

Your 7-Step Faith-Based Blueprint to a Sustainable Life

Introduction

You are looking to create a life of harmony on Earth. Eco Bible is your personal guide to creating a more sustainable life in your pursuit of recreating paradise here on earth. YES, you can do it in just 7 steps!

Start today to create your faith based, sustainable life.

In the inspirational Eco Bible, Rabbi Yonatan Neril & Rabbi Leo Dee have brought together over three millennia of religious wisdom and contemporary scientific thought regarding human health, biodiversity, and clean air, land, and water.

By making small daily changes we can face the huge environmental challenges facing us today and re-learn how to live in harmony with nature.

Applying the teachings of the Hebrew Bible to the stewardship of God's creation is not just an idea for today, but essential for a future in which we achieve a balanced, worldwide ecosystem and thrive on a planet viable for all life.

Get the book that Publishers Weekly says "will inspire contemplation on how-to live-in harmony with nature and the power of conservation."

With 178 daily lessons on living a healthier, more Eco-Friendly life you will be blessed twofold – knowing that you are doing your best for God's Earth and also knowing that you are doing the utmost for yourself and your family while reaping all the personal benefits that come with living in harmony with the world around us.

Through commentaries on the Hebrew Bible that fit perfectly with your daily schedule, Eco Bible reveals a spiritually grounded vision for both long-term sustainability and immediate environmental mindfulness and action.

Contents

[Step 1: Your Health and Diet](#)

[Step 2: Your Personal Self-care](#)

[Step 3: Your Children, Their Future](#)

[Step 4: Your Care for Animals](#)

[Step 5: Your Community](#)

[Step 6: Your Environment](#)

[Step 7: Your Activism](#)

Step 1: Your Health and Diet

Our world produces enough food for every person on earth, and yet nearly 820 million people go hungry and two billion remain malnourished. Many of today's large corporations buy agricultural land from indigenous people, then leave the local population without sufficient means to feed themselves.

Modern technology has given us many ways of extending the shelf-life and expanding the transportability of food products. Yet, according to the UN, about one third of all food in the world is lost or goes to waste.

With this in mind, here are some strategies that you can use to contribute to a more sustainable food chain:

- Try eating one fewer fast-food meal each week – or even none!
- Buy food in bulk if possible. Bring your own cloth bags or reusable containers to the store to reduce plastic waste.
- Before purchasing a new bottle of wine, research the different types of planet-healthy wines. The main differences lie in the agricultural process: organic is purity of product, biodynamic is holistic agriculture, and sustainable is mitigating and reducing wastefulness in the process.

- Learn about the local farms and food producers near you and buy from them directly. You might find that not too far from you is a delicious jam producer or an organic peach and berry farm where you can pick your own fruit!
- Reduce the use of toxic household chemicals by replacing them with ecological alternatives.
- Spend a week eating only vegetarian food, or only cycling or walking to work.
- Avoid calf-based sins: reduce your beef intake and eat a soy, bean, nut, or vegetable burger instead. Limiting your beef intake will benefit both the planet and your health.
- Notice how much food you waste and change your habits accordingly so that each week you waste less food.

Step 2: Your Personal Self Care

Let's address our personal self-care with positivity and hope. There are over 116,000 fast food chain stores around the world. The majority of people in the world eat these chains' food each year, with common ingredients being meat, cheese, wheat, corn, oil, and sugar. The homogeneity in diet worldwide has contributed to a dramatic decline in the biodiversity of food crops, which the UN cites as a threat to global food security. This has also led to a dramatic decline in individual health with heart disease, obesity and cancer all being major contributors to early mortality. It is up to each one of us to take measures to prevent these illnesses and look after our physical bodies.

Partly as a result of the coronavirus pandemic, cities are exploring how to permanently block off more areas for walkers and bikers travelling to work or getting outdoors after work and on weekends. Less traffic and cleaner air reduce many kinds of human health risks from both accidents, pollution, and communicable disease. Individually, these very same choices can reduce personal stress and keep us more fit as well.

In modern society, it is common to feel the pressures of work well after the work day is officially over. We must find time each day to stop working, stop traveling, stop creating and stop using our phones! In this way we will reduce stress that affects our health, and allow ourselves to re-connect to nature and to others.

Here are some strategies that you can use to take care of yourself:

- For one week, walk outside daily and pay close attention to each element of our planet:
 - On the first day, appreciate the warmth of the sun.

