

"If you truly love nature, you will find beauty everywhere."
- Vincent Van Gogh

The Earth Cube's objective is to encourage personal and collective attitude transformation through person-centered, action-oriented responses to the needs of the environment. It is based on a lifestyle encouraged by the EcoOne Project (www.ecoone.org), an international ecological cultural initiative present in over 180 countries.

Fold it!
Roll it!
Live it!

The Earth Cube® is a new motivational strategy for more effectively living out key principles supporting a healthy and sustainable planet.
How does The Earth Cube® work? Pick it up each day and roll it, then read the side on top, find a way to live those words that day, and share the results with others.

The Earth Cube®
Today's action, Tomorrow's future!

What people say....

" 'ONLY What is Needed!' was the direction given by The Earth Cube today. It started out with a 'timed shower' (get out quickly before the bell rings), followed by recycling/reusing some paper at work, followed by a lighter lunch than normal (soup/salad). Ok. maybe these are baby steps, but at least my awareness was there!" (Sao Paolo, Brazil)

" 'EVERYTHING is a Gift!' Today I attended a funeral for a friend's father. The eulogy was so meaningful for me ... it was such a gift! The lesson to "live the present moment" well has remained with me." (Chicago, USA)

" 'DISCOVER Amazing Things!' is what The Earth Cube recommended today. I'm working on a project this morning to prevent a river from being contaminated, to keep it clean for the next generation. Today, I need to go 'deeper' beyond the science to understand what is behind everything I do." (Indianapolis, USA)



"Today was a 'double' Earth Cube special....living two sides of the cube at the same time: 'The time is NOW!' and 'Smile on the World!' I looked in my sock drawer this morning and realized how many I have, and could share. So, I bundled the extras up for others. Less is more!" (Paris, France)

"The Earth Cube - 'We're all CONNECTED!' it told me after rolling today. I realized was leaving my lights on when I left the house, and so I went around and turned them off before going out for the evening. I even shut down my computer. What I do really does affect others!" (Nairobi, Kenya)

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www.TheEarthCube.org

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We are All CONNECTED!

Though it's not always apparent, everything on the planet is in relationship with everything else - the cities, the forests, the ocean, the air. Everything.

When something happens to one, it affects everyone and everything, nearby and far away - for good or for bad. When something is unhealthy - a smoking factory, a contaminated stream, a strip-mined mountain - everything and everyone around it also suffers, and our most vulnerable neighbors suffer the most.

Look at how you are connected to the world around you. What can you do today to build a more positive connection?



"The sun shines not on us but in us. The rivers flow not past, but through us." (John Muir)

"Corruption doth appear on land and sea because of (the evil) which men's hands have done, that He may make them taste a part of that which they have done, in order that they may return." (Quran 30:41 - Koran)

"Everything I have created has been created for Your sake. Think of this, and do not corrupt or destroy my world; for if you corrupt it, there will be no one to set it right after you." (Ecclesiastes Rabbah 7:13 - Jewish)

How can I live this side of The Earth Cube?

- » Buy local products to reduce gas emissions caused by transporting products to distant markets.
- » Plant a tree or flowers in your neighborhood, school, or workplace.
- » Don't throw trash in public places. Hold onto your garbage until you find a trash can.
- » Calculate your carbon footprint. Measure the amount of greenhouse gases being emitted into the atmosphere because of your own food, energy and transportation use - then change your habits, in large or small ways, to reduce your footprint.

DISCOVER Amazing Things!

The world is filled with all sorts of incredible things between its highest mountain peaks and its deepest valleys on the ocean floor.

An immense variety - of people, animals, plants, insects, microbes, soils, rocks, rivers, waterfalls - is waiting to be encountered by us! With each encounter, we live forever changed - an increased sense of wonder, a widening of the soul inspired by beauty, a humble respect for the power of nature. These discoveries lead us on a journey of engaging moments, meaningful activities, and purpose-driven living!

What unique natural phenomenon can you experience today that allows you to see the world differently?



"See how the flowers of the field grow. They do not labor or spin." (Matthew 6:28, The Bible)

"We never noticed the beauty because we were too busy trying to create it." (Unknown)

"Teaching children about the natural world should be seen as one of the most important events in their lives." (Thomas Berry)

"The closer one looks, the farther one sees." (David Cavagnaro)

How can I live this side of The Earth Cube?

- » Learn something new about the environment. Research threatened wildlife; find local species of flora and fauna needing help; find out where your local stream flows.
- » Explore nature nearby. Go to the countryside, practice ecotourism, travel to beautiful places, or dive for the first time. Feel the power of God. Rest in the arms of nature. Refresh and renew yourself to return to daily work.
- » Watch documentary films. Observe and understand the beauty and complexity of nature.



Everything is a GIFT!

Each person, each thing, is present as a gift for the other.

If the pine trees glistens in the sun - it's a gift! If the brooks flow into glimmering falls - it's a gift! If a new baby crawls on the ground - it's a gift!

When we begin to see that everything around us has something of value to offer us, a sense of appreciation and gratitude grows within us. From there, comes a deep reverence and respect for all that is, and a desire to preserve and protect it for future generations.

