

2019-10-06 Caring For The Earth By Caring For Ourselves

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SPEAKERS

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Some time ago, the first week of October was made into Earth care week by the insight meditation, community service. insight meditation teachers meeting and concern for the environment was talked about and climate change. And there was idea that the first week of October would be the week to celebrate appreciate, focus on earth care. And since then, I've heard that there's other spiritual groups who've also somehow adopted the first week of October, sometimes we can October for this purpose as well. And so because of the way it's working for our calendars, this is the beginning of our earthcare week. So not much happens here, because we don't plan ahead so much, but I'd like to give a talk on This topic. And you know, the deep earthcare the very interesting teaching from the Buddha that he said the world already said, Yeah, the world is found inside our bodies, the whole world is in our Phantom lungs body. And so that's kind of it's a whole, you know, that's a whole teaching in itself. But why he would say that. But it's fair to say that in Buddhism, there's no sharp line between the world out there and the world inside of here. There's a continuum that exists. And, and so if we want to care for the earth, we also want to care for the earth inside of us. We want to care for nature. There's also the nature that's inside of us. And it turns out that for humans, those two go together hand in hand, that without caring for our inner nature, For the earth inside of us, it's probably difficult to care for the world that's outside of us. And then vice versa. And so this mutuality And ideally, what Buddhist practice puts us on is kind of, at the, at the meeting place of this arbitrary meeting place of the world outside the world inside, having us look in both directions, with kindness, with care, with attention to the welfare of the world around us And the world inside of us. And appreciating how these two go hand in hand. The in terms of the earth care, I think the idea is caring for the external earth. And, and there's a I think, a wonderful quote by Stephen Jay Gould, part of it goes we will not fight to save what we do not love. I think it's a very significant idea that we won't do anything to save the Earth. It has to do with the environment, this quote, unless we, we love it and the full quote is, or the full sentence. We cannot win this battle to save species in environments without forging and an emotional bond between ourselves and nature, as well. For we will not fight to save what we do not love. So here in Redwood City, there's an interesting phenomena coming on the growth of Redwood City, some of you, if you've been Redwood City for some time, you'll notice how it's growing. A lot of buildings when I first moved here now 17 years ago, and Redwood City had a nickname back then it Deadwood. You remember that and in fact It was quite sad to walk downtown. In the evenings or on the weekends, downtown Redwood City was kind of like a ghost town. And there'd be no one on the streets, there'd be one or two stores that were open and no one would be in them and, and it was quite a very different town back then. And, and it's slowly grown and downtown now is kind of bursting with with the restaurants and people and growth of lots of skyscraper skyscrapers. That's the right word, but, you know, tall apartment buildings

they're building and they keep building these apartment buildings. And part of the reason they're building a down there is I understand it, is that