- On the second day, feel the ground beneath your feet.
 - On the third day, examine rain clouds or bodies of water.
 - On the fourth night, count as many stars as you can.
 - On the fifth day, feed birds on a park bench.
 - On the sixth day, try to find as many animals in your neighborhood as possible – a bird or squirrel can be fun to follow. Fostering appreciation and awareness for all of God's creations will bring us closer to spiritual grounding on earth.
 - And on the seventh day, the day of rest, take a stroll in your neighbourhood and see how many things you are grateful for
- Consider saying this prayer, formulated by Rebbe Nachman of Breslov: "Grant me the ability to be alone; may it be my custom to go outdoors each day among the trees and grass – among all growing things and there may I be alone, and enter into prayer, to talk with the One to whom I belong. May I express there everything in my heart, and may all the foliage of the field – all grasses, trees, and plants – awake at my coming, to send the powers of their life into the words of my prayer so that my prayer and speech are made whole through the life and spirit of all growing things, which are made as one by their transcendent Source."
 - Pray or meditate outside. This allows you to surround yourself in God's handiwork.
 - Pitch a tent in your backyard or nearest national park. Praying and playing in nature are scientifically proven to boost your mood and can help you connect with God in new ways!
 - Pray with the sunrise. The sunrise is a constant source of inspiration to the day it brings. The tradition of praying at sunrise is a tried and tested way of increasing our awareness and connection to each day.
 - Set a regular time to be outdoors. This could be a weekend afternoon walk or hike, a family picnic, or an after-work/school stroll that will help you notice the changing seasons.
 - Set aside 20 minutes, at least once a week, to engage in alone-time. Choose a space without distractions, preferably outside. Shut off your cell phone and computer. Reflect inward and make decisions concerning who you are, how you want to grow, and the impact you have on the social, spiritual, and physical environments you inhabit.

Step 3: Your Children, Their Future

A distraught father, whose son was beginning to stray from the path of his forefathers, once brought his son to the Alter Rebbe, Shneur Zalman of Liadi. The Alter Rebbe asked the boy what he enjoyed doing. The boy responded that he liked riding horses. "And what qualities do you look for in a horse?" Rabbi Shneur Zalman asked him. "Speed," the boy replied. "And what if you are on a fast horse which takes a wrong turn in the road?" the sage continued. "You can get very lost in a hurry," was the boy's response. "And what if you turn the horse around?" the elderly sage pressed on. "You can get back just as fast." A slight smile crept across Rabbi Shneur Zalman's face as the boy nodded his head, indicating that he understood the Alter Rebbe's message.

Many people fear that humans have irrevocably destroyed the ecology of "Eden" on earth. Teenagers, in particular, today live with a sense of hopelessness. But there is hope!

We can turn around our horses, currently galloping out of control toward oblivion. There is still time to learn from our mistakes and act in ways that reverse environmental degradation. We must infuse this sense of hope into our children, not through blind faith, but by together taking action that will enable our children to be creative enough to find solutions.

Here are some activities that you can engage in with your children:

- Noah's hard work paid off for future generations, namely us. Identify an action that you could take in your lifetime that would make a difference for your children or future generations.
- Visit a local farm with your family to buy produce then cook together at home and enjoy the healthy meal you made as a team.
- Teach your children healthy patterns of giving and try to infuse them with behaviors based on sharing. Include children in family decisions about donating to nonprofits that help people in need or the environment.
- Teach your children songs with environmental themes. Music can be a great teacher.
- Learn the names of the trees and plants that grow in your neighborhood with your kids. To do so, you can join a foraging class or a guided nature walk, or use an app.
- Go on a family outing to a natural history museum, botanical garden or park

- Be inspired by the Israelites camping in the wilderness of Sinai: plan a family or community camping trip! Whether it is a day trip to the local park or a week in the wild, nature is sure to excite and inspire you.

Step 4: Your Care for Animals

Humans were commanded to be stewards over nature – that is to protect and ensure the continuation of all species. Noah was commanded to take two of every species on the Ark from which we learn that even when God destroyed the earth, He made sure that no creature would become extinct as a result!

In our times, people's love of meat causes them to overlook and tolerate inhumane treatment of most of the 80 billion factory-farmed animals. Too many people ignore that meat production processes and facilities are a leading driver of the climate crisis, and a contributor to the spread of diseases, including those caused by pathogens in the meat, and among the meat plant workers.

The concept of anti-cruelty laws to protect animals, dates at least to the 1800s, and animal "rights" in the secular world has been discussed seriously since the second half of the twentieth century. The Torah has been discussing and defending these rights for 3,500 years.