How are you a gift for others around you and for the environment?

Are there gifts that you don't see?

How can I live this side of The Earth Cube?

- » Pause and reflect. Watch a sunset; listen to birds; feel the wind on your face; touch the grass.
- » Take a walk outdoors. Stop and find an insect - what shape and color is it? Where does it live? Does it live in a community?
- » Be grateful for all things in your life. The water you drink every day, the nutrients you take in, the medicines at your disposal. Thank nature for giving us these things.
- » Wounds and blessings. Look at every daily difficulty or obstacle as a gift.

"Joy in looking and comprehending is nature's most beautiful gift." (Albert Einstein)

"When I admire the wonders of a sunset or the beauty of the moon, my soul expands in the worship of the creator." (Mahatma Gandhi)

"When you drink water, remember the source." (Chinese proverb)

"If a Muslim plants a tree or sows seeds, and then a bird, or a person or an animal eats from it, it is regarded as a charitable gift (sadaqah) for him." (Imam Bukhari)



ONLY What is Needed!

How are we going to live sustainably on this planet? By taking only what is necessary to live our lives in relationship with everything else.

Like a tree that draws up only the water and nutrients needed to grow and bear fruit, we too need to separate our wants from our needs.

Let's minimize our negative impacts by maximizing our positive ones.

Let small individual sustainable choices be the inspiration for collective change!

How can I live this side of The Earth Cube?

- » Turn off computers at night. A computer and monitor in "sleep mode" can minimize electricity usage and costs.
- » Think twice before making a purchase. Do you really need a new cell phone? Is your purchase driven by a desire to be accepted by your peers?
- » Monitor food waste at your home. Are you cooking too much for your family? What is thrown out from your refrigerator each week?
- » Live the 9 R's: Rethink. Refuse. Reduce. Reuse. Refurbish. Repair. Repurpose. Recycle. Repeat.

"Remember that when you leave this earth, you can take with you nothing that you have received - only what you have given." (St. Francis of Assisi)

"This is my simple religion. There is no need for temples; no need for complicated philosophy. Our own brain, our own heart is our temple; the philosophy is kindness." (Dalai Lama)

"Live simply, so that others may simply live." (St. Elizabeth Ann Seton)



SMILE on the World!

Nothing speaks louder than positive actions to make the world a better place!

Stopping to recycle our waste, re-using or re-purposing an old object, quickly turning off the shower, planting a community garden, eliminating the need for daily private transportation - all these are the 'little things' that bring about efficiency and sustainability in the environment.

Every action during the day has a consequence!

Don't just 'think' about being pro-earth, make the move, and see the wonderful things that can result from it!

How can I live this side of The Earth Cube?

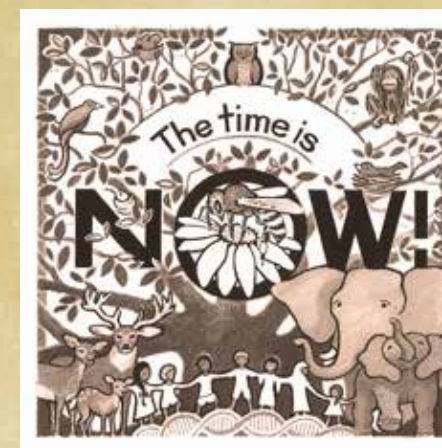
- » Hang your clothes to dry. This will save money and reduce your carbon footprint. It will also extend the life of your clothes.
- » Use both sides of paper. Print double-sided and put the drafts in the recycle bin.
- » Repair, recycle, or give away used items. Before you throw things away, try to fix them or look for another use. Find someone else that might need them.
- » Purchase used products or those made with recycled materials. Clothes, wooden matches, cardboard containers.

"Be the change you wish to see in the world." (Mahatma Gandhi)

"We cannot do great things on this Earth, only small things with great love." (Mother Teresa)

"Our environment, the world in which we live and work, is a mirror of our attitudes and expectations." (Earl Nightingale)

"Never, never be afraid to do what's right, especially if the well-being of a person or animal is at stake." (Martin Luther King)



The Time is NOW!

How often have we said: "I'll do that tomorrow?" and then never do it?

Start in each moment of each day to change the small things in our life for the better.

Our world can no longer wait on our procrastination!

Don't look beyond your own living space to improve something.

Act NOW!

How can I live this side of The Earth Cube?

- » Do something small every day and share it. For example, after living one side of the cube, post it on social media or just by talking to friends. Spread your passion and good works person to person.
- » If you fail one day, simply start again the next day. The worst enemy of environmental change is quitting from frustration and guilt. It's ok to start over again and again.
- » Today, not tomorrow. Action not inaction. At the end of each day, ask yourself: 'What did I do?'

"When shall we start? Now! St. Catherine used to say: 'Don't wait for the time because time won't wait for you.'" (Chiara Lubich)

"But the people who know their God shall stand firm and take action." (Daniel 11:32 - Bible)

"All of us can cooperate as instruments of God for the care of creation, each according to his or her own culture, experience, involvements and talents." (Pope Francis)