

ECOLOGICAL MANIFESTO

Third Edition

**A Socio-Ecological Framework to Build
Sustainable, Resilient Communities**

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Foreword:

The Ecological Manifesto was written mostly during the months which Vihren spent abroad for two Ph.D. exchange programs. But his desire for writing such document had already begun. The first ideas about the Ecological Manifesto were born in his hometown (Sofia, Bulgaria). However, the work continued when he was staying in a dormitory for nine months in Amiens, France, while walking along the corridors of the European Parliament in Strasbourg, shopping in modernized shops with recycling vending machines in Amsterdam and cycling on his route velo around the Picardy region. Most of all, the time spent abroad, the people he met and the differences in cultures that he saw helped him to set his mind and to think of formulating the Manifesto. At first, it had to be only rules of everyday activities that anyone can do in favor of nature, energy and decreasing consumption, but later on it turned out that the text has to have deeper and far more humane goals in itself, which, we believe, would help us to be better human beings on the one hand, and on the other, to deal with the most serious of the problems in front of humanity – **global warming and raising of CO2 levels in the atmosphere.**

Current initiatives in which the Ecological Manifesto is already part of is the [Talanoa Dialogue](#), the [EOTO World campaign](#), [Create A New Nobel Prize For The Fight Against Climate Change Petition](#) and the [The Global Coalition for the Right to a Healthy Environment](#).

This is the second edition of the Ecological Manifesto.

Introduction

Each of the past **five years have been ranked among the warmest on record**¹, 18 of the 19 warmest years have occurred since 2000. This phenomenon is a direct consequence of the **world population growth** - in 2018/19 at the rate of 1.07% per year and the processes of industrialization taking place mostly in Europe in the beginning of 18-th century. The current average population increase is estimated at 82 million people per year². Through the processes of **production** and **consumption** the level of **carbon dioxide (CO2)** in the atmosphere is forecasted to rise by a record amount in 2019³.

Consequently (just a few):

1. **Earth's climate is changing** causing displacement of people and disturbances of societies all over the globe, damaging ecosystems and threatening the future of humanity.
2. **Global sea level has been rising over the past century** and the rate has significantly increased in the recent decades⁴. In 2014, global sea level was 6.6 cm above the 1993 average – which makes it the highest annual average in the satellite record (1993-present). Sea level continues to rise at a rate of about one-eighth of an inch per year.
3. In the food sector the Food and Agriculture Organization⁵ estimates that the **global number of ruminant livestock** (that is cattle, buffalo, sheep and goats) will raise from 4.1bn to 5.8bn between 2015 and 2050 under a business-as-usual scenario which we now follow.
4. Rapid growth in global **plastic production** was not realized until 1950s. Over the next 65 years, annual **production of plastics has increased nearly 200-fold** to 381 million tons in 2015⁶. This is roughly equivalent to the mass of two-thirds of the world population.
5. Overall **1,600 coal plants** are planned or under construction in 62 countries⁷ around the world. These new plants would expand the world's coal-fired power capacity by 43 per cent⁸ and will continue polluting the atmosphere and damaging human health.

¹ [NASA](#).

² [Worldometers](#).

³ [Met Office weather forecasts for the UK](#).

⁴ [NOAA](#).

⁵ [FAO](#).

⁶ [Our World in Data](#)

⁷ [Global Coal Plant Tracker portal](#).

⁸ [The Straits Times](#).

ECOLOGICAL MANIFESTO

According to some as branch of biology (*βίος*, *bíos*, “life” and *λόγος*, *lógos*, “speech, discourse, reason”) - which is a natural science that studies life and living organisms - **ecology** (*οἶκος* “house/home, environment” + *λόγος*) studies the interactions among organisms and their environment (e.g. climate and ecosystems with the living species). While there are others pointing the genesis of ecology coming from the environmental science which provides an integrated, quantitative, and interdisciplinary approach to the study of environmental systems (ecosystems). As these two main sub fields of the environmental science – the environmental studies incorporate more of the social sciences for understanding human relationships, perceptions and policies towards the environment. Environmental engineering⁹ on the other hand focuses on the design and technology for improving environmental quality in every aspect.

