



# Spaceship Earth: Meditation and Sustainability for the Person and the Planet

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Human beings have immense powers as yet largely untapped in Western culture. By developing the skills of mindfulness and meditation, while learning the best things to put into our body—and the best things not to put in it—we can experience happiness and wholeness in ways we had hardly imagined.

The same is true for the planet. With the right treatment, nature and all its wild beauty can thrive in ways that bring us delight and renewal while sustainably supporting all creatures.

This class will help to develop the mental and physical habits that can make life a constant joy, reducing stress while increasing focus, energy and well-being. In the process, we will learn about the latest neuroscience and other research that has proven these possibilities. We'll also learn about the exciting things we can do to bring about healthy ecosystems for nature as well as humans and animals.

For anyone interested, there's also optional volunteer work helping the environment for lots of extra credit.