

Climate Change as Spiritual Practice

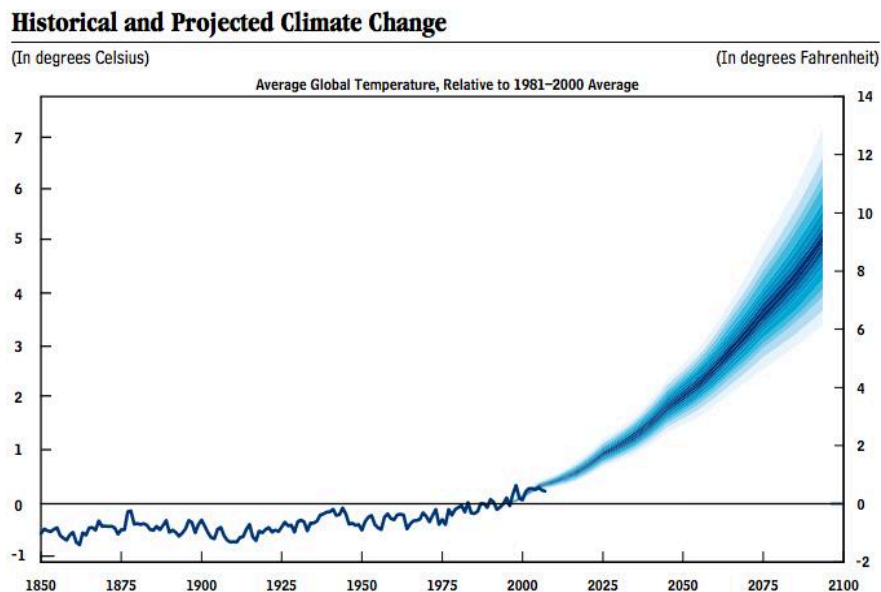
From Despair to Empowerment

A brief guide to confronting the reality of climate change, facing our collective existential crisis, and meeting it with awareness and soul-infused action.

The moment: Our species has received the worst news in our 200,000-year history.

The cause: Homo Sapiens

The bad news: The Intergovernmental Panel on Climate Change (IPCC) forecasts a temperature rise of 2.5 -10 °F by the end of this century.



Impacts will include worsening:

- Sea rise
- Ocean Acidification
- Extreme Storms
- Heat Waves
- Droughts & Fires
- Mass extinctions

The worse news: We are very likely underestimating the possibility of an imminent *and* abrupt climate change leading to rapid extinction of most (or all) species. IPCC projections don't include effects of [global dimming](#) or feedback loops such as [methane burps](#), etc. Map [HERE](#) Practically, what does this all mean in *your* near future? Climate change is a national security threat, public health threat, and moral emergency.

Why is our response...um...a bit underwhelming?

Were we to educate ourselves, we'd discover that the problems are enormous, and seemingly beyond humanity's collective ability to solve. We'd become overwhelmed, anxious, depressed and despairing...and who wants to feel *that way*? Consequently, we hide our heads in the sand, alternating between despair and denial.

A (not-so-small) admission:

- I feel like I'm on the Titanic and I'm just going about my day while the ship slowly sinks.
- Do I want to point towards the hole in the ship? Do I want to be such a downer?
- I don't want to say to my son in 2030, "I tried not to think about what was happening during *the* pivotal decade in human history. It was just too overwhelming for me."

→ How to Take Empowering Action around Climate Change →

You can make a difference. Join us [HERE](#) and start getting work with the suggestions below.

First - Educate Yourself - 1 hour

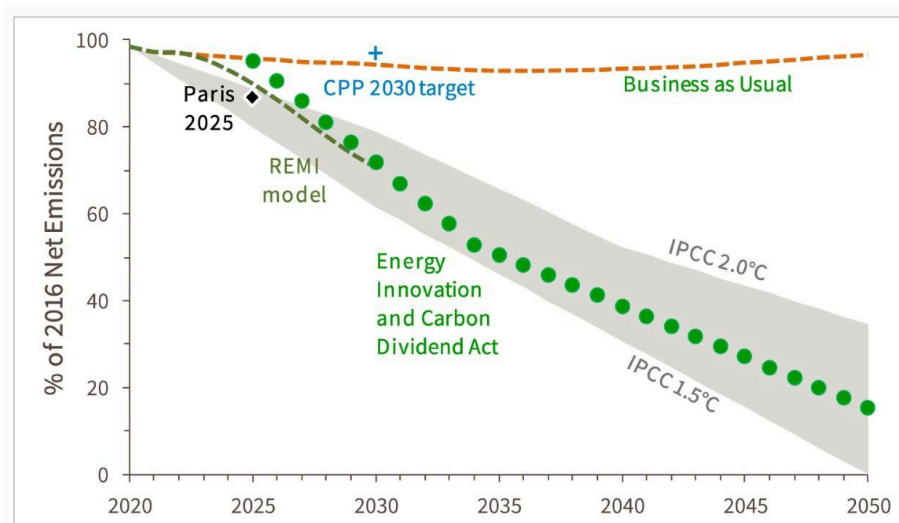
1. 7 min - Greta and George [HERE](#) + Watch David Attenborough [HERE](#)
2. 10 min - Watch climate scientists reveal their fears for the future [HERE](#)
3. 40 min - Read parts of The IPCC Report [HERE](#)

Second - Elect & Lobby - Taking Systemic Action

Putting a *price on carbon* is pivotal. Two actions you can take:

1. **Elect effective leadership** - Join our [Swing Left](#) campaign. Engage with a group that meets the terrors of climate change in a community setting *and* takes action. [HERE](#).
2. **Lobby current elected officials** - [Citizens Climate Lobby](#) Help pass [Bill HR 763](#), which would attempt to limit the global average temperature increase to 1.5-2°C.

