Climate Satyagraha Circle

Structure and Facilitator's Guide

What is Climate Satyagraha?

Climate Satyagraha is the moral commitment to recognise, and the insistence that others also recognise, that Earth is finite and therefore our consumption must have limits.

Who is a Climate Satyagrahi?

Anyone who accepts the truth that Earth is finite, takes the Climate Satyagraha Pledge for finite living, and helps spread this truth to others is a Climate Satyagrahi.

What does a Climate Satyagrahi do?

A Climate Satyagrahi learns the truth, lives the truth, and spreads the truth through the simple pathway of first Learn, then Adopt and eventually Spread.

1. Climate Satyagraha and the Role of Circles

Climate Satyagraha is a global public movement founded on a simple truth: Earth is finite; therefore, human consumption must have limits. It seeks to bring this truth to the centre of climate action and sustainability by helping people understand the consequences of their consumption, voluntarily adopt limits in their own lives, and inspire others to do the same. Its ultimate purpose is to make finite living on a finite Earth a social norm.

Climate Satyagraha spreads through a simple process: LEARN → ADOPT → SPREAD. People first LEARN about the finite Earth and the consequences of consumption; they ADOPT finite-living practices in their own lives; and they SPREAD the understanding and practice to others. A Climate Satyagrahi does not have to become perfect overnight. Taking the Climate Satyagraha Pledge is the beginning of a continuing journey towards more conscious and finite living.

Climate Satyagraha Circles are one of the ways through which this journey becomes collective and self-multiplying. A Circle brings people together regularly to learn from one another, practise finite living, share experiences, support each other and invite more people into the movement. Any Climate Satyagrahi can start a Circle, and every Circle can eventually help create more Circles. In this way, Climate Satyagraha can spread person to person, community to community, and Circle to Circle—without remaining dependent on a central organization or a few individuals.

2. Purpose of Climate Satyagraha Circle

Climate Satyagraha Circle is a regular local gathering where people come together to deepen their understanding of the finite Earth, reflect on their own consumption, practise finite living, support one another in making changes, and inspire more people to begin the journey of Climate Satyagraha.

It should remain simple, participatory, reflective and action-oriented. It is not a lecture, seminar, organizational meeting or a place for judging how sustainably others are living. The Circle creates a supportive space where members can learn together, adopt finite-living practices in their own lives, share their experiences, and encourage one another to continue improving.

A Climate Satyagraha Circle can be started by any Climate Satyagrahi in a neighbourhood, institution, workplace, village or community. It may begin with only a few people. What matters is not the size of the Circle, but its continuity and its ability to help people LEARN → ADOPT → SPREAD, so that finite living gradually becomes a social norm.

3. Climate Satyagraha Circle WhatsApp Group

Any Climate Satyagrahi can start a Climate Satyagraha Circle in their neighbourhood, institution, workplace, village or community. Once a Circle is formed, members may create a WhatsApp group to remain connected between Circle meetings or vice versa. The group may simply be named "[Name/Place] CS Circle"—for example, *Indore CS Circle*, *IIT Bombay CS Circle* or *Green Park CS Circle*.

The WhatsApp group should primarily help members adopt and spread finite living. Members can share their finite-living experiences, small successes and difficulties; remind one another about upcoming Circle meetings; share relevant Climate Satyagraha learning material; discuss the current finite-living practice; and encourage one another without judging, policing or comparing.

The group should also support SPREAD. Members can share upcoming Climate Satyagraha activities, invite others to join a Circle meeting, celebrate when a new person begins the journey, and help interested members start new Circles of their own.

The WhatsApp group should remain focused, positive and purposeful, rather than becoming another general forwarding or discussion group. It should refrain from sharing other material.

The Circle meets periodically, but the WhatsApp group keeps the journey of finite living alive between meetings.

4. Inviting New Members

A Climate Satyagraha Circle should remain open and welcoming to new members. Existing members are encouraged to invite friends, family members, colleagues, neighbours or anyone who may be interested in understanding the finite Earth and exploring finite living. There is no pressure to join or agree with everything; people may first attend, listen and experience the Circle. Over time, as members themselves invite others, the Circle grows naturally and helps Climate Satyagraha spread person to person.

