

# ECO-YOGA

## Practical Ecology From Within

Environmental ecology is a BIG issue for a number of reasons, not the least of which is the simple fact that the whole known universe outside our bodies is, in fact, our environment. Contemplating the job of healing the outer ecology, one might easily throw up one's hands at the scope and immensity of it all. "What can just one person do?" we might ask. Plenty, as it turns out.

As a person who has always taken an activist approach to life, whether in larger issues of peace, justice and human rights, or in issues closer to home, such as my own health and well-being, I have always found that every real empowerment comes first from within. Every respect, every trust, every strength, must first be found inside before we can dance and play and work with it in the so-called "outside world." Inside is where it all starts.

The outer world is simply a mirror of our inner world. If we take care to restore and harmonize the components of our inner ecology, we will find our caring consciousness is certain to show in the environment we share. If we truly wish to make a change outside, the natural place to begin is within.



The following are a number of simple tips which have guided me in the course of my own empowerment. I hope you will find them as helpful as I have in establishing inner and outer ecologies which are balanced, uplifting and whole.

**1)** Don't store toxic wastes in inhabited areas: Drink 8 glasses of water daily and get plenty of physical exercise.

Be sure to clear your bowels regularly. If they are functioning well, solids should take no more than a day to be eliminated. Check this by eating a meal of beets and seeing how long it takes before the red stool arrives. Eating beets is also beneficial for your body since they work to gently detoxify your body's main toxic waste disposal system, based in your liver.

**2)** Use energy-efficient, nonpolluting fuels. a) Eat a vegetarian diet. b) Breathe fully. Make a daily practice of breathing exercises. c) Treat your body to solar energy daily. The rays of the sun can energize, heal and uplift, when proper precautions are taken.

**3)** Don't generate a greenhouse effect. Wear natural fibres (cotton, linen, wool, silk, hemp, cencel and natural rayon). Your skin will breathe easier, and you will feel more relaxed.

**4)** Preserve your "Amazon rain forest". Keep your hair long and beautiful. It enhances our ecology in ways we have yet to fully understand.

**5)** Promote biodiversity. Give Mother Earth your very best - which is **you**, of course! (What did you think, silly!) Appreciate your own exquisite uniqueness. Relax with it. Cherish it. Be creative with it. Let go of fear. Love all beings. Live in truth.

### Recipe: Beet Parmesan

Ingredients: 10-12 large beets  
1 liter of good tomato sauce  
12 oz. mozzarella cheese (or soy substitute)  
1/2 cup grated Parmesan or Romano (sheep) cheese

Steam the beets whole and unpeeled (with stem ends and roots intact). Rinse with cold water. Cut off stem ends and roots. Slide peels off. Slice into 1/3 inch rounds. Layer in 9"x12"x2" baking pan: sauce, beets, cheese, beets, sauce, cheese. Bake at 375 degrees for 20 minutes. Yields 6-8 servings

Article by Guru Fatha Singh Khalsa, first published in Vitality Magazine (September 1994).

Recipe by Siri Ved Kaur Khalsa, taken from her classical cookbook, [From Vegetables With Love.](#)