

Rehabilitating to a Sustainable* Way of Life

*aka naturopathic, nature-based, environmentally sustainable or balanced, ecological

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Introduction

General Background of Problem and Solutions

Generally, industrial civilization or business-as-usual operations of the environmentally harmful, unsustainable Economy is of great concern ([for examples](#)). The harm includes damage and pollution to Nature, soil, water, air, and even us humans (for examples [here](#) and [here](#)).

Technological development, maturation, and propagation can be credited with great human ingenuity, cleverness, and resourcefulness, but at what unforeseen costs to people and planet! ↑ efficiency is better, but other values, (including resource sustainability and environmental health) is important to consider too. Joe Hollis [says](#) it well that the idea is to transfer fulfilling our needs from “civilization” / mainstream, unsustainable economy with money as the blood, to fulfilling our needs from a direct relationship with the planet.

It is said that oil/fossil fuel companies are the bad guys that needs to stop its business. However, when you simply reflect the way many of our lives are set up - a drug-like *dependence* on (if not highly conducive to consume) unsustainable/artificial energies, such as fossil fuels - to support those “bad guys”! An interesting example of this support is seen in the skewed priorities of mainstream society when making self-imposed, artificial challenges, like ridiculous, nature-disconnected “working out” (as Derrick Jensen [explains](#) well). We should prioritize ([relocalization](#)) efforts to change how our daily lives are fundamentally *setup*, to generally fulfill our needs like Hollis said. And not change to [the renewable hype](#), as [Rachel Donald also clearly articulates](#), “...because fossil fuels are the material lifeblood of our economies and as long as those economies are maintained for growth then fossil fuel production will grow, too—until either climate breakdown disrupts access to resources and supply chains or until it no longer makes financial sense to spend the energy to pull fossil fuels out of the ground... renewable energy is only adding to overall energy consumption as fossil fuel consumption increases globally every year...”

We should strategically prioritize, like by stopping the most harmful environmentally destructive activities. But also, prioritize activities that help get more/the right people involved and aware, willing, and able to help in needed transitioning, and even (unfortunately) restoration/rebalancing ([for examples](#)). Furthermore, the right balance in individual actions/transitions and enabling those actions and transitions is very important, as [DGR expresses](#) - "There are problems with holding the permaculture movement as the sole solution to global destruction. While transitioning to sustainability in our personal lives is important (see [lifestylist](#) category), even more important is confronting and dismantling the oppressive systems of power that promote unsustainability, exploitation, and injustice on a global scale. In fact, if these systems are left in place, the gains made by the practice of permaculture will be washed away in civilization’s tidal wave of destruction."

Current mainstream sentiment of nature-oriented transition often includes good directions like agroforestry, conservation planning/easements, environmental restoration, planning for ecotourism or [recreational](#)

[opportunities](#), but we should be doing even better and enable/setup for emergency degrowth and reduce consumption of resources & energy while preserving human rights and relocalizing (especially food systems and other needs). It is also wise/needed to include less ecological, though very important needs at individual and societal levels, such as good, sustained physical and mental health, well-being, (spiritual) upliftment/strengthening of people & naturally consequent good social conduct.

Especially with the vast majority of people stuck in the misguided way of life, ([Sadhguru video](#)), right timing for transition is surely important, [too much OCD to “be the change”](#) can be bad while “choosing your battles wisely” to do the best, most sensible changes toward that needed way of life, while also avoiding unnecessarily, unfairly difficult paths that may not have enough societal support). [This podcast](#) reinforces or supports good, healthier transitioning and activism for those (unfairly) struggling.



One almost undeniable, powerful factor at play in transition is the power of money, or what is/should be of value. There are multiple ways to see this, but I believe Sadhguru ji's and Mere Sai's various teachings / words of wisdom can provide great guidance. It is desirable/ideal that learning and earning/working [not be a struggle/hard](#), but rather [work aligned with one's \(karmic/individual\) energies](#) and [should be for a larger aim rather than simply for one's own personal gain at the expense of others](#). One shouldn't have to lie to be doing the right work God knows they should be doing (from [Mere Sai ep. 1199](#)). Further, [Sadhguru teaches](#) that one should be with others (including in work) from their overflowing love, rather than unfulfilled needs (though it may be wise to consider both conflicting realities of [the imbalanced city with “love”](#), as well as [“stealing from the Earth,”](#) the latter of which it is hoped that in such a process, it is not while obnoxiously harming or doing injustice to others, the rest of nature / the environment (even if indirectly with ignorance)). In Mere Sai, Baba [teaches](#) to let go of the ego and be more self-sufficient.

In the context of a world that is heavily influenced if not *foundationally based* on market forces, [Sadhguru advises](#) that only a max of 5% of our time (~an hour a day) should be transaction/market-oriented, and hopefully there is more clarity on what needs to be done really, regarding “doing whatever needs to be done.” In terms of what needs to be done for healthy, sustainable livelihoods worldwide, [Sadhguru ji’s financial approach offers good general strategy for the global inequity-migration problem](#), and there should be proper investment in sustainable [development/d](#), permacultural transitions/setup, businesses that are environmentally extractive should have a good balance of extraction and conservation ([for examples](#)), etc.

Different people are having different natures/tendencies, and the more rajasic, competitive, win-lose game-oriented people can even take-part in more evolved, smarter, more win-win situations (like [the Paani Water Cup](#) in India or Wheaton Labs [GAMCOD](#), but not like the too downstream focus like [the World Cup for trash](#)). Walmart is a good example of the bad, win-lose-competitive, too-money-oriented culture ([for example](#)). But really, isn’t the company just playing-winning the game - conforming to a misguided (capitalist) system that encourages and is driven by greed and other undesirable, sinful, or sociopathological motives, if not, just ignorant to harms caused by their activities (which are basically-generally “externalized costs” to society and the environment)?

“The triple bottom line” is a proper, just accounting/thinking. Though it can be too challenging to actually quantify/account for social and environmental value, so.. such thinking can help to uplift various types of people with various natures and developmental needs as well as the health and sustainability of the environment. Working lopsided toward only/mostly just profit, as is characteristic of the dominating norm of the business world today, the spirits of selfishness, greed, fear, intolerance/exclusiveness, beating-competition, individuality/ego, hardwork, and human supremacism, may all have some merit (see [Appendix 1](#)) (especially for [the sort of “2nd place”, rajasic level?](#)), but in a less holistic, less inclusive, less admirable/noble, and (thus) less sustainable way, especially as those spirits have seemed to gain power in today’s oil-dependent economy.

Ecologically, humans can be invasive, parasitic, or too destructive ([for examples](#)). So how to remove those invasive humans, or get the invasiveness out of them?

Why not change your way of life or business/livelihood to be environmentally sustainable?

