



GreenFriends North America NEWSLETTER

THIRD QUARTER 2023
JULY – SEPTEMBER



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GreenFriends
strives to
communicate the
importance of treating
Nature with respect
and gratitude.

We invite each of you Green Friends to share your ideas and experiences with your own gardening efforts as well as experiences with animals.

For more information,
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ASHWATTHA TREES AT MA CENTER SAN RAMON



“Nature is Kamadhenu*—the divine, wish-fulfilling cow that bestows prosperity on all. But at present, it is like an ailing cow whose udders have dried up and which is on the verge of death. The number of forests on earth has dwindled. Food is becoming scarce. Pure air and water are no longer available. There is an increase in the incidence of diseases. If we take from Nature only enough to sustain ourselves, there will be sufficient food, water and clothes for everyone. Nature will regain her vitality and once again become like Kamadhenu.” ~Amma

* From ancient Indian creation mythology



Planting site with original peetham for Amma's meditation

We recently planted three ashwaththa trees in the Temple garden at MA Center San Ramon.

The ashwaththa tree, *Ficus religiosa*, also known as the bodhi tree or peepal tree is a sacred tree in India. This is the tree species that Gautama Buddha attained liberation under while meditating. In the Bhagavad Gita the ashwaththa tree symbolizes both the eternal Self and the embodied self. Lord Krishna says, "among trees I am the ashwaththa.

The Ashwaththa tree is one of 5 sacred trees in India known collectively as the panchavati. They comprise a sacred grove of at least one of each of the following trees: Ashwaththa (*Ficus religiosa*, Peepal), Bilva (*Aegle marmelos*), Amalaki (*Phyllanthus embilica*), Ashoka (*Saraca asoca*), and Banyan (*Ficus benghalensis*).

Many people are familiar with the sacred Panchavati grove mentioned several times in the 'Gospel of Sri Ramakrishna Paramahansa'. It was a favorite grove of trees where Sri Ramakrishna and other close devotees would go for meditation and reflection.

Our three ashwaththa trees were planted over 2 weekends, June 3rd and June 10th by several volunteers.

They were planted in a special area above the Temple where Amma led one of the first group meditations on the property, circa 1991. These trees were started a few years ago from seed by Rajam Namboodiri,

long time Amma devotee and avid gardener. When they grew to small saplings, she gave them to the ashram as small plants in 4 inch pots and we have been moving them up into larger and larger pots ever since, while we waited for the drought to end. We also needed to feel more confident that they would survive here in our climate. But after the recent winter season and so many frosty mornings we noticed that they had survived without losing all their leaves.

So the auspicious planting days finally arrived!



Anvi, Naveen and Amar
digging a tree hole



Naveen, Anupama, Jason and Amar
planting a tree

Volunteers, led by AYUDH members Naveen and Amar, worked hard digging large deep holes into the clay soil. Prakash, Anupama and Anvi also joined in. Finally one resident, Jason, came to the rescue with an auger to aid in the digging by drilling first to loosen up the soil. Wire cages were made and dropped into the holes before planting to help protect the roots from gophers. George, Bhavanish and Amar came later again to top up the soil around the roots. Temporary wire fencing was placed around them to protect them until the branches can get a bit taller and out of reach of the deer that usually find a way into the Temple garden.

The trees are planted on sloping ground so they will have good drainage. And they are higher on the hill so that the first rays of the sun will reach them and reduce the amount of time they will be exposed to frost

during winters. When finished with the planting for the day, all volunteers gathered around the trees to offer flowers and incense and pray for the peace and happiness of all beings.

We pray that the special site in the Temple garden where Amma sat with us for meditation will become our own sacred Panchavati grove with a mix of sacred trees of east and west, ashwattha, bilva, live oak, olive, and carob. When the site is finished, it is envisioned to be a quiet place to rest, reflect, pray, meditate, and commune with Nature.

The ashwattha is sacred in Sanatana Dharma as it represents the universe, which is considered the physical manifestation of the Divine and reminds us of the teaching 'Vasudeva Kutumbakam' meaning the 'world is one family'.

The bilva tree is related to the worship of Lord Shiva. Each leaf has 3 leaflets which represent the universal cycles of creation, preservation and destruction, which repeat over and over again.

The live oak is a California native tree and is considered the 'tree of life' to native Californians. For many European cultures it symbolizes an abundance of virtuous qualities. Among them are safety, wisdom, stability, strength, resilience, perseverance, justice and honesty.



