our creative, intentional response toward creating a kinder, more caring world.
2. Move from frantically overwhelmed to fully present. Borrowing the thought of the Transcendentalist, Thoreau, who wrote, *"Most men lead lives of quiet desperation and die with their song still in them."* What song is in your heart that needs to be born through you? Pursue not passing pleasure or numbing of the day, but the deepest longing of your heart. What song does your soul long to sing? Begin there, in community with other like-minded companions.
3. Live with a commitment to create conscious communities.




May we return to the Transcendentalists' radical notion that there is unity in all life – God, nature, and humanity. And from this place, may we embrace differences among people within our communities to see the oneness of all people, all life.

It doesn't take everyone living this way to make the shift from frantic, driven busyness devoid of meaning to the sacred experience of oneness, connection, and belonging. I believe that we can make this shift and usher in a new era of what is possible for our communities and our world.



Jackie Woodside

is a best-selling author, TEDx speaker, certified professional coach, and coach trainer passionate about expanding the edge of human potential.

She's offering a free online training on the BEAT process and the Money Vibe Method. Just click the cover 



Do You Believe

The Antidote to Fake News

Can we trust what we read, watch or hear from third-party sources like news programs, journalists, or social media influencers? For that matter, can we even trust our eyes and ears? Sometimes our own first-person experiences can be tricked and manipulated. How do we navigate the truth and vaccinate ourselves against fake news, propaganda and conspiracy fantasies?

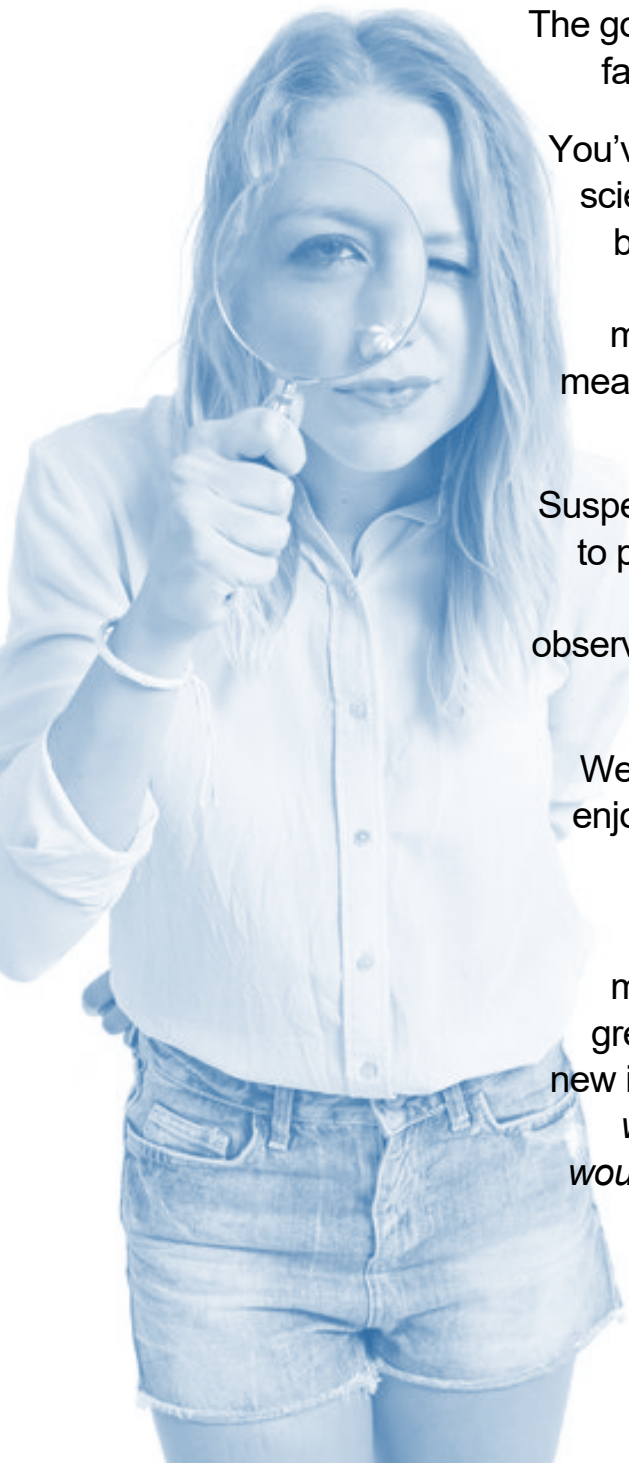
The good news is that there is a simple antidote to the toxicity of fake news...and it's something we already know how to do.

You've heard of "suspending disbelief" when you're watching a science-fiction movie or reading a fictional story? The human brain has the ability to pretend, using a form of abstraction, called *symbolic reasoning*, which simply means giving a meaning to something that we know does not possess that meaning, like pretending that a stick is actually a sword or that putting two fingers up in the air means peace.

Suspending disbelief says, "I know this is not true, but I'm going to pretend that it's true, so I can enjoy the experience." When you think about it, this ability is also a form of detached observation. *"The front part of me is believing the movie, but the back part of me knows it's not true."*

We are all pretty familiar with suspending disbelief in order to enjoy a story or a movie. But we can also task our brains with "suspending belief," which is the same thing in reverse.