there's a feeling there's a needs to be more housing. But to have sprawl that goes up into the hillsides and takes away more of the natural world around here is not ideal. And so the idea is to concentrate it all around train stations around transportation hubs and roadways. City has a train station. And so most of those things being built are relatively close to the train station so you could walk to the train and go to work or something and also little bus station in Redwood City is right there as well. And so it makes some sense if you're going to have growth and development to and then also it's very much more efficient to preserve the natural world to concentrate people like Antibes get concentrated and everyone's kind of together and you know, small place using less resources I suppose and, and not to have so many cars driving long distances to get to work, just take public transportation up and Daniel camino. So all these things, a lot of good logic to it. And some of it is goes into some kind of environmental thinking, to do things in a careful, caring way. But one of the side effects that I worry about is that there's not much of a natural world then in these apartment buildings. And so you're kind of early People are saving the environment, but they're losing touch with it. And, and so, I mean, there's not that far away to find it here thereby. But still, it's easy to spend then, much of your time in an apartment disconnected to nature. Some people have claimed that many people in this country spend 90% of their time indoors. And there's nothing inherently wrong with that, except that it's not a place to cultivate a strong connection to the natural world. And there's a lot of benefits to having a connection to the natural world for the individual. You know, is not that little bit getting to the point but I have never read it over the last many years. A number of studies where they did things like put a plant in just a simple plant, in a room of someone in old age, home and the mood and the state of quality of life and everything and they, you know, motional well being of the people went up to caring for a little plant. And they've also done it warehouse, they do it. They've done it at businesses in various places, they tried this plant experiment, and people's moods, you know, do better just a plant. I've also heard of therapists who have moved their offices outdoors. And they claim that having therapy outdoors in a natural place like in a garden or something, improves the therapy, it's more efficient. And, and now I've heard there's a movement called Green exercise. And that is rather than going to these dank, you know, gyms, which are not really much of a natural environment, that you do exercise someplace outdoors, and that's Yeah, there's a lot of psychological benefits from doing from doing that kind of environment. And so, you know, for much of human evolution is something like 99 percent of evolution of human beings was spent with close connection to the natural world. And, and now 90% of time is spent indoors without that connection. And so things are lost and that lost the connection to the natural world, but it's more than a connection to the world. It also is a connection to ourselves, we change and when we're in the natural world, which one way we change in different way if we spend all day indoors in offices and cubicles and whenever we do. They, you know, a lot of people say that the leading cause for depression is rumination. So, not the only cause, but leading cause for a rumination is mind that spins and thinks and thinks. Their studies have been done that claim or show that people who spend time in the natural world going for hikes and stuff, they ruminate less and their mental state improves. And I've noticed when I go hiking, I love going hiking in the local hills here

that maybe I ruminate less. But more what happens to me is that is that my mind stops jumping around to different things. It kind of gets organized, or focused or harmonized. And I continue to think that my thinking becomes creative. My thinking becomes kind of like I'm staying a subject for a while and thinking creatively, I feel like I'm not just thinking kind of as a disembodied mind. But I'm thinking kind of coming out of my whole, the ecosystem of my being in the walking in there in the natural world and seeing the plants and the ear and all the things that are there that it's quite remarkable to see that change. So when they're building all these apartment buildings, downtown Without the easy access to

trees, and there's very few parks downtown, if you noticed, down there, so there's, you know, without losing that, it creates a different kind of mind. And so what do people do? If they don't have access to the natural world or they don't spend time in the, in some people call it the more than human world? What do they do? And some people go on the web. And some of that behavior is addictive. You know, some of that is addictive behavior on the web, whether it's searching for TV shows or for pornography, or for shopping or for politics, you know, and, and, and that kind of behavior can be a little bit addictive, but it's not healthy. creates a different kind of mind connection and one that's disconnected to the natural world. There's a term attend nature deficit disorder which I think is a serious concern like children going up. And it's been gone for decades that our children growing up in this country who have no connection to the natural world, and, and some people have specialized in bringing them to the natural world. And you know, and I've heard of people who've taken people take kids growing up here in the Bay Area, who have never seen the ocean and taking them to see the ocean. And so and the place where Diana Clark is going to do her day, a lot her afternoon sitting. So on the balance, it's a beautiful place. It said a nonprofit, I think it's called environmental volunteers. And they're an organization that specializes in bringing kids into the natural world and it Getting them by nature. And they offered their space there's a beautiful little building on the bail ends. So it's kind of in the natural world where they have their offices and that they don't use on the weekend. So it's kind of nice that we get to use it for, you know, for a little sitting if you want to go this afternoon. And