Here we regard ecology in a very close relation to the environmental studies which are opening the social dimension of ecological threats as existential threats (social ecology) and negative factors to resilience, sustainability and peace. We believe that fighting ecological problems on social level should be achieved through mass public awareness on the seriousness of those problems, their consequences and hierarchy. Second is the unity of agreement on the most appropriate measures that should be taken (individually and collectively). In addition, regional centers can act as hubs spreading information to the most marginalized individuals. The school system should be reformed allowing students to be part of the real-world issues, connecting them one to another but also connecting them with nature. They should be thought on such values that are helping them grow as human beings (earthians) with high moral grounds. More than twenty centuries of human civilization should have been enough for nowadays people to realize their nobility which has to lead them to more empathy, generosity, kindness and humbleness. More than two centuries of our current educational system should be also enough to point out its weak points – inability to include everyone in the educational process, stop violence, provide understanding of the cosmic existence of humans and their inseparable connection with nature. We cannot anymore afford to pursue the same economic growth just for the sake of progress. We need better quality of life based on higher emotional intelligence. Such intelligence is gentle enough to find environment as a precious ally of the human existence. We need to *rethink* the conditions in which we are living and build new type of attitude towards everything that is surrounding us. We need change in the mindset of influential and powerful individuals as well as their active involvement in this change which is crucial for the establishment of a new culture of cooperation. We need to understand that as humans that natural species and objects have dignity and we should respect and protect them.

Moreover, we need less competition, waste of energy, speed and noise. We need proper management of the resources we have in order to distribute them to everyone. This mean less consumption, better product quality, repairing and recycling infrastructures based on the idea of a circular and shared economy. Local or seasonal production should be preferable, supported by a right personal diet while eliminating all food waste. Achieving this personal example is very

⁹ Slightly different study than the geoengineering which is the deliberate and large-scale intervention in the Earth's climate system, usually with the aim of mitigating the adverse effects of global warming.

important and with its everyday practices the Ecological Manifesto is drawing the proper direction in the way of thinking and doing things which will lead us to a more sustainable future. In such a brave new world education, science and medicine must be the most important fields for which there always are going to be sufficient resources.

In the energy sector it is crucial for humanity to switch its consumption to energy coming only from clean sources – preferably solar, wind and ocean. The existing nuclear power may be labeled as bad from some but it they should be used regarding the climate emergency situation and the goals set in the Paris Agreement. Production of goods should be managed according to the needs of consumers and not profit orientated, and it should be energy-sufficient and sustainable.

We live in a time when most of humanity has accumulated enough intellectual capital to realize that greed and boundaries between people are absolutely useless for its further development. The world has spent \$27.3 billion on global humanitarian aid in 2017¹⁰ and for 2024 the estimations are for \$48.28. This aid helps large number of people in need to achieve the minimum conditions for their survival and to contribute to their cultural, intellectual and technological development. Many efforts for changing people's attitude towards environmental issues were made during the years - starting with Rachel Carson's book *Silent Spring*, Arne Naess and the *Deep Ecology Movement*, the *Earth Day Initiative*, the *UN Conference on Human Environment*, the birth of the *Greenpeace Foundation*, *Our Common Future* report of the UN, the *Rio Summit* and *Savern Cullis-Suzuki's* brave call for action, the *Earth Charter*, the *Kyoto Protocol*, the *Paris Agreement*, and the Noble laureates' *Mainau Declaration on Climate Change*.

