

Becoming an Eco-Mentor

Leading Yourself & Others
to an Eco-Conscious Lifestyle



By Candia Lea Cole

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Are You an Eco-Mentor?

People that I invite to become Eco-Mentors include *culturally creative* parents, grandparents, community leaders, faith-based leaders, college-aged students, and mature teenagers alike, who are interested in sustainable leadership, and who have the desire to learn about, and teach others about, a holistic approach to creating personal health and planetary well-being. In a nutshell, a “Cultural Creative” is a person with a strong concern for personal development and self-actualization. They are intelligent and they care deeply about the health of women, children, and the environment, and about social issues, as well as their own personal and professional growth. They tend to seek livelihoods that are spiritually fulfilling and that provide meaningful contribution to their communities or the world at large.

You're Invited to Participate in an Eco-Education Legacy that Is Destined to Create True and Lasting Change in Your Life and in the World!

Legacies symbolize the fertile outgrowth of our existence. They offer to remind those who come after us that we mattered, and we made a difference. The purpose of a legacy is to use our lives to cultivate and grow the kind of life experience and wisdom that will serve to inform, guide, inspire, and, essentially, assist each generation in their growth and evolution.

Reflecting on and documenting a legacy is a vital and responsible part of a life well-lived, and it offers to be a gift not only to ourselves, but to those we share it with. And although we may think of our legacy as something we pass on to others *after* we die, the truth is, our legacy can be a “living legacy” —one in which our direct participation in living it and sharing it, increases its value to both us and the recipients we intend it for.

In 1996, when I was invited to host an “eco-edutainment” event on the west coast for a group of young people (ages 15-35) who were attending a corporate “green” event with their families, I began to reflect on and document my own legacy. I began to grow my appreciation for the life experiences and lessons which had served as the rich compost for its development.

This compost, I've since realized, provided sustenance to not only the ground upon which my life path led me to walk, but to the soil of my human consciousness, the place from which a seed-idea sprouted in my imagination and blossomed fully, many years later, into an EDUCATIONAL MEAL that is designed to feed and nourish your innate eco-intelligence!

My educational meal, I'm thrilled to tell you, is presented to you as *The Bring Back the Earth! Eco-Learning Legacy & Eco-Mentor Leadership Training*, and it introduces you to the six ingredients of eco-intelligent living, as well as the six steps to eco-intelligent living.



I serve my educational meal to you in the form of two companion Eco-Mentor trainings that may be consumed together or ala carte. Each training features content that has been extracted from 8 beautiful companion books. The content is delivered to you on my e-learning platform in learner-friendly formats, including audio, video, and illustrated PDFs. If you would like to purchase the online training, or purchase soft cover editions of the books, please refer to the end of this booklet.

Are you ready to meet the six “ingredients” of eco-intelligent living that form the basis of my educational meal and prepare you to become a certified Eco-Mentor?



1st Ingredient: Eco-Conscious:

Living aware of how your beliefs, actions, and choices in the world impact the health and well-being of people and living things.

Are You Ready to...

- * Live with awareness of the painful realities that are impacting you, humanity, and the entire planet, due to our unconscious ways of living.
- * Ponder the size of your individual ecological footprint and assess the collective footprint we have all contributed to.
- * Define the meaning of “eco.” Explore how the health of people and the planet is maintained through the exchange of positive energy.
- * Explore the difference between tackling a list of “green things” to do and simply “being” eco-conscious.
- * Become aware of how the industrial systems that produce the lifestyle products you use, the foods you eat, and the healthcare products you consume, are hurting your personal and planetary health.
- * Explore how organic systems are designed to work with nature to restore and heal your personal health and the planet’s health.
- * Think about how people and the planet can benefit from having more female leaders in corporate roles.
- * Explore the difference between your ego’s wants and your soul’s authentic needs.
- * Discover the importance of creating a lifestyle that reflects your authentic needs rather than the interests of your idealized self.
- * Learn how being vulnerable in the eyes of others equates to being strong and how it leads you to make smarter, more compassionate lifestyle choices.



2nd Ingredient: Eco-Relational

Living aware of the inner and outer relationships that govern your ecological health, interdependence, and wholeness.

Are You Ready to...