so I want to read you a, what's been called a sermon by the Buddha. The first person I think, I know who who referred to the sermon is TS Eliot, the fire sermon. He the title of part of one of his poems is the fire sermon. And he says TS Eliot to appease the experts who approach It says that this is the Buddhist equivalent to the Sermon on the Mount. And, and I read once many years ago that list of the hundred of the best speeches ever given in history, and the Buddhist fire ceremony was listed there. I'm not sure I would have voted it that high. But But you know, this is significant. And I and for Buddhists, I think it can be quite a powerful sermon. I don't have the reading ability to read it in a way that I think would be dramatic, but it can be quite dramatically read and impactful to read them you'll get a sense of it perhaps. And so that he's talking to his monastics and so he says, monastics. Everything His burning and what is the everything that is burning, the eye is burning, forms are burning, I consciousness is burning, eye contact is burning. And whatever feeling arises from eye contact, as a condition where they're pleasant or painful or neither painful nor pleasant, that to is burning, burning with what? burning with the fire of lust with a fire of hatred with a fire of delusion. And then he goes on, the air is burning and sounds are burning. The mind is burning it go see all the different senses. The nose is burning, the tongue is burning, the body is burning. And it's just repetition of it's burning. It's burning and burning. I think it has a kind of rhetorical impact if it's done reading the right way or hurting the right waste. And, and so all this burning, and I thought of reading this today because not a few people now have come to the conclusion that the earth is burning up. There's, there's, you know, climate is going up and there's quite a dramatic impact already that it said on the world climate change and the human impact on the on on the natural world and some people are despairing. Some people plenty of people for a long time now has said that we've actually gone beyond the point of return and that there's going to be major upheaval major, major environmental destruction, destruction coming. I don't know, I don't know if that's really the case. But there's plenty of well educated people well studied people who are saying this and There are people who have now climate, grief, climate anxiety, that apparently is quite strong. And the primary the primary representatives of wonderful, I think, wonderful representatives of this climate depression is Greta thunberg. And she, when she was 11, was so depressed about what she was reading about the environment that she had dropped out of school and didn't speak for some time, and kind of withdrew completely into kind of depressed state. And, but maybe it was kind of like a shamanic journey, to go that far into herself into kept silent and not talk. And then she came out the other side, as a kind of, I don't know, representative, a channel, Prophet, kind of person, who now you know, and so,

so, you know, it had a huge impact on her somehow she went through it the other side. There are there are people who are not coming Through, there are people who are feeling tremendous grief, tremendous depression and anxiety about what's happening within that real world environment. There are parents who are quite upset and concerned about what they're bringing their kids up into. And some people are almost paralyzed about this kind of concern about what's all happening.

There is healthy grief. And there is healthy fear to be had. And there's unhealthy versions of it. And being able to recognize the difference between those two and to respect these emotions, and be able to find our way through them as part of the task of mindfulness practice or Buddhist practice. We don't want to be disrespectful for these powerful emotions that we have. But we also don't want to be pulled down by them buried by them, or frozen by them. If anything, we want to be empowered. Powered by them, we want to not take them so personally, that we get stuck, and be able to see this whole heart of what what it means to take it personally to be caught in the personality of it. The personhood of it to caught in the attachment we have around me myself in mind and responsibility and grief and being frozen and losing our sense of autonomy, losing our sense of personal mastery, losing a sense of purpose. In life, losing sense of belonging, kind of shutting down is not healthy for anyone. And this has to do now we're talking about the environmental destruction of the inner the inner environment. And so we have to care for that as well. And so to care for the inner environment so that we are wise with it. We don't get stuck there that we actually find a way to be free with our emotions. With our grief with our, our, our concern or worry or fear of what's going on, so it doesn't limit us. But it's I think it's a powerful thing to say, so that it empowers us. So that we want to do something about it. And there's all kinds of things we can do. And people say, well, it's hopeless. Why should I you know, it's there's no no turning around. It's not hopeless, because at least you can save the inner environment. You know, if you know that counts to what goes on in there. And then from that place from inside of being freer and more compassionate and more caring and more at ease, you know, from the inner work being done, then perhaps it can spread from there into the world, then we might have the capacity to love more alien into the world and do something about it, we can only I really put my my tremendous hope that if we're going to what Stephen Gould says that we care for what we love. And if we're caught in despair and grief, that we can't have the love that's there. But if we can connect to that and find that and be empowered from there, then I have a lot of hope for what can happen. And so one of the tasks of our error, I think, for our times, is not to shame people into taking care of the environment, not to I don't know. I don't know how to correctly to say, but I maybe won't say it. But the task is to, I think, to help our fellow human beings begin to have a much greater appreciation for the natural world to love. And I don't know how much it's going to happen in apartment building. But maybe we have to have more apartment buildings. But we have to find some way to bring people into the natural world to connect to it, to feel it to be part of it. So that they really begin to feel a different way. You feel the healing qualities of the natural world feel the inspiring qualities of it. Buddhists for 10 generations have loved being the natural world. Because there's something about the natural world that teaches people not to be self absorbed. And being self absorbed is considered one of the great diseases of Buddhism caught up in self. And so to have that self preoccupation, dissolve is one of the purposes of Buddhist meditation practice. It doesn't mean that we become you know, a pushover, but it means that we're not stuck on ourselves. And then we're more available to care for the world if we're not kind of like stuck in this Enter apartment building or enter cubicle, or someplace that's very unnatural to kind of live in, in our minds. So, one of the places where I go regularly to walk is right up nearby here. It's a place called Edgewood Park. And I love it there. And

