



KALLI HOLMES  
SØRENSEN

HEALING  
OUR PLANET,  
HEALING  
OURSELVES

BY SARA AWAD

## SUSTAINABILITY AS SPIRITUAL PRACTICE

*Tread softly. All the earth is holy ground.*

— CHRISTINA ROSSETTI

“There is not one living being whose survival is not intimately woven into the exquisite ecological systems of Earth, which is designed to support the whole of life,” Kalli Holmes Sørensen says. “Earth itself is a living being. What happens to the Earth happens to us. We are not separate from her, and we are not separate from one another. Once we begin to see that, we begin to understand that adopting sustainable behaviors is one of the most urgent and impactful things any of us can possibly do for the world.”

Sørensen, who left a 30-year career in the fashion industry to inspire sacred activism and become a catalyst for change, is deeply aware of the effect rampant consumption has had on the environment. “We are living in a time of profound environmental and ecological transformation,” she is quick to point out.

According to data released by the Global Climate Action Summit, the fashion industry alone accounts for more than 10% of the world’s carbon footprint. “The rise in greenhouse gas emissions is affecting every ecosystem and species on Earth,” Sørensen says, “including human beings.”



*Through her workshops, classes, symposiums and events, Sørensen shows people how to live a new vision for personal fulfillment — an eco-feminist vision that is based on conscious creativity, spiritual practices and meaningful relationships rather than materialism.*





*Sørensen believes that every thought we think is a prayer, and she lives from and teaches others this belief.*

## RETHINKING EVERYTHING

*The world is a dangerous place to live, not because of the people who are evil, but because of the people who don't do anything about it.*

— ALBERT EINSTEIN

Sitting in front of her computer one day, Sørensen opened a fateful email thread that would forever change her life. Forwarded to her by her husband, Rev. Dr. Christian Sørensen, senior minister at Seaside Center for Spiritual Living in Encinitas, California, the correspondence was from a group called Evolutionary Leaders — a collective of some

of the most influential conscious thinkers of our time. It included a dire warning of the impact of climate change on the planet: “We are in a state of emergency, and no one even seems to notice.”

“These words changed everything for me,” Sørensen reflects. “I pulled back the curtain and dove into every book, documentary and class I could take to research the science. Once you are aware of the truth, you cannot ignore it.”

It was at that point that Sørensen, the 2018 recipient of the Walden Award for Care and Reverence for the Earth, began to devise her personal three-year plan that would not only transform her career and lifestyle, but lead her onto a path of sacred activism.

## CONSCIOUS CONSUMERISM

Sørensen, who now teaches conscious consumerism, is a firm believer that everyone can have an impact on the environment by cultivating a higher level of awareness about the choices they make and what they consume on a daily basis. “Every dollar that we spend is a choice,” she explains. “Every one of us has power to create change, and we use it, for better or worse, every time we make a purchase.”

“A conscious consumer,” she says, “is an agent of change who considers the social, environmental, ecological and spiritual impact of what they buy. We are still hypnotized by the old capitalistic story that accumulating more things will lead to greater happiness. We use shopping as a form of emotional therapy, so the concept of conscious consumerism is not an easy thing to sell.”

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## CHANGE BEGINS WITHIN

*When we try to pick out anything by itself, we find it hitched to everything else in the universe.*

— JOHN MUIR

“Activism of any kind,” Sørensen says, “creates fields of energy. Climate action is no exception. Awakening to our relationship with the Earth begins not outside ourselves, but inside, in the inner landscapes of our minds.”

“Most forms of activism are fueled by fear and anger,” she adds. “They are against something rather than for something. But if you understand the creative power of thought, you know that focusing on what is wrong in the world does not produce positive change.”

Noting that every thought we think is a prayer, Sørensen encourages us to ask ourselves this question: How much of the environmental disruption that we are witnessing is our own unintentional creation? She emphasizes that to create a more just and sustainable world, we must learn to make more conscious choices and set a deliberate intention to be the change that we want to see in the world.

## GATHERING THE WOMEN

Whether at the kitchen table or the table of global affairs, Sørensen is a firm believer that we can find balance only when women are offered a seat. Sister Joan Chittister, Benedictine nun and lecturer, once told Oprah Winfrey, “Nothing will change in the world until the situation of women changes.”

Sørensen, like Chittister, urges us to examine the relationship between the devaluation of women through abuse and exclusion from power and the degradation of Earth. “Women are the givers

and protectors of life," she says. "It is the natural role of women to protect the Earth. We feel it in our souls when she cries and it is our maternal call to protect what we love."

According to the Women's Environment and Development organization, women are disproportionately affected by climate change, partly because its impacts are felt more by the poor, and the majority of people living in poverty are female.

A report released by the organization at the 2018 Global Climate Action Summit states: "We have decades of research showing that investing in women's human rights, including access to education and sexual and reproductive rights is a significant part of the solution to climate change."

"Only by honoring women's voices and our rights, can we begin to heal the Earth," Sørensen adds, noting that men must also be a part of the solution. "A new and growing sisterhood of women is awakening to women's power to transform the world, and we are counting on our fathers, brothers and husbands to support us and stand with us as we do our sacred work.

"As stewards of the Earth and sacred activists," she says, "it is up to us to reboot our consciousness, awakening to both our light and to the shadows of greed and denial so that we may reflect deeply on how our personal choices will affect future generations. We must learn to live in ways that reconnect us with our Earth home, deepen our sense of reverence for the amazing beauty and balance in the natural world that sustains us, and honor our connection to all life.

"This is the most crucial calling of our time. How will you answer the call?" ❀

*Kalli Holmes Sørensen is the founder of the Seaside Sisters Women's Ministry at Seaside Center for Spiritual Living and an inspirational speaker and retreat facilitator. For more on her work, visit [SeasideCenter.org](http://SeasideCenter.org).*



# The Return to Freedom



“ The laws of love are not rules, facts, or right answers. The laws of love bring spiritual freedom, the freedom that lies beyond belief, beyond thought, beyond adherence to any authority other than one's own heart. (C:I.5)

Now we must return to you the freedom and the will to fan the flames of your desire to be, and to express, who you are in truth. (D:Day9.30)

What will the future hold? It is up to us dear brothers and sisters. It is up to us acting as one body, one mind, one heart. It is up to us creating as one body, one mind, one heart. Because it is the new future of a new form joined in unity and relationship, the only guarantees that are known to us is that it will be a future of love, a future without fear, a future with unlimited freedom. For what more could we ask? And what more could be asked of us? (T4:12.35)

