

# Ask EcoGirl

By Patricia Dines

EcoGirl@AskEcoGirl.info



## Honoring Change and Tradition

Like so many other folks, I've been fascinated and thrilled to see people of all walks of life around the world come out into the streets to call for major changes in our culture's structures. From the Arab Spring to the Occupy movement, "We the People" are connecting with each other, finding our voices, and exploring ways to co-create a saner, healthier world. That's inspiring!

These movements offer us a chance to finally achieve the scale of meaningful change that we absolutely need to steer ourselves away from so many crises, including eco-collapse. Therefore, I decided this month to offer my thoughts about how we can each constructively respond to this powerful moment.

### Change Is in the Air

1) First, I encourage everyone to consider what positive actions they can take to make use of the doors that have been opened by so many people's courageous actions. We each have unique and important gifts to offer, and there are many activities to support. Attending an Occupy gathering is just one option. Now is a great time to let go of our protective cynicism and encourage the changes that we so deeply want. These events show that we're not alone in wanting something better, and our actions will determine what emerges.

2) I hope we'll share the commitment to nonviolence, respectful dialogue, and democratic decision-making adopted by many of these groups. I very much admire these choices, and think it's vital for attracting allies and creating positive outcomes. Hopefully our elected officials will listen to the people, so that we can all have peaceful and well-designed transitions.

3) Let's include the environment's well-being prominently in our plans. People are speaking up for many

reasons, including concerns about our financial system, jobs, health, democracy, and the environment. Let's remember that all of these are being damaged by the same forces, and that our survival and well-being don't come from money but from clean air and water, healthy food, and functioning ecosystems.

4) To learn more about what's happening at these gatherings, look beyond the mainstream media to alternative resources. A great place to start is <https://sites.google.com/site/the99percentdeclaration>. Here Occupy Wall Street officially lists their concerns and presents their plan to create a unified petition of grievances to our leaders. They're inviting all U.S. citizens to elect delegates to a Non-Partisan National General Assembly in Washington D.C. on July 4, 2012. How wonderful to build on this country's democratic traditions instead of starting from scratch!

I also encourage you to read "The Magnetic Force of the Moment — Perils and Potential on the Road to Transformation," by Sandy Le-onVest, [www.commondreams.org/view/2011/10/24](http://www.commondreams.org/view/2011/10/24). This article honors the reasons that people are acting and offers suggestions for addressing what could stop this process, including status quo powers and our own fears and inertia in the face of change. I think that understanding these potential dynamics can help us truly step into these saner possibilities.

You might also want to read these two previous EcoGirl columns as input: "Love Your Local Activist/Change Agent," [www.patriciadines.info/EcoGirl4j.html](http://www.patriciadines.info/EcoGirl4j.html); and "Constructively Channeling Your Inner Eco-Rebel," [www.patriciadines.info/EcoGirl3b.html](http://www.patriciadines.info/EcoGirl3b.html).

### Greening Your Traditions

It's fascinating that these powerful actions are happening at the same

time as our calendars are filling up with traditional winter celebrations. But this timing also gives us a chance to combine the best of the old and the new.

To help you do that, I've created a webpage with links to my past holiday-related columns. Here you'll find organized and helpful tips for honoring the earth in your gift giving, greeting cards, family meals, celebrations, and cleanup. By aligning with the earth's ways, we can increase our joy while helping to create a better future. [www.patriciadines.info/EGHolidays.html](http://www.patriciadines.info/EGHolidays.html)

I also invite you to consider giving your friends and loved ones a gift of my Ask EcoGirl booklets, "Healthier Housecleaning" and "Detoxing Your Life." These attractive, handy, and cheerful resources help folks tangibly create healthier, more earth-friendly lives. They're quite affordable, and you can add them to related gift baskets. I offer quantity discounts, and all proceeds support my eco-healing community work. [www.askecogirl.info/booklets.html](http://www.askecogirl.info/booklets.html).

**I wish everyone Happy Holidays!**

*Ask EcoGirl is written by Patricia Dines, Author of [The Organic Guides](#), and Editor and Lead Writer for [The Next STEP](#) newsletter. Email your questions about going green to <[EcoGirl@AskEcoGirl.info](mailto:EcoGirl@AskEcoGirl.info)> for possible inclusion in future columns. Also see "Ask EcoGirl" on Facebook! And contact EcoGirl for information about carrying this syndicated column in your periodical.*

*"EcoGirl: Encouraging the eco-hero in everyone."*

© Copyright Patricia Dines, 2011. All rights reserved.

Published in the Sonoma County Gazette, November 2011.

For more Ask EcoGirl columns, see [www.askecogirl.info](http://www.askecogirl.info)