

## **EcoConsciousness**

When we talk about ecoconsciousness, we talk about our daily mind. Ecoconsciousness is: : personal ecology and, if we don't care about our thoughts, is like to tell "we doing nothing".

When we speak of taking care of the world, is not only the planet, is the physical body also that are a representation of the World. For that we are asking "what we are doing with our body"?

The physical body feeds himself with our thoughts. We are the outcome of what we thinking. And the thought is the light. Is a divine spark. Every moment we are feeding our thoughts, and, if the thought are of harmony, we are harmonized. If the thoughts are of disharmony we do disharmony.

So I ask myself: "what are our first thoughts when we awake in the morning? Are of harmony or disharmony?"

The thought of building, food for soul, is Harmony, is the light, the battery that reload the energy of everyone. Through thoughts we can create an energy atmosphere that is turning around each of us.+

Yes, life is possible. Everything is possible!

I believe that the human being are fearing to have a life in the "here and now". But in the universe it is existing only the present. If we are aware and we dare to live it, we will get a big jump. When the past is manifested or materialized in the present, it is time is time of hugging these experiences of the past, clean them and let them go. I believe that only this way we will create a new humanity, in order to the unity. To be the unity means experiencing the total acceptance of how we are.