



Sustainability from the Inside--Out: An eightfold practice in mindful living for personal and planetary peace

Angela May Johnson

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Sustainability from the Inside—Out is the spiritual solution to our ecological and human health crisis. It is the holistic recipe for peace that our world so desperately needs. As whispers of environmental collapse grow louder and louder, our search for a viable way forward into a sustainable society grows more and more urgent. From climate change and dwindling oil supplies to pollution and loss of biodiversity, our ecological crisis grows more severe every day. Many people are concerned with the state of the planet, but they feel helpless and unsure what they themselves can do. In this workbook, Johnson facilitates the necessary dialogue to empower individuals and community groups to mindfully create peace on earth from the inside—out. The ecological crisis we are facing is in fact a spiritual crisis. It has its roots in a flawed mindset that supposes people are separate from nature. By not getting to the root of the problem, which lies within the human spirit, mind, body, and earth, today's solutions don't actually heal any wounds, but only serve as temporary Band-Aids. In these pages, Johnson takes participants beyond the Band-Aid solutions of modern day sustainability with an eight-fold journey into holistic health and spiritual awakening. "In our attempt to make conservation easy," says the conservationist and philosopher, Aldo Leopold, "we have made it trivial." Sustainability from the Inside—Out takes participants beyond "easy conservation" by delving into root causes of our crisis, within us: spirit, mind, body, and earth. This is a workbook of solutions. Each of the eight mindful living practices offer readers several real take-home solutions to begin making peace with self, community, and the earth.

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