

Page commentary essay example

[Experience](#), [Belief](#)



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Individual Sustainability

The video delivers a very powerful message about individual sustainability and the way in which all the things are inter-connected in the nature. If one of the connected factors is changed, the entire balance gets disturbed, and it results in an unpredictable change elsewhere. The video provides the example of the BP oil disaster in the Gulf of Mexico and how it unbalanced other inter-connected components. On the surface, it was an environmental disaster, but it impacted tourism, fishing industry, socio-economic factors of the region, and the cultural identity of the area residents. It also resulted in countless invisible problems, such as depression, anxiety, and health issues for many people. The assertion about the inter-connection of various aspects of the nature definitely has weight behind it. The impact of the Chernobyl and Fukushima nuclear disasters started a similar chain of events like the BP spill, as discussed in the video. Similarly, the industrialization and use of chemical substitutes in the food chain are resulting in health and countless other issues, which also demonstrate a close relationship between different components of the nature.

After establishing a link between elements of the nature towards sustainability, the video discusses various components required for individual sustainability and creating harmony in physical, emotional, intellectual, social, and philosophical contexts of life. The physical sustainability is about making healthy choices for life. For instance, exercising and reducing unhealthy eating habits. The Emotional

sustainability is about creating better responses for various life events. The intellectual sustainability is about developing creative approaches towards knowledge. The social sustainability is about playing a productive role in the society and the community. Finally, the philosophical sustainability is related to getting answers about the many unanswered questions in the life, including existence. The video contends that the philosophical context truly defines the people. It is shaped as a result of religious, social, economic origins of a person, but people often try to get influence from outside views than discovering themselves philosophically. For individual sustainability, it is vital for people to use their own wisdom to discover themselves and to change accordingly for the peace, growth, and the harmony of the humanity. The video made interesting relationships with the various contexts required for the individual sustainability. However, one of the challenges is that it is not very easy for many people to develop the wisdom to understand their inner self. As a result, such people rely on expert opinion from outside sources. A lack of self-vision is the likely reason many people end up in wrong careers and professions. Seeking expert opinion from others may be fine, but it should not define people in a way that it impacts inter-connected relationships and disrupts harmony.

Works Cited

Taube, Aaron and Eric Pappas. “ Individual Sustainability”. You Tube, 5 Oct. 2013. <https://www.youtube.com/watch?v=SDlowkyqTqw> . 25 Oct. 2014.