1) “Huh?” Ignorant

With evolved collective awareness these days (especially regarding Climate Change and often the human collective's cause of it), there is generally less ignorance, but still there's ignorance of the problem and basically how the modern outdated way of life is causing the problem of an environmentally unsustainable way of life. Many even have good intentions or incorrectly believe they *are* making the eco, green, sustainable choices, but are too immersed in the self-destructing, misguided economic system to clearly understand their reality. It is fairly easy to find many examples of various people (mostly more privileged, powerful, Global North types) that have more of a *social* justice charge, with very good intentions - for helping the poor, however, often into that same environmentally unsustainable way of life! For further understanding on this, [see this](#) in relation to social and environmental justice, or the farmer's motivations ["to-help-feed-the-world."](#) for examples. Speaking of being too “immersed in that way,” Sadhguru ji [talks](#) of another (though interrelated) ignorance, regarding the missing intent/will from world leaders (basically due to ignorance of having a larger experience within themselves). On pg. 44 of his Karma book, he wrote, “many people are creating untold misery for future generations without being aware of it. Often a great deal of self-deception is involved. These people may be regarded as pillars of society, paragons of virtue, but their ideas or their way of living can spread suffering for future generations.” I doubt you would be, but for those ignorant, [here](#) is a primer to help.

2) “I don't care” Apathetic

Most likely from ~20/30% who score the lowest on the [How saintly? test](#) (and would definitely need real, external motivating incentives to “care”. Perhaps from a global justice, Global North-South lens, there are of course many from lives of struggle (usually from the Global South) who have had to work very hard to survive, often in more labor-intense work, and their priority to want a better life for their children, may easily desire and go for an easier, artificial energy-subsidized, unsustainable way with modern luxury fruits for them to enjoy (because they have earned it? with the fruits of their hard labor? they “went through it so their kids don't have to”?). The [Responsibility related](#) category is relevant to check here.

Ultimately, without perception of immediate negative consequences while engaged in supportive actions to the environmental chronic illness, why *should* one care? So this ultimately escalates to the subjective, varying level of one's conscience. Whether it is for future generations, for (certain) people currently suffering especially from human-induced Climate Change, clarity on how their actions support unsustainable economic relations, or whatever other reason or feeling, God knows there are forces aligning hearts and minds for the need to significantly/radically change their way of life.

3) “OK, so how can I?..” Too much change for me or unenabled by the broader society

So with awareness and concern/willingness to change, the actual transition is both dependent on the individual as well as a supportive society enabling them to change their way of life.

Firstly, regarding the individual, very often they are *too familiar* or comfortable in the misguided developed way of life, and to sufficiently change is too inconvenient. Sadhguru [explains](#) how invested many people are to the modern lifestyle. This makes the change harder, and especially the older and less adaptable/resilient they are, it makes it even more difficult (though there are exceptionally resilient older people that can change). Other circumstances than age that makes it hard to change include money/power/status, value/abilities tied to conventional way, and responsibilities (eg family).

As is described more [below](#) (though it seems rather obvious), a great obstacle is the very accurate observation that modernity has spoiled/weakened people, seemingly increasingly with each successive generation. Amidst many, one evidence of “spoiled” is [in relation to our tastebuds](#). Most people have higher expectations regarding ease of survival than what their efforts should naturally provide (without all the inflated energies of the conventional economy). When one is spoiled (like a spoiled child (either as an individual or as a culture) to their (tough-)loving parent), the direction-guidance for the child is sure to be unpopular, but very likely in their/the culture’s best interest. It is another thing if the parent doesn’t have realistic thinking of what the child/immature culture is capable of growing-transforming to, in a more healthy, balanced way of life in the real ([non-delusional](#) or transcendental/spiritual) world we all share. Again, there’s many many examples of spoiled people, but one example is [garimpeiro “wildcat miners” \(the most stubborn people\) in Brazil's illegal gold capital that are protesting good government restriction](#). But how to deal with spoiled people (even at cultural levels)? Use reverse psychology? Point to great exemplars that overcame their spoiled state? The tried and true good ol’ simple social approval/disapproval?

It may be that one has been deeply hurt by Nature (whether in this lifetime or in spirit (or a previous lifetime), with extreme imbalance/changes in the 5 elements (like extreme weather events), or by dangerous wild animals). Or it may be that one had to struggle too much in a more nature-oriented survival (as mentioned of typical Global South people in the 2nd “apathy” section). For those who have the need/tendency to dominate-control the natural environment, there are various solutions, including weaning off [excessive energy addiction](#), [Sadhguru's prathyahara example](#), turning inward and becoming more right from within, the [Inner Engineering](#) program, etc. Typically, this conqueror demographic (through nature or nurture) tends to be too: externally-motivated, selfish-ego feeding & ambitious (with the corresponding [egonomy](#)), individualistic, competitive, controlling, very comfortable and familiar with deader living conditions, effectively having unsustainable idealistic motivations / priorities (e.g. “to-help-feed-the-world”), etc. Sadhguru teaches and guides often away from these less inclusive tendencies that are harmful to people and planet (for example, this short on [Overcoming the Need for Comparison](#)). The idea to make a (pro-planet) competition of good, needed solutions (like the [Paani cup](#) from India), which could be applied to focus on leading, scalable examples of food growing/agroecological setups for example (some examples are included [here](#), and Wheaton labs’ [GAMCOD](#) is an application of such positive, healthy competition (basically, 5 gardeners compete to grow the most calories).

So now, if the individual, or culture (or business even) is strong enough with the right intentions and aims, there can still be cognitive dissonance as the rest of society also needs to be on the same page to really be effective (hence high-level, U.N. type meetings, conventions, agreements, MOUs, treaties, etc. are done/attempted). It’s something like voting for your principles in the USA’s presidential election, maybe for the Green Party candidate, but the reality is that either a Democrat or Republican will win, rendering your

intentions and vote not effective (though the Democratic candidate *is* likely to shift more left to try to get those Green Party votes, but this can be a good or bad thing). It really is almost not as smart, crazy, or too difficult to go too much “against the grain,” whether you are right or not. A more pertinent example is when certain common infrastructure/setups need to be transitioned (like roads, waterways, commons, industrial infrastructures, etc.), there must be sufficient (political) willingness of the democratic society/communities to make the changes. A final example to hit home this point is regarding the difficulty many have when [trying to change their diet to the \(arguably\) healthiest known, plant-based diet](#) (with further explanation [here](#)). For a competitive business with customers that do not value the problematic externalized costs of the business as they should, it often doesn’t make business/profit sense to do right in a triple bottom line accounting framework. For one who is in a good, rich/powerful position in society, why should they (or how can they) sacrifice such a position, or to what extent will their desirable/established work, income, and social status be continued, valued, or adapted when they make the needed changes in their way of life? Similarly, for one with much responsibility to family, (how) will they still be able to support their family, providing them with the best?

