

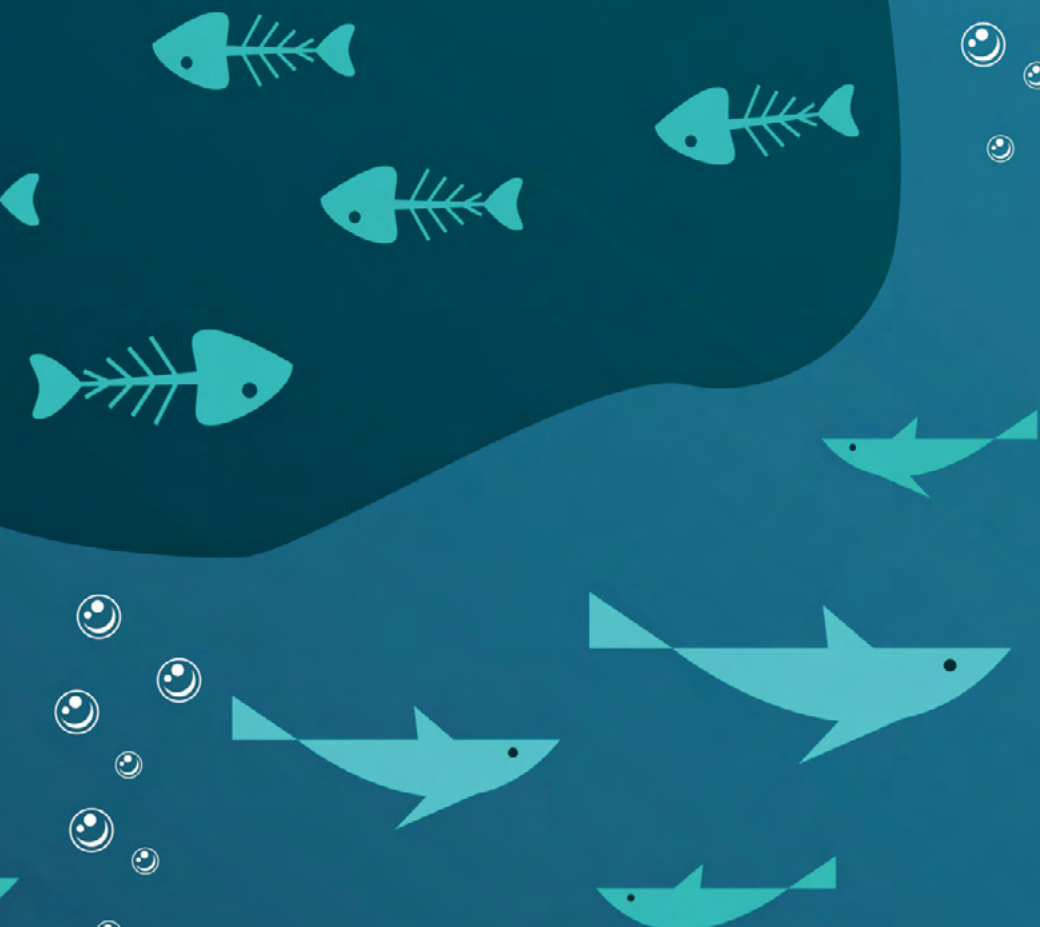
# 生命和平

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雙月訊  
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Life & Peace Newsletter Jul.–Aug. 2021

No.01

## Take Action to Protect Our Oceans





Preparatory Office of the University  
for Life and Peace

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Message from the Founder

By Dharma Master Hsin Tao, founding abbot of Ling Jiou Mountain Buddhist Society

# Reflections on the Collapse of Ancient Civilizations

**I**nterdisciplinary research indicates that the cycle of formation, existence, deterioration, and emptiness of Earth's civilizations spans far beyond a few thousand years. Tens of thousands of years ago, or even earlier, there may have been other periods of highly developed civilizations, possibly even achieving technological levels surpassing our current civilization. However, all of them inevitably met their demise. If human civilization destroys the organic nature of the ecological environment, it loses the conditions for sustainability, leading to irreversible ecological crises and ultimately causing the decline and disappearance of modern civilization.