The olive tree has been singled out as special from ancient times and grows very well in California. It is a symbol of peace, friendship, reconciliation and victory. Since ancient times, olive oil kept the oil lamps lit in the Jewish Tabernacle, which is considered the dwelling place of God.

The carob tree is considered a symbol of humility. The sweet carob pods are nutritious and known as 'Saint John's bread' or 'poor man's bread' since they would fruit in the very dry summers of the Holy Land of Israel and were said to have sustained John the Baptist in the desert.

If you come to the Bay Area and visit MA Center San Ramon, you are welcome to come and enjoy the gardens and trails, to breathe the fresh air, commune with Nature and feel the peaceful sacred atmosphere. Maybe it will inspire you to create your own sacred garden at home, a place to refresh yourself in the healing presence of Mother Nature.

Bhavanish, Amar (who cut his hair in the middle of this auspicious day!) and George, with fully-planted peepal tree.

**~ TEMPLE GARDEN TEAM,
SAN RAMON, CA**



Swamini Ambikāmrita Prāna offering flowers and prayers.

HOW A FOOD RESCUE INITIATIVE SPROUTED FROM AMMA'S TEACHINGS



Donated bagels for the Georgetown food bank



AMMA CANADA'S TORONTO ASHRAM HAS PARTICIPATED IN MANY CHARITABLE ACTIVITIES THAT SUPPORT THE LOCAL COMMUNITY. ONE OF THOSE SEVAS (SELFLESS SERVICE ACTIVITIES) FOCUSES ON FOOD INSECURITY.

Beginning in 2009, Toronto devotees would gather once a month at the Toronto ashram kitchen to prepare a take-out vegetarian chili to serve at the local Georgetown food bank. Ironically, it is here where the idea to rescue food first became an initiative in 2017.

At that time, we noticed that many nonperishables, including canned, boxed, and packaged food, that were slightly past the “best before” date were being sorted and discarded into waste bins. Since the “best before” date only indicates peak freshness, the food is still usable. Undamaged packaged or canned food is actually safe to use well past this date. Recent statistics reflect that despite growing food insecurity, over 50% of the annual food produced in Canada is wasted. This results in millions of pounds of edible food ending up in landfills, creating greenhouse emissions and economic losses. In relation to food waste, Amma says “any action performed without discrimination is adharma, an unrighteous act. It is a sin. Whatever is wasted due to our lack of care and attention is a sin.”



A volunteer from Feed Scarborough receives food donations.

With this simple yet impactful thought serving as an inspiration, the Toronto Food Rescue project began. Our goal is to try to make a small, positive difference by reducing edible food waste, collecting usable food and redirecting it towards food security programs and food banks. The volunteers at the Georgetown food bank were happy to be on board; they sorted the past-dated packaged and canned food, as well as any other excess donations into boxes for us to collect.



Volunteers deliver donated baked goods.

When we connected with one of our charitable partners, St Felix Centre, (a downtown Toronto agency serving the homeless and marginalized), they gratefully welcomed the donations of slightly expired nonperishables, including soups, canned beans and vegetables, sauces, crackers and pastas. These donations help in the preparation of the large volume of daily meals they serve their guests. It was a win-win solution! For the next two years, Amma volunteers collected food on a weekly or biweekly basis, and annually transported between 5,000 and 8,000 pounds of edible food to St Felix Centre.

In 2020, during the Covid pandemic, St Felix Centre suspended the pickup of food and consequently, our monthly chili seva was put on hold indefinitely. However, the Georgetown food bank found they were receiving generous donations of bread from Walmart and a local artisan bakery in quantities that exceeded what they could distribute. The staff reached out to Amma Canada to see if we could find places where the bread could go to good use. Again, with Amma's Grace and only three volunteer drivers, we added bread to the food rescue! The volume of bread donations has only increased!

We focus on donating to smaller food programs in underserved neighborhoods. Our three-person initiative has grown to include six to seven rotating drivers who assist in transporting the bread, mostly on Saturdays, to 8 to 10 different community food banks. Since 2020, we have redirected over 25,000 pounds of nonperishable food and breads to local food security programs.

A couple of Amma Canada food rescue volunteers share what it's like to be a part of this seva:

“Being part of community-helping-community is a beautiful feeling. For me that feeling of giving, is a joy like no other, it brings Amma directly into the heart.”

