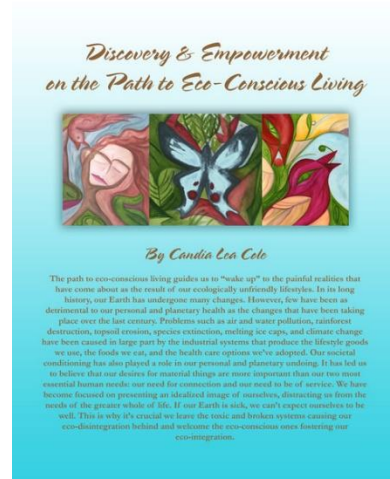


1 & 1X Course Module Description: Nourishing Your Eco-Intelligence on the Path to Eco-Conscious Living



Discovery and Empowerment Video/Audio Dialogue Overview

(1a) Is Your Lifestyle Eco-Conscious?

1. **Key Insights:** This dialogue explores the unconscious ways our lifestyles contribute to environmental degradation. You will reflect on your concerns for the future of life on Earth and recognize the impact of human behaviors on issues like pollution, biodiversity loss, and climate change.
2. **Self-Reflection:** You will reflect on your feelings of hope or hopelessness regarding these challenges and consider your role in creating a better legacy for future generations.
3. **Understanding Eco-Consciousness:** The dialogue distinguishes between merely engaging in "green" activities and truly embodying an eco-conscious lifestyle, emphasizing the interconnectedness of your personal health and planetary well-being.
4. **Separation Mentality:** You will explore how a mindset of separation contributes to eco-disintegration and learn to recognize the importance of unity between yourself and the Earth.
5. **Action Step: Complete Discovery Mission 1: What's Hurting Ecos?** to investigate how your daily choices impact both personal and planetary health.

(1b) Is Your Lifestyle Eco-Conscious?

1. **Key Insights:** This dialogue encourages you to evaluate whether your lifestyle choices are driven by corporate interests or genuine instincts for well-being. It highlights the dangers of consumerism and the importance of making choices that benefit the greater good.
2. **Awareness of Choices:** You will learn to differentiate between eco-conscious and non-eco-conscious lifestyle paradigms, fostering intentional accountability for your actions.
3. **Negotiating Peace with the Environment:** The dialogue emphasizes the need for a harmonious relationship with the natural world amidst ongoing ecological crises.

(1Xa) Is Your Lifestyle Eco-Conscious?

1. **Key Insights:** This dialogue examines the role of ego in perpetuating eco-disintegration. You will learn that the desire to maintain an idealized self-image can lead to harmful choices for both yourself and the Earth.
2. **Self-Discovery:** You will be encouraged to reconnect with your true self, recognizing that your eco-intelligence is rooted in your authentic needs rather than superficial wants.
3. **Corporate Ego:** The dialogue prompts reflection on whether corporations operate from a place of true or false power, paralleling individual experiences with ego.
4. **Action Step: Complete Discovery Mission 1X: Being Vulnerable Is the Secret to Being Strong and Meeting Your Authentic Human Needs** to explore your vulnerability as a pathway to authenticity and strength.

(1Xb) Is Your Lifestyle Eco-Conscious?

1. **Key Insights:** This dialogue addresses gender dynamics in corporate leadership, questioning the dominance of men in influential roles and the importance of gender balance for enhancing decision-making and governance.
2. **Empowerment of Women:** You will consider the unique qualities women bring to business and the positive impact of female leadership on social and environmental issues.

3. **Inspiration:** The dialogue includes stories of women leaders in the organic food movement, encouraging you to explore your own business ideas that align with eco-conscious values.

Conclusion

These lessons collectively aim to deepen your understanding of eco-conscious living, empower you to make informed choices, and inspire you to embrace your role as a steward of both personal and planetary health.

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