Unfortunately, much more work is needed. It is extremely unfair when some people live in luxury, while others have no roof over their heads, drink dirty water, eat scantily and have no or just basic education. We have been keeping our eyes closed for these people long enough and we continue to ignore their problems. The time has come for us to resolutely begin thinking and acting on all these issues. *This means to self-educate ourselves - because such way of thinking cannot come from the past, it is a product of the present.* In such manner we should educate our children. Often our personal problems turn out to be insignificant compared to the problems of people in need. How many material benefits do we need for living happily? And what makes us happier – the material or the spiritual?

Part of humanity has long ago entered a phase in which it is saturated with food, goods and comfort. The problem is that those goods are not spread evenly. Every day, food, clothing, and raw materials are thrown out while there are people who are still deprived from them. It is therefore extremely important that such goods are used in an optimal way saving some of the resources for their production. It is important for self-education to include new principles and methods for solving these problems because it is obvious that the momentary satisfaction of partial needs does not result in their full satisfaction. Let us note here that it is not a question of making some people living on the backs of others but to help those in need so that they will be

¹⁰ According to the [Global Humanitarian Assistance Report 2018](#), which uses data from the Organization for Economic Co-operation and Development (OECD) and the United Nations Office for the Coordination of Humanitarian Affairs (UNOCHA).

able to support themselves independently in the future and rise their living standards by themselves. For example, feeding a homeless person in need will save him for the day, but in no case will change his conditions of living.

To be reliant solely on the external assistance of the state and its institutions is not always the right solution of problems because these organizational bodies not always have opportunity or means to respond locally-occurring problems to which we are the closest ones – we, the self-thinking, educated and down to Earth people. People who do not think in terms of here and now and only of themselves but for the future generations that will live in several places in space - another side of the absurd situation in which we all will soon be.

One of the most important global problems of mankind in the coming decades is the global warming and the rise of CO₂ in the atmosphere which endangers many by natural anomalies and upheavals. People are living with this phenomenon and are neglecting it but the changing climate caused by significant human impact on Earth's geology and ecosystems is not normal! As a consequence, large number of people see themselves compelled to look for new homes. It is becoming increasingly clear how important is action to be taken in this direction. Exploitation of natural resources is different aspect of the same topic. It seems that people are working towards solving these problems but their full elimination is still far away. It is therefore necessary new powers to be included in the struggle for preserving the natural world. **We can be these powers that will radiate new way of thinking about these problems, and with small personal examples, will trigger a wave of greater self-awareness and action.**

Self-education and new global *self-awareness* are required, active follow-up and implementation of the ideas set in the Ecological Manifesto, the purpose of which is to show how we can optimize the use of energy and resources through small steps in our personal daily lives in order to save them and redirect them to people in need or to pledge ourselves to work in this direction. This is the task, this is our task. Change can come from inside to outside. Even the responsibilities of the institutions depend on the consciousness of individuals working in them. Doing good is always good for someone. Caring for life, health, knowledge, and nature will always free up time and resources that can be harnessed more efficiently. We have to realize that saving our resources is aiming at the decrease of producing unneeded goods – process based on self-incurred immaturity, greed and vanity on one hand, and lack of understanding what humans are and where they are going, on another. Something more – in a long term perspective nature doesn't need man to survive, but man needs nature for his survival.

It is time for a wave of young people and warm hearted leaders for whom living in *peace* is the basis for development, and *ecology* - a mandatory foundation for sustainable progress. It is time for *rethinking* the rapidly changing world. It is time to break the previous stereotypes. We must be creative and proactive on these issues, we should control our actions and always be aware of their consequences!

A Call to Action

Understanding the set of values in the Ecological Manifesto will help people to work for a positive change. Forming communities endorsing the values of the Ecological Manifesto will help for creation of centers of change. Then it will be a task of every member of such center to care for his society and of every society to care for its members. Both sides should work to make better the conditions of the periphery of society - through education, raising awareness and consultancy reaching the uninformed and unenlightened ones and changing the minds of those who think otherwise. The only goal in this movement should be the better future for humanity and the planet, protecting nature and assuring harmonic coexistence. Nothing less.