Here are some strategies to be a good steward of all species:

- Limit your intake of meat as part of a commitment to reduce deforestation. If and when you buy meat, choose locally produced, grass-fed, free range, organic meat from a source you trust.
- Learn about an animal that is in danger of going extinct and post about it on your social media.
- When you see a wandering animal, return it to its owner. Help all animals, even if the owner is someone with whom you don't always see eye-to-eye. If you see injured birds or small wildlife, contact a wildlife rescue center or agency.
- Adopt a pet who needs a home. If you're not planning for your pet to have children, spay or neuter them to avoid risking them having babies you have to give away.
- If you've eaten plenty of meat or fish over the last month, consider changing one meal this coming week to be vegetarian or vegan. Try a new fruit or vegetable, or prepare it in a new way, to "explore the fruits of the land."

- Volunteer with your family or friends at an animal shelter or wildlife rescue center.
- Plan a family trip to a local, organic, free-range, cage-free, and/or certified humane farm!

Step 5: Your Community

A famous Talmudic passage states, “When a person comes before the Heavenly Tribunal, they will be asked six questions:”

1. Did you do business honestly – and responsibly – not polluting our world or exploiting our workers or animals?
2. Did you create space to learn timeless wisdom (including ecological Torah teachings), rather than focusing mostly on earning a living?
3. Did you help sustain life in this world, by helping others find supportive community, or by protecting species from extinction?
4. Did you anticipate redemption and bring about a better future for the world, not just focus on our immediate concerns?
5. Did you really try to understand your impact on this earth, or simply plod on unaware of the damage you were creating for future generations?
6. Did you have fear of Heaven, think about the universe, God, and what God wants for Creation, or did you just think about yourself?

In summary, did you leave a world that was better than when you entered it? A large part of becoming conscious of our actions is tending to your flock or community. Our community starts with our family, moves on to our local community, then to our national community and of course eventually to our global community.

In short, try to think global but act local:

- Look for an opportunity to share your resources with others. For example, borrow a book from your local library rather than buying a new one, create an opportunity to share gardening tools with a neighbor, or organize a community swap for books, toys, clothing, or other products. You will then become part of the circular economy.
- Learn about the environmental challenges faced in your local community. Identify one place where you’d like to focus your attention on the health of the land. Do

your part to help preserve it through charity, clean-up or solar projects, or sponsoring a wildlife habitat.

- Create community opportunities to learn faith-based wisdom on sustainability and creation care, like through a book club, learning circle, or after-school program. See www.interfaithsustain.com for further resources.
- Look for an opportunity to be generous to another human being this week. For example: give money to the poor, schedule a time to volunteer at a local shelter, or find time to join a local team which is fulfilling a community need.
- Hire a guide to explain your local geology, plants, and wildlife, providing you with a glimpse of how your neighborhood or town was formed and continues to develop. Transform walking to your corner store into a historical and environmental hike!
- Connect to the [Transition Movement](#) in your town or city.
- Learn the names of the sanitation employees, maintenance workers, and gardeners who service your neighborhood, apartment building, school, or workplace. Consider ways in which you could ennoble their work and include them in your community.

Step 6: Your Environment

Every human on earth is responsible for the degradation to our environment on local, national and global scales. We can not blame the other as every step or purchase we take needs to be audited into what impact it is creating. “A butterfly flaps its wings in the Amazonian jungle, and subsequently a storm ravages half of Europe”: Good Omens, by Terry Pratchett and Neil Gaiman.

Our unbounded use of fossil fuels to stoke our energy-intensive lifestyles is causing global climate change. An international consensus of scientists predicts more intense and destructive storms, floods, and droughts resulting from human-induced changes in the atmosphere.

Roughly 68% of the world’s freshwater is locked in ice caps, glaciers, and permanent snow. In some coastal areas, sea level rise is beginning to regularly flood whole towns and low-lying parts of major cities.

Contemporary researchers find that nonbiodegradable plastics have polluted every corner of our planet's oceans and have even reached the world’s deepest ocean trench

at 10,989 meters. By 2050, some analysts believe there will be more plastic (by weight) in the oceans than fish.

