

The background is a solid red color. It is decorated with various elements: numerous small, realistic-looking water droplets of varying sizes scattered throughout; several red butterflies in flight, some near the top right and others near the center; a large, stylized white outline of a lotus flower in the bottom left corner; and a dark red silhouette of a Buddha figure in a meditative pose in the bottom right corner.

BUDDHISTS DECLARE A CLIMATE & ECOLOGICAL EMERGENCY RESOURCE GUIDE

PART OF THE ECO DHARMA NETWORK
AND THE NETWORK OF BUDDHIST ORGANISATIONS

WHAT IS THE BUDDHIST APPROACH TO THE CLIMATE AND ECOLOGICAL EMERGENCY?

As we know we are living in unprecedented times. There is a climate and ecological emergency. The science is irrefutable and the impact of humanity on our ecosystem is clear for all to see. In the last 50 years the average global temperature has risen at the fastest rate in recorded history. Rising temperatures have fuelled extreme weather patterns including drought, storms, and floods, leading to crop damage, species' extinction due to the loss of habitats, and sea-level rise. Millions of people are fleeing their homes and the world's poorest are the hardest hit. The UN Refugee Agency says climate change worsens many of today's conflicts.

BUDDHIST PRINCIPLES

INTERCONNECTEDNESS

Buddhism teaches the interdependence of all things as well as deep respect for all life. Human beings are interconnected with nature and all other living beings in an intricate web that is illustrated in the metaphor of Indra's net, which has a precious jewel at the intersection of each thread. These jewels in turn reflect the other myriad jewels, together creating a beautiful sparkling universe, illustrating how we human beings are in no way separate from our surroundings.

KARMA AND INNER TRANSFORMATION

The Buddha taught the deepest respect for all life and the concept of karma, or 'action' – in thought, word and deed. The law of cause and effect reminds us of our potential to transform through our actions and behaviour, ourselves and our environment. We humans suffer from the three poisons of greed, ill will or anger, and delusion, which on a societal level lead to hunger, war or ecological destruction. These states of mind can be transformed into generosity, loving kindness and the wisdom to recognise that my well-being is not separate from your well-being, or from the well-being of the earth.

AWAKENING

We all have the potential to awaken or become enlightened to this understanding of the true nature of life and how our own lives are part of a vast interdependent yet dependent web of life. Although approaches vary in different Buddhist traditions we work towards freeing ourselves and others from suffering and to impart joy, to work together, to connect with nature and each other and to collectively cultivate awakening in these times of confusion. These Buddhist principles amongst others can help us to engage with ourselves, other people and our environment more deeply, and to become more actively engaged in our social and cultural contexts as agents for change.

'This is a dark time, filled with suffering and uncertainty. Like living cells in a larger body, it is natural that we feel the trauma of our world. So don't be afraid of the anguish you feel, or the anger or fear, because these responses arise from the depth of your caring and the truth of your interconnectedness with all beings.'

Joanna Macy

WHAT CAN I DO?

LIFESTYLE CHANGE

There are some very simple things we can all personally do that make a difference. These bring our lives more in line with our ideals and act as a beacon for others.

- 🌱 Eat less meat, poultry, and fish
- 🌱 Reuse, recycle, compost and cut down on single-use plastic
- 🌱 Shop local, sustainable and vintage

- 🌱 Bike, walk and take public transport, reduce air travel
- 🌱 Airdry, adjust thermostats, insulate, conserve energy
- 🌱 Save water with short showers, flow restrictors
- 🌱 Reconnect with life and the earth (Joanna Macy's Work that Reconnects)
- 🌱 Divest and change bank accounts

ADVOCACY

We can start talking with people in power and encourage them to take action towards the system change that is needed.

- 🌱 Talk with your MP (use Hope for the Future' resources <http://www.hfff.org.uk>)
- 🌱 Speak up and ask local and national authorities to engage in initiatives that don't harm the planet

- 🌱 Use social media to raise awareness
- 🌱 Educate yourself
- 🌱 Join existing campaigns like DANCE and XR Buddhists
- 🌱 Join the Climate Coalition's Show the Love campaign (<https://www.theclimatecoalition.org/show-the-love>)
- 🌱 Start your own campaign

WHAT CAN WE AS BUDDHIST COMMUNITIES DO?

"If we continue abusing the Earth this way, there is no doubt that our civilization will be destroyed. This turnaround takes enlightenment, awakening. The Buddha attained individual awakening. Now we need a collective enlightenment to stop this course of destruction."

Thich Nhat Hanh

IN OUR CENTRES

Raise awareness in our own sanghas through discussions, talks, workshops

- 🌱 Reduce carbon footprint of our centres
- 🌱 Conserve energy and use renewable energy
- 🌱 Divest
- 🌱 Declare a climate emergency
- 🌱 Take public actions

"Today we live in a time of great crisis, confronted by the gravest challenge that humanity has ever faced: the ecological consequences of our own collective karma.....We have a brief window of opportunity to take action, to preserve humanity from imminent disaster and to assist the survival of the many diverse and beautiful forms of life on Earth. Future generations, and the other species that share the biosphere with us, have no voice to ask for our compassion, wisdom and leadership. We must listen to their silence. We must be their voice, too, and act on their behalf"

David L. Loy and Bhikku Bodhi

(Buddhist Declaration on Climate Change 2009)

"The world is an intricately interwoven web of infinite relations. When we apply this worldview to matter and to all living things, including people, we can see the world as one great life entity. This is the true entity of our own life."

Daisaku Ikeda

GREEN SPACES

- 🌱 Plant trees (Woodland Trust <https://www.woodlandtrust.org.uk/plant-trees/advice/>)
- 🌱 Community wildlife areas
- 🌱 Community allotments, gardens and orchards (<https://www.rhs.org.uk/get-involved/community-gardening/resources>)
- 🌱 Maintain soil organic matter through mulches, no-dig methods and avoid fertilisers
- 🌱 Rewilding (<https://www.rewildingbritain.org.uk>)

"It is our collective and individual responsibility to preserve and tend to the environment in which we all live."

The Dalai Lama

FURTHER RESOURCES CAN BE FOUND ON THE NBO WEBSITE UNDER BAM www.nbo.org.uk

PLEASE CONTACT eco@nbo.org.uk FOR FURTHER INFORMATION