The extinction of ancient civilizations often stemmed from the inappropriate use of natural resources. While scientific and technological inventions can increase agricultural and industrial production, as well as improve the convenience of life, they often fail to consider ecological sustainability. When natural resources are exhausted, wars, famines, plagues, and other disasters can destroy a civilization in an instant. This serves as a lesson for us.

# The Ugly Journey of Our Trash

Marine debris is the waste that we create in our daily lives and eventually release into the ocean.

Trash travels through the land, enters ditches and rivers with heavy rains, and finally flows into the ocean. Once it enters the ocean, garbage can travel thousands of kilometers to the other side of the sea, causing ecological and life destroying damage along the way. Each year, marine litter kills thousands of sea creatures and seabirds, suffocates coral reefs, and prevents vital ecosystems from breathing. Not only that, trash also pollutes our beaches and beautiful recreational spots. Gathering critical information and ecological impacts is an essential part of the process of bringing about change in all aspects of infrastructure and waste management policies.

Who is responsible for protecting our oceans? Each and every one of us! Together we can help stop and solve this dilemma to protect the clean and healthy oceans that are so important to us.

An illustration of a landscape. At the top, a blue sky contains a dark grey cloud with a small black truck on top. Several white birds are flying. Below the sky is a green hill. On the hill, there are several stylized trees with brown trunks and green foliage. Two small figures are sitting at a picnic table. In the foreground, a large grey ship with two white smokestacks is sailing on a blue sea. The ship has two large white circles on its front. The overall style is flat and modern.

## 92% Plastics

Almost 400 different species have swallowed or become entangled in marine debris, and 92% of these instances can be attributed to plastics!

## 7 Species of Sea Turtles

Seven species of sea turtles, more than half of all marine mammals and nearly two-thirds of all seabird species have ingested or become entangled in marine debris.