“I can say it's an absolute blessing to see so much food that would have otherwise gone to waste, going to feed hungry people instead. It's both spiritually and environmentally uplifting!”

The pastor from one of the downtown food banks stressed, “How wonderful it was receiving such quality bread which they do not receive often.” Another volunteer at a Sunday food bank drop off was glad to see our bread delivery as they just ran out of all bakery items.



A young volunteer experiences the joy of giving.

The seva is not without challenges, but Amma makes each pickup and delivery flow. With much gratitude to the efforts of our small group of dedicated volunteer drivers and to our partnership with the Georgetown food bank, we keep edible food away from landfills while helping to feed those in need.

~ MAHITA
CHARITABLE COORDINATOR
TORONTO

MARY BETH'S GREENFRIENDS SATSANG

DELIVERED JULY 21, 2023 IN AMRITAPURI, INDIA



Sapling propagation event.



IT WAS ALMOST TIME FOR THE PROGRAM TO START. I STARTED TO HEAD TO MY SEAT. THEN, SOMETHING STRANGE HAPPENED. AS I WAS PASSING THE GREENFRIENDS TABLE, I FOUND MY FEET WALKING ME RIGHT OVER. IT'S LIKE I HAD NO CONTROL...

I first met Amma in the United States, in 2018. A friend told me about her visit and I was curious to meet her. My first hug resonated deeply in my being. I stayed and watched her hug people for hours that night.

When I arrived at the event, I visited the different booths. I wasn't sure which one I was most interested in. At the end was a beautiful display of fruit trees advertising GreenFriends. I love gardening but immediately thought... no, I've already done a lot of that kind of work where I live. I want to learn something new. So I continued to the other booths instead.

It was almost time for the program to start. So I started to head to my seat. Then, something strange happened. As I was passing the GreenFriends table, I found my feet walking me right over. It's like I had no control.

Chetana, the group's organizer, came up to me and started telling me about the 5,000 fruit tree initiative. Amma had asked the Southern California Satsangs to grow and plant 5,000 fruit trees throughout our region. This area covers about 57,000 sq miles or 146,000 sq kilometers. So much space for baby trees! I had found my seva (selfless service)! Luckily, my feet and Amma knew where I belonged.

Amma says, "Nature is a huge flower garden. The animals, birds, trees, plants and people are the garden's fully blossomed flowers of diverse colors. The beauty of this garden is complete only when all of these exist as a unity, thereby spreading the vibrations of love and oneness. Let us work together to prevent these diverse flowers from withering away so that the garden may remain eternally beautiful."

A few weeks later, Chetanā came to my home to discuss how the team worked. Amma had asked devotees to create home tree nurseries. Devotees were propagating trees together, and then caring for them at their individual home nurseries. Once the trees were grown, they were adopted out. Most of the trees found homes when Amma came to Los Angeles.

Amma says,

"Forests play the most important role in the preservation of harmony in nature. Every country should strive to protect its remaining forests and to plant as many trees as possible. Every single one of us should make a promise to plant a tree a month so every person plants 12 trees a year."

— Amma

Each winter, our group gathers to propagate fig, loquat, pomegranate, avocado, mango, banana, mulberry, moringa, and curry trees.

I was a bit nervous when baby trees were left with me the first time. However, with the team's support, they were soon sprouting roots and leaves.



The trees after they have started to sprout leaves and roots.

Each of us also looks for other adoption opportunities in our neighborhoods. There is a nonprofit in my neighborhood called Uncommon Good. They support new immigrant families with living wages through jobs in farming, education, and healthcare. I reached out to their lead organizer Nancy Mintee.

Through our conversation she asked for more details about GreenFriends and was delighted to have her organization adopt almost 100 trees.

GreenFriends planted a Bodi tree (also known as 'sacred fig' or 'tree of awakening', this is the same type of tree the Buddha is said to have become enlightened under) in Nancy's front yard. The seed from the tree was gathered at Amritapuri. A devotee lovingly grew it. Swamiji came and did a Satsang and dedication. We planted the tree together. The tree is still a baby, but it is doing well. It has a plaque commemorating Amma's visit.

When Covid hit, we had over 300 trees in our nurseries. With Amma staying in India, there were no US programs and we had to find other ways to connect with adoption families.

We reached out to Nancy Mintie at Uncommon Good once again to see if their organization could use more trees. They had many new families and were very excited to receive more. They were also going to be planting a fruit orchard at a local high school. We provided the trees for this school orchard. It is thriving!

