

This sheet invites us to consider steps we might take to deepen our connection to the Earth and can serve to encourage our practice and remind us of our aspirations.

Please carry your chosen commitments with you as a reminder.

I, _____ commit to:

TRANSPORTATION

- Walk or bike to work _____ days per week.
- Walk or bike to places within _____ miles.
- Carpool to work or use mass transit.
- Have a car-free day once every _____ week(s).
- Replace car trips with electric bike trips.
- Work at home _____ day(s) a week.
- Reduce car trips by _____ percent.
- Drive a fuel-efficient/electric vehicle.
- Reduce flight travel to less than _____ flight hours per year.
- Plant _____ trees in my neighborhood or region.
- Grow produce at home or in a community garden.
- Not use pesticides or herbicides.

WATER

- Turn off the faucet while brushing teeth or shaving.
- Take short, warm showers.
- Reuse gray water.
- Plant native and drought-tolerant plants where applicable.
- Flush only when necessary.
- Reduce overall water use by _____ percent.
- Install a system to capture and store rainwater.

CONSUMPTION

- Reuse and recycle all items possible.
- Encourage recycling at my work or school.
- Avoid buying single-use items or items with excess packaging.
- Replace paper napkins, towels, and plates with reusables.
- Use cloth or other reusable bags for shopping, etc.
- Buy clothing in used clothing stores and thrift shops.
- Use the public library instead of buying books.
- Share books with friends.
- Share magazines and catalogs by donating them to clinics, etc.
- Use biodegradable cleaning products.
- Compost kitchen waste.
- Pick up trash along my walking/jogging routes.

ELECTRICITY

- Turn off computers while not in use.
- Set computer and display to turn off after a period of inactivity.
- Use a power strip for appliances to avoid drawing ghost electricity.
- Replace light bulbs with energy-efficient bulbs.
- Use stairs instead of elevators.
- Reduce the use of electric appliances.
- Reduce use of hot water.
- Air-dry clothes (without a dryer).
- Eliminate or reduce the use of air-conditioning/heating.
- Raise the air-conditioning temperature by _____ degrees.
- Lower the heating temperature by _____ degrees.
- Get an energy audit of my home and improve its efficiency.
- Install a programmable thermostat.
- Install energy-efficient insulation and windows.
- Install a solar water heating unit.

NUTRITION

- Purchase _____ percent organic food.
- Eat a compassionate, plant-based diet.
- Support farmers and reduce food-miles by buying local produce when I am able.
- Join a community-supported agriculture (CSA) group near my home.

- Purchase and install solar panels.
- Purchase renewable-source electricity (wind, solar, geothermal).
- Have an electricity-free day ____ times a month.

I ADD MY OWN COMMITMENT PROPOSALS HERE:

SPREAD THE VIBE

- Meditate ____ times a month on my relationship to the ecosystem in which I live.
- Meditate ____ times a month on how I can reduce my consumption, and act on this.
- Encourage a friend to commit to items on this list.
- Educate myself on ecological issues.
- Support local environmental organizations.
- Write articles/stories to help others get in touch with their ecosystem.
- Write to local and national politicians calling for more effective environmental legislation.

I make the commitment to practice the items that I have checked above so that I may reduce the suffering produced by my way of living.

Signed: _____ Date: _____

Please share a copy of your completed sheet with a friend and ask them to remind you of the commitments you have made. We support each other in this ever deepening and radical way of being. As our teacher, Thích Nhất Hạnh, has said:

Every one of us can do something to protect and care for our planet. We have to live in such a way that a future will be possible for our children and our grandchildren.

Our own life has to be our message.

The Earth Peace Treaty Commitment Sheet can be found on the Deer Park Monastery website:

<https://deerparkmonastery.org/ept>

and on *The Mindfulness Bell* website:

<https://www.parallax.org/mindfulnessbell/article/ept>

For more inspiration visit the Earth Holder website: <https://earthholder.training/>