

Is there **nothing** you can do about the environment?!

That's right, **nothing**.

Nothing may be one of the best things you can do.



One day every week. Do **nothing**.

Make your day of rest a **real** sabbath. For you. For earth.

Don't drive. Don't shop. Don't build.

Take a walk. Play or read with your kids. Sing. Eat cold food with friends. Meditate.

Try it. One day a week you'll stop creating the need for more goods, stop using up natural resources, stop emitting carbon dioxide and other pollutants.

The Sabbath is said to be a foretaste of the world to come (Babylonian Talmud, Berachot 57b). If you care about our future, about your well-being, observe the sabbath. It helps cultivate community, inner calm, contentment and self-discipline. It helps revive you, reset your priorities. One powerful weapon in the fight against environmental deterioration may just be an age-old spiritual technology. It could be merely a question of doing **nothing**.

The Green Sabbath Project www.greensabbathproject.net