



The World and life are ... wonderful



... dangerous



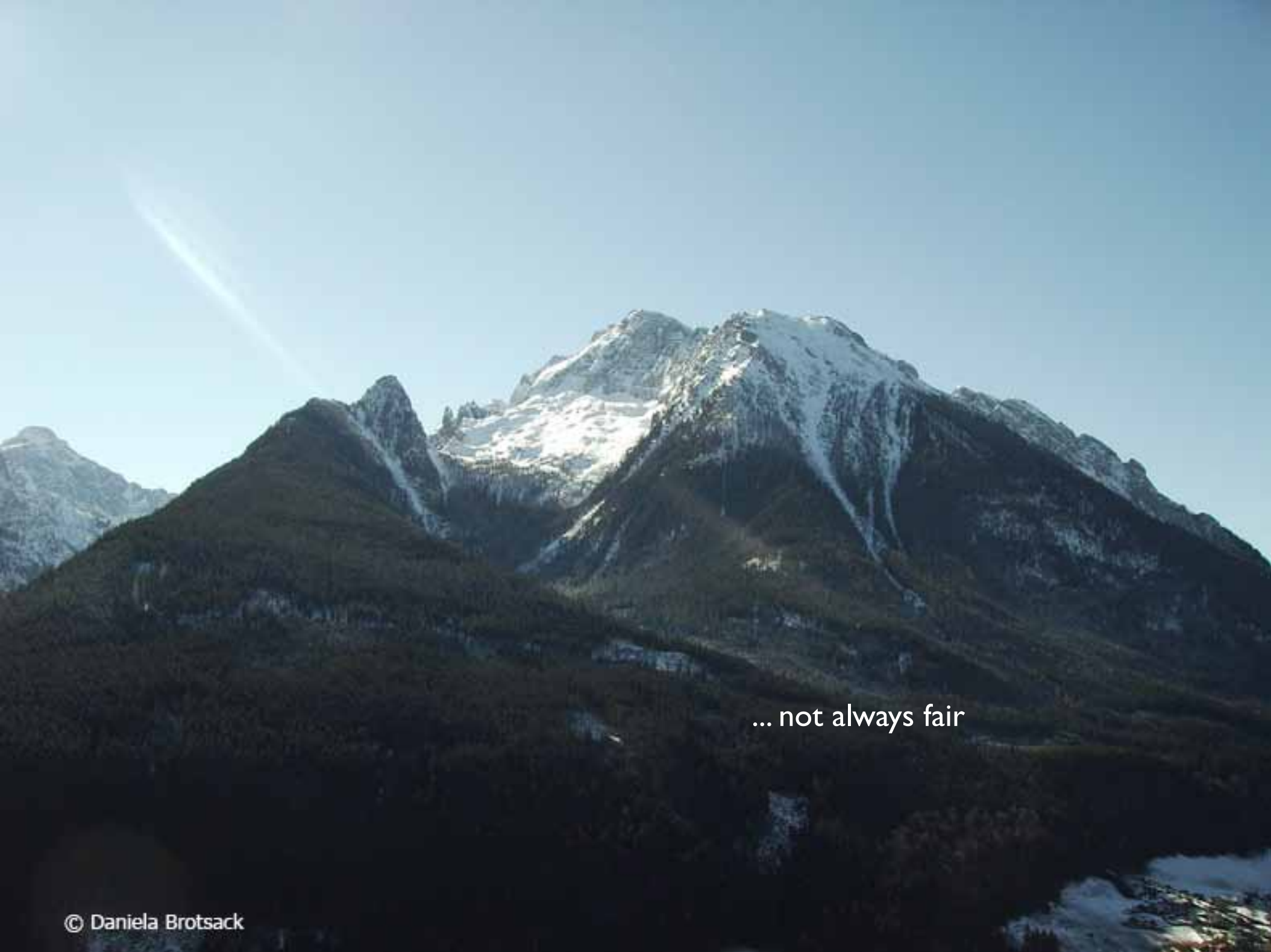
... magical



... terrible

