

WHAT ARE YOU DRAWN TO? ...with y/our GIFTS and resources.

STEP UP in LOVE & GRATITUDE

If not us who? If not now, when? Here are some causes that are pressing and central to ecological health.

FORESTS and WILDLIFE

As they say, the Amazon and other rainforests are the LUNGS of the EARTH, giving BREATH to us and all other living beings who need oxygen!! Critical for Gaian ecology.

- Help purchase rainforest through [Rainforest Trust](#) & [Rainforest Action Network](#) & [Rainforest Alliance](#). They work with local groups at the forefront.
- <https://www.rainforesttrust.org/australia/> and https://donate.wwf.org.au/donate/koala-crisis/koala-crisis?t=AP0120001&f=41120-213&qclid=Cj0KQCQiA04XxBRD5ARIsAGFYgj9ezG8ckiNzGTzcMVmrCu_hGpZdpXGnCcHYkR1r6Y5ANQ5_VLKRhzAaArUWEALw_wcB#gs.t4xgpw
<https://disasterphilanthropy.org/disaster/2019-australian-wildfires/>
- Support indigenous populations and land <https://amazonwatch.org> & [Amazon Conservation Team](#)
- Borneo rainforests helps indigenous people save their precious forests & cultures.
<http://borneoproject.org>
- Join [Arbor Day Foundation](#) to help tropical rain forests which provide habitat for some 50% of the world's plants and animals!
Protect jungle animals through <https://www.worldwildlife.org>

Personal Choices

- **Choose a plant-based diet.** Reduce/quit beef consumption
- Reduce paper & wood consumption/find safe products through Rainforest Alliance.
- Look for the "[Rainforest Alliance Certified™](#)" seal find products like coffee, chocolate and bananas, oils that passed audits and met standards for sustainability.
- Support arts, science, and other projects that raise awareness about the Amazon through the Amazon Aid Foundation.
- Pray [#prayforamazonia](#) [#amazonrainforest](#)

PS These rainforest-focused charities have a rating of at least three out of four stars from Charity Navigator—a website rating non-profits on financial health, accountability & transparency.

[Amazon Conservation Association](#)
[Amazon Conservation Team](#)
[Amazon Watch](#)
[Rainforest Foundation US](#)
[Rainforest Trust](#)
[Rainforest Action Network](#)

OCEANS

<https://oceana.org/living-blue/10-ways-you-can-help-save-oceans>

If you eat fish, do take care. [Seafood Watch](#) gives you a regional guide for sustainable choices

<http://fishrevolution.org> <http://fishrevolution.org/small-steps-to-follow>

and WATER PROTECTION movements

<https://www.water-protectors.com>

http://www.honorearth.org/welcome_water_protectors

<https://www.internationalrivers.org/campaigns/the-global-river-protection-movement>

BEEES and Other POLLINATORS like Hummingbirds

<https://thehoneybeeconservancy.org/pollinators/>

<https://thehoneybeeconservancy.org/how-to-save-the-bees/> FUN

<http://millionpollinatorgardens.org/about/> FUN! Use guidelines and register your personal or community garden or farm.

Then do a honeybee waggle dance!

Find your own cause and put your heart into it!