“Climate change is challenging not because we do not understand why and how carbon emissions accumulate in the atmosphere, but because acting accordingly would imply subverting power relationships that benefit from the system’s own malfunction.” (from ~pg. 24, [True Cost Accounting for Food, Balancing the Scale](#))

Especially today in the mid 2020s with the recent explosion of AI, and all the world’s practical and impractical knowledge at your “fingertips”/seeking-mind’s call, what to practically do specifically has been made much easier (thank God, [especially for the younger & future generations’ sake](#)), and to relocalize our way of life and have good, holistic, alternative, right livelihoods for people to join is well known ([here](#) is a list of various examples I compiled of what this looks like).

How powerful people can help enable truly/environmentally sustainable livelihoods is a main aim, and though there is so much wisdom and knowledge, and dealing with complex, highly (highly) sophisticated, dynamic, reflexive, younameit kinds of people, forces, energies, how to correctly enable for this goal is not always straightforward. Some examples include the safe bet that many people in the world need to be externally motivated (even with financial incentives) to make needed changes in their livelihoods. Who (should) takes responsibility for that? Sometimes the external support (often seen between wealthy, Global North donors and poorer Global South recipients) may not be a sustaining solution for change (e.g. [A conservation failure in Sumatra serves a cautionary tale for PES schemes](#)). From another angle, regenerative economist [Samantha Power provides clarity](#) regarding sufficient support needed for emerging movements/economies/ways. Furthermore, [Appendix 2](#) provides clarity as well, integrating my own personal reflection into the sociological observations. Another complicated matter is the fact that it is easier for wealthier people to do the right thing when consuming, but how can poorer people also have better opportunities to then be expected to make the right consumption choices, right?.. but then if prices are lower, it generally comes at a greater externalized cost to (poorer) people or the environment! Unless... [radical changes](#) in what society actually values happens (like putting one’s money/self where their good intents are).

My select planning ideas, insights, reminders

There is [best-know](#) of how to actually transition our way of life very much with taking the great knowing potential of the internet/A.I. for granted. In this light, like taking notes throughout the years, I have selected some ideas that are especially helpful to me and could be for others below, and can serve as a reference. As an adult who is expected to know much (given their age), remember to not be ashamed or feel badly when learning very elementary things (you should have learned as a small child) - like proper cleaning, hygiene, humanure, rainwater catching, gardening, etc.

☰ sustainability evaluation template (residential)

Personal/own community

water related considerations

- know and plan from watershed to household use level. for water quality, consider these references: [Participatory Science Water Projects | US EPA](#), [Water Data Collaborative](#), and [What we all can do to prevent the top 6 pollutants from degrading our \(California's\) water quality](#)
- how rain falls? water infiltrating/permeable surfaces? rain catching (and filtering/storing) with direction to slow & soak deeply into soil rather than speed it, converge it to a point (though there are exceptions, like if living nonecologically in a fragile hilly region ([Joshimath, India](#) - *Due to the lack of drainage system in Joshimath, natural and anthropogenic liquid waste seeps into the ground and weakens the land.* And similar situation [in Kerala](#))).
- gray water systems?
- excellent [website](#) example with great info to more sustainably setup around water (Santa Clarita Valley Water Agency) - especially the inspirational "self guided landscapes tour"
- [yes](#), water is free. but for it to be safe, reliable, always-available - this takes effort, responsible management to (best/smarty) build the right, more local, Nature-based infrastructure
- like being clean without needing to sanitize or disinfect, do not overly filter/process water
- contamination potentials of: flooding (for [example](#)), groundwater seepage, cleaning post defecation.
- low impact/small-scale hydropower good idea? (like [this](#))
- rolling water vessels for easier transport from farther distances? (like [the hippo water roller](#))
- children playing on a merry-go-round that also helps pump water (like [this](#))

food, growing ideas, insights, reminders

- use native/appropriate grass/landscape alternatives to common lawn grass, that needs no/little mowing, maybe only on walking paths
- don't throw away [spiky/thorny plants](#) offsite, make a special compost pit! (G. Lawton)
- hang clothesline by plants that you want to create a temporary shady environment
- seed library/bank (consider [SESE growing guides](#) and seed packet info to help teach growers from seed bank)
- eco equipment (eg. harvesting containers like [this](#), seed trays (like [these natural rubber ones](#)), or no container, using a (hemp) rope to hold the soil together instead (like [this](#) example in japan (from [article](#)))
- by rest area of garden/farm, have good fruits (maybe smoothies too?) for snack/rehydration
- plant cooling watermelons so they're ready to eat after hot summer farm work
- lay out bamboo, tree branches, etc. for gourds to twine all over them, and fruit kept above ground to not rot
- store produce without fridge, including in clean sand (in root cellar), out in the soil itself, [MittiCool Clay Refrigerator](#) (better for arid climate), shade, [rivers](#)
- in more cultivated as opposed to natural food obtaining, crops should be tended to, cared for more when the

current weather is unexpected (e.g. not aligned with seasonal patterns). For example, tomatoes planned for and grow better in hotter summer climate, but if a cold day, then they should be cared for / tended to more.

- [where to fertilize with human urine](#)

-cooking energies: (1) it's already cooked (e.g. a fruit), (2) - passive cooking (with solar oven, parabolic cooker, tire, metal (Al & Cu with high heat conductivities)), etc., (3) - active, natural cooking (firewood-more efficient and less emissions like a rocket heating tech, [for example](#)), (4) - active artificial cooking (like using electricity, gas, etc.)

- consider [edible tree leaves](#)

food-sovereignty reports

material use / consumption

- ↓ consumption (esp of things that don't recycle/biodegrade well or are toxic) of resources and energy
- reduce | reuse | imagine | recycle
- low car:people ratio (e.g. [Dancing Rabbit](#) ecovillage in MO has 4:75)
- use natural cleaners (like [this](#) using citrus peels, sugar, yeast)
- for sustainable collection of firewood, Ugandan villagers are only allowed to collect on weekends, can only use machetes, not axes. The ban on axes is to ensure that living trees aren't felled, and only dry, dead wood is gathered." (from [article](#))
- consider minimizing use of sand (since it takes a long time to form (like oil))
- [ecotechnologies](#) slide, zero-waste stores, simple living stores (like [Lehman's](#))
- industry dependent products still needed or very useful that may not be so impactful: salt, mesh screens, matches,
- consider use duration of single-use plastic versus multi-generational-lasting buildings in terms of local and embodied energy. however, generally, there also tends to be less appreciation/care for products in a modern, oil-machine-based economy (generally greater consumption and waste, and less quality, lasting products)

