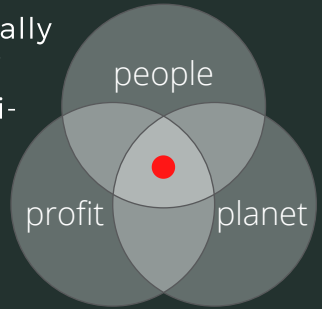


# ORISA LIFESTYLE AGREEMENTS

There's a direct link between environmental health and spiritual development.

As we become spiritually and socially mature, we learn the true value of decreasing our impact on the environment while working to create healthier communities, and starting with small actions that have high impact is essential.



## ● Orisa Lifestyle Agreements



**ORISA AJE:** I BUY LOCALLY PRODUCED GOODS. I INVEST IN BLACK-OWNED COMPANIES.



**OSANYIN:** I AVOID HARMFUL CHEMICALS IN MY FOOD, COSMETICS AND PERSONAL CARE PRODUCTS.



**ILE:** I RECYCLE AND COMPOST EVERYTHING. I AM CREATING A ZERO WASTE HOME.



**EGBE:** I REDUCE SCREEN TIME AND INCREASE FACE TIME. I VOLUNTEER AT LOCAL ORGANIZATIONS.

*A few simple changes can go a long way to creating an Òrisà Lifestyle. And because a healthy spirit is tied directly to a healthy environment, making Òrisà Lifestyle Agreements will have a longterm impact on your relationship to the òrisà.*