it was meant at one point to become a golf course. Which is also nice. It's green and sure that would kept people outside. Then it was going to be suburban development. Before I live in a city, my wife and I lived up in in the east, definitely skyline up in the mountains here. And we lived on a open space

preserve called called corta Madera open space Preserve. People who bike mountain bike go there a lot And we were very lucky that we rented a little room in an old barn that belongs to the open space preserve and we lived there for seven years. It was great. And we had we had hiking trails onto that preserve from our driveway. So we spent a lot of time hiking up there and it was wonderful. And a beautiful place to be. And it also was supposed to become suburbia. And that was the whole plan for it, it was going to be built up. So I'm very glad that these places weren't because now I go to the edge which is not so far from here, and I feel renewed, I feel this wonderful connection and I've gone there to meditate in a quiet little corner of the place that go there for hiking there. And that's been preserved and saved. And, and this idea of saving what we have, is not just a you know, something that benefits the affluent people It actually is a way of saving the environment as well. Keeping enough trees and keeping a place for the natural animals and the species to survive. There's a endangered species on Edgewood, that's now been saved to me for now, because it was made into a county park. And there's all these wonderful people who have been spending years trying to protect the natural world caring for it, so that we can benefit them now. So hopefully the people who are in those apartment buildings will go and use it. And we could do more work and saving the natural environment. So one of the first groups that I knew that was actively involved in trying to save an unnatural world to open space here on the peninsula is a group called the committee for green foothills, which was started 60 years ago. And one of the founders and the first president was walleston Wagner and Wallace Stegner lived in those foothills in Los Altos, I guess. And he was one of the great American writers of the 20th century. And, and when that started, and they were beginning to work to try to protect the open space, he wrote a letter. It's called his wilderness letter, somewhat famous now. And so this is what he wrote. Something will have gone out of us as a people, if we ever let the remaining wilderness be destroyed if we permit the last virgin forests to be turned into comic books, and plastic cigarette cases, if we drive the few remaining members of the wild species into zoos, or to extinction if we pollute the last clean air, and dirty last clean streams and push our paved roads The last of the silence so that never again will Americans be free in their own country. From the noise, the exhausts the stink of human and automotive waste. And so that never again can we have the chance to see, never come a chance to see ourselves part of the environment of trees and rocks and soil, brother and sister to the other animals, part of the natural world and competent to belong in it. We simply need that wild country available to us. Even if we never do more than drive to its edge and look in free it can be a means of reassuring ourselves of our sanity, as creatures, a part of the geography of hopes, the geography of hope. So this is part of our local history is the efforts of people like Wallace Stegner and then we have And then some. I know 12 years later that I think the mid peninsula open space regional, regional, mid peninsula regional open space trust.