shelter ideas & reminders

- awareness is important, but given buildings that are already built though may not be from as environmentally friendly materials/energies for whatever reason, how environmentally sustainable are the everyday use should be prioritized (gets complicated with pv panels). mainly, more important materials are biodegradable (and if not, consider (environmental) toxicity) and how the structure is set up properly, than where sourced from or how much energy to process them one-time, but ideally certain principles (like local, environmentally friendly sourcing) could be followed
- design/protect from elements of Nature (extreme temps, moisture (eg vented attic), rain (eg eaves), flood, wind, natural disasters expected, fire), insects, rats, flies, mosquitoes, etc.
- adjustable skylight opening in roof for natural light (and warmth), and especially to prevent mold in humid climates (w/out a need to have a dehumidifier or AC unit), consider where water/conservation is in the house, basically the shower and kitchen sink. Design open/close sunroof windows for those areas (for [example](#))

mosquitoes and other

- prevent mosquitoes by:
 - + check/ensure no standing waters or dirty clothes with body odor. + gray water to pond w/ mosquito-eating carp in Mexico ([video](#)) + solutions like [this](#), [this](#),...
- Community Commons structures can include a building for sharing (clothes, tools, seeds, equipments, books, services,), places for cooking/eating, a social space that's noisy, lively, spaces for yoga,

meditation (quiet), a place for office working, internet using (more quiet), a open to all resource center..

With broader community

sustainable development resource center

-“[Tree of Life](#)” design idea?

- community governance science that helps check soil, water, air. Consider low-tech methods, incl. inner, subjective knowing (eg [Sadhguru just knowing how soil is](#)), but this is for proper modern, external science methods, especially given modern ways/industries (w/ [envt. protection below](#))
- support on where and how-to find and make local, natural things
- good jobs, volunteer opportunities, and work-exchange support, including “registrar” to fill in where needed, “on-call” type of working
- a health/medicine & well being club/group (meetings) that gathers to/and focuses on patients’ health issues (exclusive to trustworthy people with higher integrity if privacy concerns)?
- promote responsibility, awareness, how-tos, healthcare

farmer market/farm stop resource center

- including local workshops, events, seed saving (e.g. SESE [growing guides](#) and seed packets that can be sown then), home growing consulting services, natural tooth twigs, local, non-food plants/resources being utilized, etc.
- connect people and farms in various ways (including educational-focused WWOOF, but also other organizations that include non-educational opportunities like paid work or even holistic, healthy, sustainable (long-term) living arrangements)
- videos on the farms that sell at the market (like [this](#), and [this](#) OHG videos)

relocalization projects include:

- ☐compost hubs (eg [makesoil](#))
- ☐urban/community gardens/farms, farm stands, [farm stops](#)
- ☐rainwater harvesting
- ☐green gyms
- ☐cultural enclave restaurant areas
- ☐homestead-scale ([glass](#)) reuse hubs
- ☐discouraging car culture
- ☐dismantling urban heat island elements and other entities that are part of a high ecological footprint
- ☐hybrid golf course with local food growing

local Nature tours & environmental protection, including possible industrial - impacts and + ecological restorative efforts (also with community governance science [above](#)), larger region, and best ways to help protect threatened areas (like through joining an environmental protection group? (e.g. [Power in Nature](#), Sierra Club, [Basins of Relations](#) type community watershed group, [Putah Creek Council](#), Greenpeace, [TN Heartwood](#), [Dark Sky](#)) with maps (for example [EJN](#), [British example of various groups](#), [SoCal Earth](#)),).

- correspond with [ENRD](#), [Environmental Justice Office](#) | [US Dept of Justice](#), [Conservation.gov](#)
- a sort of nature/naturalist checklist (maybe in conjunction with inaturalist app?) of a particular region/county, can be both for locals and neighbors (and even tourists), incl. nature reserves, parks, etc.
- local issues? such as water quality and quantity, air pollution, industrial activity

competitive, fun games

-should be win-win and safe, judged on greenness like eco-footprints, speed, safety, health, tastes, (gender-differentiated too?, like more female-fitting dish-washing, laundry, and cooking; and more male-fitting scything, threshing, winnowing, shelter building, planting, harvesting, wood chopping, weeding, etc.)

-like the [Paani Foundation's Water Cup](#) in whole rural villages/regions (Maharashtra, India)

-sustainability challenges for whole (sub)urban/cities/neighborhoods regions also?

some health references

[My e-health \(A\) general planning YT playlist](#)

[My e-health \(B\) specific methods YT playlist](#)

[personal care Forum at permies](#)

special for cold climates

- greenhouses, trombe walls, rocket mass heater (check [permies](#), and a [heat infographic](#), [freeheat.info](#), from YT (like [this 101 playlist](#) or [paul wheaton's channel](#))), heated rocks in fire pit under floor ([like this](#)), thick layer of insulation ([permies](#)/Sepp), use hempcrete, underground greenhouse taking advantage of geothermal heat exchange ([example from Nebraska](#), [permies/Montana](#), [natural hot spring in Colorado](#)), tropical plants in oregon ([siskiyou seeds](#)), [Mangoes and agave in the Central Valley, California](#)

- [Cold-Hardy Fruits and Nuts 50 Easy-to-Grow Plants](#) book

- [The Winter Market Gardener: A Successful Grower's Handbook for Year-Round Harvests](#) (from [article](#))

- if very, water-freezing cold, getting water can be very challenging, but water stored in large tanks in passive solar water warming structure (like [this](#)), and with (non-electric) water pumps is a solution

- doing bests of vegan and local, food preservation seems important, but ↑ chance for meat eating (eg [whale in Alaska](#))

- a reason TO WEED and try to increase the heat of the soil, is if too cold, and there may be frost that would hurt the vegetation (like explained [here](#) about frost hurting almond orchard)

special for corrections / rehab advocacy people

- victim's understanding/feelings corrected when perp is corrected (in dharmic, natural rehab), with possibility of (like Seinfeld episode where insuranceless driver becomes butler) being their servant/slave (like to build them something, or pay them money back, and the victim/victim's family doesn't have to interact with them, can be through an intermediary program)

- convict can choose from a variety of rehab programs designed for them and aligned with truly environmentally sustainable / nature-based livelihoods

- smart strategies that *encourage* (as opposed to controlling through fear) the rehabilitating offender to *want* to do right (being a citizen that is more considerate, responsible, and even caring perhaps). this applies to current society's recognized criminals, but also less recognized to society (but not to the environment and future generations) criminals (like betweenarockandahardplace farmers, ag. land owners (see [here](#) for example), and many other industrial operations people)

-rehabilitative work transitioning organization(s) (for previous ecocide industry criminals to get good, healthy, environmentally sustainable, fitting work)

A very highly complex, subjective, dynamic issue & dilemma especially pervading in our present modern-day society is concerning when we come across very, too-high [exergy](#) products that have already been produced or setup (like houses, vehicles, cellphones, solar panels, furniture, appliances, roads, pipes, electricity grids, etc.), and would otherwise sort of go to waste or somebody else would use it if we don't. It could be useful to see how similar this deliberation is to a judge trying to set precedent to deter further criminal behavior even if the 'guilty' judgement itself does not help much. (A few examples can be seen under that "exergy" meaning)

Some good understandings/insights

But how to learn many of these (super) powerful ways, right?!

