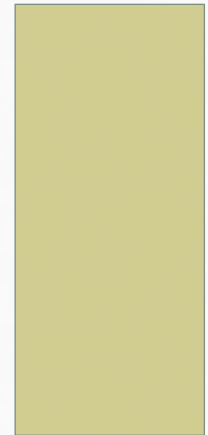


HOW TO LIVE AN ENVIRONMENTALLY JUST LIFE

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Q. WHY SHOULD I CARE?

A. ENLIGHTENED SELF-INTEREST

TWO UNDENIABLE FACTS

#1 You are **dependent** on natural environment and what it offers in order to exist. EVERYTHING that constitutes LIFE comes from it.

2# Living an environmentally just life makes you **a more balanced human being**. Living as a more balanced person enhances your life experiences and improves your quality of life.

Q. Who doesn't want a better quality of life – now and in their future?

BASIC ASSUMPTIONS

- #1 You are **highly intelligent**, with lasting connections and relationship with your environments – you are meant to be environmentally just – by nature.
 - #2 You are **thoroughly mis-educated, and therefore misdirected**, unless you reflect in thought, desire, and action assumption #1. Balanced thinking, attitudes, & behaviors can produce on multiple levels - the condition of environmental justice.
 - 3# You've been **taught to see nature** as a source of limitless resources related to your wants and wants and needs. “Programmed disconnection.”
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YOU REFLECT THE CONNECTION

- Every one of the 92 naturally occurring elements on Earth also occurs within your body.
 - Earth's surface is three fourths water. The human body is three fourths - water.
 - Your physical body has its own magnetic field – just like your home planet - Earth.
 - It takes eight minutes and twenty seconds for a full circulation of blood to return to your heart. The time required for Light from the Sun to reach the Earth is eight minutes and twenty seconds.
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WHAT IS THE QUALITY OF YOUR EXCHANGE WITH THE ENVIRONMENT?

There are three main types of relationships between living things in nature. As human beings, we also operate by these same laws of nature.

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COMMENSAL RELATIONSHIPS (benefit / nothing)

SYMBIOTIC RELATIONSHIPS (benefit / benefit)

PARASITIC RELATIONSHIPS (benefit / harm)

TRAITS OF AN EJ HUMAN BEING

- Caring
 - Choice & Accountability
 - Citizenship
 - Cleanliness
 - Conservation
 - Empathy
 - Endurance
 - Integrity
 - Problem Solving
 - Respect
 - Responsibility
 - Safety
 - Self-Discipline
 - Wisdom
 - Vision
-

TRAITS OF AN EJ HUMAN BEING

- **CARING** – service, sharing, kindness, concern, and sacrifice
 - **CHOICE & ACCOUNTABILITY** – making decisions, accepting consequences, and being responsible for your choices
 - **CITIZENSHIP** – activism, participation, and community service
 - **CLEANLINESS** – neatness and personal hygiene
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TRAITS OF AN EJ HUMAN BEING

- **CONSERVATION** – preservation, thriftiness, and moderation
 - **EMPATHY** – understanding, compassion, charity, and mindfulness
 - **ENDURANCE** – patience, stamina, and strength through adversity and suffering
 - **INTEGRITY** – consistency, constancy, and honesty
 - **PROBLEM-SOLVING** – resourcefulness, willpower, intelligence, and grit
-

TRAITS OF AN EJ HUMAN BEING

- **RESPECT** – reverence, and mindfulness
 - **RESPONSIBILITY** – organization, perseverance, planning, and honoring commitments
 - **SAFETY** – awareness, prevention, caution, action
 - **SELF-DISCIPLINE** – self control, self-restraint, self-reliance, and independence
 - **WISDOM** – common sense, practicality, intuition, and being a life-long learner
 - **VISION** – insight and understanding
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10 WAYS WE GET IN OUR OWN WAY

