

# Becoming an Eco-Mentor

Leading Others to  
an Eco-Intelligent Lifestyle



**Candia Lea Cole**

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By

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A close-up photograph of a person's hand holding a small, realistic globe of the Earth. The hand is positioned at the bottom left, with the thumb and fingers visible, supporting the globe. The globe shows the Western Hemisphere, with North and South America clearly visible. The background is a soft, out-of-focus blue, suggesting a sky or water surface. The lighting is natural, highlighting the textures of the hand and the details of the globe's continents and oceans.

## Legacies are the Fertile Outgrowth of Our Existence

Legacies offer to remind those who come after us that we mattered and we made a difference. The purpose of a legacy is to use our lives to cultivate and grow the kind of life experience and wisdom that will serve to inform, guide, inspire, and, essentially, assist each generation in their growth and evolution. Reflecting on and documenting a legacy is a vital and responsible part of a life well-lived, and it offers to be a gift not only to ourselves, but to those we share it with. And although we may think of our legacy as something we pass on to others *after* we die, the truth is, our legacy can be a “living legacy” —one in which our direct participation in sharing it, increases its value to both ourselves and the recipients we intend it for.

In 1996, when I was invited to host an “eco-edutainment” event on the west coast for a group of young people (ages 15-35) who were attending a corporate “green” event with their families, I began to reflect on and document my own legacy. I began to grow my appreciation for the life experiences and lessons which had served as the rich compost for its development.




This compost, I've since realized, provided sustenance to not only the ground upon which my life path led me to walk, but to the soil of my human consciousness --the place from which a 'seed idea' sprouted in my imagination and blossomed fully, nearly 15 years later, into an eco-lifestyle education curriculum and Eco-Mentor Leadership Training.

My curriculum, I'm thrilled to tell you, is titled: *The Bring Back the Earth! Eco-Learning Legacy & Eco-Mentor Leadership Training*, and, it's "my best brilliant idea for humanity"—complete with a series of 8 beautiful companion books whose content is delivered to you on your PC or tablet, in the form of easy to download learning modules that include audios, powerpoints, and videos. (Get more information and insight about these educational tools, at the end of this booklet!)

The reason I believe my learning legacy IS the best brilliant idea for humanity (in case you are curious to know...) is because it offers to do what most other forms of conventional education do not do, which is: 'feed' and 'nourish' our eco-intelligence--the intelligence that I believe has the potential to end our personal and planetary suffering in today's eco-challenged times and lead us toward a bright new future on planet earth.







*"To feed and nourish our eco-intelligence is to use our educational lives to awaken our hearts' wisdom for living well in today's eco-challenged times."*

**My 'recipe' is based on *6 key lifestyle 'ingredients'* that combine to create a "delicious, eco-intelligent way of life."**

# 1<sup>st</sup> Ingredient

## Eco-Conscious

Live with awareness of how our lifestyle, food, and health care choices hurt our health and the health of all living things; Use this awareness to “wake up” to the necessity and value of making eco-friendly choices.

### Is Your Lifestyle Hungering for This Ingredient?

- Are you ready to understand how humans, plants, animals, ecosystems, and the earth today are being hurt by the everyday lifestyle, food, and health choices you make?
- Are you able to see how the earth’s wounds—such as pollution, waste, environmental destruction, hunger, sickness, poverty, and war—relate to your own unhealed wounds—including disconnection, fear, greed, and competition?
- Are you willing to consider how you might leave a smaller ecological footprint on the earth for generations to come?
- Are you prepared to create a simple yet abundant organic lifestyle that gratifies your needs versus your wants?
- Do you feel that you deserve to live in a way that honors what is really important to you?



# 2<sup>nd</sup> Ingredient

## Eco-Logical

Live with awareness of the personal and planetary relationships that are essential to fostering the well-being of our personal ecology (i.e., our body, mind, emotions and spirit) and our planetary ecology (i.e., nature, plants, animals, and ecosystems); Use this awareness to foster the “ecology of personal and planetary well-being.”

### Is Your Lifestyle Hungering for This Ingredient?

Are you ready to reclaim the eco-intelligence you were born with that, like an inner guidance system, shows you a way to live in harmony with your self, others, and all living things?

- Are you able to create a foundation for ecological well-being that respects the voice of nature, as well as you own voice?
- Are you willing to heal your separation from nature, which denies that you are a part of the biotic community of life?
- Are you prepared to let go of your “eco-phobia”, -the fear that nature might harm you, as a result of living unconscious of its needs?
- Do you feel that you deserve the experience of security and belonging that a partnership with the earth and all living things invites through the positive exchange of energy?