Rethinking our current culture and the disastrous direction to where it is leading – us, human beings living in the twenty first century - will help individuals to self understand themselves better and will protect them from ill or false life goals. It will show them clearly what has real value in life and what serves evil greedy desires. Being better human beings will help us to raise smarter and more self aware children that from early childhood will know that the Earth is home to everyone. Education of children at home should be assisted by the education of reformed school systems which include in their curriculum smart subjects teaching children creativity, sustainable development, equality, justice, ecology, etc. Governments and NGO's should be part of this culture and should mobilize their potential to make that change possible.

All the said has little to do with right, central or left in politics, it is more about **manifestation of our future, manifestation of the new normal that we have to establish, manifestation of the future you and the future of your children.**

It is an ecological manifestation!

Be part of this change by manifesting your involvement in the movement. Use the materials and the logo of the Ecological Manifesto in your daily life, in your professional career, on your bicycle, on your electrical vehicle. Use the values of the Manifesto in your relations with the others, in the contracts with others. Use them as a code of honor with which you show trust and commonness with others.

Helpful Daily Practices

At HOME:

OPTIMIZATION:

- Thermo-insulation of the rooms (sealed windows and doors)
- Switch-off electrical appliances from stand-by mode
- Optimize the work of the washing machine, dishwasher and other household appliances, i.e. use them only in their full capacity
- Put faucet aerators on all taps at home - they purify the water and reduce consumption
- Decrease the degrees of your heating system. Do not place thermostats on heating appliances near windows. Do physical exercises, they will warm you up. Putting on another garment is also an option.
- Use LED bulbs
- Buy power banks with replaceable batteries
- Turn off the lights in the rooms that are not in use
- Keep your heating appliances clean, you will increase their working capacity
- Replace old fridges. They are “energy hogs” and can cost you extra per year to run
- Use containers for separate waste collection
- Use vinegar and soda bicarbonate for cleaning instead of different types of chemical cleaners
- Forget coffee capsules - too much material is spent on their production and their use might harm your health. Try to avoid single-serve coffee creamers too by using milk (soya milk, etc.); Always turn the coffee machine off after using, use reusable filters and try making cold brewed coffee
- Heat and cool at home with alternative energy sources (mostly RES)
- Use hot water from the tap before boiling it
- Try to limit your garbage to only one jar per year
- Don't leave your refrigerator open for too long

IN THE BATHROOM:

- When brushing your teeth, stop running water (so you will save about 14 liters of water per year)
- Make your own toothpaste/soap/deodorant or buy natural ones that do not come in plastic packaging. Try using bamboo toothbrushes

- Use bar soap instead of the ones coming in plastic bottle. Cosmetics in plastic containers can be recycled
- Purchase recycled/ethical toilet paper
- Consider using a bidet or at least decrease the use of toilet paper
- For women, start using menstrual cups. This tool that is currently fashionable has many advantages over the known tampons and panties liner in terms of health, budget and ecology.
- Do not give your clothes to dry cleaning before you are fully convinced of the need for this (use extremely environmentally friendly preparations; use al-fresco line drying when possible). When it is not necessary do not use dryer or the drying regime of your washing machine
- Try collecting water for sanitary needs when you take a shower
- If possible, use rainwater for washing (balconies, staircases, etc.)
- Use electric shavers and toothbrushes, they last longer and save the production materials for ordinary razors. You can try also using zero waste safety razors

IN THE GARAGE, BASEMENT, ATTIC:

- Almost everybody has boxes of used paints, old paints, chemical preparations, solvents, antifreezes, mercury thermometers, resins, tar, machine oils; Old TVs, washing machines, stoves, refrigerators, and so on. To get rid of them, use the services of specialized companies to collect, store and dispose hazardous or electronic waste
- If you have old electrical appliances in these places, you can ask your acquaintances or people in “Free your stuff” groups whether they need them and give them away