1. “That’s Not My Thing.” **APATHY** (*indifference*)
 2. “I’ll Get To It Later.” **PROCRASTINATION**
(*laziness & inertia*)
 3. “I’m Mad Enough To...” **EMOTIONALISM**
(*disempowerment & ineptitude*)
 4. “Nobody Else Is Doing It So...” or “Me Too!”
FOLLOWER MENTALITY (*ignorance*)
 5. “Look... I Gotta Get Mine.” **MATERIAL GREED**
(*selfishness & wastefulness*)
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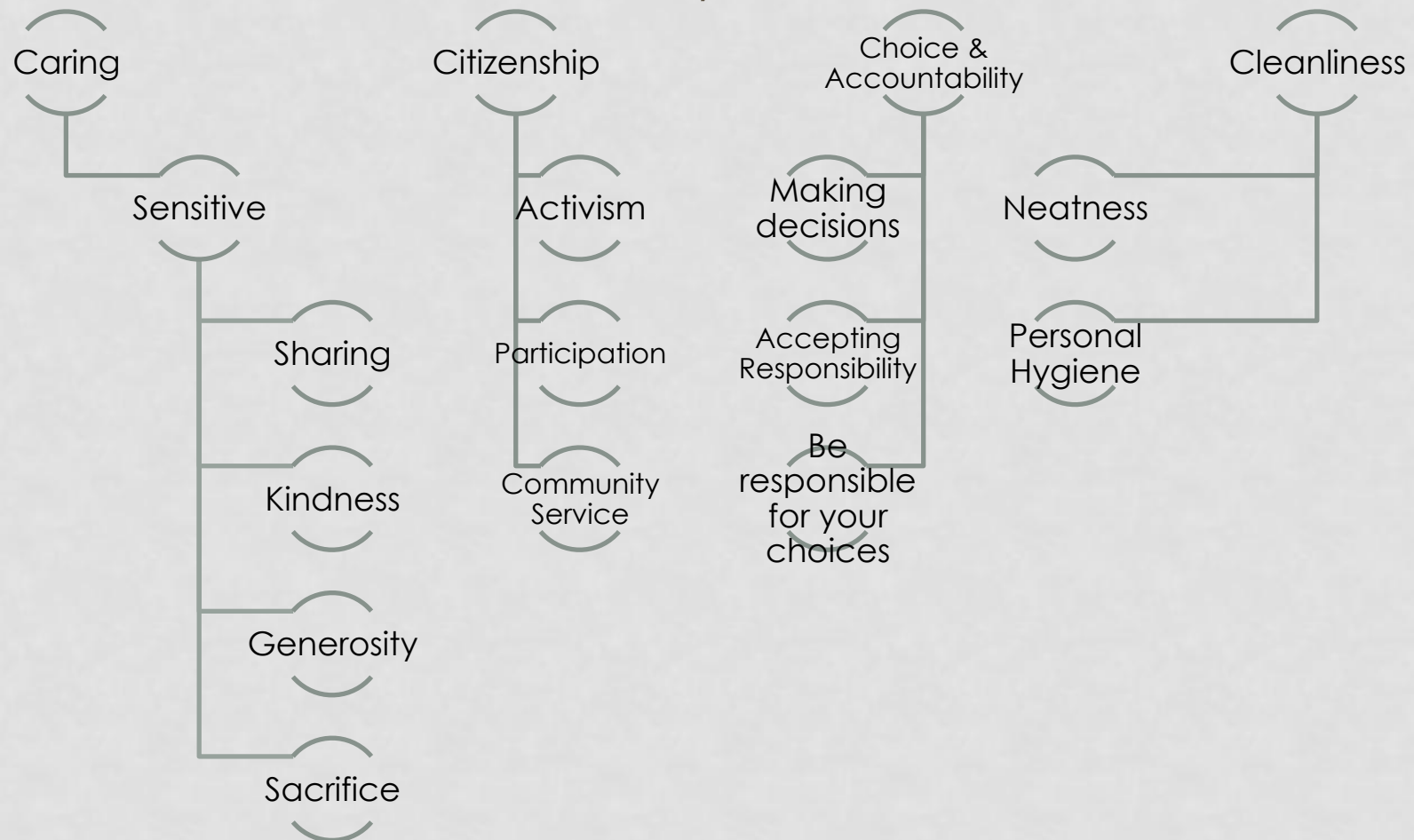
10 WAYS WE GET IN OUR OWN WAY

6. “I’m Doin’ It Big!” **OVERCOMPENSATION**
(wastefulness & vanity)
 7. “Oh... We’ll Be Okay.” **BLIND FAITH**
(naivety & self-delusion)
 8. “They’ll Work It Out in Time.” **SALVATION SEEKING**
(passivity & detachment)
 9. “I’m Straight...” **WEARING THE MASK**
(denial & stubbornness)
 10. “It Felt Right At The Time.” **INSTANT GRATIFICATION**
(short-sightedness & immaturity)
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AN ENVIRONMENTALLY JUST HUMAN BEING

