

SUSTAINABILITY IN BUDDHISM



Sustainable Traditions In **HISTORY**

- *Karaniya Metta Sutta* "With a boundless heart should one cherish all living beings, radiating kindness over the entire world."
- *Dhammapada* "He who is satisfied with what he has, who is full of joy, is rich."
- *Lankavatara Sutra* "I have not permitted meat eating by anyone. I do not permit it."
- Buddhists have traditionally practiced non-violence towards all living beings and embraced moderation, including through vegetarianism, minimalism, and avoidance of deforestation, with some taking the Bodhisattva Vow to dedicate their lives to helping all sentient beings.
- Ashoka, Avalokiteshvara, and Shantideva advocated for care of plants, animals, and natural resources.

- Sign petitions encouraging environmentally-friendly policies!
- Reduce backyard pesticide use.
- Encourage your workplace to implement resource-saving initiatives.
- When growing your family, consider adoption as an option.
- When appliances break, replace with energy-efficient versions.
- Reduce car use. Carpool, bicycle, or use public transportation!
- Keep your old phone and other electronics. Technology uses lots of mining-intensive minerals, so update your tech as rarely as possible.
- Use reusable versions of straws, water bottles, diapers, and napkins.
- Volunteer and donate.

Sustainability **TODAY**

- Emphasis on nonviolence, compassion, moderation, and loving-kindness
- Buddhist environmental nonprofits: Earth Sangha, Dharma Action Network For Climate Engagement, Green Sangha, and One Earth Sangha
- Environmental advocates: Ven. Thich Nhat Hanh, Dr. Joanna Macy, Ven. Ajahn Chah, Gary Snider, Jintana Kaewkao, and Dr. Lily De Silva
- Books: *Dharma Gaia: A Harvest Of Essays In Buddhism And Ecology*, *Cherish All Life: A Buddhist Case For Vegetarianism*, and *Zen and the Art of Saving the Planet*
- Congregations are going solar with Interfaith Power & Light

DO YOUR PART!

- Buy what you need and learn to repair what you have.
- Eat less meat. Try beans, peas, hummus, lentils, peanut butter, tofu, and meat alternatives instead!
- Lessen AI use.

This congregational resource was created as part of the Sustainability In Religion program by Conserve It Forward, a nonprofit organization focused on empowering everyday people through environmental education, and made by religious studies PhD student Avalon Jade Theisen in consultation with Buddhist studies professor Dr. Huaiyu Chen.