... surprising





... not always fair



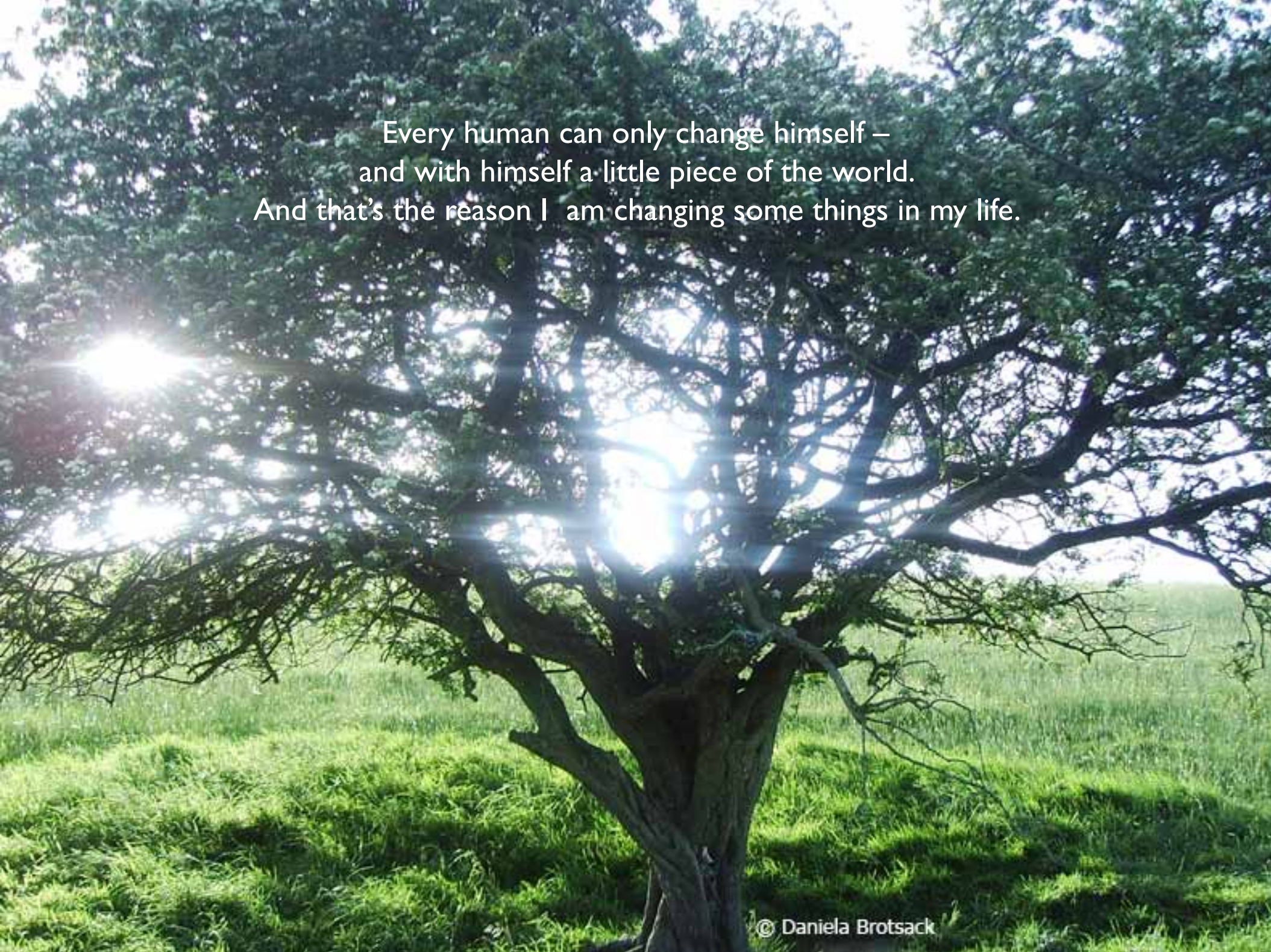
... caring



... militant

... and much more