- * Live with awareness about the relationships that are the key to your ecological health and well-being.
- * Develop an understanding of the parts of your being that define your personal ecology and the parts of the Earth's being that define its ecology.
- * Explore how you and all humans fit into the great web of life. Learn to understand and appreciate the function of personal and planetary interdependence.
- * Consider the ways in which humanity's disconnection from the natural world and its attitudes of superiority have led it to wound the Earth consciously and unconsciously.
- * Consider the ways that Mother Nature communicates with you to let you know that she is in distress. Learn about the senses you are born with that give you the ability to discern what this stress is guiding us to know and do.
- * Face any fears or feelings of guilt that may have arisen in your being as the result of living out of harmony with the Earth. Explore eco-phobia and decide if it is affecting your thinking and your actions in the world.
- * Consider whether your earliest bonding experiences in life (with your mother and father, your family, and friends) prepared you to bond with nature.
- * Discover why and how to regrow your broken bonds with the natural world.
- * Explore a primal way to reconnect with nature that offers to inspire a sense of wonder, joy, and self-empowerment in you.

* Explore the ways in which knowing and adopting Nature's Laws helps you to grow emotionally and spiritually.

* Learn how your potential addiction to digital technology is hurting your ability to be in a healthy relationship with yourself, others, and the greater cosmos.



3rd Ingredient: Eco-Sustainable

Living aware of the foundational elements that serve to “keep life alive” within your human/Earth ecology system.

Are You Ready to...

- * Live with awareness about what the term “sustainability” means.
- * Explore the different kinds of energy that are needed to “keep life alive” within your body and the Earth.
- * Look at the environmental toxins that may be robbing your health blind.
- * Define what toxins are. Discover their origins in the environment, as well as the toxic, man-made lifestyle products you use and consume.
- * Learn why the government and other regulatory agencies are not protecting you from your exposure to environmental toxins.
- * Develop awareness about the different kinds of health issues that toxic chemical exposures are known to cause, including hormonal and reproductive problems, as well as chemical sensitivities and other issues.
- * Consider the necessity of being an eco-savvy consumer and the value of supporting enlightened capitalism.
- * Explore the role of detoxification in restoring health to your body and the Earth.
- * Learn how organic, regenerative farming detoxifies the Earth, just as clean food choices detoxify your body.

- * Learn about how organic agriculture supports the health of the Earth's microbiome.
- * Learn how soil organisms support the health of our human microbiomes.



4th Ingredient: Eco-Nutritional

Living aware of the sustenance that is needed by plants and animals to bring healthful food from nature's farms to your dining table.

Are You Ready to...

- * Consider whether you are a “conscious eater.”
- * Think about how you've been conditioned to eat (by educational tools such as the USDA Eating Model) which has failed to promote awareness about the importance of green farming and clean eating.
- * Explore the reasons why meat, dairy products, fats, and sugars have been given a special place in the USDA Eating Model.
- * Look at the flaws in the USDA Eating Model which in the past have failed to make a distinction between whole foods and processed foods.
- * Become aware of how the production of animal foods creates health issues in people, animals, and the environment.
- * Consider the true cost of producing food in harmony with the environment.
- * Focus on the many wonderful possibilities for creating a health-giving diet that includes the Earth's “first” foods.
- * Meet the Eco-Intelligent Eating Model™ which promotes traditional whole foods, organic farming, clean eating, recycling, and energy-conscious cooking.
- * Learn about the legend and lore of whole foods and explore their health and medicinal benefits as well as their culinary uses.

- * Consider what it means to thrive in today's world. Think about the value of shifting a fast-food mentality into a slow/leisurely food mentality.
- * Create a sacred kitchen that inspires you to prepare meals. Consider how a culinary archetype can help you to find meaning in the meal-making process.
- * Learn the three steps that are involved in meal preparation. Turn the act of cooking and eating into an experience that stimulates your creativity, joy, and heartfelt gratitude.



5th Ingredient: Eco-Medicinal

Living aware of the health and ecological benefits that Nature's pharmacy provides you with for wellness care vs. sick care.

Are You Ready to...

- * Determine why America is one of the sickest nations on Earth and consider the drawbacks of taking its healthcare system for granted.
- * Get real about what your American role is in making other nations around the world sick.
- * Learn the difference between "sick care" and "wellness care." Explore the approach you use to care for your health and decide if out-of-pocket healthcare expenses are worth it.
- * Consider the drawbacks of doctors putting band-aids on your health problems, versus addressing their root causes.
- * Learn how you can improve your health care by asking your doctors questions that help them to assess your health needs correctly and avoid making mistakes.
- * Address the over-prescribing of drugs by allopathic doctors. Learn about the problems inherent in a medical system where illness as a profit-driven industry.