Here are some strategies to help you be a good steward of the environment:

- To get started with your commitment to learn and act on Genesis' ecological messages, calculate your ecological footprint: How many acres of bioproductive space are devoted to supporting your lifestyle? This can be done through an online quiz such as the one at www.carbonfootprint.com. After you complete the quiz, explore the links provided to discover new ways of living sustainably.
- Learn about water challenges in your local community. To save water, make a commitment to turn off the faucet while brushing your teeth, between washing hands, and while lathering dishes. This small action will raise your consciousness about all your water use.
- Make conscious decisions about your patterns of consumption and begin taking specific actions to shift the balance. For example, before you buy something, ask: "Is this mug made with fair-trade coffee beans or candy?"
- Awareness can often be gained through small details and changes. Set aside one day a week in which you will engage the world with more ecological awareness. Try a different activity each week: walk or cycle instead of driving to work, don't throw anything out, only buy recycled products or products in recyclable packaging, pick up street litter, don't use any disposables, cut your shower down by five minutes, bring a travel mug with you to your favorite cafe, or carpool.
- Support an effective energy policy in your city, state, or country – one that strongly reduces fossil energy use, such as investing in city-owned electric vehicles, and strongly supports development of carbon-free energy sources such as solar panels on the roofs of homes and municipal buildings. something I want or something I need?" Explore the differences between these two impulses.
- Find out where you can safely dispose of electronic devices and batteries. The use of these objects of human ingenuity and craftsmanship makes you responsible for disposing of them carefully.
- Giving a gift? Wrap presents in wrapping paper that you saved from a gift you received. Or get creative and use the gift as its own wrapping; for example, tie an item in a scarf.

Step 7: Your Activism

Applying the teachings of the Hebrew Bible to stewardship of God's creation is not just an idea for today, but essential for a future in which we achieve a balanced, worldwide ecosystem and thrive on a planet viable for all life. We can each create our own Eden on earth and collectively contribute to a healthy planet with clean resources for all!

Here are some strategies that you can use to become a good steward of the environment:

- Reflect carefully when purchasing a gold ring or other item. Does your purchase express your values? Contemplate recycling a family heirloom. For example,
- You could melt down or resize your grandmother's gold ring to create a ring that fits your taste and purpose. Or acquaint yourself with organizations that adopt ethical mining and manufacturing practices. They include companies which follow the Kimberley Process Certification Scheme, join the Ethical Metalsmiths community, or have Fairtrade Gold or Fairmined certification.
- Learn about the challenges of environmental justice and environmental racism. These topics will show you how our environmental choices can disproportionately impact others.
- Find out which major retailers and manufacturers utilize dehumanizing sweatshop labor. Make a commitment to reduce your use of products from these companies. Many websites feature lists of such companies: The American Federation of Labor and Congress of Industrial Organizations (AFL-CIO) and Green America are good places to start.
- Encourage your government representatives to support stronger national environmental legislation and international treaties, including trade agreements that prioritize environmental considerations.
- Investment: Invest in funds that screen for corporate environmental performance or sensitivity; invest in and encourage government investments in developing renewable energy technologies.
- Dedicate some of your wealth in service of something that will elevate you and make God's presence manifest in your daily life, such as supporting work to reveal the connection between religion and ecology.
- Write a short review for Eco Bible on Amazon:
<https://www.amazon.com/review/create-review/>.

Conclusion

According to scientist Gaétan Chevalier, “Emerging scientific research has revealed a surprisingly positive and overlooked environmental factor on health: direct physical contact with the vast supply of electrons on the surface of the earth.” Our modern lifestyle has cut us off from this contact and may be a major contribution to increasing physiological dysfunction and unwellness.

In 2019, 24 scientists published a groundbreaking study on the link between nature and mental health, including “the impacts of nature experience on cognitive functioning, emotional well-being, and other dimensions of mental health.” They discovered that humans receive tremendous value from nature in balancing and maintaining our mental health. You will be eternally grateful to have the opportunity to bless your own life and the lives of your loved ones whilst knowing you were part of the conscious effort to prevent further damage to our planet and ensure its healthy continuation for future generations.

Through commentaries on the Hebrew Bible that fit perfectly with your daily schedule, Eco Bible reveals a spiritually grounded vision for both long-term sustainability and immediate environmental and personal mindfulness and action!

So, in order to discover a sustainable way of living that is both healthy to YOUR mind and body, while at the same time contributing to healing the devastation that we have wrought on the world’s environments and ecosystems, be sure to start your 7 step programme today.

Order your copy NOW and begin your 7 step personal program to healthy sustainability.

You can [click here](#) to purchase Eco Bible on Amazon, or visit [this page](#) to contact The Interfaith Centre for Sustainable Development to order in bulk for your study groups and book clubs.

By helping the planet, the main benefits go to YOU! So, start your 7 step program TODAY with no delay so that you begin to reap all the benefits that come with living in harmony with the world around us.

© The Interfaith Center for Sustainable Development