5. Introductory Learning for New Members

For new members, the Consumption Literacy Capsule available through Energy Swaraj Foundation Trainings can serve as a useful introductory learning tool. Members may also be encouraged to listen to one talk by Prof. Chetan Singh Solanki on Climate Satyagraha and finite living. Together, these can help a new member understand the idea of a finite Earth, the connection between consumption and climate change, why limits to consumption are necessary, and the larger purpose of the Climate Satyagraha movement.

6. Structure of CS Circle meeting

Time	Item	One-line purpose
2 min	Silence	Sit together in silence, becoming present and reflecting on our relationship with the finite Earth.
5 min	Earth Lamp & Climate Satyagraha Pledge	Dim the lights, put the globe in centre, light one wick lamp at the centre and recite the Climate Satyagraha Pledge together.
5 min	Welcome & Connect	Welcome newcomers and briefly introduce members; keep one Empty Chair for someone yet to join the conversation.
10 min	Review & Celebrate	Share experiences from the previous finite-living pledge—successes, difficulties and learnings—and celebrate progress.
20 min	Topic of the Day	One member leads a Finite-30 topic, exploring its Before → During → After consumption chain and applying TUPEE × AMG.
5 min	Our Next Finite-Living Pledge	Turn today's discussion into one practical finite-living commitment to practise until the next meeting.
8 min	Spread Climate Satyagraha	Review new Satyagrahis/circles, look at the Empty Chair and decide whom each member can invite next.
5 min	Closing Prayer & Sankalp	Recite *Sarve Bhavantu Sukhinah*, remember the shared purpose, and close together with "□□ □□□□□□! □□ □□□!"

7. The Globe and the Lamp

At every Climate Satyagraha Circle meeting, a globe may be placed at the centre and a lamp lit beside it. The globe is a constant reminder of the fundamental truth around which the Circle gathers: we have only one Earth, and it is finite. The lamp symbolizes awareness—the light of understanding that helps us see the consequences of our consumption and guides us towards finite living. Together, the globe and the lamp give the gathering a sense of purpose and sanctity, reminding everyone that the Circle is not merely another meeting, but a collective commitment to live with greater consciousness and responsibility towards the Earth.

8. My Climate Satyagraha Pledge

I recognise that Earth and its resources are finite.

Therefore, I recognise that my consumption must also have limits.

I choose to consciously avoid what is avoidable and minimise what is necessary.

I will begin with myself by voluntarily choosing limits on my consumption.

I will respect and encourage those who choose to live with less.

I will consciously discourage those who choose excessive consumption.

I will help make finite living a social norm.

I take this pledge freely and proudly, because finite living on a finite Earth is my responsibility.

☐ I take the Climate Satyagraha Pledge.

9. Supporting the Climate Satyagraha Movement

Climate Satyagraha is a completely public-driven global movement. It does not take funding from governments or through CSR; its strength and independence come from ordinary people who believe in the movement and choose to support it. Those who wish to help Climate Satyagraha grow and reach more people may become monthly contributors by voluntarily contributing ₹ 200, ₹ 500, ₹ 1,000 or ₹ 2,000 per month https://energyswaraj.org/contribute . These contributions help support learning programmes, outreach, communication, digital platforms, training and other movement activities. Financial contribution is entirely voluntary and is not a requirement for becoming a Climate Satyagrahi or participating in a Circle; it is simply one more way for people to help the movement grow and remain truly public-driven.

Climate Satyagraha Circle

Facilitator Guide

Purpose of the Circle: To create a regular space where people reflect on the truth of Earth's finiteness, practise finite living together, support one another, and continuously invite others into Climate Satyagraha.

The Circle should remain simple, participatory, reflective and action-oriented. It is not a lecture, seminar or organizational meeting.

1. Silence — 2 minutes

Begin every Circle with two minutes of complete silence.

Members sit in a circle. Phones should preferably be kept aside or on silent. There are no announcements or introductions before the silence.

The silence allows everyone to leave behind the noise of daily life and become fully present.

The facilitator may simply say:

"Let us begin with two minutes of silence."

Nothing more is necessary.

Spirit: *Before discussing how the world should change, become quiet enough to look within.*

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2. Earth Lamp & Climate Satyagraha Pledge — 5 minutes

Get a globe of about 6 to 12 inch diameter. Place the globe representing the Earth at the centre of the Circle. Place a simple wick lamp (□□□□) beside or in front of it so that its gentle light falls on the globe.