# 3<sup>rd</sup> Ingredient

## Eco-Sustainable

Live with awareness of the basic necessities for maintaining life within our bodies and the earth; Use this awareness to participate as a consumer in a non-toxic food system, health care system, and lifestyle system that “keeps life alive.”

### Is Your Lifestyle Hungering for This Ingredient?

- Are you ready to address the widespread concern that planet earth may not be able to sustain life in the future if we don't take action in our daily lives now, to support it NOW?
- Are you able to see how people and the earth have been stressed and injured by the everyday toxic lifestyle products that do not recognize the needs of our personal and planetary ecosystems?
- Are you willing to live in ways that respect the interdependence between humans and the earth by seeing each part of ecos as a mirror of the other's function that is uniquely designed to teach us the principle of personal and planetary wholeness?
- Are you prepared to support the healing and detoxification of your body and the earth by growing and consuming whole organic foods that have the potential to nourish the soil (and the blood) that are essential to life?

- Do you believe that you deserve to live in a world in which prosperity and health are achieved through the merging of our ecological and economical needs?





# 4<sup>th</sup> Ingredient

## Eco-Balance

Live with awareness of the everyday life rituals that foster balance in our bodies and the earth, including the ritual known as eating; Use our awareness about what makes food whole or un-whole to make eco-intelligent food choices.

### Is Your Lifestyle Hungering for This Ingredient?

- Are you ready to slow down the fast pace of your life and practice living in a more simple, natural way that fosters peace, health, and well-being?
- Are you able to support the health of your body and the earth with a balanced eco-criteria for eating well that is ecologically sound, versus economically biased?
- Are you willing to relate to your dietary needs in an instinctual way, by eating (as animals do) the foods that nature designed for you, to keep your body and mind in good, working order?
- Are you prepared to meet the “earth’s first foods”, the nutritious, delicious, whole foods whose romance, lore, and legend, invite you to live in harmony with the globe’s bountiful food offerings?
- Do you feel that you deserve to experience the kind of whole, balanced health that comes from eating and producing food in a compassionate, ethical, and humane way?



# The Eco-Intelligent Eating Model®



An organic farming system recognizes that while producing food for people is the purpose of agriculture, humans must also care for all parts of the ecosystem around each farm as well as the larger planetary systems on which we rely for sustenance.

## ECO EATABLES

### Traditional Whole Grains

Cereals, breads, and pasta: oats, rice, millet, barley, quinoa, buckwheat, amaranth, teff, wild rice

### Legumes & Sprouted Beans

Black beans, kidney beans, lentils, white beans, split peas, mung bean sprouts, etc.

### Herbs, Spices, & Sea Salt

Herbs: garlic, oregano, curry, cilantro, mint  
Spices: cinnamon, ginger, nutmeg, cloves, cardamom

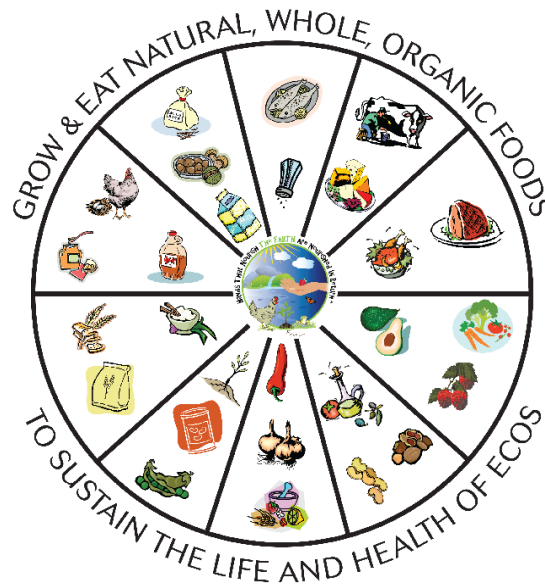
### Nuts, Seeds, & Plant Oils

Nuts: almonds, cashews, walnuts, pecans etc.  
Seeds: sprouts, sunflower, sesame, flax, chia, hemp  
Oils: olive, peanut, coconut

### Fruits & Vegetables

Fresh, locally grown and/or frozen organic.