- * Explore the connection between psychotropic drug use and patterns of violence in today's youth.
- * Evaluate the safety and efficacy of vaccines, and weigh in on the role that big pharma and big tech play in marketing and mandating them.
- * Explore what it means to become a self-healer.
- * Get acquainted with alternative forms of health care that support you in creating holistic health.
- * Define what the term “disease” means and consider the factors in your life that lead it to manifest in your body, mind, heart, and soul.
- * Learn about tools that measure your human bio-frequency, as well as the bio-frequency of foods and other substances that lower or raise your bio-frequency.
- * Discover how raising your bio-frequency also serves to raise your consciousness.
- * Explore energetic forms of healing that raise your bio-frequency and your consciousness.



6th Ingredient: Eco-Spiritual

Living aware of your sacred place within the great web of life and sharing your innate gifts in the form of service to all.

Are You Ready to...

- * Discover what it means to return to love, the state of being in which all things are possible—especially the healing and restoration of yourself and the Earth.
- * Understand how the imperfect circumstances in our world, and upon our Earth, are perfect for your learning, self-development, and spiritual growth.
- * Realize that your soul chose to come to the Earth at this time in our history to foster the “New Earth” consciousness.

- * Cultivate a view of reality that is rooted in the spirit of love versus fear.
- * Recognize what a gift it is to be an integral part of the beautiful life web—a web that shares its unique viewpoint of life with you, and which demonstrates a way for you to live in ecological balance and harmony.
- * Discover how, in a universe in which everything is designed by the Creator to function as ONE, you are an integral part of the Creator.
- * Discover ways to use your creativity to be a co-creator with God and create better living conditions for all people and all living things.
- * Explore the ways in which religion and the world's faith traditions view the environmental crisis and their responsibility toward the Earth.
- * Ponder the purpose of radical prayer, a response to life in which you are conscious of how your thoughts and actions have a profound impact on everyone and everything.
- * Focus on the inner work that it's important for you to do, to become an Eco-Mentor in your home and/or community.
- * Heal your birth trauma, to become more comfortable with the idea that you are here to emerge and shine your light onto the world.
- * Rewrite your birth story to avoid passing on a legacy of pain to the generations that may be destined to follow you.

My 2 Eco-Mentor Trainings enable you to Consume my Ed. Meal Whole, or Ala Carte!

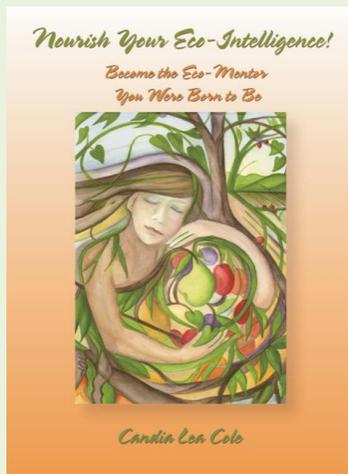
#1) Eco-Mentor Apprentice Training

For Whom: Young Adults, Parents, and Educators (Women, ages 17 and up)

Completion Time: 15 hours

2 Training Tools Are Included:

Ed. Tool #1) My Mentor Guidebook: Nourish Your Eco-Intelligence! Become the Eco-Mentor You Were Born to Be



(Chapters Include)

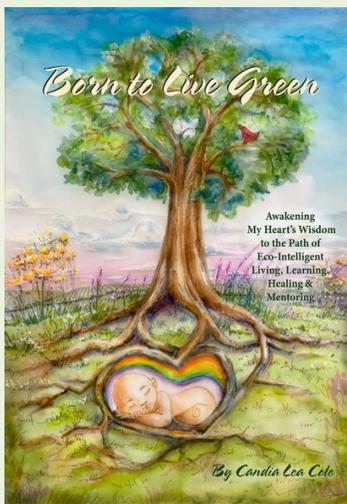
Planning the Ed. Meal-Explore what eco-intelligence is and why it's important to reawaken yours. Discover the reasons why every home and community need an Eco-Mentor. Identify the desires, qualities, and aspirations that an Eco-Mentor possesses and decide if you possess them or if you wish to develop them.