CONSTRUCTIVE SOCIALIZATION / THOUGHT DESIRE & ACTION

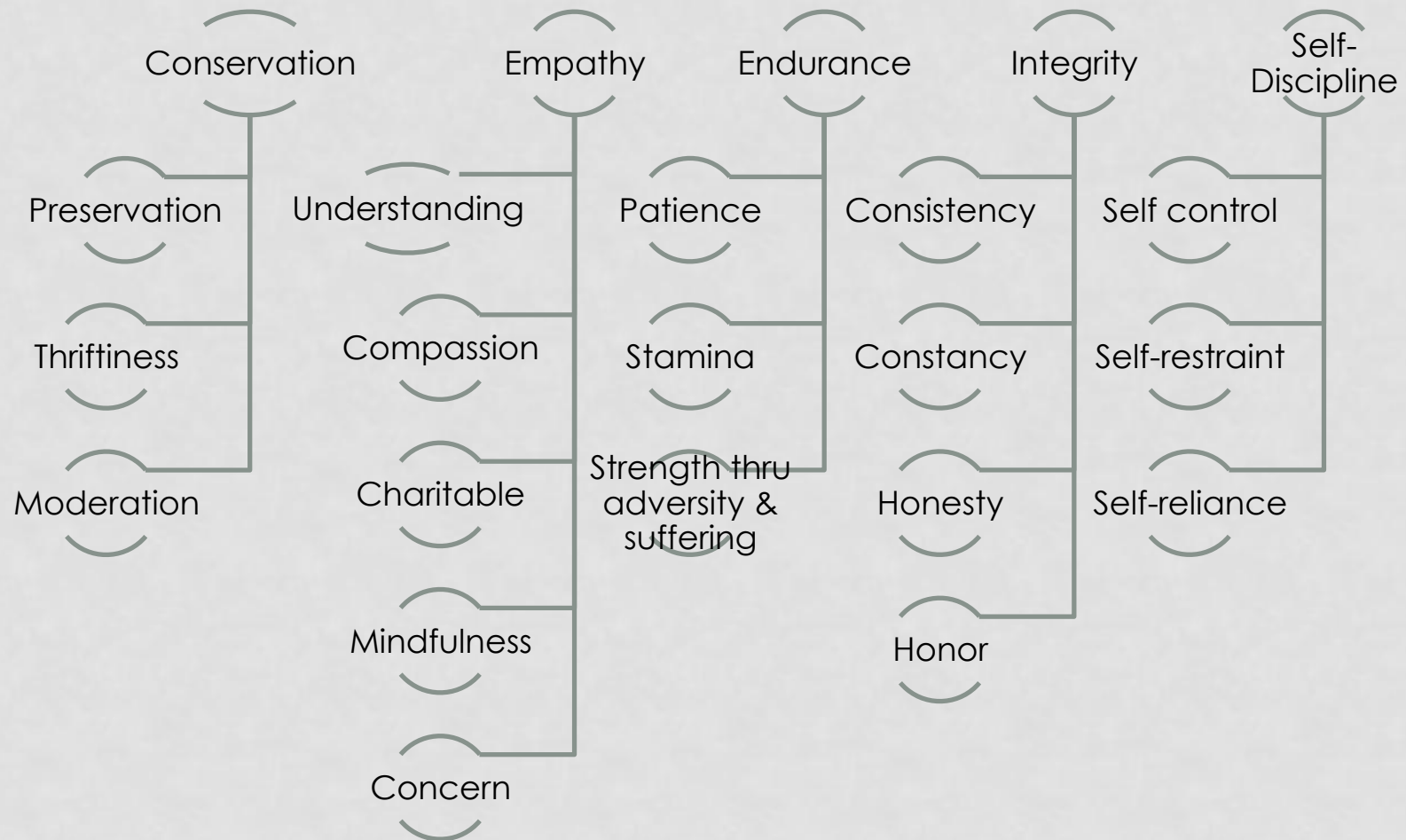
Traits / Values



AN ENVIRONMENTALLY JUST HUMAN BEING

CONSTRUCTIVE SOCIALIZATION / THOUGHT DESIRE & ACTION

Traits / Values



AN ENVIRONMENTALLY JUST HUMAN BEING

CONSTRUCTIVE SOCIALIZATION / THOUGHT DESIRE & ACTION

Traits / Values



WHAT IS THE GOAL?

- **TO BE A PERSON OF INTEGRITY**

INTEGRITY... is when “what you say & what you do go together.” INTEGRITY is when your beliefs are in line with what you say and what you do.

- **THE TRANSFORMATION OF BEING BY BECOMING**

Q. What am I becoming?... based on what I am doing, saying, desiring, and thinking?

three interdependent levels of being:

THOUGHT DESIRE & ACTION

WHAT IS THE GOAL?

BALANCE is a *stable condition* created by the cancellation of negative forces with equal, opposing, positive forces.

BALANCE is a state of physical, mental, and spiritual equilibrium; harmony.

BALANCE is the preferred state in nature, humans, and the Universe.

TWO FORMULAS

$$\mathbf{P \times R = B}$$

“Purification times Rejuvenation equals Balance”

- Queen Afua

$$\mathbf{P \times R = B}$$

“People times Resolution equals Belonging”

- John Warford

STAY IN TOUCH

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