Another effective way to find homes for the trees ended up being through social media. Our community has a group called Buy Nothing. The group uses a social media platform to gift and ask for items. The idea is to share, shop less, and create community. We put out a tree adoption advertisement. Through this, we were able to find homes for over 150 trees.

When trees are adopted out, we provide planting instructions and fertilizer. We also provide aftercare instruction if families are struggling with their trees in any way. Often, families will send us photos of their trees thriving in their gardens.



Swami Dayamritananda Puri blesses the Tree of Awakening.

Amma says,

**“Each Family should grow trees and plants in their yard.
Planting a tree is a selfless service to society.
Just as we enjoy the presence of trees planted by people in the past,
we too should plant for the future generations.
If we haven’t done any selfless acts,
we should plant a tree or sapling, that would be a truly selfless deed,
benefiting others and ourselves.”**

— Amma

Not long ago, we had a giant storm in my neighborhood. The winds were so strong that it wasn't safe to go outside. I kept hearing crashing noises. This included a giant crash in my backyard. I looked out and saw that the entire fence next to the tree nursery had blown down onto the baby trees. My heart sank. I went out but it was scary. I couldn't tell if my simple makeshift greenhouses had protected them. The fence had several concrete posts and was way too heavy for me to lift up to see.

That night, over 300 giant trees fell in our neighborhood, including a giant oak in my backyard. In the morning it finally subsided. It looked like a tornado had come through. The first thing I checked was the baby trees. Not even one was hurt even though they were underneath a giant heap of broken fence. Amma protects her babies!

Growing trees has been such a joy for me. In the past, I had only grown vegetable gardens. I was surprised how easy they are to grow from cuttings. Growing from seeds takes a little bit more work in the first few months, but then gets easy. They are such a delight to watch.



Baby trees ready for transport.

I have learned so much from sprouting baby trees. They have taught me patience, dedication, kindness, and a commitment to community. I reflect on the beauty of these trees feeding future generations with their fruit and clean air. It makes me grateful to those who have planted the trees from which I eat and breathe. I know how much care went into sprouting the babies into being.

Amma, I am so grateful to you for marching my feet over to the Green Friends table. That night, I received both my mantra and a community. You have held a space for my roots to grow into being a more loving and compassionate person. I am in awe at the beauty of you and your children.

**~MARYBETH,
LOS ANGELES, CA**

NEW ENGLAND NATURE AND YOGA DAY WORKSHOP



Nature and Yoga Day Workshop participants



A DEVOTEE'S PERSONAL EXPERIENCE

During the past year, our New England satsang resumed in-person gatherings. It has been a gradual process of reconnection. The satsangs have been sweet and spiritually nourishing, despite the additional challenge of currently no longer having an actual New England ashram location.

As with most of us, the time of the pandemic had been isolating for me. Yes, it brought me closer to the beauty of Mother Earth as its creatures and plants were less encumbered by the disregard and mistreatment of humans. Yes, I felt particularly close to Amma, as close as she always seems to be in trying times. And yet, it was isolating.

The Nature and Yoga Day Workshop on June 17th hosted by Embracing the Trees New England (ETT) and held at the home of devotees, Sujata and Abhinav, for me, was the perfect post-pandemic antidote: blending of a community gathering coupled with an opportunity to experience and honor Nature.

We were also blessed with Swamini Ambikāmrita Prāna's presence, further deepening our experience of Amma throughout the day-long workshop. The workshop's purpose was to honor Nature, learn about Embracing the Trees (a GreenFriends tree-planting initiative across North America) and to celebrate the International Day of Yoga.

To be honest, I had decided to attend the workshop primarily to assist with seva. I had few expectations and only a modicum of motivation to attend. Perhaps you know as I do how the mind can conjure up excuses! I showed up for the workshop but was unprepared for the deep, loving, and informative experience that I was about to encounter.

An Amrita Yoga session, led by Sujata, outside on the driveway, was a beautiful beginning for our retreat. Sujata led us through a series of yoga poses, promoting mindful movement and awareness, fostering a heart-centered state.



Sujata leads Amrita Yoga class in the driveway.

This was followed by an outdoor eco-meditation led by Swamini. In her talk, Ahalya, the regional coordinator for ETT, mentioned, “As we experienced in the eco-meditation, we can learn from the gentle, slow pace of trees, as a way to slow down our minds. I know that my life, and my mind, feels like it keeps moving faster and faster, and I need help to turn my focus to a slower pace that is not dominated by the mind's fears and anxieties.”