Dim the other lights in the room, where practical.

The globe reminds us of the one finite Earth that supports all life, while the flame reminds us of the elements and energy that sustain life.

Everyone looks toward the illuminated Earth and recites the Climate Satyagraha Pledge together, slowly and consciously.

After the pledge, remain silent for a few moments before bringing the lights back to normal.

Spirit: *The lamp reminds us of the truth; the pledge reminds us of our responsibility.*

My Climate Satyagraha Pledge

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I will respect and encourage those who choose to live with less.

I will consciously discourage those who choose excessive consumption.

I will help make finite living a social norm.

I take this pledge freely and proudly, because finite living on a finite Earth is my responsibility.

Jai Prithavi – Jay Jagat. □□ □□□□□□! □□ □□□!

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3. Welcome & Connect — 5 minutes

Now welcome everyone, with special warmth toward people attending for the first time.

Keep introductions brief. A newcomer may simply share their name and what brought them to the Circle.

Do not spend time introducing designations, achievements or status. Within the Circle, everyone is primarily a fellow human being learning to live within Earth's limits.

The Empty Chair

One chair should remain deliberately empty throughout every Circle.

Explain briefly to newcomers:

"This chair is for someone who has not yet encountered the truth of Earth's finiteness."

When a newcomer occupies the previously empty space, another chair remains empty.

The Empty Chair is therefore never permanently filled. It quietly reminds the Circle that someone else is still waiting to join the conversation.

Spirit: *The Circle belongs to those present—and remains open to those who are yet to come.*

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4. Review & Celebrate — 10 minutes

Begin by recalling the finite-living pledge/action chosen at the previous Circle.

Ask:

"How was our experience?"

Members can share what they tried, what changed, what was difficult, what surprised them and even where they could not follow the pledge.

There should be no checking, policing, scoring or embarrassment. Climate Satyagraha is voluntary.

Failure can sometimes teach more than success.

Celebrate progress

The Circle should consciously celebrate examples of finite living:

- repairing instead of replacing;
- completing a year without new clothes;
- reducing electricity use;
- walking instead of driving;
- avoiding an unnecessary purchase;
- continuing to use an old phone;
- reducing food waste.

No prizes or material gifts are needed. Recognition and applause are enough.

This is culturally important. Society routinely celebrates acquiring more. The Circle should begin celebrating living well with less.

Spirit: *What a society celebrates eventually becomes what society values.*

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5. Topic of the Day — 20 minutes (Choose from Annexure)

This should be the intellectual heart of the meeting.

Before each Circle, one member takes responsibility for preparing the Topic of the Day, selected from the Finite-30 topics.

The same person should not lead every time. Rotate responsibility so that members gradually become thinkers, facilitators and communicators themselves.

Don't give a lecture

The facilitator's job is to open people's eyes to what lies behind an ordinary act of consumption and then encourage discussion.

Take something as ordinary as brushing teeth.

At first glance, brushing seems to involve a toothbrush and toothpaste.

Look deeper:

Toothbrush → toothpaste → water → pipes → pump → tank → tap → washbasin → mirror → light → electricity → factories → materials → packaging → transportation → disposal...

Suddenly an ordinary two-minute activity reveals its dependence on a much larger physical system.

Examine three stages

For every Topic of the Day, explore:

BEFORE — What made this consumption possible?
Materials, extraction, manufacturing, water, energy, packaging, transport and infrastructure.

DURING — What am I consuming while doing it?
Energy, water, materials, products and supporting services.

AFTER — What remains after consumption?
Waste, wastewater, packaging, emissions, discarded products and eventual disposal.

The purpose is not to make people feel guilty about brushing their teeth. Necessary activities must continue.

The purpose is to develop consumption consciousness:

What does this activity actually demand from the finite Earth?

Then apply AMG

Ask together:

AVOID — What associated consumption can I avoid?

MINIMIZE — What necessary consumption can I reduce through conscious use and efficiency?

GENERATE / SOURCE LOCALLY — What remaining need can reasonably be generated or sourced locally?

TUPEE helps us understand where to act; AMG helps us understand how to act.

Spirit: *See the hidden Earth behind everyday consumption.*

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6. Our Next Finite-Living Pledge — 5 minutes

The Topic of the Day should not end as an interesting discussion.