ADDITIONAL:

- Drink tap water if possible instead of buying bottled mineral water
- Grow plants at home
- Instead of a room freshener, just open the windows and ventilate the room
- If you have the opportunity, grow your own vegetables and fruits
- Avoid ordering at home globally and locally – the footprint for delivery and packaging is huge. You will save transport expenses and unnecessary documentation as well
- Try to keep clean the pizza box for your delivery and reuse it and finally recycle it
- Compost your food waste (at home or in the neighborhood)
- Reduce your meal portions – most of the times we are not really hungry, we are misled by the size of the plates and rarely we need three meals at once

- After having a meal think if there is something that you can do instead of lying or having a rest. It will help your digestion and in the same time you will finish a delayed task
- Coffee and the tea from the tea bags can be used to fertilize your pots or patios – do not throw them away
- Bring a thermos cup in order to stop using the plastic cups from coffee machines. Or even better – just carry a thermos with already prepared coffee or tea
- Eat mainly chicken meat – compared to other animals birds are the animals that emit the least amount of CO₂ in the air. If possible, eat smaller amounts of meat. If you do not want to eat meat, don't do it just because on specific feast people are supposed to eat such
- Eating only locally grown food for one year would save the greenhouse gas equivalent of driving 1,000 miles. Eating just one vegetarian meal a week for a year saves more than 160 miles
- Donate the clothes you no longer wear. You can also turn your old garments into: blankets, dolls, clothes, make up removal pads, panty liners, carrier bags etc. Internet is full of creative ideas. Some stores also take your old clothes and reward you with vouchers. As well, organize or attend a clothes swap event
- Buy books from second hand bookstores or buy e-books
- Manage the mail that you receive and if needed unsubscribe from the unnecessary editions. You can also place “No junk mail or advertisements!” sign on your mailbox
- Shop in second-hand shops
- Use wind-up devices (such as flashlights, radio, etc.) that do not need batteries
- Make notes from the cash receipts. Keep track of your electricity, water and heating bills on a monthly basis – it will help you to have a clear idea of your costs and how to optimize them
- Use the smallest possible number of plastic products
- If you smoke buy a bottle of gas and refill your lighter
- Try not using your grill with charcoal
- Remove the caps of the plastic bottles and transfer them to the points where they are collected - their plastic is of the highest quality and is the easiest to recycle. Recycle also your old paint tins, mobile phones, plastic bags and soft plastics, printer cartridges, batteries, blister packs, contact lenses, tooth pastes and tooth brushes, coffee pods, old towels and blankets, old bras (see what are all products that you can recycle and where: https://www.globalcitizen.org/en/content/10-things-you-didnt-know-you-could-recycle/?utm_source=facebook&utm_medium=social&utm_content=global&utm_campaign=general-content&linkId=40546596)
- Recycle the caps from your glass jars
- Avoid using wet tissues because they are not recyclable. Instead try making normal ones' wet
- Instead of buying presents with the risk that they are not going to be liked or fit the person you are giving to you can give him a non-material present. Buy experiences not items
- If you see an interesting social media post about women's rights or climate change, etc., share it
- Support organizations that are engaged in global issues, including the pollution of the planet (below is a list of such)

- If you want to have a pet adopt one, this is how you can help for reducing homeless animals. After having one know that 20% of the overall global meat consumption goes for feeding our pets consider feeding them with protein from bugs and flies.
- Last but not least address politicians, join a party, be active and vocal

IN THE STORE:

