think

HEAD, HEART & HANDS
Jayesh Patel
Serves the women and children in the slums of Ahmedabad, India

Featured in the film LIVING SERVICE

“Be like a ladder, not a leader.”
think
“One of the biggest crises of humanity is that the value of the word ‘we’ has been lost.”

Father Alberto Luna
Leads daily mass at the Catedral de la Immaculada in Cuenca, Ecuador

Featured in the film
**THE HEART OF RELIGION**
think

HEAD, HEART & HANDS
Mary Evelyn Tucker
Senior lecturer at Yale University, author and scholar focusing on world religions and ecology

Featured in the film
A THOUSAND SUNS

“If we view the world as a machine, we become a machine.”
think

HEAD, HEART & HANDS
“We can all do our part of service in the world.”

Anjali Desai
Volunteers at Seva Café in Ahmedabad, India, where customers are invited to ‘pay it forward’

Featured in the film
SEVA CAFÉ: LOVE ALL, SERVE ALL
Volunteer at a community soup kitchen or homeless shelter.

“I have found that among its other benefits, giving liberates the soul of the giver.”

MAYA ANGELOU
American author, poet, and civil rights activist
Take flowers to a hospital ward and leave them for someone who hasn’t received any visitors.

“We come nearest to the great when we are great in humility.”

RABINDRANATH TAGORE
Bengali poet, essayist, painter, playwright, and composer
Next time you go through a tollbooth, pay the toll for the person behind you.

“Generosity is giving more than you can, and pride is taking less than you need.”

KHALIL GIBRAN
Lebanese American artist, novelist, philosophical essayist, and poet
What does it take for your head, heart, and hands to work together?

“The manner of giving is worth more than the gift.”

PIERRE CORNEILLE
17th century French dramatist and playwright

HEAD, HEART & HANDS

ask
Have you had an experience of the ‘ripple effect’— how your action can create change far away?

“For it is in giving that we receive.”

ST. FRANCIS OF ASSISI
13th century Italian monk, lover of nature and simple living
ask

HEAD, HEART & HANDS
HEAD, HEART & HANDS

When is serving others serving ourselves? When is it not?

“What you do not want done to yourself, do not do to others.”

CONFUCIUS
Chinese thinker and social philosopher
think

MORE WITH LESS

© Photo by Chris Jordan. Courtesy of Kopeikin Gallery.
“The moment you open your closet, you see a t-shirt you don’t need… but you’re holding on to it.”

Anshu Gupta
Executive Director of Goonj, an organization in New Delhi that provides clothes and other basic amenities to millions across India

Featured in the film
NOT JUST A PIECE OF CLOTH
think

MORE WITH LESS
“We live in an economic system that makes competition a necessity.”

Orland Bishop
Founder of ShadeTree Multicultural Foundation which works with youth in some of the poorest areas of Los Angeles

Featured in the film
ONENESS IS ABUNDANCE
think

MORE WITH LESS

© Photo by Chris Jordan. Courtesy of Kopeikin Gallery.
“If I’m going to buy something, what’s the impact of that product on the environment?”

Penny Livingston
Founder of the Permaculture Institute of Northern California and the Regenerative Design Institute

Featured in the film PERMACULTURE 101
Make a pledge to buy no plastic for one week and make notes about how it affects you.

“Do not wait for extraordinary circumstances to do good action; try to use ordinary situations.”

JEAN PAUL RICHTER
German romantic novelist and humorist
MORE WITH LESS
Host a ‘recycle circus’ & exchange unused items with others.

“I envision a future where we love our material possessions more and not less, so that we care where they come from and whence they go.”

CHARLES EISENSTEIN
Author on topics about civilization, consciousness, and money
act

MORE WITH LESS

© Photo by Chris Jordan. Courtesy of Kopeikin Gallery.
Choose an errand you usually do in a car and walk instead.

“Perhaps the truth depends on a walk around the lake.”

WALLACE STEVENS
American modernist poet, lecturer, and lawyer
Halve your trash for one week. Did it change what you used or threw away?

“We have a responsibility to look after our planet. It is our only home.”

THE DALAI LAMA
Humanitarian, monk, and spiritual leader of Tibet
MORE WITH LESS

© Photo by Chris Jordan. Courtesy of Kopeikin Gallery.
Ask yourself: when I throw something away, where’s ‘away’?

“Recycle to save energy and water, keep paper, glass, plastic and aluminum out of overflowing landfills.”

JULIA BUTTERFLY HILL
Educator, environmentalist, poet, and speaker
Are the best things in life really free?

“For I don’t care too much for money, money can’t buy me love.”

THE BEATLES
English rock band, social and pop culture icons
What would it take for a consumer culture to shift to a conservation culture?