Mid peninsula regional open space district got started and they've been working hard to save all this lots of land. And this Court of Madeira with big preserve where I used to live was one of the acquisitions they were able to say from development. And, and it still goes on. I mentioned some weeks ago, that there's some place called Sargent ranch down near San Luis Obispo. And so there San Juan Bautista. That is the native sacred ground for the Native Americans down there. And it's now in private hands of a corporation that wants to mine it for gravel and cement. And there's that turns out to start I guess it's called tar there. So it's on Sandra's fault. And there's all this oil or tar reserves underneath. So they want to, you know, not mine it dig it to drill it for oil or the tar and the destroy this is sacred land down there. So the idea is to be great to save that. And so there are people working on that trying to keep that very important piece of land on there. Beside that it's sacred sacredness for the Native Americans down there. It's important part of the local environment. So there's plenty of work to be done and the fact that the committee for green foothills is working on it, oppose the peninsula open space trust, which is a nonprofit that's raising money and doing a lot of this work saving land. A Sierra Club is doing this work around here. And this I think it's extremely important for the health and welfare for the caring of

our local environment. And if we're going to care for the, for the earth, we start locally. And then we spread from there. And so the most local place you can start is in yourself. Because if you don't figure out some way to really uproot the degree of greed, hate and delusion that you have, then we're not really messengers that other people can do the same thing. And a huge part of the environmental destruction we see in the world has its origins in people's greed, big part, greed, some some degree of hatred, and some degree and complete ignorance and delusion of what's going on. And so to, to really kind of get to the bottom of us in ourselves. So we know what we're talking about, we know what's possible, and we know how much happier we can be without those things. So that we don't have to I think that the way to Be happy is to satisfy our greed or satisfy our hatred to express our hatred, that the way to do it is the opposite. The image I have of reading this fire sermon, everything is burning is I had to I had all these images from when I was a child of watching TV shows where there was people on horseback with fire sticks. And they would throw them at, you know, the grass roofs of villages or towns or, or on covered wagons or on TPS or whoever the they were fighting. And so, to me that represents how we're throwing our greed, hate and delusion out onto the world and destroying tremendous amount. It's hard to imagine sometimes living here in the Bay Area, how much more destruction is going on out in the rest of the world. We live a little bit protected here, but not too protected. Not for the people who look deeply. Did you read the article recently about the amount of microplastic in the San Francisco Bay? there? It's you know, it's just like trillions of, you know, amounts. It's just phenomenal amount. And the kind of surprise for me because I hadn't thought about it, showing my ignorance. One of the big sources of some of these micro particles settling into the day is is the worn off. rubber and plastic from tar car tires. You know, there's probably 5 million cars driving the Bay Area, right? And how much how quickly does your tires wear down? You have to get new tires every five or six years. So that's a lot of cars. Where does it go with that stuff they ever thought about where it goes when it wears down. It goes on the road, a lot of it and then it gets washed off and goes into the bay. Well, 5 million cars doing that for You know, 50 years or hundred years. That's a lot of stuff going into the into there. So I was kind of horrified to discover that this also is going on right here locally.

So how do we care for that? What do we do to care for this world? The more important question for me is not how do we care? But do we care? Do we want to care? And I hope we want to care. And I'm convinced that the way to want to care is to love is to be inspired, is to really take the time to feel a connection to the natural world. That's really meaningful. That's really inspiring and joy producing and freeing frees us for rumination, those really good things to us. If we just despair about it, in in from indoors. I don't think there's any hope. But if we can take our friends with us, the children we know and share the natural world with them and have them kind of feel and be inspired and feel the joy of it, the delight of it picnic in the park with them. And they're not going to tell you that you don't have to tell them why you're doing it. But they can kind of finding a way to really delight and enjoy. So if anything, like to suggest in this earthcare week, is that you really get to work. Hard work, to enjoy yourself in the natural world. Please do. really figure out how to get that. Then I think you'll want to care for the natural world for our environment, then it'll feel like just second nature to do it just comes out of you. Of course you do that it's not it's not exactly a burden to do it. It's just Of course you would do that course you would say port, some of these organizations that are saving the land, of course, you would try to figure out how not to have so much rubber going tires going to the Bay, of course. And that's even more of course, if you're doing Buddhist practice. And the reason for that is one of the great delights of Buddhist practice that only the initiated, can appreciate how delightful it is, how wonderful it is. And that is, how wonderful and delightful and happiness producing it is to let go. renunciation to do Morse, have more happiness from having less, to be content not to keep acquiring and acquiring and building and having in spending. But to really appreciate the delight and happiness for very simple life. That going for a walk in a local park is makes you more richer than going to the car dealer to find a new car that you don't really need. Where do you get most your wealth? I suppose I suspect ISIS suggest that people know