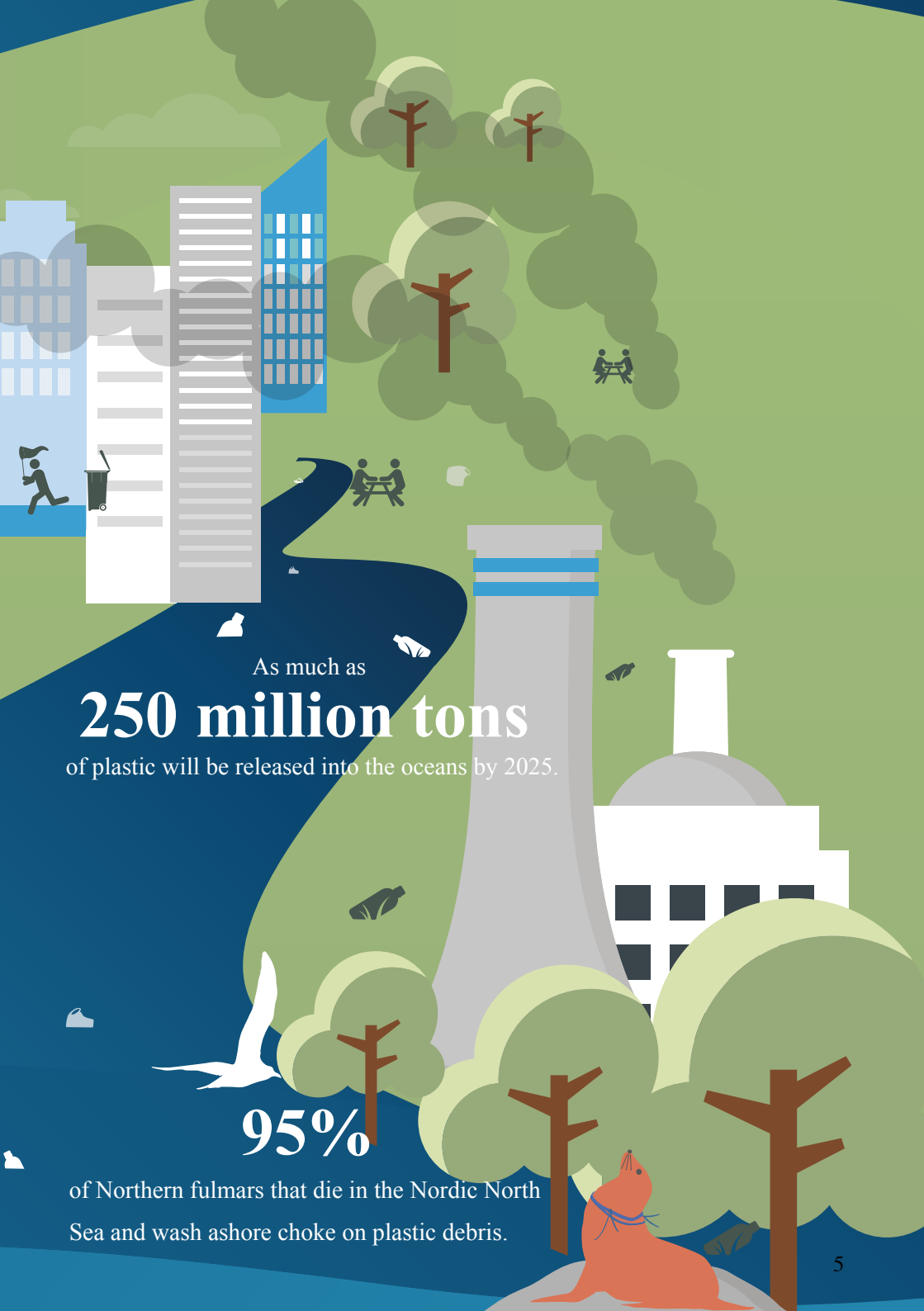


## 300 million tons

Annual global plastic production has grown dramatically from 1.7 million tons in 1950 to nearly 300 million tons today.

## \$13 Billion

Plastic waste causes nearly \$13 billion in environmental damage to marine ecosystems each year.



As much as

**250 million tons**

of plastic will be released into the oceans by 2025.

**95%**

of Northern fulmars that die in the Nordic North  
Sea and wash ashore choke on plastic debris.

# More than one in ten

of the species that have swallowed or become entangled in marine debris are endangered.



Divers everywhere are committed to recycling marine debris. They continue to collect trash from under the sea and record data to promote improvements in all areas. On land, efforts can be made to work together to stop trash from entering the ocean, and we can act in communities around the world and promote action programs that effectively recycle trash.



Sources: PlasticsEurope (2014). Plastics - The Facts 2014: An Analysis of European Plastics Production, Demand and Waste Data; J. Jambeck, et al., (2015). Plastic waste inputs from land into the ocean, Science, 3 47 (6223), 768-771; JUNE (2014). Valuing Plastics: The Business Case for Measuring, Managing and Disclosing Plastic Use in the Consumer Goods Industry; J. A. van Franeker, et al., (2011). Monitoring plastic ingestion by the northern fulmar



# Together Let's Purify the Oceans!

It's no longer a rare headline – when stranded and deceased conservation whales or dolphins undergo autopsy, a significant amount of plastic waste is often found in their bodies, sometimes even being the cause of their demise. What can the public do in response?

The Ling Jiou Mountain Buddhist Foundation has been steadfastly promoting nine sustainable living principles to loving Earth. Through simple and practical daily green actions, the foundation promotes the belief that there is only one Earth and one ocean. With "recycling" as a core action, they visually present the appearance and cycling system of marine debris in the Ocean Conservation Project AWARE. Without proper waste management, the waste we generate in our daily lives easily finds its way into the ocean, posing a serious threat to marine life.

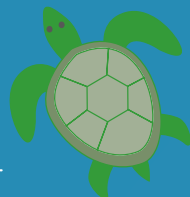
If you wish to join the Clean Ocean movement, you are welcome to participate in the Ling Jiou Mountain Buddhist Foundation's monthly Earth-loving beach cleanup event held in Fulong.



## Recycling

### Reuse and Recycle for Sustainability and Compassion

- Ensure proper waste sorting and recycling.
- Opt for second-hand books or toys.
- Engage in barter exchanges.
- Utilize reusable bags and eco-friendly utensils.
- Carry a reusable water bottle for convenience and thirst quenching.



