

Living Responsibly...It's Only Natural!

Sheryl Eaglewoman

Welcome! This week's topic of choice is "waste" or more precisely, "waste not". We've all heard the saying, "Waste not, want not." Yet, look at how much we waste every single day. Our basic lifestyle and infrastructure is based on convenience and disposability. Think about it, even getting our groceries home, we take bag after bag, week after week...for years. We should all use baskets, canvas sacks and / or coolers to tote our groceries, as well as our other purchases. And speaking of groceries, how much food do you waste in a week? Recently I cleaned out my refrigerator. I was appalled at how much food I had let go to waste. How much packaging did that food come in? When making purchasing decisions, consider the amount of packaging and whether the packaging is from post consumer recycled materials. Consider purchasing foods from the bulk department, where food, stocked in large bins, can be purchased in the amounts you choose. Most stores will encourage customers to bring in their own container for filling to further save on consumer consumption, thereby resources.

Mass transit doesn't appear to be a consideration at this time, however, carpooling is. With increasing gas costs and related energy concerns, it is totally imperative we conserve, conserve, conserve. Turn off the lights when you leave an area. Turn off ceiling fans when you leave the room. Ceiling fans cool people, not rooms. Remember to cut your vehicle engines, instead of leaving them idling for extended periods of time. Get a clothesline and use it on good weather days. Save enough kilowatts and you could prevent the loss of another habitat to hydroelectric power production or you could prevent another strip mining of our natural and sacred places. And speaking of coal mining, we must stop wasting our water. Pollution of our water is wasting our most valuable resource. Repeat after me, "I will conserve and show utmost respect for the Earth's water resources. Repeat again. Again. Again. A sign over water faucets or on the refrigerator door is a great reminder! How many times have you seen water running down the street or across a parking lot, wasted from someone's sprinkler system? I know we've all seen glasses of water, never touched, left on restaurant tables.

Remember to recycle, not only your plastic and paper, but your various home items you no longer need or use. Give it away. Most of the Valley thrift stores will give you a tax receipt for your donated items. While you are there, look around for the items you do need to purchase. Why use resources to make a new product when there are usually perfectly good resale ones available, which also aids in saving your financial resources.

And what of our time...look at how, through our linear perception, we watch it move by. Are you choosing how and where you spend your time wisely? Once the moment passes, it is gone. Did you waste it? Are you taking action on your life's goals? Feel like you need to be somewhere else? Go there. Do not waste a moment. In a relationship that is not healthy or soul inspiring? We waste our energies and deplete our reserves when we "settle" energetically. "Settling" on anything is accepting that which you do not desire...a total waste of focus. Know you should be with someone. Go to them. Don't waste a moment not letting them feel your love. Express yourself!

What is waste, anyway? It is the failure to fully utilize a moment or energy; the failure to recognize the fullest capacity possible. Simply put, it is something not used that could / would have been beneficial. What waste isn't, is the total consumption for and the expression of the self. In plain words, it is okay to feed the self, always. Forget what has been preached to you. Remember to day dream...day dreaming is soul food. Remember to spend time in your favorite activity. It is soul food. Remember to take the time to share with those you love. Take time to smell the roses. Soul food is food for the soul and the energy spent is never time wasted.

So for us, the brave, who reach out for better...let's remember to conserve in order to extend our resources and yet, remember to extend our resources to those whom can benefit. Remember, consume with respect. Thus you will see waste and gluttony. And then, we will begin to naturally consume with a conscious in order that our waste will be less and that what waste we have will be processed earth friendly.

Question of the week? How much water is recommended for daily consumption?

Answer: Most people do best on one half of their body weight in ounces of water; 100 pounds would suggest 50 ounces of water.

Title of the Week: *Essential Oil Safety*; Tisserand, Robert; Balacs, Tony; Churchill Livingstone, 1995

Have a question you'd like to see addressed by Sheryl Eaglewoman? E-mail your question to sheryleaglewoman@livingresponsibly.com for "The Question of the Week".

Sheryl Eaglewoman is a Natural Health Consultant, Author and Publisher. Working in the Natural Health field for over 20 years, Sheryl has an extensive knowledge base, specializing in all areas of natural health, including herbal and homeopathic therapies, midwifery and organic lifestyle. Contact her at www.livingresponsibly.com or 406-892-1116.