how to let go know they get most of their Well, the Inner Wealth from letting go and loving the world outside and loving the world inside. So without letting go of consumption to some degree. You know, we can't care for this world. But we can't. It doesn't make sense to tell people to consume less, unless they love consuming less. And how do you love consuming less by learning in your heart, the light and happiness Have a simpler lifestyle of letting go of not kind of riding being pushed around by greed and wanting and failing and you know that. So, I hope that one of the ways that Buddhist practice Buddhism, Buddhist practitioners can contribute to caring for this earth for the world is to show how important it is to do this inner work so that we actually feel nourished and supported and delighted and in love, as we passionately are empowered by our grief and our worry about what's happening. That's my hope. So, get to work. Enjoying yourself? Yes,

I just wanted to share that. One of the things that I've done in retirement is to train as a docent at filoli. And one of the most fun times I had was taking inner city kids out right after it stopped raining. And they were absolutely ecstatic and I have no idea if they have any opportunity to be in nature at all, where they are. But I also wanted to share that a week from tomorrow is Columbus Day or also known as indigenous peoples day and I will be leading a hike there. I do have a few free entrances for people, but they would need to speak with me and then there's a \$15 charge for the hike from one to two, three But focusing on the indigenous people that used to live there. And this is not very far from Edgewood Park, and the nature preserve is entirely preserved. So I'm sorry, I know that's not really an IMC announcement, but

I thought I would share that. It was nice. Thank you especially It was nice to hear about taking the inner city kids to filoli we have about two or three more minutes. Is anyone else anything similar like that? Nice nice activity to you. You want to tell us if you can give the mic Yeah.

The sun Yeah. Okay. So I, you know, take hikes, just near the hills and you know, get a hike and often walk my dog and then look out there's a point where I could see this beautiful scene of the bay. By I have to say that sometimes my experience His troubled with worry about what's going to what's going to happen to this beautiful scene, you know, 1020 however many years from now, and it kind of relates to the appreciating the present moment, I think there's a danger considering how much climate change might happen that, that, you know, we we get worried, you know that maybe we don't fully appreciate what we have now and are worried about what will happen in the future. It's kind of like, you know, death, we have to recognize that, that we're not going to be here in the future too. But so I don't know if you have any comment about how to best appreciate and love what we have now, even recognizing that some of that may change.

I think you've spent time in it. That helps a lot. And then also the study your mind and see where the mind gets stuck. If the mind gets stuck, that's probably a place that's going to be pull you down despair and give up. And just because there's ideas that, you know, in 100 years, or however long it's all gonna be, you know, we're all going to be extinct. You know, it's all gonna come to an end or whatever. Maybe that's true. But let's try to make this right to improve things as best we can for the next decades. So don't give up Don't just kind of go back to your apartment. Do the do what you can. Yes here.

