



# BUDDHIST GREEN DAYS

What can we do to help in a changing world?

We live in an unsettled and changing world. Our living conditions are put to the test in different ways. Ecological mismanagement causes considerable damage to nature and all forms of life. This means that our entire habitat is affected and, in some cases, even threatened. We humans have contributed to this mismanagement but it is also possible for us to influence and change this development so that it will be more positive in the future. Perhaps we have already started this journey?



To have insight and understanding of our planet's different inter-relations is a first step towards changing our approach. These “transformative changes”, as scientists call it, require new ways of thinking, new approaches, new friends and a great deal of courage in order to change old patterns. We can help prevent suffering for all forms of life and slowly but surely restore a balance in the environment. True insight and behavioural change come from wisdom, by renouncing our destructive ideals of greed.

This can be attributed to the lack of a deep understanding that nature and all life on earth are mutually dependent on each other, intertwined like a tapestry. When one part is damaged the consequence is reduced sustainability for everything else which causes suffering for the entire planet.

In order to care for all life and our entire planet we should all play our part and contribute to the middle path towards change. This means setting important goals which lead to change as well as carrying out concrete actions such as incorporating green days into one's daily life as the example below.

## EBU Eco Dharma Activity & BAM\*

We invite all Buddhists and other interested to join in actions for solely vegetarian or plant-based meals. If one is not yet used to it, one could start 1st day of every month. If successful, one can gradually add the 15th day or extend it even more.

A vegetarian or plant-based diet is one of the actions each and everyone can contribute with to save our planet from global warming and is environmentally friendly. Eating mostly plant-based diet is one of the best things you can do to stop climate change – it's also delicious and joyful! Why and how is described below.



**When:** We suggest beginning with the 1st of each month. If successful one can then include the 15th day or extend it even more.

**Who:** We would like all Buddhist Associations to promote this initiative to their members, families and friends within Europe and possibly, worldwide.

**Where:** We shall promote the Buddhist Green Days through all interested Buddhist Associations, websites and social media.

**Why:** A vegetarian or plant-based diet can contribute to save our planet from global warming and is environmentally friendly. Eating mostly plant-based diet is one of the best things you can do to stop climate change – it's also delicious and joyful! Eating a veggie diet means 2.5 times less carbon emissions than a meat diet. A chicken breast takes over 542 litres of water to produce, that could fill up your bathtub 6.5 times. By eating vegetarian food for a year, you could save the same amount of emissions as if taking a small family car off the road for 6 months. A vegetarian diet uses less water. It takes far less water to produce plant protein than meat.

The population is set to rise to over 9 billion by 2050, we are consuming the planet's natural resources faster than the Earth can replenish them. By 2050 we'll need the equivalent of three planets resources to meet our current needs.

\*BAM - Buddhist Action Month – June 2021



How:

## 1. REDUCE CARBON

Our planet is heating up. By replacing meat with vegetarian sources of protein, (sustainable produced nuts, seeds, algae, beans and lentils for example), we can reduce carbon and other greenhouse gas emissions. The whole food production process of farm-to-plate totals 30% of all global greenhouse gas emissions.

## 2. SAVE EMISSIONS

By eating vegetarian food for a year, you could save the same amount of emissions as taking a small family car off the road for 6 months (4). You might not be able to stop using your car in day-to-day life but you can choose to eat mostly veggie food.

## 3. LAND AND WATER

More agricultural land is used to raise cattle than all other domesticated animals and crops combined. A vegetarian diet requires two-and-a-half times less the amount of land needed to grow food, compared to a meat-based diet. Livestock in the UK eat more than half of the 20 million tonnes of cereal grown. That's over 50% of wheat and 60% of barley.

A message to all friends:

“EAT WELL to CHANGE the CLIMATE!!!”

Contact:

Wendy Har

Board member of The Swedish Buddhist Community

Advisor of Buddha's Light International Association Stockholm

wendyharsbg@gmail.com

kontakt@sverigesbuddhister.se

www.sverigesbuddhister.se



[www.sverigesbuddhister.se/ecodharma](http://www.sverigesbuddhister.se/ecodharma)