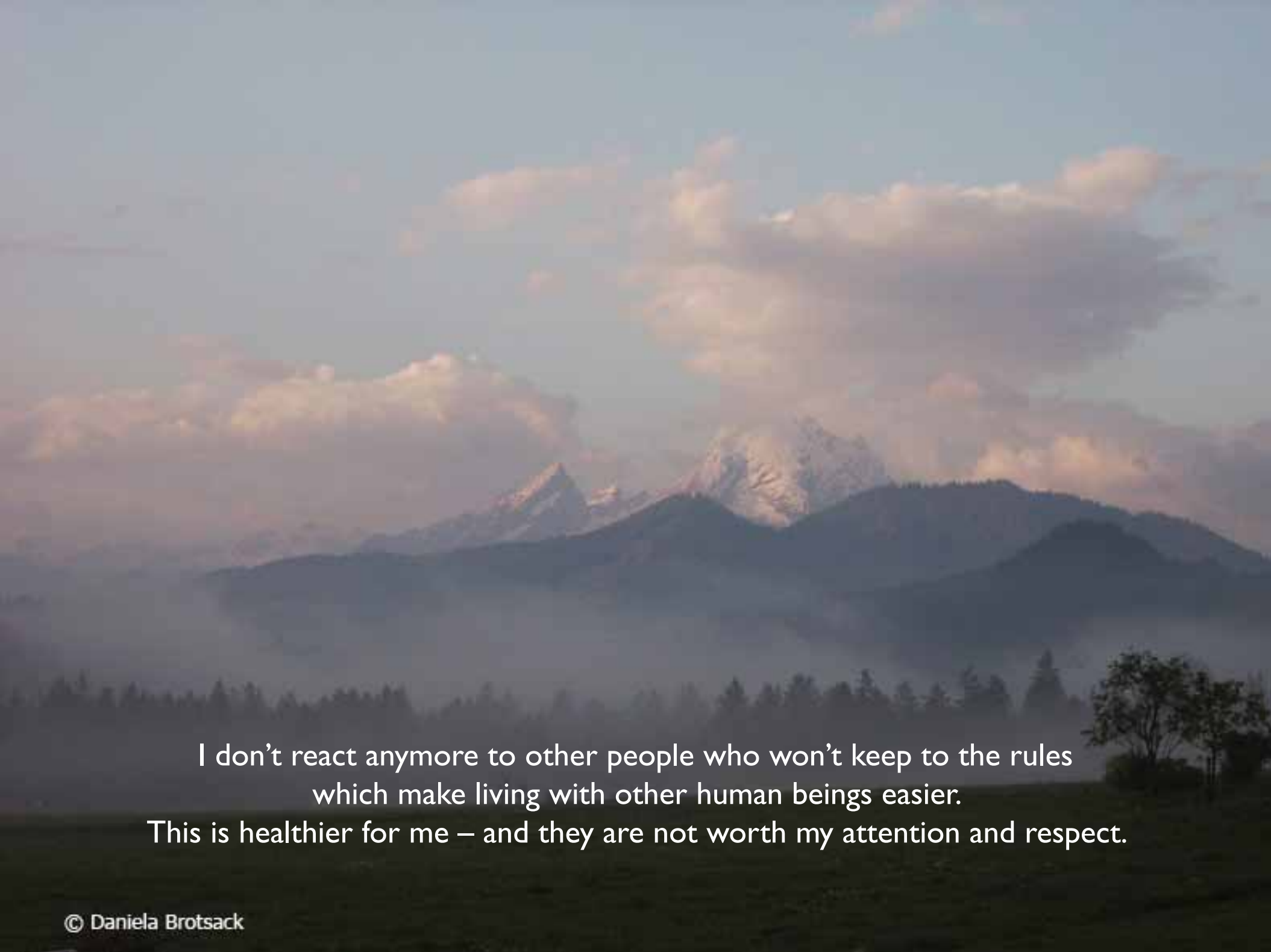


A large, leafy tree with sunlight filtering through its branches over a green field.