- Use a cloth shopping bag instead of plastic bags - it will last much longer. But you can also use your plastic bags repeatedly until they are only suitable for garbage disposal bags
- Shop wholesale (once a week, monthly) – it saves your time and money. If you do not always have the opportunity, walk to the neighborhood shop
- Do not buy "2-for-1" promotions if you do not need the second product or find someone who needs it
- Buy products from recycled materials
- If possible get milk-delivery and shop locally
- Buy electric appliances with exchangeable individual parts and such on which it is written the materials index (showing how much materials are being used for its production)
- Buy in bulk - coffee or tea, legumes and etc.
- Buy energy-efficient electrical appliances
- Eat fruits instead of buying factory-produced juices. If you drink juice - make it yourself. This will reduce packaging production and consumption of preservatives
- If you can fix something – fix it, do not buy new one
- Buy second hand
- When buying clothes, consider the fabric. Different materials have different environmental impacts, so that's something to take into consideration. Think wool over synthetics
- Use larger plastic bottles like garbage bags. It is indeed not always necessary to use garbage bags for this purpose
- Demand your receipt in order not to be thrown away and use it or recycle it
- If you like ice-cream, buy preferably handmade in a cone instead of the packed one. Or prepare healthy one at home
- Bring with you containers, packages, jars etc. in order to use them instead of buying new ones that you will throw away after consuming

IN THE OFFICE:

- Make notes on used paper
- Write with pencil and use a rubber

- Always use the backs of the already printed pages for working variants of subsequent projects
- Collect the waste paper and recycle it
- Instead of using plastic cutlery, use traditional utensils
- Fertilize plants in the office with the used coffee and tea bags
- Bring your already prepared lunch or prepare on place if conditions permit it
- If you have to organize a public event (e.g. conference, seminar, etc.) think of making it a green meeting or green event which incorporates environmental considerations into the entire planning process to minimize the event's negative impact on the environment
- Reconsider making and accepting business cards for official meetings and exchanges of contacts (it is totally normal to save new contacts on your smart phone, for example)

**NOT LEAST, FOLLOWING ALL THESE PRACTICES WOULD SAVE YOU OVER 13%
OF YOUR MONTHLY HOME AND OFFICE EXPENDITURES!**

OUTSIDE:

- Plant and care for as many plants as possible
- For short distances: walk, cycle, skate...
- For longer distances: use train, bus or shared travel. If you are traveling with others on the same route, offer to get together in one car instead of everyone traveling with theirs.
- If you have option to chose your means of transportation consider that burning fuel in the sky is more damaging to the atmosphere than burning fuel on the ground
- If you can, buy an electric car or a hybrid one
- Turn off the engine of your car when you are staying in the car and just waiting
- Stop eating "fast food"
- Carry with you pocket cutlery
- Avoid using automatic car washes – they are ineffective and uneconomical
- If you need to use a car during the winter or in cold days do not warm it up (nowadays the cars are modern enough and do not need warming up)
- Dispose waste only at designated locations
- Eat seasonal fruits and vegetables. Buy mostly locally produced goods or buy from markets
- Help in humanitarian causes as volunteers
- Beautify and renovate your living spaces, take care of the green areas around them
- Calculate your carbon footprint when traveling and plant the equivalent number of trees or make donation to organizations that are specialized in planting trees

- Report and fix any irregularities you notice in your daily life! Confront people who pollute or misbehave

This manifesto is just part of the self re-education that we need to self-enact in order to speed up the processes of improving the living conditions of all mankind. The Ecological Manifesto is showing you a number of activities you can make or skip doing if you want to help in protecting the nature. The modern man has to perform most of these activities even as unconscious habits for which it is time to become conscious.

Pay attention to your family, friends and colleagues - reorganize your home, the meeting and sports venues, office and outdoors to rationalize the use of natural resources.

The change will start with us!

Ecology first!

Thank you.

In 2021 the „Ecological Manifesto – ManEco” Foundation became part of THE TIME IS NOW! Global Call for the UN Human Rights Council to urgently recognize the Right to a safe, clean, healthy and sustainable environment which in 2023 was selected as a recipient of the [UN Human Rights Prize](#) which is a UN General Assembly resolution-based highest prize awarded only once every 5 years.

