

Full Ecology

THE 8 INSTRUCTIONS

Life is full of overwhelm, but you don't have to solve anything right this minute. You don't even need to make extra time in your day to start following the 8 Instructions of Full Ecology.

Here's a sample of a collection we've created—actions you can take almost anywhere and anytime. If you can only do one thing, try incorporating one of these bite-sized practices into your routine. Consider printing this page and cutting it into cards you can slip into your wallet, tack to your fridge, tape to your bathroom mirror, and explore daily.



INSTRUCTION NO. 1

CONNECTION

Try on the ancient Hindu meditation of *neti neti* – not this, not that. Step, or just look outside. With each thing you perceive ask the question, “Am I separate from that thing?” If you want to take it a bit further, consider how you’re connected.



INSTRUCTION NO. 2

VARIETY

During your next meal, take a quiet inventory of all of the components that went into making it. The various foods and spices, the plants those came from, the chemistry and physics.



INSTRUCTION NO. 3

BALANCE

Catch yourself rethinking a personal or professional interaction. Slow down for a moment to consider the masculine and feminine aspects of that interaction. Whether the interaction was satisfying or not, what were the points of objective, content, measurement? What were the points of relationship and communication?



INSTRUCTION NO. 4

RELATIVES

Sometime today, notice a bird. Watch and listen. If that bird were there to teach you something, what would it be?

A solid orange background with a fine, grainy texture.

INSTRUCTION NO. 5

EFFICIENCY

Close your eyes and notice your next few breaths. Consider the astonishing efficiency of what your body does with the air it draws in before it releases what it doesn't need in the air it exhales. With all the confusion and mess that arise in a day – plenty is working.

An underwater scene with several fish swimming in clear blue water. The fish are silvery and sleek, with some showing hints of blue and green on their sides. They are swimming in various directions, creating a sense of movement and life.

INSTRUCTION NO. 6

RESILIENCE

To lift your spirits on a funky day: Look to the tops of trees. Mary's "Fairy Godmother," Mayme Porter anticipated neuroscience when she offered this suggestion to 19-year-old Mary. "First you have to notice that you're feeling blue. And each time you do, look to the tops of trees."

A close-up shot of an orangutan's head and shoulders. The orangutan has thick, reddish-brown fur and is looking slightly to the left. The background is a soft, out-of-focus green, suggesting a forest setting.

INSTRUCTION NO. 7

ELDERHOOD

Stand next to a tree that is tall and has a substantial trunk. Imagine what it's been through to get here. Imagine what it knows.

A deep space image showing a vast, dark sky filled with numerous stars and a faint, glowing nebula or galaxy in the background. The colors are primarily dark blues and purples, with some lighter, hazy areas where the celestial bodies are more concentrated.

INSTRUCTION NO. 8

UNCERTAINTY

Standing next to that same tree, consider this: Can you ever predict the future with complete accuracy? Based on your answer, what can you do in your next conversation or action that contributes to the wellbeing of those the future holds?