“The first rule of sustainability is to align with natural forces, or at least not try to defy them.”

PAUL HAWKEN
Author on ecology, entrepreneur, and environmentalist
think

THE LAND OWNS US

Photo by Kelly Kish
“People think that the air is not speaking, the soil is not speaking, the sky is not speaking.”

Kapo Kansa
Indigenous elder from the Gamo Highlands in Ethiopia

Featured in the film
A THOUSAND SUNS
think
Bob Randall
Yankunytjatjara Elder and a traditional owner of Uluru (Ayers Rock)

Featured in the film
THE LAND OWNS US

"The land grows all of us. No human is older than land itself."

think
think

THE LAND OWNS US
“We need to learn more about the principles nature has developed to cope with crises.”

Achim Steiner
Executive Director of UNEP who works on a variety of climate change and green economy issues

Featured in the film
A THOUSAND SUNS
act

THE LAND OWNS US
Make a list of all the things that create your sense of ‘home’.

“Every day is a journey, and the journey itself is home.”

MATSUO BASHŌ
Poet of the Edo Period in Japan
act

THE LAND OWNS US
Learn about the indigenous peoples of your area.

“The Earth and myself are of one mind.”

CHIEF JOSEPH
Humanitarian, leader of the Wallawa band, and peacemaker
act

THE LAND OWNS US

Photo by Kelly Kish
Learn what trees and plants are native in your area.

“Plants are as responsive to thought as children.”

LUTHER BURBANK
American botanist, horticulturist, and pioneer in agricultural science
THE LAND OWNS US
Organize a coastal, river, or watershed cleanup.

“We forget that the water cycle and the life cycle are one.”

Jacques Cousteau
Ecologist, explorer, scientist, and researcher of the sea
ask

THE LAND OWNS US

Photo by Kelly Kish
"We can build ways of living that are more connected, more enriching and that recognize the biological limits of our planet."

**ROB HOPKINS**  
Founder of the transition movement
ask

THE LAND OWNS US
Does your family maintain a connection to nature? Does your culture? How?

“We never know the worth of water ’till the well is dry.”

THOMAS FULLER
17th century author, English scholar, historian, and preacher
How can a community build a sustainable relationship with land and people?

“In our every deliberation, we must consider the impact of our decisions on the next seven generations.”

THE GREAT LAW
The Iroquois confederacy
think

REAL NOURISHMENT
“Food is a critical component to everyone’s life. It is simultaneously intimate and universal.”

Brahm Ahmadi
Co-founder and the Executive Director of People’s Grocery in Oakland, California

Featured in the film
THE PEOPLE’S GROCERY
“It is not permitted among our people to take out whatever you like from the ground. There is a limit.”

Kapo Kansa
Indigenous elder from the Gamo Highlands in Ethiopia

Featured in the film
A THOUSAND SUNS
“How can we get our needs met in a way that isn’t going to poison everything? The solutions are here!”

Penny Livingston  
Founder of the Permaculture Institute of Northern California and the Regenerative Design Institute  
Featured in the film PERMACULTURE 101
REAL NOURISHMENT

act
Plant the Baker Creek Heirloom seeds in this kit and help them grow.

“The soil is the great connector of our lives, the source and destination of all.”

WENDELL BERRY
Author, cultural economic critic, and farmer
“I believe that natural farming arises from that unchanging, unmoving center of life.”

MASANOBU FUKUOKA
Japanese farmer, philosopher, and scientist
Host a cooking party using organic, seasonal fruits and vegetables.

“Learn to cook—try new recipes, learn from your mistakes, be fearless, and above all, have fun!”

JULIA CHILD
Chef, author, and television personality
ask

REAL NOURISHMENT
How does a culture’s relationship to food reflect its relationship to nature?

“At home I serve the kind of food I know the story behind.”

MICHAEL POLLAN
Author, critic of modern agribusiness and environmental journalist
ask

REAL NOURISHMENT
Do you believe the saying, “You are what you eat”?

“Remember food is precious. Good food can only come from good ingredients.”

ALICE WATERS
Author, chef, national advocate for farmers markets, and restaurateur
REAL NOURISHMENT
What does it take to grow a single carrot?

“When we try to pick out anything by itself, we find it hitched to everything in the Universe.”

JOHN MUIR
Author, naturalist, and early advocate of the preservation of wilderness
“Society tells us to distrust others. We need to profoundly trust in those around us, in their potential and in who they are.”

Nelsa Libertad Curbelo
Founded Ser Paz (Being Peace) to work with youth gangs in Guayaquil, Ecuador

Featured in the film BARRIO DE PAZ
PREPARING FOR PEACE

Photo by Jayel Aheram
We’re still trying to colonize each other’s minds. We’re still trying to tell each other what to think.”

