

Fast for the Planet

We live on a beautiful planet, and Fast for the Planet is a transformative approach to relating to it. Rather than focussing on a single issue, it draws together a range of supporting values that include the inner (e.g. through fasting), the economic, and community, and weaves them together into a more coherent whole. The experience is fun, empowering, challenging and purposeful!



Whilst it allows for the practise of fasting to be connected to the wisdom contained within spiritual traditions, Fast for the Planet is consciously inclusive. In addition, it connects with the use of fasting as practised by key figures in human history, such as Gandhi and Abdul Ghaffar Khan; figures who have been catalysts for large scale human transformation and social change.

Moving away from

Through Fast for the Planet, we are expressing an intention to move away from our collective submission to:

- a) corporate domination
- b) consumerism
- c) the dominant, interest-based and fictitious monetary-system
- d) and of course, our dependence on fossil fuels

The main event on Sunday March 22nd 2009 will include: reflective exercises; a choice of a workshop; breaking fast/sharing food; and we will also be asking ourselves how we can further the process. Please visit the website for details about fast times, preparatory measures, bringing food, and to register your place. There is no charge, but a small donation is appreciated.

You are also invited to sign up to the Fast for the Planet e-group to keep updated (this can be done through the website); At the same time there are opportunities to organise your own Fast for the Planet event, share your thoughts on the blog, or offer a skill.

Moving towards

Simultaneously we are strengthening an intention that moves us towards more wholesome alternatives:

- a) awakening more of our inner resources and human potential (e.g. through fasting)
- b) simplicity, sharing and community building
- c) economic systems that are nurturing to life, soul & community
- d) non-polluting energy, and sustainable use of the earth's resources

Date of main event: Sunday March 22nd 2009

Time: 4pm to 8.20pm Please aim to arrive at the start-time

**Venue: St Ethelburga's Centre for Reconciliation and Peace, 78, Bishopsgate, London EC2N 4AG. (Nearest tube: Liverpool Street)
Please bring food to share.**