Next, we were introduced to Amma's 999 Yoga Challenge for C20. Amma has encouraged people around the world to take the challenge: nine sun salutations and nine minutes of peace meditation, for nine days.

The workshop participants had various opportunities to interact and share ideas, both through organized discussions and informally during our delicious Mexican lunch and afternoon chai break. During the icebreakers section of the day, each attendee described how they were inspired by trees or nature. Kameshwari shared how one of the pine saplings in her yard grew very slowly for the first few years but now, 12 years later, it is a huge pine tree. She compared this patience shown by nature to how we may not see visible fruits of our sadhana (spiritual practices) in the beginning, but with time and remaining steadfast in our practice, we will definitely see results.

AYUDH members, Anika and Harsh hosted the Nature games segment. Participants were split into two teams and asked to act out galloping horses, peacocks and monkeys. We had a lot of fun and the acts were surprisingly creative, resulting in lots of good laughs.

I was particularly impressed with the talks and demonstrations led by satsang members and Embracing the Trees New England (ETT) representatives Ahalya, Jess, and Victoria. I learned about our interdependence with nature, how to plant a tree, and some of ETT's next steps. Some notes from Ahalya's talk will be included in next quarter's newsletter. An interesting fact I learned from Jess's presentation is that mycelium, fine fungal threads, intertwine with tree roots and act as nature's underground internet, forming mycorrhizal networks that connect tree roots, facilitating the exchange of vital nutrients and information. Through this intricate web, trees can communicate and support each other, sharing water, nitrogen, carbon, and other minerals.



Victoria demonstrates planting a tree.

Victoria gave us tips on how to plant saplings. She demonstrated this guidance by planting a plum sapling in Sujata's yard. She described the depth to which the sapling needed to be planted, making the soil welcoming for the new sapling, its watering needs and gave us care instructions.

After the workshop, I was inspired to sign up for Amma's 999 Yoga Challenge. I followed through on my commitment and I was able to step up to the yoga mat and meditation cushion for nine consecutive days. One result was that I felt more at peace. I was also more aware of how easily the mind can be swayed this way and that!

I have faith that Amma, Nature, and my community will help steer the path. Many thanks!

**~PRANATA,
NEW ENGLAND**

HOW TO SAVE OODLES OF PRECIOUS WATER!



“JUST AS A CHILD IS OBLIGATED TO HIS BIRTH MOTHER, WE SHOULD ALL FEEL AN OBLIGATION AND RESPONSIBILITY TOWARD MOTHER NATURE. IF WE FORGET THIS RESPONSIBILITY, IT IS EQUAL TO FORGETTING OUR OWN SELF. IF WE FORGET NATURE, WE WILL CEASE TO EXIST, FOR TO DO SO IS TO WALK TOWARD DEATH.”

– AMMA

With worsening droughts, we need to conserve water for essential uses, such as drinking, irrigating, fire-fighting, and for industry, farmers' crops and livestock, as well as meeting Mother Nature's needs.

But, no worries... Using less water is surprisingly easy and painless!

Read on for lots of ideas...

KITCHEN:

- 👉 Keep a medium-sized unbreakable bowl in your sink to capture waste water, e.g. water you run while waiting for it to get cold or hot. Empty it into a spare bucket. Use the bucket for watering, or to flush toilets. (In the average home, toilet flushing accounts for 28% of water use!)
- 👉 Wash fruits and vegetables in a bowl or pan of water, then use it to water plants.
- 👉 Compost leftovers instead of using garbage disposal.
- 👉 Defrost food in the fridge, not under running water.
- 👉 Soak crusted-on pots and pans in water, instead of scrubbing them under running water.
- 👉 Keep a bottle of drinking water in the fridge, instead of running water till it's cold.

DISHES:

- 👉 Wash or rinse dishes in a pan of water, not under running water. Rinse in another container of clean water, or by running a thin stream of water, switching it on only when you need it.
- 👉 Use leftover dish or rinsing water to flush the toilet, or to water outdoor flowers, veggies, trees or shrubs. Do not dump water at the base of a tree or shrub. This can cause damage to the tree. Strawberries and azaleas are sensitive to salts, so avoid using greywater on them. (More info on using greywater in the garden: https://vric.ucdavis.edu/pdf/fertilization_Householdwastewater.pdf)
- 👉 Use the light-wash setting on your dishwasher. It will usually clean your dishes just as well, and you don't need to pre-rinse. Most dishwashers are designed to clean unrinsed dishes better than rinsed ones. This can save 55% of the water you'd otherwise use.

