

Conscious Living Projects

Completed 2003

ENVIRONMENT	Translating Eco-Score for Internet Use	This useful tool for assessing how sustainable our lifestyle is, has gone from a little know program requiring Lotus 1-2-3, to now immediately accessible to all through the internet.
HEALTH	Ayurvedic Diet	Organized and presented a program by Dr. Stuart Zisman showing the benefits of a diet in tune with the seasons, the environment, and our particular makeup.
MIND	Introduction to Insight Meditation	Distributing this small booklet which teaches how to see clearly into the nature of the mind.
HEALTH ENVIRONMENT	Literature and Bumper Stickers supporting Vegetarianism	Distributed information showing the great health and environmental benefits of a vegetarian diet.
HEALTH	PowerPoint presentations	We have developed and shown PowerPoint presentations on 'Diet and Heart Diseases', 'Diet and Cancer', and 'Fad Diet Myths'
MIND	Mary Orr Meditation Weekend	Sponsored a weekend retreat on 'Developing Peace Within' and brought in Mary Orr from Spirit Rock Meditation Center in Northern California to lead it.
HEALTH ENVIRONMENT	The Food Revolution	Purchased and freely distributed a case of John Robbin's powerful book on food and it's relation to the environment, world hunger, genetic engineering, health and the welfare of all species.
MIND	Peace is Every Step	Purchased and distributed Thich Nhat Hanh's book on developing inner peace. Helped support a weekly study group around this book.
HEALTH ENVIRONMENT MIND	Bowling for Columbine April 12, April 26	Showing this film which was not released in Mississippi. Explores the impact of violence and guns in our society. 2 nd showing was to a standing room only crowd of 50!
MIND	The Practice of Peace Showing April 18	This is a video of Thich Nhat Hanh on his first visit back to the United States after the first Gulf War. Can we see the roots of war in our own minds?
ENVIRONMENT	Lester R. Brown	\$300 contribution to MS2020 to help with expenses in bringing Lester Brown to Jackson.
ENVIRONMENT	Eco-Scores at Future Fair	Set up 2 computers with internet access and supervised attendees taking and printing out their Eco-Scores at the MS2020 sponsored Future Fair at Millsaps College.
ENVIRONMENT	Honda Insight Hybrid at Earth Day	Demonstrated and explained the workings of the greenest mass produced vehicle at Earth Day in the Rainbow parking lot. Ongoing demonstrations daily.
MIND ENVIRONMENT	Distribute 20 copies/month of Share International Magazine	This magazine, affiliated with the United Nations, champions efforts to share resources and find political solutions based on non-greed.
MIND	Distributing copies of The Power of Now on audio	In simple language, Eckhart Tolle describes how to access and use the power of the present moment to free our minds.
MIND	The Flowering of Human Consciousness May 9th	Video presentation of Eckhart Tolle answering questions about accessing the peace available by maintaining presence.
MIND	9 Day Intensive Meditation Retreat Oct 17-25	This retreat was held on the Gulf Coast at Bay St. Louis. Mary Orr from California lead the retreat. This was a chance to really get to know the workings of your mind intimately.
ENVIRONMENT	Eco-Score for Children	A web-based questionnaire for children to help them see how their lifestyle is affecting the planet, and to educate them on better choices.

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MIND	Introduction to Insight Meditation	Distributing this small booklet which teaches how to see clearly into the nature of the mind.
ENVIRONMENT	Plan B	Purchased and distributed 20 copies of Lester Brown's book
HEALTH	Pedometer Purchase	Distributed free pedometers and organized a virtual walk from Jackson to Climax, Canada – over 1,000 miles of walking during January
MIND	George Catlin Talk	Brought George Catlin to give a public talk on spiritual hierarchy
MIND	Peace Pilgrim	Purchased and distributed 2 cases of Peace Pilgrims book and booklet
MIND	Matt Flickstein Weekend	Brought Matt Flickstein to Jackson for a public lecture and a weekend meditation retreat
MIND	Inquiring Mind	Twice a year purchased 50 copies of the magazine, Inquiring Mind and distributed them freely.
ENVIRONMENT	Living On Earth	Contributed \$200 in a successful campaign to return the 30 minute weekly public broadcasting program to the air in Mississippi
MIND	Matt Flickstein 7 Day Retreat	Brought Matt Flickstein to St. Augustine's retreat center in Bay St. Louis for a 7 day retreat to explore the dimensions of Self and No-Self
HEALTH	Vegetarian Education	Started a matching grant program to get a leading expert on vegetarianism to come to Jackson.
HEALTH	Super Size Me!	Showed the film of what happens when the film maker eats only at McDonalds for one month.
HEALTH ENVIRONMENT	FACTS FOR SWITCHING FROM AN ANIMAL-CENTERED TO A PLANT-BASED DIET	Distributed over 250 copies of this 9 page document which outlines the reasons for choosing a plant based diet
ENVIRONMENT	Rainbow Planit Think Tank	Organized a discussion of local activists to determine what directions to work in following the November, 2004 elections in regard to peace, justice and the environment.
MIND	Mediation for Everyone	Taught two sessions of these six to eight week courses as an introduction to meditation in the Millsaps adult learning program

Suggested Possible Future Programs:

Eckhart Tolle, Depak Chopra, Jon Kabat-Zinn, Nobel Peace Prize Winners Lecture Series, John Robbins, Ray Anderson, Congressman Dennis J. Kucinich, Joanna Macy, Dr. Andrew Weil, Dr. Dean Ornish, James Twyman, Dr. Irvine-Halliday, Light Up the World Foundation, Amory Lovins and the Rocky Mountain Institute, Lama Surya Das

Add your suggestions to the list. And even better, volunteer and contribute to make it happen!

In Process

HEALTH ENVIRONMENT MIND	Conscious Living Project Web Site	A place to get information on scheduled programs and projects, to share ideas about possible programs and projects, a place to express interest in volunteering or contributing financially to make events happen.
HEALTH ENVIRONMENT	Power Point Presentations	We are working on PowerPoint presentations on the topics of 'Food and the Environment', 'World Hunger', 'The Cultural Creatives' and 'Genetically Engineered Food'
HEALTH ENVIRONMENT MIND	Healthy Alternatives Catalog for Central Mississippi November	This is a huge project. The idea is to make a catalog that lists area resources in the area of sustainability, environmental protection, healthy food, alternative medicine, and spiritual practices. Help is needed. Publication date is hoped for in November.
HEALTH	Rainbow Earth Walk 2005	Trying to get 600 or so people to walk, jog, run, bike, and swim so their combined miles circles the world.
MIND HEALTH	Indigo – The Movie	We have scheduled the only two showings in Mississippi of this important film about the very gifted children now appearing on the planet. The film dates are Sat., Jan. 29 6:30pm and Sun. Jan. 30 at 2:00pm. \$10.00