Choosing the Ingredients- Discover how my experience with environmental illness, as well as my experience as whole foods cook, and event caterer, prepared me to create the 21st century Eco-Lifestyle Education paradigm and curriculum that this book features. Explore the six “ingredients” of eco-intelligent living.

Setting the Table- Discover the benefits of providing home-based learning experiences to young adult learners that stand behind “principle-based” education. Learn about why schools aren’t nourishing the eco-intelligence of today’s youth. Get in touch with the drawbacks of technology, educational software, and wireless tech in the classroom.

Refreshments- Whet your appetite for learning, with an understanding about how a modern day “rite of passage” offers to support your (and your family’s) growth and transformation. Read (or listen to) my memoir, which invites you to learn about the two powerful rites of passage in my own life that led me to become a self-learner, a self-healer, and an Eco-Mentor. Explore my invitation to become an Eco-Mentor Activist.

Ed. Tool #2) My Memoir: Born to Live Green Awakening My Heart's Wisdom to the Path of Eco-Intelligent Living, Learning, Healing & Mentoring



This is a story about my journey as a young adult to understand, manage, and heal the symptoms of environmental illness, and turn my pain into my soul’s higher purpose as a feminine leader and Eco-Mentor.

Along with My Eco-Mentor Guidebook and Memoir, You Will Get:

10 Learner Assessments + Community Bonuses that complement the training.

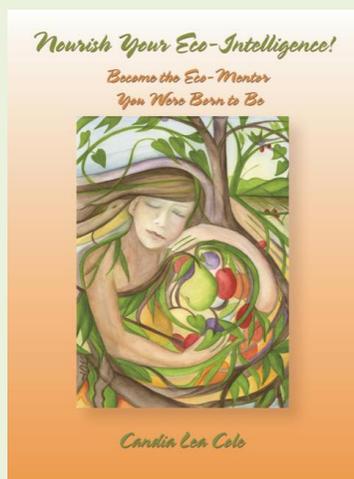
A Beautiful Certificate of Completion (The course is accredited.)

#2) Eco-Mentor Activist Training

For Whom: Young Adults, Parents, and Educators

Completion Time: 35 hours for Basic Training (Plus your additional time to complete optional Bonus Activities as desired.)

7 Training Tools Include:



Ed. Tool #1) My Mentor Guidebook: Nourish Your Eco-Intelligence! Become the Eco-Mentor You Were Born to Be

(Chapters Include)

Appetizers- Stimulate your hunger for learning by exploring the value of “a living legacy.” Accept my invitation to participate in the “Bring Back the Earth!” Eco-Learning Legacy, which invites you to become an Eco-Mentor Activist! Unearth the practical and spiritual symbolism in “bringing back the Earth!”

Main Dishes & Side Dishes- Sample-taste the menu of 12 (two-part) Discovery & Empowerment Dialogues and 12 Discovery Missions that represent the core teachings of my curriculum. The actual activities are featured in my six “companion” Activity Journals. Get inspired to embark upon my six-step pathway to eco-intelligent living.

Side Dishes- Sample-taste the menu of **175+** Self-Empowerment Activities that will support you and your family in creating the kind of clean, green lifestyle that nourishes holistic wellness in your body and the Earth! Identify your unique

interests, skills, talents, and gifts, in the realm of eco-intelligent living, while cultivating your role as an Eco-Mentor.

Desserts- Sweeten your educational life with the extra-curricular support tools that I've created for you (think videos, podcasts, and teaching infographics), that offer to enhance the ed. experience this book introduces you to!

Ed. Tools 2 through 7: Includes My 6 Discovery & Empowerment Activity Journals (These feature the lessons and activities that guide you to master the six steps to eco-intelligent living.)



Along with My Eco-Mentor Guidebook and Activity Journals, You Will Get:

175+ Self-Empowerment Bonus Activities

A Beautiful Graduation Certificate (The course is accredited.)

Eco-Mentor Affiliate: This is an opportunity to earn income when others purchase the training because of your recommendation.

I look forward to supporting you in becoming the Eco-Mentor that I know you were born to be!

Candia Lea Cole
Founder, Eco-Learning Legacies



Learn More about My Mission and Background at:
www.eco-mentor.com

Purchase and Participate in the Eco-Mentoring Courses
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