[Sepp Holzer \(general\) | Austria](#)

[Understanding of land/territory as life \(not money/business\) | Sonia Guajajara, Brazil](#)

[Sadhguru](#) and [Daniel Schmachtenberger](#) both do a great job explaining the social-psychological meanings/language (many of us are too familiar with) that do not really/necessarily accurately relate to reality, vs. the existential nature of what really exists (in [sound](#), for example).

☰ Various cultural methods of knowing (incl. survival, farming)

“Mind is not in just in one place every cell in the body has its own intelligence and memory. Actually, in every cell in your body there is more memory and more intelligence than your entire brain put together. Even how your forefathers were a long time ago, even their skin tone your body still remembers isn't it? So the amount of memory that is there in every cell in your body is far bigger than what you hold in your mind. Even if it comes to the complexity of what every cell the activity that it's performing, your brain is nowhere capable of managing that. So, we don't see intelligence or mind as one place.. the entire body. So this is a body of intelligence. Because people have gotten trapped in their own thought process, they think intelligence is only here...” - [Sadhguru](#)

“[Stealing from the earth](#)” is described in yoga as a certain sadhana/practice that converts physical into non-physical dimensions.

“If your breath settles down to twelve (breaths per minute), you will know the ways of the earth's atmosphere (i.e., you will become meteorologically sensitive)” (p. 105 Inner Engineering by Sadhguru)

As per yogic text, life span is based on number of breaths, not number of years. Yogic breathing, for longer life ([physical practice](#), but also mental correctness)

There are numerous ways to think of this K愛SH (Kommunikation (And) Information Super Highway), internet, world-wide web, including as analogous to: the actual "wood wide web" in the soil fungal networks in nature; a wondrous, magnificent spider's web that higher intelligence(s) seems to have built (with bug-catching abilities included!); a fisherman's net (that has both intended and unintended catches/impacts); a watershed (and given water to be life) in the consecration of life energies. The K愛SH can also be seen as a sort of filtering tool to evolve our (collective) consciousness, with a sort of "survival of the fittest" of memes, knowledge, [PAAI](#), ultimately awareness

“As all of you know, the only source of energy on this planet is solar energy. Don't think solar energy happened after you invented your panel. Every leaf is solar energy...” - [Sadhguru](#), Guru Purnima 2023

[Apparently](#) Sadhguru need not test soil, but just knows if it is good soil. (Though it may be good to be smart in our navigations of our lives using this kind of more dynamic, lively, nature-aligned kind of science, when encountering deader, machine/oil-based, more static technologies, infrastructures, tools, etc. that allow a greater separation from life/nature (like borewells, dams, oil rigs/technologies, paved roads, etc.), then seems like a correspondingly deader and sufficiently sophisticated science and subsequent policy would be most appropriate (like for nuclear waste radiation, [CFCs in the deep ocean](#), crude oil depletion, mining, etc.).)

[Sadhguru explains](#) a subtler way of knowing if food is good for you to eat or not simply placing hands over the food

“If you look at a tree keenly enough, you don't need to read a gardening manual – you can assess whether it has received enough sunlight or water.” (p. 57, from Karma by Sadhguru)

A major merit most intelligent people see of post-occurrence, data-oriented science (such as COVID-19 data) is that it prevents common misconceptions that [we accept something as true if it supports what we want to believe](#), rather than accepting something as true if it really is true.

But right awareness seems way better, as Sadhguru describes:

“Here is a major difference between the source of creation and the rest of creation: *the source of creation is pure intelligence that creates memory out of itself; the rest of creation projects memory as intelligence.*” (p. 92 from “Karma” by Sadhguru)

[Sadhguru explains](#) the great empowerment completeness/sufficiency of when one has mastery over the 5 elements

Activating the “3rd eye” for heightened awareness, prediction (Sadhguru [explains](#))

Characteristics of feminine and masculine:

Woman, feminine - more water, moon, flexible, more thoughtful early & excited later, experiential, intuitive, loving, peaceful, inclusiveness, fine arts/aesthetics, more nesting/staying at home, gentle, more needy of support (from a father for the baby), nurturing, devotional, insecure, passive, more like an attractive flower (to be pollinated)

Man, masculine - more earth, sun, rigid/even stubborn, more excited early & thoughtful later, logical, technology, utility, survival-oriented, courageous, exclusive, aggressive/conquering (but toward what? to conquer own evils?), stronger, more on-the-move, active, more promiscuous,

References:


[The Elements of Male and Female | Sadhguru](#)

Sw. Chinmayananda [explication](#) (at 32 min.)

[How Devi Came Into Existence | Sadhguru](#)

[Sadhguru on the Power of Feminine Energy](#)

[Dhyanalinga – An Equal Balance of Masculine and Feminine | Sadhguru](#)

 Reflections of our physical self to the natural world; personal health to environmental he...

Some ideas for children's' education

First, [this](#) 10 minute Sadhguru video is suggested.

Of the many functions school serves, it seemed to especially serve the function of discipline or rajasic work for many that are too tamasic, but how about if it were more realistic to everyday life, and included more nature-oriented, self/inner-learning, and moral kinds of education?

Literacy is basically "the ability to read and write", and "reading" (whether from a book or not) is learning to have an accurate perception of what's given or Reality itself, and "writing" (whether on a paper/screen or not) is an expression of (conformed) thoughts or one's body/being itself, which can indicate the quality of one's mind or even the progression of one's soul.

Children's education is actually *not* my focus, but **a few good examples** of education for kids I've come across with some ideal qualities are [The Life Lab](#) garden classroom in Santa Cruz, California, [Mongabay Kids](#), and Sadhguru/isha's [samskriti](#) (and [a tour](#)).

It's important to have a **good balance** of play, learn, and even work for their age and their interests and tendencies. Instead of giving unfitting consequences for behaviors that can be identified as likely from uncontrolled, excess (rajasic) energy, "punish" by giving alternative options (like karma yoga / work), like gardening/farming work for example, but still (have the garden/farm teacher) take time to teach (their brains) about the activity too. Generally, have different options (that strive to be equivalent in effort needed) for different tendencies of various kids.

