

BOOK OF NU

10 Principles of Sustainability for Mind, Body, & Planet

(A Guidebook for the Family of Man)

D. A. Metrov

DEDICATION

To the people of Planet Earth who come here to experience the ups and downs of life so their souls may learn and grow.

Thank you for reading!
Your review would be most welcome.

Smashwords Edition
Copyright © 2016 D. A. Metrov
Lightmasters Publications
www.DoYouNU.com
All rights reserved.

Smashwords Edition, License Notes

This ebook is licensed for your personal enjoyment only. This ebook may not be re-sold or given away to other people. If you would like to share this book with another person, please purchase an additional copy for each recipient. If you're reading this book and did not purchase it, or it was not purchased for your use only, then please return and purchase your own copy. Thank you for respecting the hard work of this author.

CONTENTS

[How this book came about](#)

[A Perfect World](#)

[What does it mean to be “Sustainable”?](#)

Part One: SUSTAINABLE MIND

[NON-SUSTAINABLE MIND](#)

[PRINCIPLE #1 - Nurture Healthy Thoughts & Beliefs](#)

[PRINCIPLE #2 - Live in the Now](#)

[PRINCIPLE #3 - Believe in Love](#)

Part Two: SUSTAINABLE BODY

[NON-SUSTAINABLE BODY](#)

[PRINCIPLE #4 - Eat Healthy Foods \(You Are What You Eat\)](#)

[PRINCIPLE #5 - Exercise a Lot](#)

[PRINCIPLE #6 - Just Say “No” to Stress!](#)

Part Three: SUSTAINABLE PLANET

[NON-SUSTAINABLE PLANET](#)

[PRINCIPLE #7 - Practice Conservation—Re-Cycle](#)

[PRINCIPLE #8 - Don’t Pollute](#)

[PRINCIPLE #9 - Respect the Land](#)

The Grand Principle

[PRINCIPLE #10 - Have Respect & Gratitude for All Life](#)

[In Conclusion / The NU Pledge](#)

[About the Author/Artist](#)

HOW THIS BOOK CAME ABOUT

The “Saga of NU” by Metrov is a legendary Instagram graphic novel whose followers demonstrate a strong desire to adapt sustainable lifestyles and to treat the planet and each other with love and respect. (see [Instagram.com/metrovart](https://www.instagram.com/metrovart))

SAGA OF NU (Synopsis)

The Creature NU, sent to Earth to learn what’s gone wrong, at first finds a spectacular paradise. But as he travels across America, he witnesses the horrors of strip mining, unscrupulous doctors, morbidly obese humans, people on anti-depressants, duplicitous politicians, farm animals raised in their own filth and forced to eat toxic food, clear-cut forests, kids swimming in polluted water, overflowing landfills, dead bees, and trees that refuse to bear fruit.

His investigation leads him to Wall Street where he falls in with a gang of rats who’ve learned how to control the stock market. They explain if the nation’s ills were to be resolved, the world economy would collapse, and mankind would be worse off than before. Confused, NU succumbs to the lure of consumerism, and joins the perpetrators of greed. But when he loses his newfound fortune and nearly dies from cancer, he finally remembers his mission. He meets his long lost mother, leader of a band of rebels committed to fighting corruption. With his mother’s guidance, the Creature NU ends up leading a band of youths who teach others how to live sustainable lifestyles. ([Back to Contents](#))

A PERFECT WORLD

Did you know our world environment is so perfect, if the temperature were just a little warmer, or just a little colder, life here could not exist. It would have never come about to begin with. If gravity were just a little less, we would float off into space. If the

combination of gases were not just right, our air would not be breathable; water would not exist. Earth would be dead.

Since Man is Earth's dominant creature, it's our responsibility to care for things. We must make sure the water and air stay clean for all creatures. The trees must stay healthy to create the air we breathe. The food we grow should be pure so we are properly nourished. Our bodies consist of over 70 trillion, intelligent living cells that depend on us for sustenance. Most importantly, our minds must stay healthy so we think the right thoughts, and make the right decisions... decisions that benefit ourselves, decisions that benefit the whole. We must practice Sustainable Living. ([Back to Contents](#))

WHAT DOES IT MEAN TO BE “SUSTAINABLE”?