BATHROOM:

- 👉 Turn the faucet off while brushing teeth or soaping hands (saves up to 15 liters a minute, or thousands of liters a year).
- 👉 Keep a smaller bowl to capture water when you wash and rinse your hands. Add it to a bucket and use it to flush or water outdoor trees and plants.
- 👉 Modern faucets are often designed to release a strong flow of water. Train yourself to reduce flow to only what you need.
- 👉 Plug the sink to rinse your razor, and save more than 1000 liters a month!

- 👉 When filling the tub or sink with warm water, put the plug in before you turn the taps on. The initial cold water will be warmed as it fills.
- 👉 Turn off the water while soaping your hair. You could save over 500 liters a month.
- 👉 Don't use the toilet as a wastebasket. Flushing tissues, etc., can take 18 liters of water or more if you have an older toilet.
- 👉 Take an empty bucket or dishpan into the shower. Use collected water for plants or to flush the toilet.
- 👉 'If it's yellow, let it mellow... If it's brown, flush it down.' Consider not flushing as often. Or use a bucket of wastewater to flush urine. (If you're letting the yellow mellow, you can put toilet paper used to blot urine in the wastebasket so it doesn't clog the toilet. It should not smell.)
- 👉 Shortening showers by a minute or two saves over 500 liters a month.
- 👉 Better yet, turn on the shower only after you've soaped up with a wet washcloth or soap bar – you can bathe in less than a minute.
- 👉 To cool off on hot days, wash all over with a sopping wet cloth. Or spritz yourself with a spray bottle. Or place a damp cloth on the back of your neck. (Some like to put it in the freezer for a little while first.)



FIX LEAKS, ETC.:

- 👉 Fit household faucets with aerators. This is reportedly one of the cheapest and best ways to conserve water.
- 👉 Install low-flow faucet aerators and showerheads, and put a 'tank bank' in your older toilet tank. These are very simple things you can do to save a substantial amount of water and usually don't even require tools.
- 👉 Make sure leaky taps, both indoors and outside, get fixed. A drip every second can add up to more than 130 liters a week (About 1.5 bathtubs full).

- Also check toilets for leaks. Check your house's water meter before and after a two-hour period when no water is being used. If the level changes, there is a leak somewhere.
- This is how much water can be saved by repairing a leak of 10 drips a minute:
 - 3 liters a day
 - 21 liters a week (a regular kitchen sink full)
 - 90 liters a month (close to a bathtub full)
- With faster drips, you could lose up to 20,000 liters of water in a year! That's a lot... enough to fill a round pool that's four meters in diameter to a depth of about 1.5 meters.
- Greywater (water with some environmentally friendly soap, dish soap, shampoo, food particles, etc. in it) can be collected and re-used to water non-edible trees and shrubs outside.

OTHER WAYS TO SAVE WATER:

- Don't buy bottled water, bring your own. Every liter of bottled water takes 7 liters to produce.
- Buy recycled paper products, including toilet paper and paper towels (if you use them). They use much less water to produce.
- Eat more vegetarian meals. Less water is used in their production than for producing meat.
- Dry your clothes on a drying rack or clothesline. Using less electricity saves the volumes of water used to produce it.

OUTSIDE:

- Use a broom or leaf-blower, not a hose, to clean driveways and sidewalks.
- If car-washing is permitted, use a pail of soapy water to wash the car, and use the hose only to rinse (this can save 560 liters!)
- Water by hand, or with an irrigation system, instead of using the sprinkler. Also, water in the early morning or evening, to reduce the loss of water from evaporation. For the same reason, avoid watering when it's windy. If you do have to use a sprinkler, set a timer so you don't forget to turn it off.

Further references:

<http://wateruseitwisely.com/tips/category/indoor-tips/>

<https://wateruseitwisely.com/100-ways-to-conserve/>

~ TIRTHA
VICTORIA, BC



**MOTHER EARTH
IS SERVING US; THE SUN,
THE MOON AND
THE STARS ALL SERVE US.
WHAT CAN WE DO
IN RETURN FOR THEIR
SELFLESS SERVICE?**

Amma

■ ■ /MataAmritanandamayi



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