Kids can **increase their awareness** of the world with questions like:

- Where do you get your water from? Know your watershed? Where do you get food from? What are the effects of this? The envt. and social impacts of this obtaining? Problems? How to make better?
- List all the products you buy/obtain. Explain where it comes from, and the (social/envt.) impacts?
- What kind of climate do you live in? Other similar climates in the world? How human activities affect climate? How climate affects human activities?

For general subjects, generally preserve the rationales/functions (rather than the specific, less valuable details), and then "properly" (adjusted in effectiveness) transfer to more valuable/practical skills. Some ideas/possibilities include:

- *applied chemistry in food preparation (from soil to plate)
- *prepare/learn herbs and various medicines
- *health/nutrition of the cafeteria food
- *business/coordination with suppliers
- *field trips to pick food from a nearby garden/farm
- *learn history from (otherwise unaccompanied) elders (which can be more local or relevant)

*field trips to cultural enclaves

*Instead of fairy tale books, how about reading *real* stories (e.g. [this woman in Colombia](#)) of environmental protection heroism, including positive praise of nature? Or a *doable*, yet almost fantasy way of a nomadic, pastoralist way of life that's very free and on-the-move ([Mali's Tamasheq people](#))

*other creative ways, like learning of various [concentrated forms of truth](#) (complimented with other infos) - especially from analysis of general function of life to how it's done, or how "problems are solved" in various contexts/cultures with a focus on better-best practices.

*report when it's good to follow others vs. do on their own

*"reading" Nature and their environment (including non-isolated, community (educational) adventures) more than simply books (also see [Sepp Holzer's recommendation](#) that children should grow up with Nature as well as the [Podcast: Connecting kids and ourselves to nature](#)).

*alternative, innovative learning environments or "field trips" can expand into learning real problems of "the public" via government institutions like criminal courts, family court houses, welfare and disability agencies, etc.

*like above, only field trips to "solutions" like healing institutions, best examples where people are living well (not at the expense of others), engaged in very healthy or best-/high-culture activities that also try to be very inclusive/responsible (examples incl. yoga centers, isha, religious institutions, farmer markets, community volunteer events, community meetings, model (socially and environmentally, consider [these qualities](#)) neighborhoods/communities, outreach/resource centers to help facilitate sustainable livelihoods)

Healthier way (more holistic)

disclaimer: A really natural way of life seems like it may relatively increase susceptibility to infectious diseases and traumatic musculoskeletal types of injury. Only God knows whether genetic/karmic predispositions may be more or less, but prevention and elimination if not significant reduction of nearly all of today's most expensive medical conditions and even most common reasons to visit the doctor are much more likely (see [here](#) and [here](#), and [here](#) and [here](#)).

“The human body is made in such a way that as long as you live, the body should function normally (without illnesses)” - [Sadhguru](#)

“People usually get wrong treatment for their ailment” - Sai Baba [from Mere Sai](#)

In terms of a more complicated, dynamic measure of effectiveness, consider the patient as their own healer ([from Mere Sai](#))

Better, yogic perspective of health and disease

"Disease, in modern medical perspective is considered as dysfunctioning of organs and systems which may be due to congenital defects, external atmospheric agents like allergens, toxins, pollutants, or infectious germs. Modern science does recognize that the other major cause for diseases could be the factor of internal imbalances like mental restlessness, emotional upsurges, or intellectual conflicts that lead to stress reactions.

The concept of disease according to yoga is found in the treatise called Yogavasistha. According to this text, the modern diseases such as asthma, diabetes, hypertension, and anxiety are called "Adhija Vyadhi" (stress born diseases) originating in Manomaya Kosa – the astral layer of our existence. They arise from our actions that are governed by our emotions [strong likes and dislikes] rather than what is right or what is wrong. Often in this phase, we respond to our emotions – the pull of senses knowing fully well that we are going against what is right. This is called Prajnaparadha in Ayurveda – a mistake at the level of inner consciousness. It is this 'going against what is right – the cosmic law' that causes an imbalance, a dis-ease at the Manomaya Kosa called Adhi.

The Adhi at the astral layer if not remedied will bring imbalances at the level of Pranamaya Kosa that shows up as breathing jerks, imbalances, and speed. This in turn creates stress reactions causing autonomic and endocrine imbalances leading to diseases in the body called Vyadhi. Such diseases are called Adhija Vyadhi i.e. Vyadhis created of Adhis. The other category of diseases such as infections and injuries come under Anahija Vyadhis which essentially are physical in nature and can be tackled by modern medical system effectively. (In a similar way, with the parallel focus from personal to environmental health, “Scientific knowledge has contributed in areas that the Indigenous communities are not familiar with, like management of invasive species, methods for planning and monitoring restoration projects, and the processing and storage of seeds” from [p. 5 of SER News, Vol. 36, Issue 2](#)). Since the Adhija Vyadhis are multi dimensional, we need to tackle them not merely with physical symptomatic treatment measures. The whole man has to be treated. And only then can there be lasting remedy to our problems of the modern era. The answer lies in the Integrated Approach of Yoga Therapy that

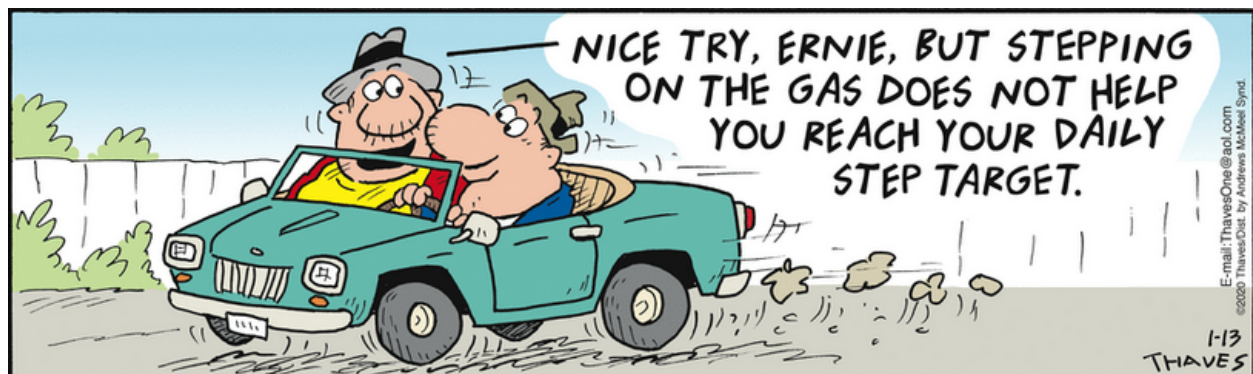
provides techniques for correcting the problem at both the gross (physical) and subtle levels. Yoga practices help in bringing about balance at the level of all the five Kosas so that complete health can be restored. The practices at Annamaya Kosa include yogasanas, Sithilikarana vyayama [loosening practices], yoga diet and yoga kriyas, at Pranamaya Kosa – breathing practices, breathing kriyas and Pranayama. At the Manomaya Kosa, the practices are meditation, devotional sessions and happy assembly, where-as lectures, counseling and satsangs/meetings correct the notions about one's life ambitions and goals that form the basic conceptual root for the lifestyle of the individual. Karma yoga and tuning to nature are the practices that help one to get established in Anandamaya Kosa bringing bliss in our lives.” (from p. v of Yoga for Arthritis, Nagendra)