BEING SUSTAINABLE means that we humans continue to evolve toward our maximum potential, continue to enjoy good things and good lives while, at the same time, making sure we don't harm the environments—the environments of our mind, body, and world. By being responsible stewards, we will not only ensure enough comfort, good health, & resources for ourselves, but for generations to come.

After spending some time on Planet Earth, and experiencing some of our challenges, the Creature NU came up with 10 Principles of Sustainability. Keep your NU in a prominent place in your home. He'll remind you and your family to practice these principles. Knowing you're doing your part to serve life will instill you and your family members with positive self-esteem, and inspire the same for others. Imagine if Earth were awarded “Most Well-Managed Planet in the Milky Way.” Wouldn't that make you feel pretty good? ([Back to Contents](#))

NON-SUSTAINABLE MIND

PROBLEM:

In today's world, threats & dangers can seem to be everywhere. News of violence, economic uncertainty, and toxicity in our environment can make the world seem fearful. Too much fear can lead to stress. **Too much stress can lead to sickness of mind and body.** Since mind creates reality*, a sick mind will produce a sick world. This type of life is not very enjoyable, and is certainly not sustainable.

(*Scientific and philosophical theories such as Solipsism, Idealism, Phenomenalism, Biocentrism, & Quantum Mechanics, suggest that nothing can exist unless a mind is perceiving it. Therefore existence is always shaped by attitude and perspective of mind. Today's great teachers, like Brian Tracy and others, insist we create our own reality, and must take full responsibility for every detail if we expect to have any real success in life.) ([Back to Contents](#))

SUSTAINABLE MIND ***SOLUTION—PRINCIPLE #1: NURTURE HEALTHY*** **THOUGHTS & BELIEFS**



Instead of worrying about problems, focus on their solutions. Rather than fearing threats & dangers that may or may not materialize in the future, think about all the good things you want. The more you think about the things you want (like good health, happiness, & prosperity) the more you'll get ideas for taking action to get them. Our personal realities are determined by the thoughts we think day in, and day out.

Your beliefs and your perspectives will form your reality. Beliefs are just beliefs. They are not true unless people believe them. Hold beneficial beliefs; discard the rest. This is how we create a well-balanced reality. **Smile and think joyful, positive thoughts as much as possible... thoughts that make you feel better.** ([Back to Contents](#))

SOLUTION—PRINCIPLE #2: LIVE IN THE NOW



Right NOW is the only time that's ever real. The past is simply memory—bio-electronic configurations stored in the brain. The future is not yet here, only speculation, also based on memory. Regretting the past or fearing the future can drain our energy, give us a distorted picture of things, and cripple our self esteem. Not being present can hinder our ability to be of service to ourselves and others because our thoughts are based on illusion.

Find fascination and gratitude for whatever is right in front of you at any given time—you created it; you got yourself there. You are the

only one who can change things if you don't like where you're at... and the only time you can do that is right now. Know exactly what you want in life, then be ever-ready to receive and trust the intuitive guidance that only comes in the present, and you won't go wrong. **Be present. Be Now.** ([Back to Contents](#))

SOLUTION—PRINCIPLE #3: BELIEVE IN LOVE



Love is the strongest force that exists. It holds the entire Universe in a state of orbital harmony. It is much stronger than fear or violence. Don't be afraid to love. Nothing can destroy it. All evil dissolves in the presence of love. Your world will always reflect what's in your

heart and mind. **Keep love in your heart as much as possible, and love is what will come back to you.** ([Back to Contents](#))

For regular sustainability tips for Mind, Body, & Planet sign up for the NUsletter at: <http://www.DoYouNU.com/sign-up>

NON-SUSTAINABLE BODY

PROBLEM

Most doctors will admit we are battling a growing epidemic of heart disease, cancer, diabetes, and obesity in today's world. The smart doctors will tell you this epidemic is caused primarily by our lifestyles. **We eat the wrong foods, don't exercise enough, and succumb to fears about things that don't exist.** This is no way to sustain a healthy body. ([Back to Contents](#))

SUSTAINABLE BODY

SOLUTION—PRINCIPLE #4: EAT HEALTHY FOODS (YOU ARE WHAT YOU EAT)



The healthiest and most nutritious foods are living, plant-based foods—fresh, organic fruits, vegetables, nuts, and whole grains. These foods contain powerful nutrients that can actually kill diseases before they start. Nutritional science now tells us that eating too much animal protein, fat, & cholesterol (i.e. meat, chicken, fish, eggs, dairy) can lead to a laundry list of diseases. For more information on this subject, read T. Colin Campbell’s seminal classic, “THE CHINA STUDY.”

