

Yogi Conscious Lifestyle

by Delia Montgomery

Yoga practitioners gain compassion from increased awareness of their environment. There is an inseparable link to other beings and the natural world. Thus, yogis are eco-conscious and embrace our planet with a sustainable and balanced lifestyle where organic food and fibers prevail.

Taking the yogic philosophy and incorporating it into your life may require initial effort, depending on your background. Yet progress becomes effortless as you increase insight to obvious basic needs and natural desires. The more connected you become, the less congested your mind is, and the easier it is to propose solutions for all mankind.

Thankfully, the 21st century yogi perspective spills into business. There are many ways to avoid petrochemicals, pharmaceuticals, and natural resource abuses. From transportation to food, healthy alternatives are gaining respect. Look at social movements today. Quality is more valuable than quantity, spirituality is more important than money, and materialism is declining. The moment is right for the yogi attitude and effective purchasing power.

Green design industries have come up with some delightful developments from invested research. Last year's discoveries range from soy-based wax colored from earth pigments to fabrics made from corn, soy, bamboo and milk. Recycling is a chosen art for some and organic gardening is expanding to and beyond suburbia. This brings excitement to home, fashion, cosmetic and agricultural markets as conscious suppliers prepare for the death of the petroleum age.

The green market proves there are fragrances without phthalates, cosmetics without parabens, toiletries without lathering agents, colors without synthetics, and animal-based materials acquired without cruelty. Such products are available because people around the globe are reevaluating their morals and goals. As our consciousness grows, people demand the insanity of our unessential toxic lifestyles to stop.

For a utopian example, conscious consumers (who are typically yogis) insist on quality food. Their demands create a market for certified organic produce. The market invites competition and the winners go mainstream. By shopping only where there is organic produce, the consumer is exercising purchasing power. The farmer, retailer and consumer all win.

Education and awareness complicate essential ingredients for positive change. But no doubt about it, each person can make a difference. This is the yogi-conscious perspective where true beauty comes first from the inside, – which expands to the environment.

The key is to focus on how you feel, not how you look. When you buy quality products meticulously made with natural materials, your practicality and creativity become fashionable. It's true that if you feel good, you look good. So I encourage you to buy merchandise that enforces your sincere consciousness.

Nearly every business type holds the potential to be green. This is proven through members of expanding eco conscious organizations that continue to earn the public's respect. Now activists are teaching marketers how to approach green businesses that vary from architects and builders, to aroma therapists and cosmetologists, to textile artists and ready-to-wear designers,

to horticulturists and landscapers. Every green profession you can imagine entails the expertise of farmers and gardeners who value nature and our environment. Yet each community has different needs which cannot be ignored to achieve national or global recognition.

Recognition of purchasing power shifts may be gradual. Typical transformations are women selecting natural makeup that enhances looks rather than conventional brands that conceal. Both sexes tend to avoid artificial scents. Allergy or chemically sensitive sufferers find many forms of relief with naturally processed materials and organic cleansers. Try earth-friendly products and discover why they become preferred.

We don't have to wait to alter purchasing power from forced obligation. We can do it for our children and all living creatures because we genuinely want to -- now! Spread the word, nurture organic farming, save wildlife, revolutionize manufacturing, help replenish our planet, and enjoy life with pride.

THE CONSCIOUS BUYER SHIFT TO A SUSTAINABLE & HEALTHY LIFESTYLE

- **Read cleaning product labels to avoid hazards.**
This is a difficult job if you're not a chemist. From laundry detergent to shampoo, start by avoiding dyes, fragrances and lathering agents. Buy some organic and natural items, search for the manufacturer's web site (most likely on the package label), and learn why their ingredients are special. You'll get the hang of what formulations you do and don't like.
- **Make biodegradable products your preference.**
Being natural really isn't enough to be an impressive product. Think about how the ingredients degrade in water or earth. The packaging is important too. Pay attention to the interior and exterior of the product while you contemplate the resources used to make it.
- **Stop mixing or neighboring chemicals with food.**
Television ads frequently demonstrate using a countertop cleanser where the baby is eating or putting objects in its mouth. Expand your consciousness from such examples to realize what toxins you may be ingesting and breathing -- especially while eating or drinking. Learn to know better! Don't mix a house paint party with a pizza in the same room. Observe beyond your home.
- **Use efficient appliances; HPA filters.**
A good broom and mop is better than a cheap vacuum cleaner, as is a sink and stopper better than an inefficient dishwashing machine. Well made appliances thankfully include energy reserves. For premium efficiency, modern equipment is better. Look for the energy star and learn basics about how your machines work. You'll save money in the long run.
- **Rethink your mode(s) of transportation.**
Walk or bike it when you can. What better way to find time to exercise? When an automobile is necessary, go for the energy efficient models where recognition is slowly increasing and competition is expanding to our benefit.
- **Expand your home energy sources.**
Don't depend on your utility company or government to provide 100 percent of the resources you need. It's like putting all your eggs into one basket. Consider bioregionality for each project, (such as solar heat), that you undertake.
- **Eat organic; create a vegetable and herb garden.**
Even an on-going traveler can manage to grow a pot of herbs with a self-watering gizmo. Nurturing plants is a basic every human being needs to incorporate into life. The core of environmental awareness comes from organic gardening.

- **Enjoy tress, flowers and outdoor nature.**
Whether from your own garden or a simple stroll outdoors, watch your environmental awareness grow with your appreciation of life.
- **Refresh your bedding.**
From natural fiber box spring to pillows, sleep well without synthetics and allergens.
- **Select conscious clothing materials.**
Pamper your skin and let your pores breathe with organic cotton, hemp, or other natural fibers. If synthetics are best for your climate or activity, pay attention to the company's goals and manufacturing process that you buy from.
- **Revamp conventional cosmetics and toiletries to organic.**
Learn to read product labels and notice how much better it feels to be next to a person who avoids chemical hygiene. This task will be easier if you're already aware of natural versus toxic cleaning solvents.
- **Recycle, reuse and reinvent.**
Join the world of creativity with recycling and significantly lower your waste.
- **Walk the talk, or mean what you say.**
The more conscious you are, the more sincere your intentions and progress can be.

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