Regarding pranamaya kosa balance and chronic illness prevention/treatment - “When your energy body is in full vibrancy and proper balance, chronic diseases cannot exist in the body. I could introduce you to thousands of people who have gotten rid of their physical and psychological ailments just by doing certain simple yogic practices. These practices are not aimed at the disease. They are just aimed at bringing a certain harmony and vitality to the energy body.” (p. 77 Inner Engineering by Sadhguru)

Given the 2 general types of diseases are infectious or chronic, the former/infectious are generally when you have become another being's food or habitat, and then some people/cultures (like allopathy) tries to fight against them, but who is the instigator?! (from Sadhguru [video](#))

“Indiscriminately excessive sense involvement and comfort levels would only reduce our immune strength and give vent to newer allergies, cancers, AIDS, chronic fatigue syndromes , etc.” (from MSRT p. 6)

Modern transportation and telecommunications infrastructure and technologies (like roads, vehicles, railroads, satellites, devices), allow us to easily be not as present in our body's natural time and/or space. “... [Those Native American] tribes strongly believed humans were not meant to travel that fast [on horse] and doing so would propel our body forward while leaving our spirit behind resulting in a fractured state of being.” (From [Car Sick Part 1](#))



“The modern mind is going through a unique kind of neurosis for this reason of drastically decreased physical activity. When you involve yourself intensely in physical activity, you expend

a great deal of nervous energy. But now that human beings have become so inactive, almost every person suffers from some kind of anxiety or unease. This is simply because of trapped physical energy.” (p. 85, ?)

“So many times we treat a sickness as a hindrance to the fast pace of our lives...” rather than the fast pace of our lives as a sickness. Furthermore, the existence of cosmetic psychopharmacological intervention begs the question: are we losing our ability to adapt to tough life situations? the problems that ordinary life presents us? (From p. 189 Learning Through Experience/Dr. Savant)

This may not be a satisfactory explanation for some, but I believe that to the extent there's weakness, or lack of knowledge, in yogAyurvedic systems, is a testament that such problems/diseases (in Kali yuga) are not even in the consciousness (or maya) of yogic or ayurvedic healers (especially given undesired modernized environmental/living conditions), or that there's a complicated dance of forces (that need to be) at play, very much including all the good intentions and merits of all the modern scientific and medical efforts. There is a similarity seen to T.E.K. - “It's very urgent that Indigenous peoples' knowledge is incorporated into climate policy...” “And at the moment, it is very difficult, and incorporation is almost absent. We are also victims of the changing climate” (from [article](#)). The current dominant general way of life appears to be in the same vein as the mainstream, modern health system, which is mostly working in a capital-driven, business-oriented, supply-demand economic arrangement that prioritizes patient/customer demand and neglects appropriate punishment in favor of treatment in the forms of patient dependence and pacified satisfaction (satisfaction that may too often be coupled with an ignorance to a better satisfaction that's also coupled with more independence of that external system, which, like a drug, by definition, is not needed to live a more natural, healthy life), and health care/medical workers often work to meet that demand in Gesellschaft-prone systems. But, like empathy, if those workers had a vastly inclusive [yogic perception of oneness](#) seeing self in others, how much better would the society's health be?

Epidemiological problems

Like an individual organism's illness, when the environment/society is sick, much energy is diverted - has to unfortunately be spent on healing/restoring the environment/people rather than enjoying (nature) and beautifully thriving, growing, being. Sadhguru [mentions](#) it too - “If you remain in the full posture for one minute and there is no aberration in your breath or your pulse rate, it means your body is coming to ease. If it comes to such a state of ease, there will be no dis-ease. And if there is no state of dis-ease in you whatsoever, then the body has energy to explore other dimensions of life. Otherwise, the body keeps you busy for the rest of your life.”

This social immune system defense includes things like: preparing/spending on war, the military/police being used to stop protests or riots, restoring, rehabilitating or cleaning up after disasters, environmental degradation, or toxic/contaminated sites. And a few specific examples include [PFAS cleanup](#), [spending money on mental health care](#), [food banks](#), restoration

efforts/jobs (e.g. [supplying native seeds for restoration](#), [a Peruvian petrol company financially struggling in remediation work](#), etc.)

To further the sad situation, **authorities in health care and government may unfortunately share an unvirtuous trait of tending to profit from a patient's/ environmental sickness more than caring for and really/best healing the patient.** It may be more likely that medical authorities would be more noble and best heal their patients compared to government employees, but such a generalization may not be fair given various, nuanced situations. Another notable point is that many times patient care is at the expense of the environment's health, often less directly too (e.g. [Medical system harm to environment \(incl negative feedback loop\)](#) (see ["Surgery's Carbon Footprint" column](#))).

Another parallel of environmental health and the medical health system is to the extent its emphasizing **only downstream (symptomatic) fixes**, especially for illnesses that are preventable to a greater degree. This then encourages one to engage in disease-causing behavior even to the extent they are aware of the the disease and what they could do to get it, and can be ecologically viewed as [problematic problem solving](#). The more convenient it is to engage in harmful behaviors, and then relatively easily fix/cure the illness without seemingly significant or immediate negative consequences, the less it is seen as a behavior that needs to be avoided. An evident environmental example is providing [crop insurance](#) for environmentally destructive, agribusiness, or a person eating an imbalanced meal of high fat, cholesterol, protein like a steak and ice cream buffet, and then have effective, inexpensive, easily gettable, antacid tablet for the after-meal balancer, and the chronic fix if a chronic bad diet. [Here](#) is a good lesson from Mere Sai regarding indulging in food (sitaphal fruits), which will not give one blessings of God.