Fulmarus glacialis in the North Sea, Environmental Pollution, 159 (10), 2609-2615; S. Gall, R. Thompson, (2015). The impact of debris on marine life, Marine Pollution Bulletin, 92 (1-2), 170-179; GUNEP (2005). Marine Litter, an analytical overview [www.creativecommons.org/licenses/by-nc-nd/4.0/](http://www.creativecommons.org/licenses/by-nc-nd/4.0/)

# Responding to World Ocean Day

1



Reduce and sort waste

2



Minimize greenhouse  
gas emissions

3



Save electricity and energy

6



Protect the coasts and beaches

7

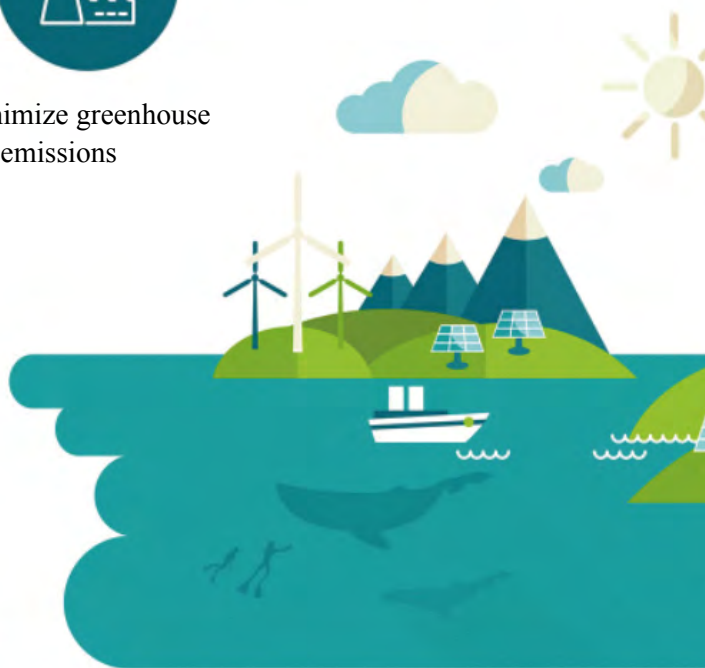


Follow the fishing regulations  
and, only catch permitted fish  
species in allowed quantities

8



Purchase seafood with a  
responsible attitude towards  
sustainable ocean



**I am all in!**  
**Ten Actions to**  
**Protect the Ocean**



4



Remember to take your own garbage with you when you leave the wild.

5



Choose products that do not pollute nature and the ocean.

10



Share ocean knowledge with those around you

9



Continuously self-educate and learn about ocean knowledge




# Here On Earth—— Transnational Youth Environmental Media Education Program



Please visit the event website to participate and show your support.





**H**ere On Earth began during the dark days of the pandemic as an environmentally-focused film collective to highlight our connection to nature and to each other. Collaborating with artists and activists from New York, London and Taipei, we have provided creative workshops, a guest speaker series, and an interactive website that allows virtual visitors a chance to continue a meaningful conversation. Partnering with teachers, organizations, and creative projects, Here On Earth continues to promote environmental art-making and involve youth in co-envisioning a sustainable future through filmmaking residencies and public programs.

"Here On Earth: Ocean Waters" Planned and organized by Ling Jiou Mountain Buddhist Society, Preparatory Office of the University for Life and Peace, and Chan Space New York. Welcome to support "Here on Earth."



Listening within is the beginning of self-purification.

**Inner peace**



Caring for every connection, allowing the heart to be joyful and free.

**Love**



**Dialogue**

Humility, listening and understanding are the basis of dialogue.



**Water conservation**

Cherishing water resources, allowing the Earth to be full of vitality.



**Vegetarianism**

Dietary awakening, from quantity and quality to purification, becoming environmental vanguards.



# Sustainable Living Principles



## Reforestation

Planting the earth and letting the mind and nature breathe together.



## Energy conservation

Conserving energy, using clean energy, leaving a beautiful Earth for the next generation.