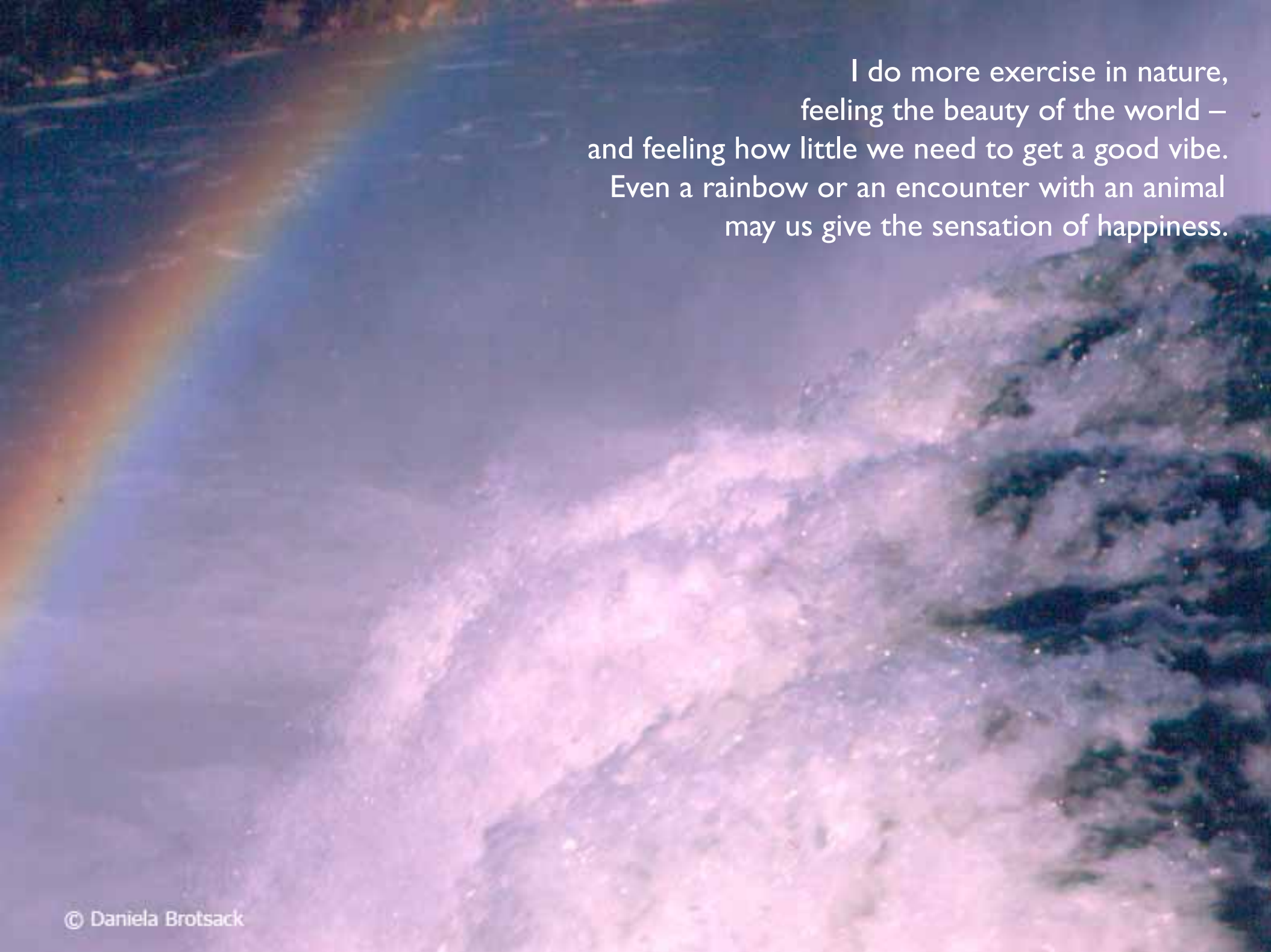
Every human can only change himself –
and with himself a little piece of the world.
And that's the reason I am changing some things in my life.

Before spending money on something
I rethink if I really need or want it.
This saves money and natural resources – and
the stuff cannot burden me or the environment.






I don't react anymore to other people who won't keep to the rules
which make living with other human beings easier.
This is healthier for me – and they are not worth my attention and respect.

A vibrant rainbow arches over a misty, forested landscape. In the foreground, a waterfall cascades down a rocky ledge, creating a spray of white water. The background is a dense forest of tall, thin trees, partially obscured by a thick layer of white mist or fog. The overall scene is serene and majestic, capturing a moment of natural beauty.

I do more exercise in nature,
feeling the beauty of the world –
and feeling how little we need to get a good vibe.
Even a rainbow or an encounter with an animal
may us give the sensation of happiness.

