

Naturally Modern Witch

Sacred Sustainability Steps

AIR HONORING ACTIONS



The Season of Air

Our everyday habits, actions, and rituals can have the power to inspire us at times, and overwhelm us in others. Our acts of conservation can easily become acts of honoring the earth's rhythms and cycles by flowing with the energies that are around us. Here, I've grouped these Sacred Sustainability Steps into actions that honor each element.

We'll be honoring the element of Air. Here are some tips:

- Reduce the amount of driving by walking or biking more
- Use public modes of transport and carpools when there is more than one person wanting to move out of the same locality.
- In most cases, electricity is produced by the burning of fossil fuels. This practice releases large amounts of exhaust gases that add to the dangerous levels of air pollution
- Do not throw away all that you do not use now. It is easy to throw stuff, but remember that any object that ends up in a landfill contributes to the generation of more methane and other greenhouse gases.
- Use no-VOC paint. Paint contains volatile organic compounds (VOCs) that are used as solvents or thinners to improve the paint's performance and drying time.
- Grow plants that attract and serve local pollinators.
- Changing out your air filters on a regular basis can help remove air pollution.
- Keep the car in shape with regular inspections and checkups can maximize fuel efficiency, reduce emissions, and increase the operating life of a vehicle.
- Air conditioners are notorious electricity consumers. Using a fan instead or combining it with an AC at a more efficient setting can conserve energy.

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- Air conditioners and other electronic products with the ENERGY STAR label have been tested to ensure they meet the latest standards for energy savings.
- Cut or sweep the grass: Leaf blowers and lawnmowers consume fuel and emit pollutants into the air.
- Start or join a local environmental group and participate in activities that focus on sustainability and reducing air pollution.

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