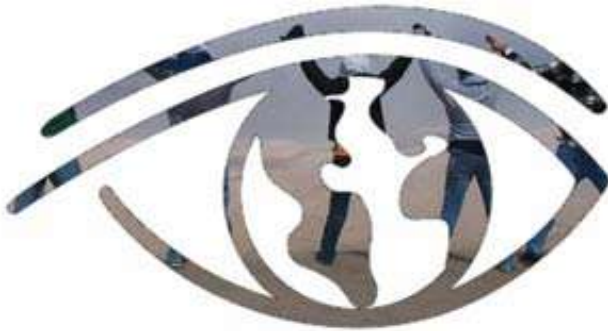




## CONSCIOUS SUSTAINABILITY

### It Takes a Vision

By Samone Myers



"The best way to predict the future is to create it." [1] However, to create what you desire requires a vision. And lack of vision is one of the biggest obstacles preventing us from overcoming some of today's global issues. This is due in part to how the 'western' way of life has the majority of the population thinking in a narrow band around them. Most pressing issues are how to pay the next set of bills,

getting credit cards paid off, meeting a deadline for a next project at work, avoiding a co-worker/neighbor/relative that is disliked, taking the car in to get fixed, losing weight, and a host of other daily grind activities.

Then when they finally collapse on the couch after a long day of work, it is no wonder that the last thing they want to think about is what to do about global warming, a clean alternative for petroleum, renewable energy sources, genetically altered seeds, or other complex issues facing every single person. Because unless you have another planet to live on, this is it!

Put another way, when I teach sustainability, I structure the material to show where we are with today's issues, and viable solutions that can be accomplished right now. This includes using clean technologies and new energy sources, which already exist. [2] Then, I write the word, "Utopia" on the black board and ask attendees their vision of Utopia. The answers are shocking: [3] "Own my own house." "Pay off my car." "Find Mr. Right." "Make lots of money." Finally, one young man said, "People living in peace." This sparked the woman sitting next to him to say, "No one going hungry again." Then, I asked if they would like to hear mine. I received a resounding "yes," and proceeded to share the following:

"My vision of Utopia includes no thought of war, each person having complete peace of

mind, never paying for energy, rarely frowning, working when I want, traveling when and where I desire, driving an anti-gravity car, going to see what is on the back side of the moon..."

At this point, I saw people start looking at each other, smiling, and whispering. "Would anyone like to revise their vision?" I asked. Hands flew up, and before I could select anyone, people started sharing out loud to me, to the class, to each other. I smiled and acknowledged those that I could hear. The reaction from the class was not the first time this occurred. I concluded the class emphasizing that these things were possible and more. After all, creating our future takes a vision. So let's create the future we desire, rather than more of the same.

*About the Author: Samone Myers is Director of EarthCURE and*

*teaches Conscious Sustainability and other topics.*

*For more info on her education and background, [click here](#).*

#### References:

1. This quote has been attributed to a number of people to include: Abraham Lincoln, Peter F. Drucker, and others. Regardless of who first said it, it is an insightful quote.
2. 'Unleashing the Future' series of videos by the Environmental Defense Fund of clean energy technologies that already exist. <http://www.edf.org/page.cfm?tagID=22080>
3. Answers were from a class of college students at the University in Toulouse, France in 2006.

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## UNIFIED COMMUNITY

A Promising Solution to treating  
Veterans with PTSD

How New Mexico is uniting to help  
our soldiers in need

By Samone Myers

Who knew? The U.S. Army has a  
solicitation out on the street looking for  
viable holistic treatments for our



veterans with Post Traumatic Stress Disorder (PTSD). Isn't that great! Still in the review process, I was privy to watching groups of people from various walks of life come together for a common goal; supporting our soldiers in need.

At first glance, it seems like our military is attempting this as a "last resort." This is because the military has been working on a solution to PTSD since at least the Vietnam War. However, recalling a conversation with my father, a retired Army Colonel who worked under General MacArthur, dealing with the traumas of war has been a concern from the time battles began.

So I can just hear some officer put in charge of coming up with a solution for the thousands of veterans suffering from PTSD, and approximately 12,000 suicides with countless attempts each year [1], saying, "Well, whatever this holistic mumbo jumbo is, it can't hurt." And he or she was not alone in this thinking. As it turns out, more and more retired and returning veterans are seeking holistic treatments for their health issues. [2]

More amazing than the staggering numbers of veterans still in need of care, is the coming together of people throughout the state of New Mexico to propose to the Army a "Healing the Warrior Program (HTWP)." Created in 2007 from a man who invented the Total Health Recovery Program (THRP) for chemically dependent clients, Sadhu Singh Khalsa, MSW, LISW saw how the successes of THRP could be applied to veterans with PTSD. [3]

Essentially, HTWP makes use of the wide array of existing holistic practitioners in and around the Santa Fe, New Mexico area. The program involves detoxification and stress relief using methods which include, but are not limited to hot springs mineral baths, yoga, sound and dance therapy, meditation, Watsu, and acupuncture. In addition, the program makes use of Native American practices such as, drumming circles and sweat lodges.

However, in order for HTWP to work and be the best solution, means the direct involvement from Veteran groups at a local and state level. The "Wow" factor here is that HTWP does just that. Student Veteran Organizations at the University of New Mexico, collaborators from the Veteran Affairs Office, one of the state's Senators, and other outreach veterans groups are coming together with holistic practitioners in an otherwise unlikely gathering of people for one common goal; to help our veterans in need. Additionally, local businesses, medical doctors and private citizens have also joined in by offering to donate thousands of dollars worth of discounts, herbal supplements, use of facilities, and much more.