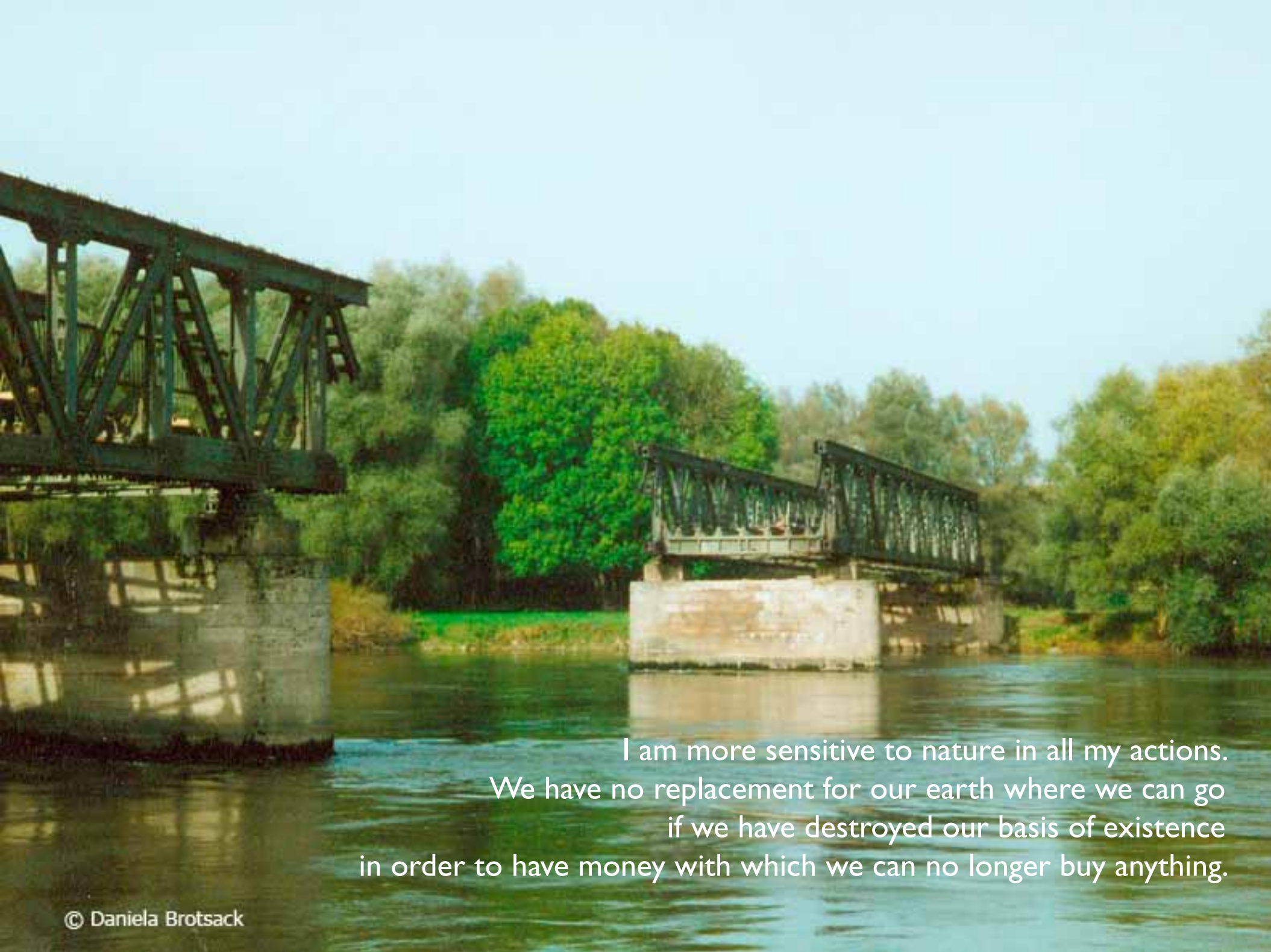
A stone statue of a person, possibly a classical figure, stands in a lush garden. The statue is positioned in the center-right of the frame, surrounded by tall green grass and clusters of pink flowers. The background is filled with dense green foliage and trees. The lighting is bright, suggesting a sunny day.

I give away things to people
who need or appreciate them
more than I do.
That clears space and gives air
for breathing. In addition, it makes
two people happy: the receiver and me.

