



ECO-PSYCHOLOGY



SUSTAINABILITY



EARTHEARTS



ANNOUNCEMENTS



Heartwood Path Newsletter



ECO-PSYCHOLOGY

Blend Eco-Psychology With Eco-Action

Elvis Presley sings that “Wise men say only fools rush in,” but, given the growing seriousness of mental illnesses and environmental destruction, we can no longer afford to lend a hand only to individuals. That will take too long. We need to also work to save the “whole world too.”



That is why the Heartwood Path entwines individual happiness with the sustainability of the earth's environment. Just as you don't just give a pain killer to a man crushed by a truck, earthHearts—those who are enriched by the Heartwood Path—do not just attempt to make individuals happy. They also teach other individuals how to lift off real world burdens. I'm behaviors.

“Some things are meant to be:” The solution to the growth of mental illnesses and environmental destruction—what Dr. Michael Cohen calls “Earth Misery”—is to marry psychology with environmental action by creating, not just a better environment one-happy-person-at-a-time, but also a way of life that fosters cooperation, leadership development, a life-cycle of mental growth, and an attractive world where the clues to the meaning of life are embodied in natural beings. We need to promote human behavior that protects the environment and we need to re-establish an environment that produces good human behaviors.

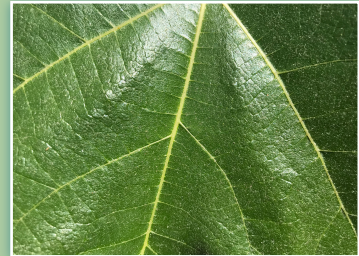


The act of protecting the environment produces healthy experiences of the environment which, in turn, produce healthy human behavior. We simply cannot allow the opposite of each of the steps in this

sequence to continue as the norm. If we destroy our experience—by remaining indoors and out of touch with natural beings, for example—we will destroy our environment. That will hurt both the Greater Self—the environment—and the individual self—by which I mean, you, and me, and all other individuals.

We cannot have experiences without a world to experience. And we cannot have good experiences in a

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degraded world. “Just as a river flows slowly to the sea,” attending too much to industrial advertisements and the “mega story” of modern civilization may generate more stuff; but, it will not lead us to good results such as a suitable quality of life and happiness that is abiding, abundant, and authentic. The way to change human behavior is to change everyone’s experience of environment. The way to do this is to both change the mental act of experiencing and to change the thing being experienced.

For these reasons, efforts to change the collective civilization are just as crucial as efforts to create individual mental well-being. Planetary destruction is not just a condition in the human mind. We have to grow psychologically and spiritually. And we have to act.

No amount of eco-therapy will save us on a dead or nearly-dead planet. For this reason, EarthHearts are both eco-psychotherapists and social activists.

SUSTAINABILITY

Respond To The Following Action Alerts

Get in the habit of always checking here for a variety of ways to protect and improve the world’s environment.

Help bring a Green New Deal to America. This action alert helps you support a bold program to transform the economy in the United States and respond to the climate crisis with the scale and urgency that the science demands. <https://act.sierraclub.org/actions/National?actionId=AR0158983>

The earth is drowning in disposed plastic. Instead of constantly adding to the problem, reuse, refuse, reduce, and recycle single use plastic containers. <https://www.plasticpollutioncoalition.org/take-action-1#donate>

Help Friends of the Earth replace genetically modified products with natural ingredients, protect bears and other wildlife on public lands, and support sustainable seafood production. <https://foe.org/take-action/>

Protect America’s first designated National River—the Buffalo in Arkansas. —from hog waste. <https://act.americanrivers.org/page/10092/action/1?ea.tracking.id=ACPromo>

EARTHEARTS

What Are They Doing?

After retooling the Heartwood Path website, Heartwood Path CEO Courtney Pierce is busy promoting the Heartwood Path. After re-editing the first three courses of the Heartwood Path, Don Pierce is adding content to our Facebook and Instagram accounts. He is also offering one-on-one guidance for Heartwood Path participants.

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Now On Kindle

Read an overview of the Heartwood Path and learn about the structure of integrity by reading the first course in the Heartwood Path series—Kosmos. Available now on Kindle. 858 pages. \$9.95.