Seeing this fall into place, I approached Sadhu about how we could take his vision and combine it with EarthCURE's. It did not take long for him to see what was possible. Picture, if you will, the first Holistic Health Facility for Veterans that could also serve as a beta test site for new, revolutionary treatments, and converting the buildings and the grounds themselves into a complete self-sustaining holistic environment. And the best part is that we are just a few steps away from making this a reality!

Currently, all parties involved with the HTWP are hopeful of winning the first-of-its-kind

grant. Although winning this grant would be a wonderful kick start, it is clear that the people necessary to make this overall vision a success are in place and anxious to move forward. Therefore, if you are like most Americans and care about the well-being of our soldiers, then I encourage you to sponsor veterans with PTSD through EarthCURE's alliance with HTWP, and provide needed funding toward creating the first Holistic Health Facility for Veterans as a beta test site for new technologies and clean energy.

[Click here](#) to view the categories of donations for this exciting project!

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## RESEARCH FROM THE HEART

### ARTTRANSITION

Taking recycling to a whole other level

By Sue Denniston

I see art in everything. Whether it is a rusted metal bed frame someone has left in a long forgotten dump yard to a dead fish lying on the bank of a river.

Sounds strange, I know. But, since childhood I have looked upon things that others have discarded, and instead of viewing them with disgust, have seen beauty in them.

Now, more than ever, trash is accumulating everywhere. Sometimes, I cringe at the amount of trash I throw out on a weekly basis. This is especially so when I recall my great grandmother only having a bundle of trash that she burned in a barrel out back. Nothing in it was toxic, and certainly not made of plastic. Today, it is a different story. Product designers are asked to design for the "biggest bang for the buck" rather than practicality. And somewhere along the line it became fashionable for everything to have a package just for advertising purposes – not because it really needed a package.

So I feel good knowing that a small part we can all do is to take an item from the trash and convert it into art. You may be curious about what I had in mind for the rusted metal bed



frame or the dead fish. The bed frame I intend to clean, paint, and add red willow branches to create a southwest-style contemporary piece that will be the focal point in my bedroom. As for the fish, I dried the skin and used it in a piece of handmade recycled paper art work to give it a unique texture. The buyer was sold after the hearing actual Salmon skin from my dinner was incorporated into the artwork.

Fortunately, others are also transitioning trash to works of art or what I call, Artransition. In addition to art shows that highlight art from recycled trash such as the Recycle Santa Fe Art Festival, others are teaching people how to transform trash into art such as the Trash Matcher [1] or creating their own forms of art like the image above. It is made from beer cans. [2] Still others are taking recycling to a whole other level by taking something as large as an old aircraft and using it in the design of a house. [3] It is imperative that we take a new look at what we "throw away" not only because we need to decrease our waste but also because we can gain a new aesthetic for beauty from unusual places and things. Beauty enlivens us as we awaken our consciousness.

*For more information on EarthCURE Officer & Artist, Sue Denniston,*

*see her bio at <http://stonenote.com/bio.htm>.*

#### References & Resouces:

1. Trash Matcher <http://www.kid-at-art.com/htdoc/matchtmp.html>
2. Paul Villinski Image shown: Epigram, 2007
3. See our What's New page and the article, "Now that's Recycling!" [Click here](#).
4. Gifts and newsletter about Recylclcd art, <http://eco-artware.com/>
5. The Imagination Factory; Teaching children and their caregivers creative ways to recycle by making art, <http://www.kid-at-art.com/>
6. Turning trash into treasure, ConsciousLifestyle.org  
<http://consciouslifestyle.org/content/turning-trash-treasure-100-recycled-art>

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EDUCATING WITH HUMOR

Humor First...



Education Second...

Ignorance is not bliss! At EarthCURE, we believe education is key to making the kind of changes necessary to creating a self sustaining way of living. You might give yourself a test on where you stand. The following are based on actual reactions when these topics have been mentioned:

*Solar "I had solar panels on a house once. It gave me nothing but trouble."*

Our response: Consider how little has gone into the design and production of solar systems in comparison to petroleum-driven technologies. This may shed light on just one reason that solar is still in the beginning stages. Imagine if solar had been given the same amount of funding as just one U.S. Military aircraft – how much further we would be. Or think how much further we would be if the aerospace manufacturers had applied the solar technologies used on satellites since the 1950s to consumer products, buildings and other applications.

*Global Warming "I am not sold that it is really as bad as they say it is."*

Our response: There are countless cases of areas around the globe being affected by climate changes. Migration of birds has been disrupted. Drought is prevalent in areas, including unexpected places such as Hawaii. The ice caps are melting. Parts of Europe are showing signs of sea levels rising. Record temperatures in otherwise moderate climate areas are reported continuously – both extreme heat and cold. And the list goes on...

The solution we suggest is investing your money into companies and technologies that are geared toward renewable energy sources and/or are directly involved with the removal of CO<sub>2</sub>

form our atmosphere. Or in other words, "Put your money where your mouth is."

*Free Energy "Never pay for energy again! Think of all of the people who would be out of work."*

Our response: Speechless. No seriously. When you think about it, most of us work for energy or some sort of exchange. In a world where we did not pay for energy, all other sustenance could be exchanged using barter rather than a form of currency. The best known bartering system to date is in Ithica, NY. It has been in existence for well over fifteen years and is based on an exchange of hours.

**Free and new energy sources already exist. All that is standing in the way is funding. It then is a matter of investing for more of the same, or investing in "life as it should be." As for putting people out of work, there is not an existing industry that does not lay off thousands of people each year. This false sense of security needs a reality check. Besides, developing and implementing free energy systems would create new and more interesting jobs.**