

# 10 Things You Can Do Right Now to Change the World

Moment of Truth – Andrew Harvey  
Pathways #47, page 72



## Talking Points

What are 10 things we can do right now, or within the next 24 hours, that will start to align ourselves with the power and hope of Sacred Activism? Andrew Harvey defines Sacred Activism as “the transforming force of love and compassion-in-action to bring forth meaningful and radical change in the world.” (p. 72) (See the list in detail beginning on page 72.)

1. Write down now one thing that today has made you feel grateful to be alive.
2. Write down, without thinking too much or editing yourself, just “off the top of your heart,” 10 things you would say are “sacred” to you.
3. Think of someone who has hurt you or betrayed you and make a commitment to work on forgiving them.
4. Read a short text from any of the world’s spiritual traditions that inspires you.
5. When the text ignites a spark, pray a short prayer that aligns you with the “pure, deep love” that is longing to use you as its instrument in the world.
6. Sit and watch your thoughts in silence for 3 minutes. Allow your mind to fall silent. Make this a practice. Increase the amount of time to what fulfills you the most.
7. Strengthened by prayer, practice and inspiration, turn now to your life and the people in it.
8. Make a commitment to miss one meal in the coming 24 hours and send a check for the money you would have spent on it to a reputable organization dealing with world hunger.
9. Make a commitment to find out who may be suffering from financial distress and what they might need and call on six of your friends to make a commitment with you to begin supplying them what they require.
10. Make a commitment today, even if you are in financial difficulty, to tithe between 5 and 10% of what you earn to a cause of your choice.

## Resources

Full references for each article are available at <http://pathwaystofamilywellness.org/references.html>

“Must We Sacrifice to Save the Planet?” by Darcy Dedoes Costello

<http://pathwaystofamilywellness.org/Sustainable-Community/must-we-sacrifice-to-save-the-planet.html>