



Nourishing compassion for our bodies, the earth, and all beings.

Plant-Powered Earth Holders NOVEMBER update 2018

Dear Friends,

We are sending our November issue early so that you can ring in the holiday season with our Dia de los Muertos recipe and a full plant-based Thanksgiving menu!

1. New study shows we need to eat more plants to save the planet!

https://www.washingtonpost.com/health/2018/10/10/how-will-or-billion-people-eat-without-destroying-environment/?utm_term=.f72eebc109a8

2. WHY EAT PLANTS poster is Done! PLEASE SHARE WIDELY

Our new poster is out and available. You can download it and print it yourself on to 11 x17 sized paper. We hope you will find it inspirational and will share and post with your sangha and others who you think might benefit. Why Eat Plants is here. <http://earthholder.training/wp-content/uploads/2019/04/Poster-FINAL.pdf>

3. Celebrate [Dia de los Muertos](#) with a Plant-Based recipe and your own altar!



Eve's Dia de los Muertos Zesty Mexican Casserole

A hearty and colorful combination with delicious Mexican flavors.

Ingredients:

Showing original units. Show metric

- 1 & 1/2 c. crushed tortilla chips (I just baked some tortillas till crispy and broke them up)
- 2 c. (or 15 oz can) garbanzo beans
- 2 c. kidney beans
- 2 c. corn kernels
- 1 c. tomato sauce
- 1 c. salsa
- 1 c. chopped red onion
- 1 green bell pepper, diced
- 1 T. minced garlic
- salt and pepper to taste
- 4 oz. shredded vegan cheese (mozzarella, cheddar, pepper jack, etc.)

garnishes: diced tomatoes, cilantro, vegan sour cream eg. Silken-Tofu Sour Cream

Instructions:

Preheat oven to 350F
Oil a 13x9 inch baking dish
Spread the crushed tortilla chips over the bottom of the dish.

Combine beans, corn, tomato sauce, salsa, onion, pepper, garlic, salt and pepper in a large bowl. Place half of mixture in the baking dish, sprinkle half the cheese over, cover with remaining mixture and top with remaining cheese.

Bake 30 minutes. Let stand 5 minutes before serving. Provide optional garnishes at the table.

4. Create your own 'Gratitude Day' sharing - Offering to the Land Ancestors and [Plant-based recipes](#)

At Deer Park on the last Thursday of November, there is a beautiful tradition—an offering to the land ancestors. The holiday of Thanksgiving can bring up painful histories due to the past actions of some of our ancestors. If you like, you can create your own gratitude day like Deer Park Monastery has and take a moment to remember the land and the indigenous people who lived on the land. Here is the offering text they used one year.

Offering to the Land Ancestors

We, the monastic and lay practitioners of Deer Park Monastery, respectfully request permission to make an offering to the ancestors of this land. We request permission from you, the members of the Luiseno Bands, the plants, the animals, the minerals who have long inhabited this land and to you we send our greetings and gratitude of all our relations—*míyu* (pronounced similar to "mee-yoo")

We are aware that without the support and energy of the land ancestors, it would not be possible for us to live and practice on this land today. In this solemn moment, we make the sincere aspiration to live in harmony with this land, with all the vegetation and animals living on this land, and with all our brothers and sisters whom we live with and who come to visit the monastery. We are aware that the harmony between us, cultivated by our practices of stopping, deep listening, loving speech and compassionate action, directly affects the land we live on. When we are in harmony with each other, we are also in harmony with the land, the plants and the animals.

Knowing that our practice of mindfulness is our greatest protection, we are determined to practice breathing, walking and consuming with awareness and compassion, in order to offer protection to this land and to all living beings residing on this land. We vow not to deplete the energy of the land and her resources with our careless actions, but rather to contribute to the regeneration of this beautiful land, bringing freshness, peace and happiness to all who come here. We resolve to plant our understanding, our love and our equanimity on this land with our light and peaceful steps. Deer Park's conversion to solar energy is one concrete way that we hope to lighten our steps on the Earth and truly arrive as responsible and loving children of the Earth. Moreover, we are determined to practice wholeheartedly in every aspect of our lives, so that the door of understanding, love and freedom may be opened for each one of us.

With great respect, we ask the ancestors of this land to protect us and nourish us with your insight, deep connection and liberation. Like young shoots of ancient trees, we look to you to know our roots on this soil. Like stones that have broken from the mountaintop and rolled down into the valley, we look up to the mountain to know our origins. We ask for your guidance and understanding to show us clearly how to proceed on our path of awakening.

As children of this land, we ask for your great compassion to forgive us for the harm we have done to the earth out of ignorance, craving and arrogance. We ask you to see us as your true continuation. We aspire to learn from your weaknesses and to continue your strengths. We are aware that the talents and skills that we presently manifest are not our possessions alone, but are the result and the continuation of the sincere intentions and loving labor of our ancestors. As we continue to create structures and changes on this land, we ask for your support and acceptance. With humble hearts and willing hands, we make an offering of the Deer Park Monastery to be a refreshing refuge for living beings to nourish themselves, to contribute our solidity and clarity to the world around us and to offer the light of awareness and liberation.

We feel the presence of the land ancestors in all the natural elements around us. We know that we need only to listen to the call of the hawks and the laughter of the coyotes, to touch the red soil beneath our feet, to taste the sweet wild buckwheat, and to smell the fragrant sage to feel our deep connection with you. And we respond to you with our joyful songs, our peaceful steps and our loving looks. Dear land ancestors, thank you for always being here for us, and we vow to practice being truly present for you.

Please accept our offerings of incense, sage, acorns, nuts, fruits, tea, our love and mindful practice.