

How To Save The Planet



10 Simple steps that can change the world

LUKE EASTWOOD

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The Druid's Primer

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Introduction

If you're reading this you probably are concerned about where the world is going, the fate of humanity and of the planet itself. If you didn't care about these things at all you would not have picked up this book, instead you might be out partying, shopping or some other nihilistic activity that can distract you from the awful truth.

Unless you live in a hole in the ground, you've definitely seen, read or heard about the ecological catastrophe that is fast approaching us; rather like a global bus stuck in top gear, with no brakes, headed for a cliff. We've known for over 50 years that there was a cliff ahead, it started with a few concerned passengers voicing their fears but that collective voice has grown louder and more numerous as the decades have passed.

So, why are we still headed for the cliff? Why has the driver not slammed on the brakes and brought our global bus to an abrupt halt? The reasons for this are numerous and complex but can be broken down into one simple answer – denial. There are many passengers who have a vested interest in the bus keeping going at maximum speed, namely all the money they stand to lose out on if we stop the bus. There's also the fact that very few people want to give up the pursuit of a better life and once they have it, even fewer want to give it up – it's easier to pretend that there's not a problem than confront our wayward behaviour.

As a result of mass denial we have got where we are now – the bus is literally falling to bits before our eyes but is still somehow hurtling towards that cliff at top speed. We can see it happening and we know why it's happening but no-one seems to be able to stop the bus, or get off it. The driver isn't listening, like an automaton he is completely

insensible to reason and remains absolutely focused on staying on mission – keep going as fast as possible. To placate the passengers and mollify their increasingly frequent complaints he says “yeah sure”, takes his foot off the gas for a few seconds and then presses on regardless.

How can this be happening when nearly all the passengers want to stop the bus? The truth is that the driver has forgotten the passengers, it's almost as if there is no driver and the bus is driving itself, with no fail-safe in place. What this situation needs is for the passengers to stop waiting for the driver to come to his senses, that's not going to happen in time to avoid going over the cliff. What this situation needs is for the passengers to kick the driver out of his seat and stop the bus themselves – there is no other answer to this problem.

Obviously, actually saving this planet from destruction is actually quite different from the

simple act of slugging out the driver and taking over this metaphorical bus. However, in reality the steps that are needed to force a change are actually quite simple, it just requires understanding why you are doing it, focused attention on each step and maintaining these actions long term. Sure, it requires making some small sacrifices, but none of these are really that hard to do.

Once you make these changes in your life you'll feel better about our chances and if you can convince some of your friends, colleagues and family to do the same then you really will be making a big difference. Change has to come from each one of us and like all social movements, it starts with a few individuals and spreads like a virus across society. Regardless of your culture, politics or religion, all of these steps are straight-forward to implement, it just requires the will to do it.

Stop the bus, we all need to get off!

Step 1

Stop buying stuff you don't need

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Stop buying stuff you don't need

From early childhood most of us are exposed to advertising – television, radio, magazines, billboards, it's everywhere. Even in poor countries where many can't hope to live a consumer lifestyle people are still exposed to advertising and aspire to be able to one day be wealthy enough to be a consumer.

If the world had an infinite supply of space and resources then perhaps it wouldn't matter so much that we are all brainwashed into wanting to consume, trying to satisfy an urge that actually can never be satisfied no matter how much stuff we buy. Unfortunately the world is not infinite, all the stuff that we buy is made out of metals, chemicals, plastic (from oil), water, wood and fibres all of which come from the Earth. The energy that goes into producing all of this stuff comes mostly

The Journey

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“This little book certainly gives much food for thought on our attitudes to life”

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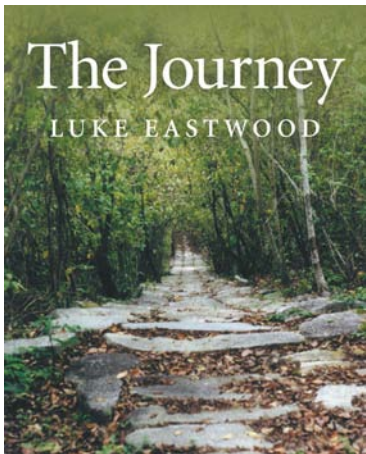
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Saving the planet? Surely that's too big a job for ordinary people, organisations, even governments? No it's not! Every person on this planet wakes up each day and makes choices, children have limited choices but adults far less so. Each day we can make choices that have a positive or negative impact on our future and the future of the planet. Every organisation, government and country is made up of individuals just like you or me who have the ability to change their choices for the better; *if we all start doing this then it really will change the world.*

We can't wait for everyone else to begin making the right choices, we have to begin with ourselves and then maybe we might be able to convince those around us to join in too. All movements have to start somewhere, with one person taking a stand before it spreads and grows into something momentous. The steps are simple, it just requires being conscious of what you are doing and remembering to keep on doing it.

LUKE EASTWOOD is the author of several books, mostly on spirituality. He is also a trained horticulturist and science graduate. He lives in the west of Ireland. You can see more of his work at www.lukeeastwood.com

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