## Carbon reduction

Reduce carbon emissions in daily life to minimize the impact of climate change on the environment.



## Recycling

Recycling and reusing are sustainable and compassionate towards all beings.



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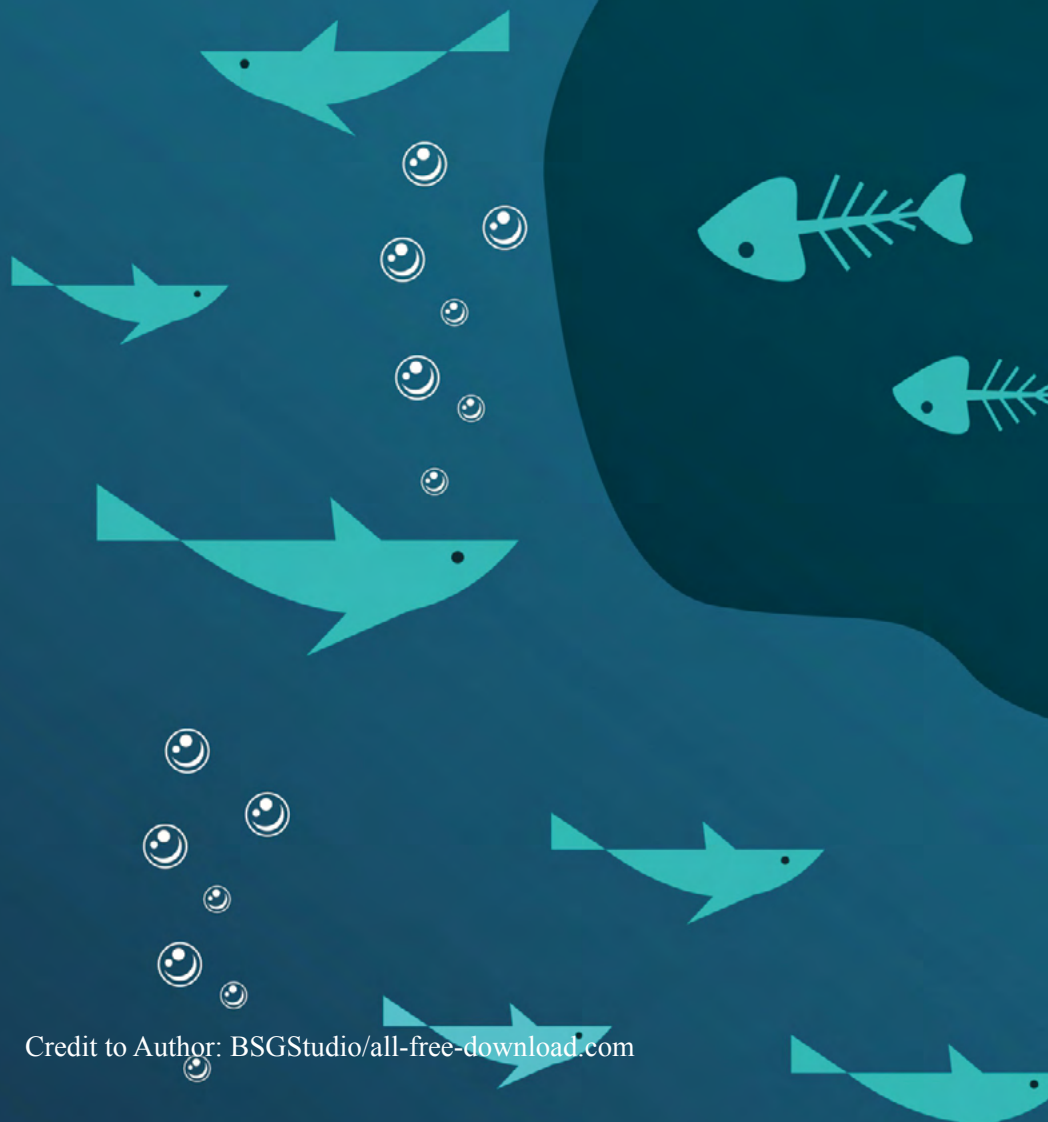
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## Love the Earth Action



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