

## Resources

“There is no difference between healing the planet and healing ourselves.”

– Thich Nhat Hanh, *Love Letter to the Earth*

“We need to live as the Buddha taught us to live, in peace and harmony with nature, but this must start with ourselves. If we are going to save this planet we need to seek a new ecological order, to look at the life we lead and then work together for the benefit of all; unless we work together no solution can be found.”

– from the *Buddhist Statement on Ecology, 1996*

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[www.ecobuddhism.org](http://www.ecobuddhism.org)

[www.oneearthsangha.org](http://www.oneearthsangha.org)



**An Alberta Buddhist  
response to the environment  
and global warming**

## Who we are

Touch the Earth Forum is a non-sectarian group of Edmonton-based Buddhist practitioners established in 2010. We are committed to environmentalism and are deeply concerned about global warming. We are an evolving eco-sangha that practices together and studies Buddhist teachings and how they can inform and inspire a compassionate, skillful response to the greatest planetary challenge humankind has likely ever faced.

## What we do

- meet once a month to meditate and engage in a group study of books, videos and other works related to Buddhism and environmentalism
- organize retreats, workshops and guest speakers
- network with other Buddhist eco-groups
- support individual and collective practice
- study and action to live in mindful relationship with the Earth

## Buddhism and the environment

Buddhism has a unique relationship to the Earth that began when Buddha, challenged by Mara (doubt), touched the Earth as witness to his awakening. His action acknowledged the non-dual relationship between ourselves and the Earth.

The interdependency of all living things and our planet lies at the heart of Buddhist teachings. The teachings lay out a compassionate alternative to the greed, ignorance and aggression that are the root causes of our wanton destruction of the environment and the suffering of all sentient beings.

With so much to offer it is important that Buddhists come together and work to heal the Earth and protect its biodiversity. Eco-Buddhist groups are emerging and beginning to take action, such as One Earth Sangha, [www.oneearthsangha.org](http://www.oneearthsangha.org).

## Our story

Based in the heart of oil country, Touch the Earth Forum is acutely aware of the level of environmental destruction and social disruption brought about by our dependency on fossil fuels. We acknowledge that finding alternatives will be a complex process that will require individual and collective action on many fronts from the economic to the political, from the scientific to the spiritual. There are no other options, however, if we are to share the Earth in a responsible, sustainable way.

## Join us

We invite you to join us in our monthly study group and other activities and to receive our e-mail bulletins.

Meditation instruction is available as well as information on basic Buddhist philosophy and practice.

We welcome contact with Buddhist, faith-based, environmental, civic and educational groups.

## Contact us

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# TOUCH THE EARTH FORUM