Similar to your foot filoli group I used several years ago worked at a group home up in Ben Lomond. I was a counselor there and we brought in an HR program and we took a group of kids who are from, you know, the deepest, darkest places and hadn't had much contact with nature. And we were able to take an environmental ed program and taking the pinnacles monument which you was a fabulous experience really actually opened up, you could visibly see the difference. Not all the kids. I mean, a lot of them, you know, just can be another day. But if you can touch one or two of their kids hearts and

minds and expose them to that, it was an amazing experience. More recently, I was two Fridays ago, I was walking along downtown, and I was over the redwood Creek Bridge. I was looking I was trying to figure out what kind of fish I could see it a little school of fish that were bubbling up. And there was a lady who's working she had by ecologist or something on her little vest. And so I was asking her and she didn't know and she's like, oh, tomorrow's the Coastal Cleanup day, which I had never, you know, I've heard about but I didn't actually know that that was the day so I went the next day and volunteered and we went various sites throughout Redwood City. I guess it was a statewide thing. But that's when really, you speak of local action, a phenomenal way of getting involved particularly to visibly see the impact of the little pieces of plastic. I mean, you may drop Off miles from the from the Bay, but the winds and the creeks in the watershed, everything's gonna wash it out. So it really brings home the impact but it also in the same sense provides a real direct way that you can make an impact when you see the actual bags of garbage and things like that. We pulled out some weird thing you know, like a mattress and stuff like stuff like all kinds of crazy stuff that we're we're giving away but it's a it's one way that you can mediate the pain and the anxiety over it because I do feel that so. Okay.

So correct carry week. One One more. Day. One more and then we'll stop and then we're straight back there. I saw to your left

I'm a school teacher and I've been teaching for 30 years and my very first field trip was hidden Villa, which is in Los Altos Hills, it's open to the public. So and I've been doing it for 30 years, and I run into students who are adults and they tell me how much that field trip meant to them and there's a whole curriculum around it. We've been recommended for and I take my I used to take my son there when he was little so public, it's wonderful.

We took our kids to hidden Ville as well and I just went back there this week to see it. We taught we offered silent meditation retreats there for about 10 years we probably did about 30 or 40 of them week long retreats and 10 years before we had our own Center at hidden village beautiful nature preserve and farm and if you have never been there, it's really cool, especially for kids. They have no more than that they don't have cows anymore. But they have no cows. The cows are done. No, I was just there. They said if they told us and I didn't see. And, and yeah, they told us and I didn't walk around, I didn't see any. But there are goats and pigs and seeing the pigs of the trip, and chickens and all kinds of things and beautiful places to hike and, and it's a beautiful place. And And what's nice about hidden villa. I mean there's all kinds of reasons it's nice. It was started by a couple called the duvet next, and the 1940s. They were the first people west of the Mississippi, I think, who started offering a summer camp in on their farm and their natural for inner city kids for African American tickets. And this was a whole new thing to do is to kind of social justice things that started in the 40s. And so they've had that kind of social justice kind of concern ever since. And every summer they closed down kind of, kind of and I knew they had All these camps in inner city kids come there and use their camps. And then they do have an x also, where some of the few people who went and tried to care for the Japanese Americans who were interned during World War Two, when they first were brought into the Japanese Americans were gathered together someplace up here in San Mateo to do vindex. What? Yeah, we're certain authors. Now. The duvenek are some of the elite Elite leaders in terms of bringing supplies and blankets and food and different things to care for that, you know, these people who are being neglected up there. And so they're duvenek started to put in school and, and then I've cut don't quite know the connection. But somehow the duplex I think when they died, maybe they gave their house to the Quakers. They were Quakers and so they responsible for building the Quaker meeting house in Palo Alto, where we met, IMC started there. We were there for probably 15 years, using that Quaker meeting house. And the other thing they somehow supported one way or the other was the Zen center in Mountain View, somehow, money from the duvenek ended up helping to buy that. And, and so there's

this hidden villain duvenek they're part of our extended family, you know, so it's, you know, all these wonderful things came out of that thing. And, and it's still it's a gift still giving. So it's another example of people who can leave a legacy and a lot of good and all these. I was there Wednesday, and so all these inspired people, they're young people who are working hard to keep it going and they're farming and have a community supported agriculture there now and it's a great place in the peninsula. It's one of the treasures so lots of things to enjoy around here. And you have a grim duty now. Serious and grim duty to enjoy yourself more in the natural world. Please do. Thank you