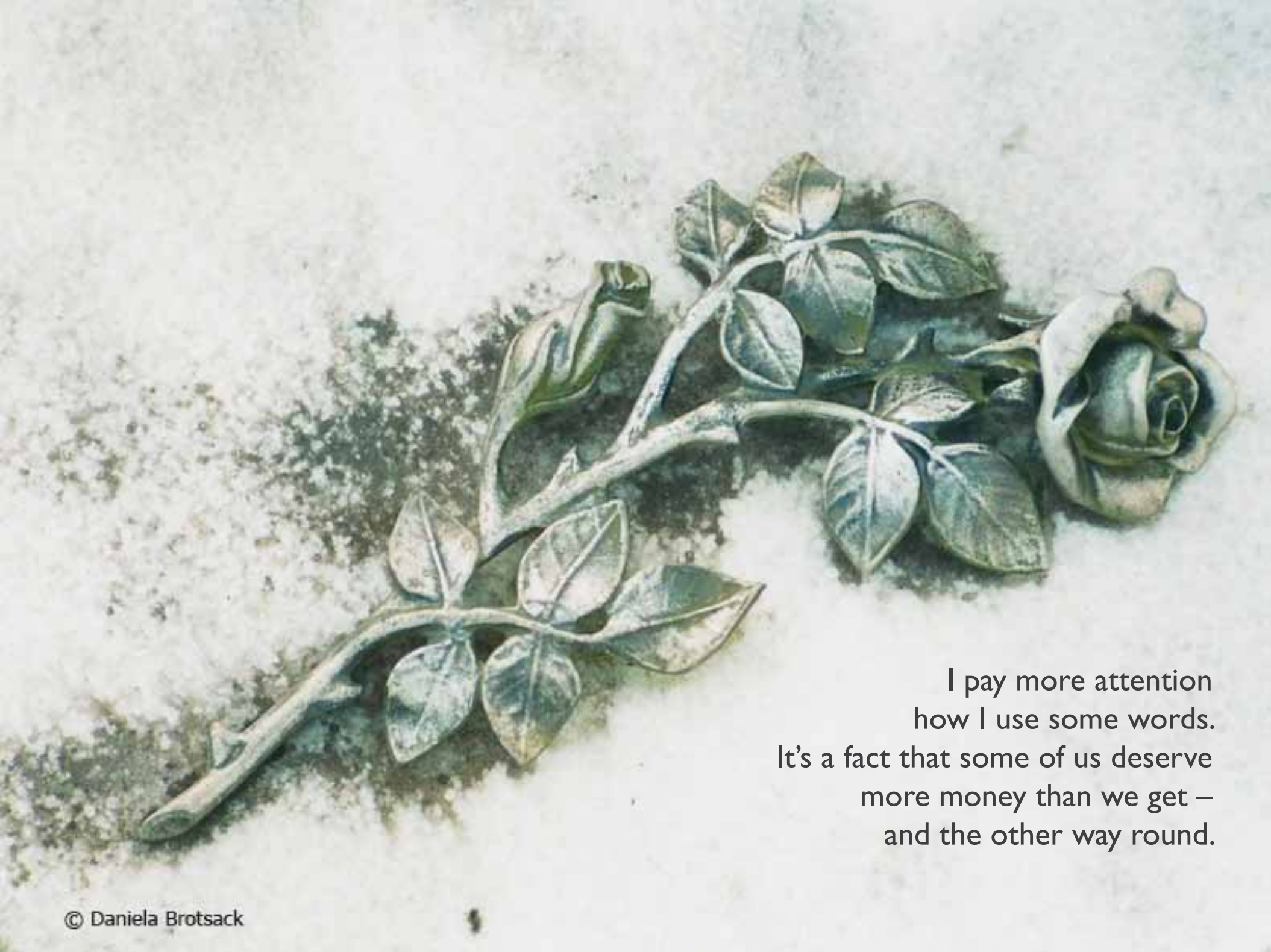
I avoid wasting fresh water and other resources,
or contaminating the air.
The following generation will also wish
to have a life worth living.



I eat and drink more sensible, regional food, if I can afford it.
It's absurd to transport vegetables and animals around the world.
It lacks quality and it's bad for the environment.
I am worth more than this.



