

Earth Science & Climate Change

July 25-27, 2016 Bangkok, Thailand

Lowering of CO₂ emissions based on higher consciousness and good human habits

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The CO₂ emissions generated by the human body are large but most people are not aware of this. They are not aware enough of the indirect CO₂ emissions generated by activities directly related to human habits. We have estimated the direct CO₂ emissions and examined some of the indirect effects. We postulate that when people see themselves as producers of CO₂ emissions coming from their metabolic activities and are aware that through simple good practices and habits, those emissions could diminish, there is going to be a real lowering of them. We believe that many social mechanisms are going to be triggered if people develop good and conscious practices in the following major aspects: Listening, feeling, good communications, writing and reading, gentle exercise, appreciation and recognition of people, of self and nature, slow and conscious eating, meditation, chanting, conversation, friendship and sharing. All these habits will help regulate metabolic oxygen use, decrease human body CO₂ emissions, diminish food use and help avoiding waste. If these changes occur synchronized with conscious behavior and high quality attention, the effect is going to be permanent and is going to be associated with states of happiness, personal and group pride and satisfaction.

Biography

Posada R Enrique is a Mechanical Engineer. He has completed his Master's in Mechanical Engineering from the University of Maine, USA. He is currently a Project Director and Technical and Innovation Advisor for INDISA S.A., an engineering project company from Medellín, Colombia. He has been involved in environmental research for more than 40 years, at the university, community and industrial level. He has written several books on creativity, environmental ethics and energy managing.

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