

One of the earliest adherents of “sustainability”—recycling as much of the harvest of nature as possible—was the wine industry of New Zealand, inspired by the pristine beauty of its unique and relatively isolated island nation. Since 1994, New Zealand wineries have moved in the direction of ecological balance in the interplay of working the soil and growing their wine grapes. Most New Zealand wine land is subject to sustainability regulations. The industry also encourages its members to keep such balance in the running of their businesses and in their financials.

You could also apply sustainability in personal and interpersonal ways: not only commitment to recycling, but also to time taken to regain your balance. It manifests in stopping for a moment, or a day, or a week: to relax, unwind, and be yourself, the self you would like to be, among those who share your journey. In stopping to relax and reflect, you allow yourself to consider all that you do: How much of it is important? Do you make time for what and whom you value? Such questions could help you examine and appreciate your life balance, or what you would need to do, to address wellbeing: physically, spiritually and emotionally.

A glass of wine, raised in a toast, provides an opportunity to regain your balance and connect good people, good times, and life’s manifold blessings. Raising your glass invites you to notice and appreciate more: where you are, with whom, and all that is special and precious.

With a lot happening in your life, it can be difficult to practice personal and interpersonal sustainability. Under too much pressure, you can lose your balance. Toasting helps you savor a moment, and, in so doing, regain a measure of balance.

Sustainability is not just for wineries and vineyards; it’s for everyone.

REFLECTION QUESTIONS FOR SIPPIN':

1. What connection do you make between sustainability of the land and in your life?
2. How might people who practice sustainability gain in productivity and success?
3. What impact could commitment to sustainability have on your work?

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