

Christine-Anne Platel Newsletter: **LOVING MOTHER EARTH**



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LOVING MOTHER EARTH: Yin and Yang Out of Balance

Chinese philosophy describes Earth energy as the *dark, yielding, receptive, primal power of yin*. It is a female-maternal energy that works with, not against, male-paternal energy, which is the *light, strong, activating primal power of yang*. Yin energy complements and completes; while Yang energy competes and combats. However this is not a dualistic situation because each needs the other to not only co-exist, but also to thrive.

When we consider how we have loved Mother Earth since the dawning of the Industrial Age, we don't have to guess which kind of energy has been uppermost: It's Yang! There hasn't been a happy marriage of both Yin and Yang, which is why our dear Mother is in such trouble! Yang energy that is unchecked by Yin destroys habitats for its own gain without thinking of the consequences on the life that already exists in the region, be it animal, vegetable, human, or even mineral. It upsets the natural order and just keeps going, conquering one area after another.

Yin has been too overwhelmed to do very much to change the situation. But her voice has not been silent. It has struggled to be heard, and finally, the dominant Yang energy, that has created the destruction and devastation we see all around us, is beginning to understand that it has contributed to its own downfall! It sees that it can no longer go on as before. That something has to be done on a major scale in order to shift the energy back to the middle, and it has to be done pretty quickly or else we will all suffer greatly.

So this is not just about saving wild habitats and animals, or someone else's way of life. We have all contributed to the imbalance, and continue doing so every day. That's why it's so important for each of us to commit to saving our Mother Earth starting today!

HOW CAN WE LOVE OUR MOTHER EARTH BETTER?

Everyone can do something, even children. Here are some tips:

UNPLUG: Did you know that even in the off position each electric plug is drawing 40% of power that you are paying for? So unplug everything that is not in immediate use and watch your electric bill go down. You'll also be helping lower toxic emissions from the power plants that provide your electricity.

CHANGE A LIGHT BULB: Use CFC light bulbs. They not only use less energy and therefore also lower toxic emissions they last much longer than traditional bulbs.

PLANT A TREE: Whether in your backyard or in a Rain Forest on the other side of the earth, planting trees helps to increase oxygen and lower toxic emissions that create the

greenhouse effect. National Arbor Day in the U.S. is on April 29th. For more information and/or to plant a tree in a Rain Forest or a fire-ravaged area visit <http://www.arborday.org>

RE-CYCLE ALL YOU CAN: <http://www.earth911.org> in the U.S. will give you information about what can and cannot be recycled in your area. All you need is your zip code: Look for similar programs in the country where you live.

WHAT'S YOUR ECOLOGICAL FOOTPRINT: Complete the survey to find out how your lifestyle choices are affecting Mother Earth:
<http://www.earthday.net/Footprint/index.asp>

WATCH THIS: Sunday, April 22: *The Planet Earth Series Marathon* starts at 9:00 am on The Discovery Channel in the U.S. It will change the way you feel about our Mother Earth.

GET THE DVD: *An Inconvenient Truth* is now available on DVD. Watch it with you family and friends. The time to save the Earth is NOW! [Order it here.](#)

HAPPY EARTH DAY!

Chris :)

Christine-Anne Platel

* Life and Relationship Coach & Mender of Broken Hearts!

* Coaching and Classes to Empower and Enhance Your Mind Body and Creative Spirit

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