



One Earth Sangha

# To What Am I Committed?

An Guided Meditation with Damchö Diana Finnegan

*This is a transcript of a practice offered by Damchö Diana Finnegan as part of her Exploring Buddhism and Ecology series. Watch the practice [here](#), or watch the full dharma talk [here](#).*

I want to invite us to just sit for a few minutes to think about what is the nature of our commitment to environmental issues or to action in the moment of climate crisis. What sort of a commitment do we have?

We can consider it in terms of different types of commitment. Maybe what we feel is not very focused. Maybe we're not even sure we would call it commitment. Maybe it's interest, concern. So we can just start there and see even where inside our body we're holding thoughts and feelings about what's happening right now in all the different ecosystems around us and to all of the different species that we share the planet with.

You can just see what that awakens or where it resides within us. How does it feel?

Once we have a sense of where we're holding it, maybe we can look at how we relate to it. Do we think about ecological crises and the position we take relative to them as a kind of political commitment? Is it an ethical or moral position that we're taking? Do we experience it maybe as a philosophical commitment that we have, just a matter of philosophical outlook or principle?



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We can take a moment to think about how it feels when we consider it in these different ways. How does it feel to imagine ourselves acting on environmental issues as a political issue for us versus as an ethical issue or a philosophical issue?

What do those three modes activate in us that's distinct, one from the other?

And finally let's see if we can connect with a space inside ourselves where we would hold environmental issues as part of our spiritual practice and think about environmental issues as spiritual issues. Where is that place inside ourselves where we receive the Earth in a spiritual relationship?

And now let's just take a moment to think about acting on our environmental commitment as spiritual practice. What would shift for us?

How would it feel to experience our interconnectedness with all of the more than human world as a spiritual kinship? Can we rest for a few moments experiencing ourselves as kin to all beings and all the world as a web of kinship?

And then just resting here in this space where we might start to imagine that our spiritual practice manifests as this ecological commitment. What does that feel like?

Maybe we just save in our emotional memory, our physical memory, the sensation of kinship and of a spiritual path that grounds us so firmly in the Earth so that we can come back to this sense as we need it later.