



## daily GOOD

We are dependent on each other. Therefore, replenishing the soil, replenishing society and being part of one continuum -- that's the new story. --Satish Kumar

### **Satish Kumar: In Service of Humanity and Mother Earth**

In 2020, a dialog was held at Plum Village with environmental, and multi-faith peace activist Satish Kumar. What follows are two excerpts from that evening, the first titled, "Activism -- Caring without Burning Out," and the second, "Encouragement to Young Activists -- on Anger, Love and Grief." In these excerpts Kumar shares "how he has been able to find an inexhaustible source of energy to continue his activism with enthusiasm for over 60 years." As well as, "insights on acting from anger or from love, healthy grieving for Mother Earth, and his vision for the way forward in these times of climate change."

### **Be The Change:**

For more inspiration, check out this short passage, "The Spirit of Gift," excerpted from Satish Kumar's book, "You Are, Therefore I Am."