It must enter life.

Based on the discussion, the Circle agrees upon one simple and practical action to practise until the next meeting.

For example, after discussing brushing:

"Until our next Circle, I will keep the tap closed while brushing and consciously use only the water and toothpaste I need."

The commitment should ideally be:

Simple • Specific • Practical • Related to the day's topic

Members take the pledge voluntarily.

At the next meeting, this becomes the subject of Review & Celebrate.

This creates a continuous learning loop:

DISCUSS → PLEDGE → PRACTISE → EXPERIENCE → SHARE → DISCUSS AGAIN

Over 30 meetings, the Finite-30 topics can therefore become 30 lived experiments in finite living, rather than 30 discussions.

Spirit: *Climate Satyagraha is not what we discuss. It is what we practise.*

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7. Spread Climate Satyagraha — 8 minutes

This section must remain an important part of every Circle.

The facilitator can briefly share:

How many new people joined since the previous Circle?
Did anyone take the Climate Satyagraha pledge?
Has anyone started another Circle?

Then look at the Empty Chair.

Ask:

"Who around us has still not encountered the truth of Earth's finiteness?"

Members are encouraged to invite at least one new person to the next Circle or share their unique Climate Satyagrahi link/code with someone they genuinely wish to engage.

But avoid turning this into recruitment pressure or competition.

The objective isn't merely:

"How do we increase our numbers?"

It is:

"How do we expose more people to the truth of a finite Earth?"

When new people become Climate Satyagrahis, encourage them eventually to create their own Climate Satyagraha Circle.

Thus:

One Satyagrahi → One Circle → More Satyagrahis → More Circles → …

The Empty Chair becomes the physical reminder of this multiplication.

Spirit: *The Circle does not exist only for itself. The truth must travel.*

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8. Closing Prayer & □□ □□□□□□! □□ □□□! — 5 minutes

Bring the formal meeting gently to a close.

Members may sit quietly together and recite:

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The prayer expands the purpose beyond individual restraint or even climate change—it reminds everyone that the ultimate aspiration is well-being for all.

The Circle then closes collectively with:

□□ □□□□□□! □□ □□□!

This should be the final spoken expression of the formal Circle.

Spirit: *From responsibility for myself, to care for the Earth, to well-being for all.*

Annexure

Topics for Finite Living Pledges

(Random or Systematic)

Finite 30 (Random)

30 Simple Climate Habits. One Each Day. Simple, doable, repeatable, no-cost powerful climate habits

Finite-30 is a set of 30 no-cost, doable, and repeatable daily actions to cut consumption and reduce carbon emissions. Each day of the month, you take one small step — skipping a car trip, carrying a reusable bottle, eating seasonal food, or switching off appliances. Individually, they seem small. Repeated daily, and practiced collectively, they build powerful habits for climate correction.

Day-1: Say no to single-use items (plastic bags, bottles, paper cups).
Day-2: Avoid all online shopping today — no food, no groceries, nothing.
Day-3: Gift yourself a journey on foot, cycle, or bus instead of burning fuel.
Day-4: Skip one motorbike/car trip today — walk or cycle or use public transport instead.
Day-5: Grow a few plants or vegetables at home.
Day-6: Take a pledge to buy no new clothes for one year.
Day-7: Avoid using a vehicle for distances less than 1 km.
Day-8: Support a street vendor or small shop instead of a supermarket today.
Day-9: Ensure that most items that you use are locally produced (vegetables, clothes, products).
Day-10: Before buying something new, pass on one old item (sell or donate).
Day-11: Carry your own reusable bottle/cup/bag today.
Day-12: Avoid buying packaged food wrapped in plastic or ordering food online.
Day-13: Spend one full hour gadget-free (no TV, phone, or laptop).
Day-14: Climb stairs up to 2 floors instead of taking the elevator.
Day-15: Convert at least one room to solar power — or use a solar lamp.
Day-16: Switch off all lights and fans when leaving a room.
Day-17: Cook less, eat less, and definitely waste less food.
Day-18: Buy only seasonal and regional fruits and vegetables.

