On April 20, 2008 I had the wonderful opportunity to hear Dr. Matthew Sleeth speak on his book "Serve God, Save the Planet". In his book he shares the joy of adopting a healthier, less materialistic lifestyle, which led to stronger relationships and a richer spiritual life. Since that time of learning about the Dr. Sleeth & his family I have subscribed to their newsletter and read more about his book.

Dr. Sleeth's book is a call to action, to make changes in our way of life that are both environmentally and spiritually beneficial. He argues that the modern capitalist way of life, with its emphasis on materialism and consumption, is unsustainable and harmful to our planet and our communities. He promotes a "Buddhist way of life" as a solution to these problems, one that values simplicity, sustainability, and a deep connection to the natural world.

Dr. Sleeth believes that our current economic system is built on a false premise: that more consumption equals more happiness. He argues that this is a delusion, and that true happiness comes from a deeper connection to ourselves, to others, and to the earth. He calls for a "Buddhist economics" that puts people and the planet first, and values the well-being of all beings over profit and growth.

Dr. Sleeth's message is clear and urgent: we must change the way we think about economics and our relationship to the natural world. We must value the earth and its resources, and make choices that are sustainable and just. Only then can we create a world that is habitable for all beings, now and for generations to come.

We must be wise stewards of the earth, and work towards a future that is ecologically sustainable and spiritually fulfilling. Only then can we truly say that we have "served God, saved the planet."