Cliff Curtis
One of Aotearoa New Zealand’s most famous actors

Featured in the film
WHAT WOULD IT LOOK LIKE?
PREPARING FOR PEACE
PREPARING FOR PEACE

“As an individual needs courage and willingness to sacrifice for the good of the community.”

His Holiness the 17th Gyalwang Karmapa
Tibetan Buddhist leader living in India

Featured in the film
WAKING UP
The next time you are arguing with someone, stop talking. What’s gained through listening? What’s lost?

“It is not the mountain we conquer, but ourselves.”

EDMOND HILLARY
Explorer, mountaineer, and philanthropist
Preparation for Peace

For one day, find something to respect in every person you meet.

“Peace is possible without conditions. The minute you set conditions, there’s an obstacle.”

Ibtisam Mahameed
Palestinian peace worker, and activist
act

PREPARING FOR PEACE
For one day, assume that anyone who disagrees with you has something to teach you.

“Peace cannot be kept by force; it can only be achieved by understanding.”

ALBERT EINSTEIN
Humanitarian, mathematician, and theoretical physicist
PREPARING FOR PEACE

Photo by Jayel Aheram
What’s the difference between being against war and for peace?

“I want you to be concerned about your next door neighbor. Do you know who your neighbor is?”

MOTHER TERESA
Founder of Missionaries of Charity, humanitarian, icon of peace, love and compassion
Why is respect so powerful?

“My humanity is bound up in yours, for we can only be human together.”

**ARCHBISHOP DESMOND TUTU**
South African human rights and anti-apartheid activist
ask

Photo by Jayel Aheram

PREPARING FOR PEACE
If you want to make peace with your enemy, you have to work with your enemy. Then he becomes your partner.

NELSON MANDELA
Former president of South Africa and anti-apartheid activist
ask

PREPARING FOR PEACE

Photo by Jayel Aheram
Many people say that inner peace is the key to outer peace. What does inner peace mean to you?

“Real generosity toward the future lies in giving all to the present.”

ALBERT CAMUS
French author, journalist, and philosopher
“What can we do that honors and respects every single individual that lives on this land — their history, their identity and their own narratives?”

Sami Awad
Executive Director of Holy Land Trust
Featured in the film
WHAT WOULD IT LOOK LIKE?
EXPANDING IDENTITIES

“Young people are a mirror of society. They reflect back what we don’t want to see.”

Nelsa Libertad Curbelo
Founded Ser Paz (Being Peace) to work with youth gangs in Guayaquil, Ecuador

Featured in the film
BARRIO DE PAZ
“I must never allow my neighbor to go hungry while I’ve got a little food in my house.”

Vusamazulu Credo Mutwa
Zulu Sangoma (traditional healer) and High Sanusi from South Africa

Featured in the film
UBUNTU
think
EXPANDING IDENTITIES

“When you come into a space with strangers and you feel at home, you realize the world is one family.”

Anjali Desai
Volunteers at Seva Café in Ahmedabad, India, where customers are invited to ‘pay it forward’

Featured in the film
SEVA CAFÉ: LOVE ALL, SERVE ALL
act

EXPANDING IDENTITIES
EXPANDING IDENTITIES

Gather a small group from different generations to explore how our individual and national identities have changed.

“If a thing loves, it is infinite.”

WILLIAM BLAKE
English painter, poet, and printmaker
We may have all come on different ships, but we’re in the same boat now."

MARTIN LUTHER KING, JR.
Advocate of nonviolence, civil rights movement leader, and social activist
act

EXPANDING IDENTITIES
“By acting compassionately...we are acknowledging that we are all part of one another.”

**RAM DASS**
American contemporary spiritual teacher, author, and explorer of human consciousness
EXPANDING IDENTITIES

Share a meal with people from different cultures and celebrate their traditions.

“The more you praise and celebrate your life, the more there is in life to celebrate.”

OPRAH WINFREY
Talk show host, actress, producer, and philanthropist
“People grow through experience if they meet life honestly and courageously.”

ELEONOR ROOSEVELT
Former U.S. First Lady and advocate for civil rights
Ubuntu means “I am because you are”. Is this true in your life? Where?

“My view of our planet was a glimpse of divinity.”

EDGAR MITCHELL
Astronaut, pilot, engineer, and the sixth person to walk on the moon
EXPANDING IDENTITIES

How can helping another person create or dissolve boundaries?

“The best way to find yourself is to lose yourself in the service of others.”

MAHATMA GANDHI
Advocate of non-violence, anti-war activist, political and spiritual leader of India