Supplement with  
**GREEN**  
Super Foods



## Support Organic Farming (Buy and Eat Organic)

These methods work with the natural processes of the earth, relying on non-genetically modified seeds, sunlight, and rainfall, and adding natural substances such as manure and compost to nourish and restore the soil, vs. toxins.

Producing food organically means using farming methods that yield the most healthful food for people while causing the least harm to nature's plants, animals, and eco-systems.

Organic animal farming methods work with the natural processes of animals and the earth. Animals are exercised and fed a healthful diet minus drugs and hormones that end up in the food, air, and water supply.

## ECO EATABLES

### Animal Meat Products

Bison, beef, chicken, pork, turkey, etc. produced by grass-fed animals

### Animal Dairy Products

Milk, buttermilk, goatsmilk, raw certified milk, butter, yogurt, kefir, cheese, etc. produced by grass-fed animals

### Fish & Sea Vegetables

Sustainably produced salmon, cod, Mahi-Mahi, sardines, etc.  
Nori, Dulse, Hijiki, Wakame, Kelp

### Dairy-Free Products

Coconut milk, rice milk, nut milk, soy milk/non GMO (and/or yogurt and cheeses made from them)

### Eggs & Natural Sweeteners

Free-range organic eggs  
Sweeteners: honey, rice syrup, barley malt syrup, stevia, maple syrup

### Drink

**PURE Water**



## Recycle Organic Food Waste

~ 40% of landfill content comes from food waste (only 3 percent is recycled) and releases methane gas that is 20-25 times more potent than CO<sub>2</sub>.

~ Compost all organic food scraps to reduce liquid and solid waste in landfills and curb greenhouse gases.

~ Food businesses can and should reduce organic food waste using green technologies that convert food waste (through dehydration and sterilization) into a humus-rich high-carbon biomass – reusable as bio-fuel, animal feed, compost amendment, and potable water.



## Reduce Food Packaging Waste

~ Nearly one third of the waste produced in the U.S. is from food packaging. Buy in bulk when possible and place supermarket items directly into the cart, not a plastic bag.

~ Choose paper packaging over plastic, Styrofoam, and tinfoil.

~ Tote meals in washable storage containers or thermoses. Keep silverware and cloth napkins in your desk at work vs. throw-away utensils. Use a reusable water bottle. Don't add to the 2.5 million plastic bottles thrown away each hour.

## Cook Eco-Friendly



~ Prepare food that is in harmony with the changing seasons; your body will thank you!

~ Celebrate the legend and lore of traditional whole foods and global cuisine customs.

~ Practice stove-top cooking (to preserve food nutrients) and avoid microwave zapping (which produces unhealthy by-products). Explore the use of energy-saving pressure cookers and convection ovens. Cut food into smaller pieces to cook faster. Cook food in glass and ceramic.

## Buy & Eat Locally Grown

~ Locally grown food decreases dependence on non-renewable petroleum. ~ Buying locally grown food keeps money within the community, enhancing quality of life.

~ Organic growers protect natural resources and promote biodiversity. ~ Locally-grown produce is fresher and more nutritionally viable; farmers are not limited to food varieties that are bred for high yields.

[www.eco-mentor.com](http://www.eco-mentor.com)

Eco-Learning Legacies, LLC

[www.ecointelligenteating.com](http://www.ecointelligenteating.com)





# 5<sup>th</sup> Ingredient

## Eco-Nutritional

Live with awareness of the process by which we assimilate nourishment for our personal growth and planetary evolution; Use our awareness about our relationship with the earth to create an exchange of positive energy that supports life and healing.

### Is Your Lifestyle Hungering for This Ingredient?

- Are you ready to understand the way in which your fitness and health are directly tied to your personal belief system?
- Are you able to understand that having a ‘health strategy’ is not enough, if you don’t practice the habits that support you in feeling physically and spiritually well?
- Are you willing to explore a process for preparing food that invites you to “make friends” with your kitchen and which feeds and nourishes your awareness of earth-centered eating?
- Are you prepared to practice the principles of preventative health care and employ the kinds of natural remedies in your health care rituals that respect the principle of eco-integration?
- Do you feel deserving of the right to advocate for your health and well-being, by having access to a variety of drugless health care options that do no harm to your ecosystem and the earth’s ecosystem?



# 6<sup>th</sup> Ingredient

## Eco-Spiritual

Live with awareness of the wholeness that lies at the heart and soul of creation, which is experienced through a healthy relationship with one's self, others, and all life; use our wholeness to serve humanity.

