

Ka Mana

Hawaii's Interfaith Energy & Climate Connection

January-February 2020

Welcome

Welcome to *Ka Mana: Hawaii's Interfaith Energy & Climate Connection*, a project of [Hawaii Interfaith Power & Light](https://hipl.org) (HIPL). *Ka Mana* connects our interfaith, decision-making, and advocacy communities in Hawaii's historic transition to 100% renewable energy and a carbon-neutral economy. Inspired by shared values, effective action, a sense of urgency for fossil-fuel-free Hawaii futures ASAP, and a vision of social, economic, and environmental equity for all, together we can do this! Welcome to this Historic Moment.

The Power 9 = Climate-Friendly Living



Last time, we introduced the Blue Zones Power 9. Here's a couple of obvious examples of how time-tested practices for living longer are also ways to live more sustainably and climate-friendly.

Move Naturally

The Blue Zones highlights simple ways people carry out enjoyable tasks like gardening, walking to see neighbors or shopping or just get around without needing vehicles or machines. It's not about MPG or gas vs electric, it's about using our bodies as they were intended. As the (should-be-famous) saying goes, "A car makes you fat and burns money; walking or biking burns fat and saves you money."

Contact Ka Mana

See <https://hipl.org/kamana> for *Ka Mana* past issues, and please share your Events with kamana.hipl@gmail.com.
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Plant Slant & the 80% Rule

Long-lived communities eat meat sparingly, about 5 times a month, and only 3-4 oz per serving. As well, there's an Okinawan tradition of stopping to eat when you're 80% full. The carbon footprint of meat is much higher than beans and other forms of protein. Now, more people globally are overweight than underweight! And livestock are not grown exclusively on natural grasslands; forests are being cleared and converted to pasture to satisfy our demand for meat.

Right Tribe & Belong

Healthy and sustainable living habits need support and reinforcement from our social networks. And faith communities are a traditional and proven way to inspire, train, reinforce, and support commitment to the values we hold most dear and the goals of a life lived in right relationship with a higher power, other people, and all of Creation. Faith, health and sustainability don't require compromise but rather integration of our values, goals, strategies, and practices.

We don't have to be ascetic monks or hermits to embrace these goals. Living simply, intentionally, in community, and faithfully are compatible with all ways of life but perhaps not with our current ones. That's the challenge before us. Let's embrace it for our health and the health of the planet!