We can pretend that we don't believe something for the moment, while trying on a new idea. Suspending belief is a great habit to form for opening the mind to new patterns and new information. It says, *"I'm going to pretend that I don't know what's going on, so I can experience this the way a novice would."* When you do this with others, it's often called "playing dumb," but when you do this with yourself, it's a form of "beginner's mind."



What You Believe?

and Conspiracy Theories

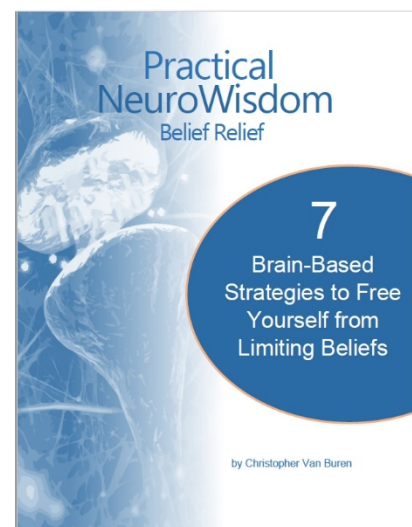
When you've practiced suspending belief, you're ready to try suspending all beliefs. And this is the antidote to fake news. Instead of accepting that anything is completely true or false, try giving each belief a probability of being true. This means ending black-and-white thinking. Some things might be 93 percent probable, while other things may be 5 percent probable.

I give that chair an 82 percent probability of not collapsing when I sit down in it. How about this one: Is that woman wearing a blue dress with black stripes? I give that 75 percent probability. It might be white and gold.

Ok, if you're not familiar with the cultural phenomenon of "The Dress," just remember that we're examining our assumptions of truth or falsehood...and this extends to every assumption we keep, including our spiritual beliefs, political beliefs, cultural beliefs and beliefs about ourselves. Have you examined these beliefs and given them each a percentage of likelihood of being true or false? Have you examined what process you've used to come up with a percentage of likelihood? For example, spiritual beliefs are often based on faith in a book or authority figure while cultural beliefs are often indoctrinated into us when we were young. Beliefs about self come from memories of past successes and failures.

Continue this practice with the distinct awareness that your assigned percentages may change as you add more context and process that data. Practice this form of "not believing anything completely" and you'll open your cognitive center to new ways of evaluating facts, and you'll vaccinate your brain from fake news and conspiracy theories.

Excerpted from...



Belief Relief

by Christopher
Van Buren

**Free Ebook
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This Earth Day...

Send a Thank You Card And Make a Wish

Earth Gratitude and Creative Visions are asking kids ages 5 through 11 to tell us what you're thankful for about our Earth, or what your wishes are for our planet. It's easy...

1. Just download this card template, color it, write on it and share your message.
2. Or create your own card.
3. When you are done, take a picture of it and send your creation to rockyourworld@creativevisions.org (jpg or png format preferred).



Download
Templates



Your art will be featured in the online youth gallery at Rock Your Rights for your friends and family to see. All entries will also be considered for a special youth edition of an Earth Gratitude eZine!



What is the Meaning of Our Human Powers That is Good?

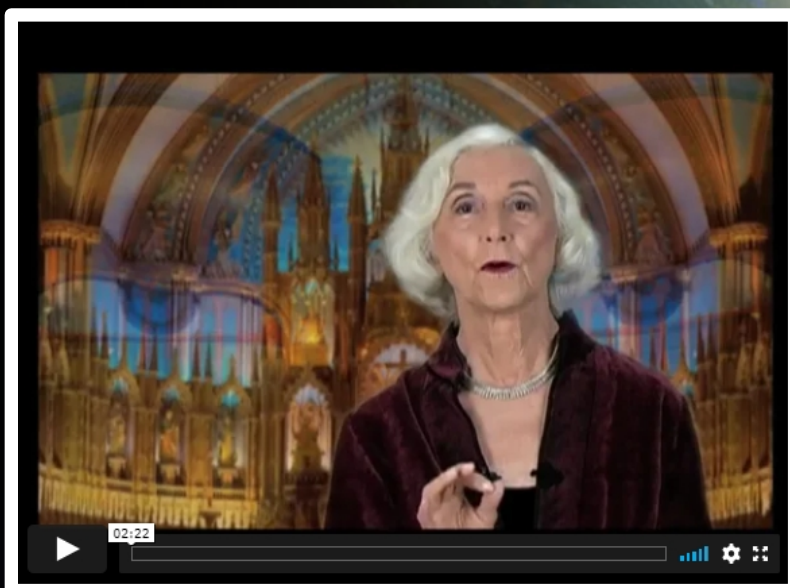
We see that our system is in an evolutionary crossroads. In every system, things are breaking down. It is also true that in every system... in health, education, economics, energy, things are breaking through. We recognize that we're facing a crisis that could lead to devolution and destruction, or to evolution and an immeasurable future.

What are positive images of our future equal to our full potential?

The Gateway to Conscious Evolution series is an internet educational program for all those wanting to create our future. When you go through that, you will discover the views of the nature of the universe, self-evolution, relationship evolution, vocation, community... and then you're going to come out into the emerging world of innovators and creators that are now creating a new world.

Barbara Marx Hubbard has been called "the voice for conscious evolution of our time." Here never before released program Gateway to Conscious Evolution is now available at Waterside Education...

Take a Look



It's all at
www.EarthGratitude.org

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