CO2 Emissions Projections - with Bill H.R. 763



Warning: Let us not become so narrowly focused on climate change that we forget that it is only a fraction of *larger systemic problem*: human impact on the planet, Additionally we need to:

- a. **Regenerate ecosystems** through regenerative agriculture, expand marine reserves, etc
- b. **Protect** remaining rainforests and pristine ecosystems like coral reefs, etc.

Third - Make Lifestyle Changes

6 Top Changes in Green / CO2 kg reduced per yr) - [full article from Wynes & Nicholas](#)

Have 1 less child	23,700 - 117,700	Hang-Dry Clothes	210
Live car free	1000 - 5300	Recycle	210
Avoid one flight	700 - 2800	Wall Insulation	180
Purchase Green Energy	<100 - 2500	Plant a tree	6 - 60
Use EV and Plug-In	1190	Reusable Bags	5
Choose a Vegetarian Diet	300 - 1600	Carbon Offset	As much as you desire

Fourth - Take Good Care Of Yourself

1. **Support** - Climate change was created by us all, and it's too overwhelming to process alone. We've formed a group to meet our despair *and* transform it into empowerment. [HERE](#).
2. **Meditate**. [HERE](#). Abide as the unbounded part of you that dwells in a larger perspective.
3. **Discover Your Purpose & Place** - Where do you belong and what is your gift at this pivotal time? To keep the Titanic from sinking, we'll need all hands on deck. [HERE](#).



FOOD FOR THE SPIRIT - For those interested in Awakening

We are awakening to the possibility of our imminent destruction. It's as if we're together on an enormous airplane with 7.8 billion seats... one that has now run out of fuel and started a prolonged nose dive. Continuing to propel our civilization with the unsustainable 'fuel' of being a *separate self* without a soul-infused purpose is killing us. If we are to survive, we must source ourselves with a new fuel, which is actually *a new consciousness*.

Sometimes it takes a crisis to break a trance. The devastating power of climate change holds a paradoxical potential: to catalyze a *profound shift in awareness* by requiring us to face life's impermanence, and thus wrenching us out of our conventional (and unsustainable) world view.

Being a lover of Truth means to love and meet *what is*. No matter what. These times are demanding that we open to the truth of this moment in its most terrifying aspects; that we embrace it so that we can respond.

We can choose to tap into the power of what we might describe as our *unique soul's purpose*. This is the Ground-Of-Being that refracts through Soul. Through awakening the Ground-Of-Being and our soul-level purpose, could we turn this dire situation around? It seems unlikely, but if there were a massive shift in awakening on this planet, who knows what kinds of possibilities might be engendered.

A letter from Jonathan

Climate change is a multi-layered problem. Here is my attempt at organizing nine elements of the solution, so that we might see the bigger picture all at once. In a nutshell, we need a double revolution: outward and environmental; inward and psychospiritual.

Revolution #1

- Cut emissions (e.g., put a price on carbon)
- Remove carbon (e.g., regenerative agriculture and reforestation)
- Implement energy innovation *and* conservation
- Implement political renewal (e.g., *Unrig* the voting system and then *vote* for the transpartisan politicians who are taking visionary steps to implement abrupt [non-linear and exponential] social change.)

While it's true that all of the above is vital, it will not be enough. Even were we to transform our government, we ourselves have partaken of and been complicit in upholding an unsustainable society. The Trumps and the Kochs of this world are *emergent properties* of the value systems that we have perpetuated. They are not the origins of our problems, they are the symptoms. We are *not yet wise*. Therefore, a parallel revolution - one that strengthens our inner capacity for wise discernment - is necessary.

Revolution #2

- Advance non-rivalrous, collaborative dynamics
- Wake up our undivided self (e.g., Emptiness/greed are endemic to the separate self)
- Grow up into adulthood (Advance our capacity to orient ourselves within greater levels of complexity)
- Show up with our soul-level purpose as a gift of service

We are a young species, convinced that we are separate selves. As such, we feel empty and alone, and our quest to avoid the pain of this imaginary self precipitates enduring destruction. We're all responsible for the problem *and* the solution. *What will be your unique contribution?*

My contribution includes creating Green Sangha (GS) in 2000 to bring a spiritual approach to environmental activism, and Purpose Guides Institute (PGI) in 2003 to support humanity's transition from default purpose to soul-level purpose.

These two organizations, GS and PGI, are my way of expressing the dual nature of the transformation/revolution required. We all need to attend to both the *symptoms* on the earth's surface and address the *spiritual root system* below it. Horizontal and vertical action.

My invitation: Pick an element from within each of the "two revolutions" and get to work. We can do this. We must. Join us here.

www.purposeguides.org

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