"If it is simply a question of basic survival, eat whatever you want. But once survival is taken care of and there is a choice, it is important that you eat consciously, and are led not by the compulsion of the tongue but by the essential design of your body." (p. 130 IE by Sadhguru)

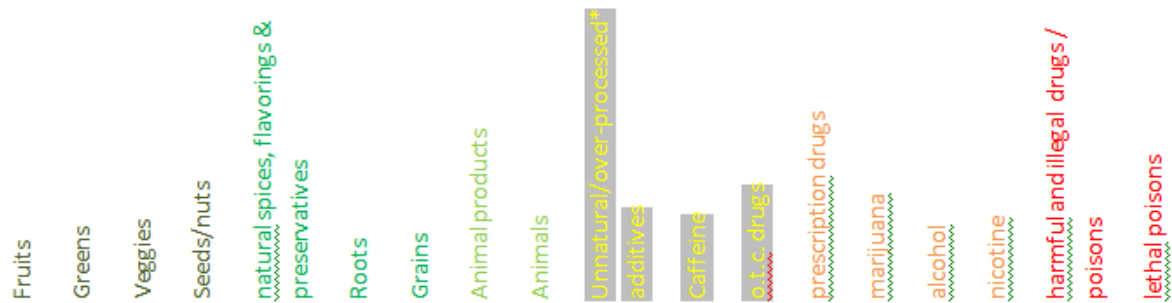
Additionally regarding misguided subsidies, consider meat subsidies. The DMV's rules of the road are not an absolute, but given we are all sharing the same roads, it is the best rules; the best guidance we know to benefit the safety of all. Similarly, given all of our digestive tracts are generally the same physiologically ([see this](#)) to herbivores, amongst so much more evidence (like [this](#) for example) that meat-eating (especially excessive) is not healthy (personally, but too-often environmentally too (though not to forget about [the problematic non-animal agriculture](#) that is still industrial/non-ecological in scale), government subsidies should not be given to such ag. operations (if there is care for the health of the environment and patient). Expanding the analogy, using our superior sense of discrimination to technically break a rule of the road when you know there won't be negative consequences can also be applied to your food choices, right? But the rule / standard, and especially government *support* (let alone ticketing/criminalizing) of certain operations (especially Concentrated Animal Feeding Operations, CAFOs) doesn't seem to be according to what we know best.

Naturopathic grossest/physical layer continuum evaluation of foods/drugs in relation to *personal** health

Key:

healthiest

unhealthiest



* "over-processed" is likely to be even less healthy with a more holistic view that also considers environmental health, Life-sense, etc.

A few insights

Many injuries or illnesses can be prevented (in a deeply "dharmikarmic" or even genetic level of prevention perhaps (see [Mere Sai, ep. 604](#), also a chapter incl. [ep. 1347](#), [1354](#), & [1357](#), also [ep. 1151](#)), or simply in this life, doing/being for one's good health.) More often than we'd like, pathology is preventable, but still occurs due to ignorance, apathy, or other weaknesses (whether at individual or epidemiological levels).

"Knowledge systems like [ayurveda using external plant life and earth elements] were intended to assist those who are incapable of doing the necessary [only self-needed] yogic practice to achieve the same ends. " (p. 135 Inner Engineering)

So doing dharma, having good karma, including staying healthy with good yogic practice...

[Sadhguru speaks](#) on a disconnected, weakened way of life in overly developed environments, and its relation to **allergies**, lactose intolerance, etc. [Lloyd Kahn](#) also mentions getting over allergies by eating hyperlocal food.

The book "Nutrition and Physical Degeneration" (A Comparison of Primitive and Modern Diets and their Effects) by Weston A. Price claims that primitive diets were far superior to modern, industrialized diets in terms of overall health and physical development. The book argues that these traditional diets, rich in nutrient-dense foods like animal products, organ meats, and locally sourced produce, supported optimal **dental health**, strong immunity, and freedom from many chronic diseases prevalent in Westernized societies. When these groups adopted modern, processed diets, they experienced a decline in health, including dental issues, weakened immunity, and increased susceptibility to chronic illnesses. (from [AI search](#))

In modern times, with a lot of up-close viewing (book reading, screen viewing), and often not *needing* to see very far to survive, **lifestyle-caused, preventable myopia**, I believe can be due to the mechanism of excess ciliary body muscle tone created by imbalanced, excess visual focusing up close. This increased muscle tone consequently increases, and eventually resets curvature of lens toward nearsightedness (amongst other pathologies), and here are three references (etiological/epidemiological and self correction techniques):

▶ Why so many people need glasses now

▶ Why is Everyone Going Blind? The UGLY TRUTH behind the myopia epidemic

[Myopia Is Mental YouTube channel](#)

Going barefoot can sometimes be difficult given the human-built environment or terrain that is too harsh (sharp objects, extreme temperatures, thorns, too ouch!/rough, too *much*, etc. (for [example](#))), but with good awareness, many benefits, including no unnecessary weight of shoes, more oxygen to skin, better venous return, less smelly feet, less prone to infections, rashes, etc., more comfortable (eventually), stronger feet, more grounded, more connected with Nature, etc. Good ways to help transition or for backup, try having open-toe shoes, barefoot/minimalist shoes ([for example](#)).

my further studies (guidance)

(most densely populated) places that has smart, responsible/hygienic open defecation?

long-term chemical contamination, polluted environments (like an EPA-designated superfund site, like [this](#)), but not sig. unhealthy population? (eg story of Kern county farmer Vido Fabbri being highly exposed to chemicals, yet remaining healthy. (p. 219 “The Great Central Valley: California’s Heartland” 1993)

to what extent to weed when growing food, considering soil health, desired crop type, undesired weed types, quantity of weeds, how favorable the environmental/climatic growing conditions. Besides experience to know, scientific experiments to learn from in compliment? Also consider Sadhguru’s super knowing. ([Here](#))

when herbal treatments needed? acute to chronic, and simply if nothing was done or even better alternatives // efficacy of natural vs pharmaceutical antibiotics for acute skin infection?

when would one *need* massage? (as opposed to simply *liking*/needing the attention, affection, touch, etc., which can be fixed in other ways (good [“Need a Hug? No You Don’t!” Sadhguru short](#) that brings insight to this)) when excess lymphatic fluid, pain relief?, increase ROM? blood circulation?

when should a pt. *not* listen to their own body, natural intuitions, or higher self? (e.g. when their environment is actually unnatural/sick (like [“the city”](#) for example) and their (primitive, survival/comfort-seeking) body is cool with it (spoiled taste buds for example). consider when pt. is in higher, transcending reality or lower, base survival needs ([Sadhguru video on chakras](#)).

(common) problems that don't seem as bad, and when sense of abnormality (e.g. pain, discomfort, irregularity) is discovered, it is “too late” (e.g. most cases of pancreatic cancer)?

common health problems/preparedness in more rural, natural/primitive, perhaps isolated situation? // [Wilderness First Aid Specialization \[4 courses\] \(CU\) | Coursera](#) // (incl. wild animal bites, poisons, wound care: immobilizing or relocation (from muscle-skeleton injuries of fractures, sprains, and strains),

choosing battles/prioritizing sustainability, like prioritizing each/daily use as opposed to how made (eg bike, house,... make a list of needs?), dumpster diving, check w/ ‘stop saving the planet’ book?) (to new words?)