Day-19: Combine couple of tasks in one trip, to reduce travel.
Day-20: Repair something small (button, pen refill, shoe lace).
Day-21: Avoid using one major appliance today — fridge, AC, geyser, or washing machine.
Day-22: Avoid non-veg food for one meal today.
Day-23: Say *Wrinkles Achhe Hai (WAH)* — wear non-ironed clothes today.
Day-24: Postpone one purchase you planned — shift it to next month or next year.
Day-25: Eat one meal uncooked — sprouts, fruits, or seasonal vegetables.
Day-26: Share a ride for work with a friend/family member instead of going alone.
Day-27: Buy only what's on your list — nothing extra.
Day-28: Avoid buying anything new today (no shopping, online or offline).
Day-29: Keep AC use to a minimum — set it at 26°C if switched on.
Day-30: Choose a local product over one that has travelled long distances.

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Finite 30 (Systematic)

30 Simple Climate Habits. One Each Day. Simple, doable, repeatable, no-cost powerful climate habits

Finite-30 is a set of 30 no-cost, doable, and repeatable daily actions to cut consumption and reduce carbon emissions. Each day of the month, you take one small step — skipping a car trip, carrying a reusable bottle, eating seasonal food, or switching off appliances. Individually, they seem small. Repeated daily, and practiced collectively, they build powerful habits for climate correction.

TUPEE Habit 1: Travel Less

Avoid
1. Skip one motorbike/car trip today — walk or cycle or use public transport instead.
2. Avoid using a vehicle for distances less than 1 km.

Minimize
3. Combine couple of tasks in one trip, to reduce travel
4. Share a ride for work with a friend /family member instead of going alone.

Generate (better alternatives)
5. Gift yourself a journey on foot, cycle, or bus instead of burning fuel.
6. Climb stairs up to 2 floors instead of taking the elevator.

TUPEE Habit 2: Use Items Wisely

Avoid
7. Avoid buying anything new today (no shopping, online or offline).
8. Say no to single-use items (plastic bags, bottles, paper cups).

Minimize
9. Repair something small (button, pen refill, shoe lace).
10. Before buying something new, pass on one old item (sell or donate).

Generate
11. Ensure that most items that you use are locally produced (vegetables, clothes, products)
12. Carry your own reusable bottle/cup/bag today.

TUPEE Habit 3: Purchase Cautiously

Avoid
13. Avoid all online shopping today — no food, no groceries, nothing.
14. Take a pledge to buy no new clothes for one year.

Minimize
15. Choose a local product over one that has travelled long distances.
16. Buy only what's on your list — nothing extra.

Generate (better alternatives)
17. Support a street vendor or small shop instead of a supermarket today.
18. Postpone one purchase you planned — shift it to next month or next year.

TUPEE Habit 4: Eat Sustainably

Avoid
19. Avoid non-veg food for one meal today.
20. Avoid buying packaged food wrapped in plastic or ordering food online.

Minimize
21. Eat one meal uncooked — sprouts, fruits, or seasonal vegetables.
22. Cook only what is needed — eat light today and make sure no food goes to waste.

Generate (better alternatives)
23. Buy only seasonal and regional fruits and vegetables.
24. Grow a few plants or vegetables at home.

TUPEE Habit 5: Eliminate Electricity Waste

Avoid
25. Switch off all lights and fans when leaving a room.
26. Avoid using one major appliance today — fridge, AC, geyser, or washing machine.

Minimize
27. Keep AC use to a minimum — set it at 26°C if switched on.
28. Spend one hour without any gadgets —a digital detox.

Generate (better alternatives)
29. Convert at least one room to solar power — or use a solar lamp.
30. Say *Wrinkles Achhe Hai (WAH)* — wear non-ironed clothes today.

Finite 30 Challenge

From here, you can build layers of engagement:

- Poster / Calendar → in schools, colleges, offices (daily visual nudge).
- Pocket diary / card → personal tracker, check-off each day.
- App / Portal version → gamify with streaks, CCC points, badges.
- Carbon Savings Mapping → show how much CO_2 each action saves. Imagine: *"Skipping ironing for a month = X kg CO_2 saved = planting 2 trees."*
- Collective Impact Counter → portal tracks how many "WAH" days, how many "walked instead of drove," etc. A moving ticker becomes both motivational and PR gold.
- Campaigns → e.g., *Finite-30 Challenge*: schools/colleges compete on how many students completed the month.