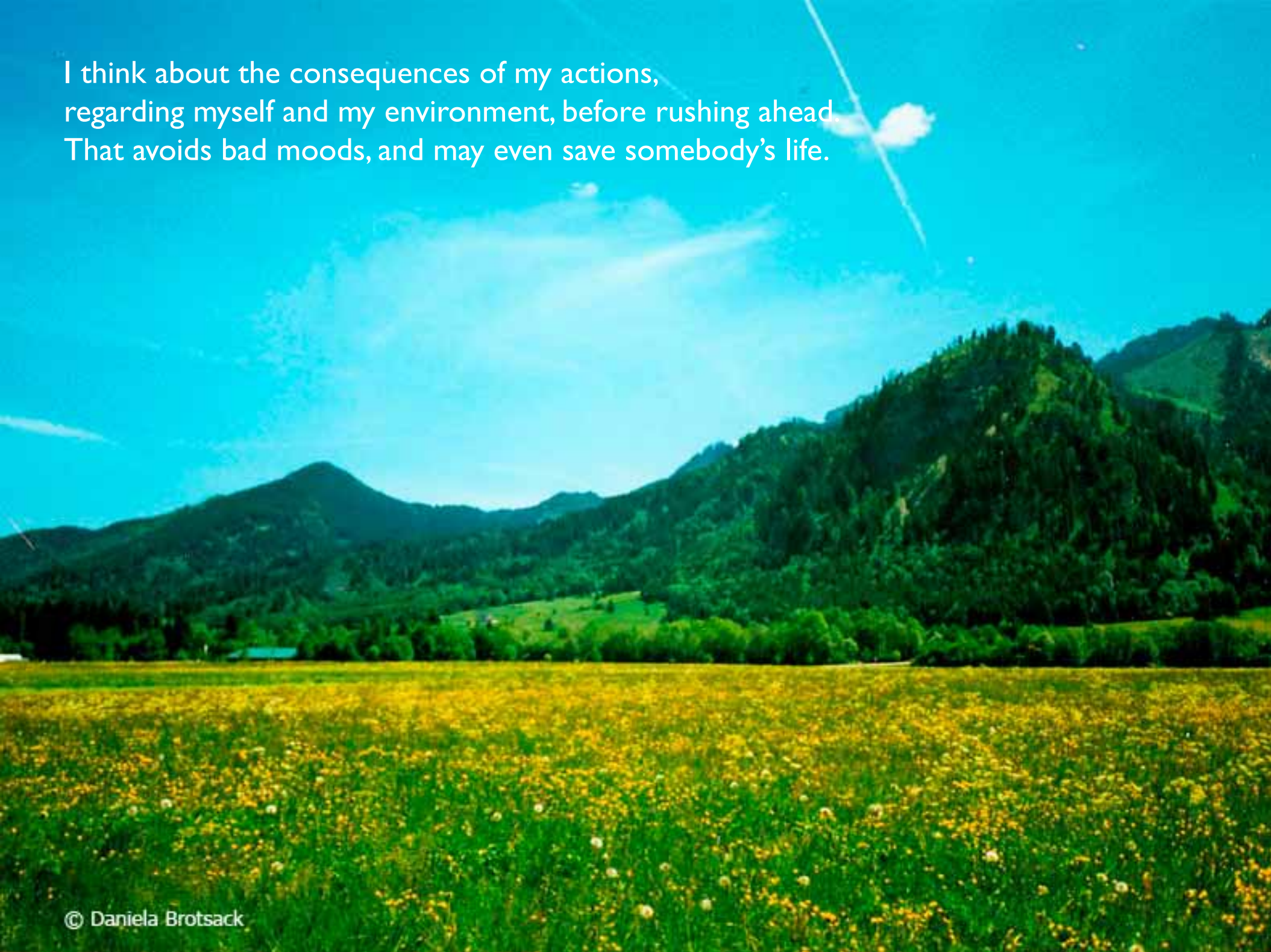
I am more sensitive to nature in all my actions.
We have no replacement for our earth where we can go
if we have destroyed our basis of existence
in order to have money with which we can no longer buy anything.



I pay more attention
how I use some words.
It's a fact that some of us deserve
more money than we get –
and the other way round.

I try to empathize with other people,
understanding their problems and way of life.
Every life has a different basis
and takes a different course.

I think about the consequences of my actions,
regarding myself and my environment, before rushing ahead.
That avoids bad moods, and may even save somebody's life.





I take the time to enjoy the world and life.
And I try to share the good things with others.



Anybody who considers
this text worth thinking about
may propagate it.

My purpose is to reach people,
who decide for our world
and a livable future for every
living soul; people, whos actions
are changing themselves first.

Thank you!

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