

HELENE BJERG

# Earth(ly) matter(s)

Sustainable Living  
From the Inside Out

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# THE INVITATION

## SUSTAINABILITY FROM THE INSIDE OUT

While in Africa I heard many suggestions and solutions to our challenges, but all of them seemed like they were only handling symptoms and not getting to the root of what we are facing. The way we are living and the things that drive us are simply not good for the planet – or us. Everybody wants more of something: More money, more shoes, more houses, more vacations, more growth, more revenue, more

likes. The mantra has become more and bigger when in fact less is actually more.

In the desert we discussed solutions for the suffering ecosystem, and it reminded me of discussions I have had in my practice for years. Whenever I have guided a personal transformation, I have witnessed how when being aligned with oneself and your own ecosystem you naturally gravitate towards more sustainable living. Not only do we pollute less with our energy, thoughts and behavior, but we also naturally find creative solutions for sustainability.

Interestingly, sustainable living for the individual results in sustainable living for everyone else, including nature.

Instead of limiting sustainability to sorting waste, eating a plant-based diet, driving an electric car, and/or not using plastic, it becomes

a way of being where all interactions with the world are sustainable.

Initially I was wondering how this could be the case. But after analyzing the transformation process that I was seeing over and over again, I noticed how each individual transformation was resembling the continuous process of change in nature. Here seasons change, precise timing is uncertain, and things collapse only to make room for something better – all while everything is moving towards balancing the ecosystem. That is how we work too – like an ecosystem.

Aligning with oneself and our own ecosystems tunes us into this law of nature. Each one of us is our own ecosystem that needs to be treated as such in order to flourish. That is why sustainability occurs from the inside out.

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### Sustainable Living Fom the Inside Out

This book is about how you and I can change our connection with ourselves in a way that will make sustainable living the only way.

In practical and tangible ways, you will be guided to connect with **YOUR OWN ECOSYSTEM** and with this connection you will naturally bring more sustainability to you, everyone around you and Mother Earth.

By engaging in the circular process of your ecosystem, you will naturally begin to thrive in the changing world we live in, and increase your response – ability in all of life's circumstances.

I hope you will join me.

*Helene*

See more at [www.helenebjerg.com](http://www.helenebjerg.com)

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