### Is Your Lifestyle Hungering for This Ingredient?

- Are you ready to see nature as an infinite expression of a higher power, through which you can discover the laws of nature that guide you to live in greater harmony with life?
- Are you able to see the perfection in life's imperfect circumstances, which create the ideal conditions for your learning and spiritual growth?
- Are you willing to explore the way in which people of faith and non-faith perceive their roles in caring for creation and explore working together, to share the gifts that sustain life?
- Are you prepared to honor your larger life urge, which is the desire to be of creative service to humanity and to practice the principle of 'right action' in your everyday life?



- Do you feel that you and your family deserve to experience the happiness that comes from relating to life through the eyes of love, versus fear?



## Does My 'Recipe' for Eco-Intelligent Living Make You 'Hungry' to 'Sample Taste' My 'Educational Meal'?

Do you want to create a life that is in sync with your authentic human needs, and that supports you in becoming an “everyday sustainable leader?”

Are you a parent who understands the wisdom for teaching your teens about sustainable living and holistic health in today's fast changing world? Are you seeking effective ways to nurture their health and innermost sense of security, belonging, and purpose?

**At my website: [www.eco-mentor.com](http://www.eco-mentor.com)**, you are invited to join me at the symbolic “dining table” known as **Eco-Mentor U**, where I introduce you to my memoir as well as the 7 companion books that characterize my 'educational meal' (aka The '*Bring Back the Earth! Eco-Learning Legacy & Eco-Mentor Leadership Training*') that I mentioned to you at the beginning of this book.

Candia Lea Cole is the creator of the 'Bring Back The Earth! Eco-Learning Legacy & Eco-Mentor Leadership Training.' Her mission is to 'bring back' mother earth's 'lost' wisdom for living well and support individuals and families in becoming 'everyday sustainable leaders.'



**My Memoir:** *Born to Live Green-Awakening My Heart's Wisdom to the Path of Eco-Intelligent Living*

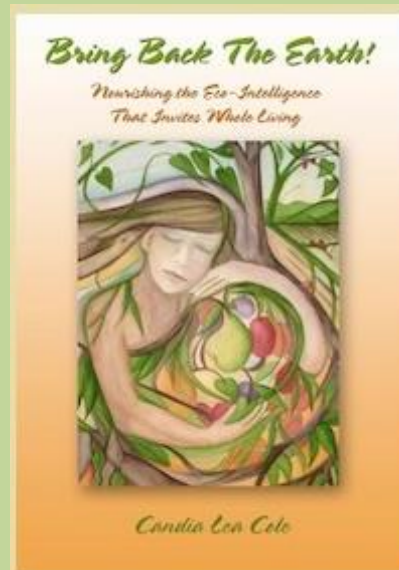
This is a story about my journey to understand and heal the symptoms of environmental illness, heal my disconnection from my body and the earth, and turn my pain into my purpose as a feminine eco-leader.

**My Mentor Guide Book:** *Bring Back the Earth! - Nourishing the Eco-Intelligence that Invites Whole Living*

This book defies the popular mainstream culture's unconscious approach to education which does little to recognize and nurture the ecological health needs of people and the planet. It guides you in awakening your innate "eco-intelligence" and creating a lifestyle that is rooted in the six steps to eco-intelligent living.

**My 6 Discovery & Empowerment Workbooks:** *Discovery & Empowerment on the Path to Eco-Intelligent Living (Series)*

Each book in this companion series highlights one of the six principle ingredients of eco-intelligent living and helps you (with over 130 amazing written activities, plus audios), to cultivate your interests, skills, talents, and gifts, in the realm of eco-intelligent living.





# To Learn More, Visit My Website and Eco-Legacy Store Today!

[www.eco-mentor.com](http://www.eco-mentor.com)

<http://www.eco-mentor.com/store-menu/>

Would you like to explore how you can use my books to become an Eco-Mentor, a wise and trusted person who has the desire to use our personal and planetary health challenges to grow, change, and transform yourself and the earth you live on?

On my website: [www.eco-mentor.com](http://www.eco-mentor.com), I introduce you to **two Eco-Mentor Training options:**

**1) Eco-Mentor Apprentice (An 8-12 Week go-at-your-own-pace- training for women, ages 18-35)**

**2) Eco-Mentor Activist (A 6-12 month go-at-your-own-pace- training for young adults, female and male, ages 18-35 and their parents)**







**Participate In and Share a  
Memorable Eco-Education Legacy  
that Invites Personal and Planetary  
Healing!**

