

# HOW TO SAVE THE WORLD FROM YOUR ARMCHAIR

By Jenny Parker

---

We can sit and point our finger at industry, consumerism and global politics, but the biggest threat to the planet's wellbeing is a lot closer to home. The real damage to the planet comes from the amount of fear that is pumped out into the environment by the likes of you and me every time we choose to be less than love. As a spirit incarnated in human form, your body is on loan from Gaia, the indwelling spirit of planet earth. This, in effect, makes you a cell of Gaia's body and means that when you pollute yourself, you pollute Gaia.

You can manufacture fear pollution in many ways. Some basic examples are anger, sadness, hurt and guilt. Some less obvious examples are negative thoughts, attack thoughts, self-righteousness, judgment, projection, defensiveness, criticism and attachment.

Just because you can't see a thought with your normal vision doesn't mean it isn't there. Thoughts are things. When you think negative thoughts, 'like I'm stupid', 'I hate that person', 'I don't like how I look' and 'I can't do that', you are creating thought forms that pollute the planet.

Those who are gifted with inner sight can see the festering thought forms people dump anywhere and everywhere. It is easy to feel those thought forms when you go to a place where there is a lot of fear. I have felt this way when I have walked down streets where crime takes place. You also notice places where a lot of love has been radiated. A beautiful spot in nature is always uplifting.

With anything you do it is vital that you check your motives. If you have low self-esteem and unresolved negative emotions and embark on good works as a way to make yourself feel better, you will end up creating more fear pollution on the planet. You could be involved with amazing charity work, meditating, teaching spirituality or actively campaigning but be doing it from fear. The local prostitute might really enjoy her job, radiate out love and be doing a lot more good as far as the planet is concerned.

Changing the planet begins by cleaning up your own backyard and radiating from a clear space of love. If you are serious about saving our home, this news will be music to your ears. There is so much you can achieve from the armchair in your living room.

First, there is no room for attachments. Attachments are illusions that you talk yourself into believing. You have an attachment when you think you can't possibly be happy unless you are attached to this or attached to that. There might have been a time when you were absolutely heartbroken and thought you would never be happy again because something you were

attached to, that you deluded yourself into believing you would never be happy without, was torn away from you.

When you have attachments, you put a lot of energy into defending them. Often you find the whole world threatens your attachment. "Oh no, the world might send someone along that this person finds more attractive than me and I will lose my attachment. I better entertain more glamour and illusion to try to manipulate and control the situation in such a way that I might be able to maintain my attachment."

Let me reframe this a little. As attached as you are, you are anti the world because it is the world and everything on her that threatens your attachment. So your level of attachment to something is a good indicator of your level of hatred for Gaia. Everyone likes to think that they love, support and nurture her but if you get attached to bits of her and feel that you can't be happy without maintaining that attachment, you start attacking anything that challenges it. That means you are attacking Gaia! Attack thoughts based on the fear of losing an object or idea of attachment are the number one source of energy that contributes to conflict of all kinds.

To return sacredness to Gaia, you need to hold yourself in a space of sacredness. This is a place within that you keep pure. It has to be free of distortion, dissonance, corruption and interference. You don't let anyone else access this space, even in the most intimate of relationships.

Unless you can completely transcend the need for revenge, self-righteousness and retribution you won't be able to hold a sacred space within. Justice isn't something that you decide on, it is the uncontaminated outplay of the laws of God and nature which are designed to maintain health and harmony without the contamination of fear. We are talking about a definition of justice that transcends the duality of right and wrong, so, for example, the judgment that 'anyone who is not a greenie should be punished' isn't appropriate. To achieve non-judgemental justice you need to move beyond childish notions of what is and is not fair.

When you move beyond right and wrong, retribution, revenge and self-righteousness, you move into choices and consequences. Every choice that you make has a particular outcome. Making the choices that ensure the planet is covered with pristine forest, and not doubting that that is a possibility starts with the choice of love over fear. If you can do this you will find that you are able to manifest a sacred space through which you move in your day to day living.

A friend of mine has a wonderful relationship with the nature spirits and energies of the land. The energies absolutely love him because he's able to love Gaia without any judgment, self-righteousness, revenge or retribution. He genuinely perceives himself to simply be part of the natural order. He's moved beyond the self-righteous idea of feeling that human beings need to be punished for what they are doing to the environment.

Although his heart breaks and he feels the pain of the natural energies when he sees a forest that the bulldozers have just finished logging, he chooses instead to hold in his mind the exquisite beauty of the most pristine, wondrous forest perfectly in balance with all of the kingdoms. What he's doing is holding the image of a positive future for Gaia.



Because you get what you put out, and if you see a horrible, scarred landscape, that's what you're projecting and creating for Gaia -- a future reality of more horrible and scarred landscapes. When you hold the eventuality of harmony and beauty, as a possible future, you draw that possible future into being. The regeneration starts instantly. Everywhere you go you need to see beauty. If you don't see beauty, Gaia is not going to get more beautiful.

If you want to make a positive impact on the environment, stop focusing on the number of pieces of toilet paper you use and try an honest assessment of how much love you radiate instead. This isn't a gross but a net measurement of the love you radiate minus the fear you pump out. So if you are pumping out a certain amount of positive energy but more negative energy, then the net amount will be fear. When you are radiating 80% or more net love you would never entertain the idea of doing anything that would destroy Gaia. If we all radiated net love at 80% or over, the planet wouldn't be in the mess it is in.

All that really matters at the end of a lifetime is whether there is more love on the planet as a result of you having been here. You don't have to do more, you have to do less. Stop doing all the things that are holding you back from radiating love. Whatever you choose to do, ensure that it comes from a space of love. The question you need to ask yourself in each and every moment is, 'what would love do now?' and courageously take action based on that. Choose to be a powerful presence of love!

**World love is incomplete without self love.**



*Jenny Parker has studied the healing process and accelerated human change for over 25 years. This knowing and wisdom is put to good use with people worldwide in her work as a coach and mentor, healer, writer and inspirational speaker. For more info go to [www.heartforce.com.au](http://www.heartforce.com.au) or email [jenny@heartforce.com.au](mailto:jenny@heartforce.com.au)*

*The insights for this article came from the teachings of Michael King. To find out more about Michael King's work contact me at [jenny@heartforce.com.au](mailto:jenny@heartforce.com.au) or go to [www.cosmosis.net.au](http://www.cosmosis.net.au)*