Not only that, animals raised for food contaminate our water with waste, pollute our air with toxic and ozone-eroding gases; the animals are terribly mistreated, and often contain hormones, antibiotics, GMO’s & pesticides from their feed. Buying local,

organic produce helps reduce carbon emissions in the air by using less gasoline for transportation. Consuming too much sugar and salt will also damage our health. We know obesity is caused by processed, junk foods that contain high fructose corn syrup and other unnatural additives. Big Food companies know that fat, sugar, and salt are addictive, so they use a lot of those things to keep people hooked. You'll have to be disciplined to cut back. **Pure, organic, live foods make healthy, energized, live people!** ([Back to Contents](#))

SOLUTION—PRINCIPLE #5: EXERCISE A LOT



Good circulation is necessary for a healthy body—good circulation of energy, oxygen, fluids, and blood. Exercise keeps these things moving. Exercise also keeps us strong, and helps our sense of balance. Exercise flushes out things that may otherwise get stuck inside. Exercise can send more nutrient-carrying blood to places where it normally would not go. Science now tells us that sitting at a desk all day is worse than smoking a pack of cigarettes! Yet, in today's computer driven world, most of us do just that. Yuk! The Sardinians, among the longest living people on earth, typically walk or hike 7-8 miles a day... even after age 100! Most of us don't even move that much in a week. **Exercise will go a long way to repair just about anything in your body.** ([Back to Contents](#))

SOLUTION—PRINCIPLE #6: JUST SAY “NO” TO STRESS!



Perhaps the most important factor for maintaining a sustainable body is stress management. Prolonged stress can collapse the immune system, and that's when we get sick. Make a commitment to manage your stress. The best way is to practice Principles One, Two, and Three which can all be included in your daily meditation. Meditation is when you sit quietly, slow your breathing, and stop thinking about things. Focus only on the love in your heart. You can actually practice this all day long. At the same time, it helps to find things to be grateful for. If you really try, you can come up with an endless list.

If you're feeling stressed during the day, try this: Put a confident smile on your face. Inhale 1-2-3. Keep smiling. Exhale 1-2-3-4-5!

Repeat as necessary, and before you know it, you'll forget what you were even worried about. Remember: Happiness is a choice. Sometimes it's easy to be happy. Sometimes it takes work, but the choice is always ours. No one can make you stop living joyously in the moment but you. ([Back to Contents](#))

For regular sustainability tips for Mind, Body, & Planet sign up for the NUsletter at: <http://www.DoYouNU.com/sign-up>

NON-SUSTAINABLE PLANET

PROBLEM

The air we breathe took millions of years to create; same with our water; even the very earth beneath our feet, and the minerals it holds. How dare man poison these things using flawed manufacturing methods that dispose toxic by-products into the natural world? Some companies are so desperate to make money from our resources, they don't care about leaving any for future generations; neither do they want to clean up their waste. This is called greed. Greed is nothing but fear that one won't have enough. Some humans are so afraid, they will hoard all they can for short term gain, forsaking the needs of future generations. According to the World Wildlife Fund's (WWF) Living Planet Report of 2014, **“Our demands on nature are unsustainable and increasing.”** We must take steps to sustain a healthy ecosystem.

It has been said that our external environment is a direct reflection of our internal environment. If this is so, you can easily see how the first six Principles have a profound correlation with the last three, i.e. our planet. ([Back to Contents](#))

SUSTAINABLE PLANET

***SOLUTION—PRINCIPLE #7: PRACTICE CONSERVATION
—RE-CYCLE***



Google phrases like, “unsustainable corporations” and “corporations that are bad for the planet.” You’ll quickly learn which companies are depleting our resources in the name of profit. The easiest way to make these companies cease and desist is to stop buying their products! We can also be conscious about how much water, paper, electricity, and other resources we use. It’s easy to take these things for granted and thoughtlessly waste them. You can also Google “most sustainable corporations.” You’ll find lists of companies that are doing their best to make products with future needs in mind. **Re-**

cycle, and be conscious about using up resources. Buy products from companies that practice sustainability. ([Back to Contents](#))

SOLUTION—PRINCIPLE #8: DON'T POLLUTE



If it weren't for clean air, water, and land, life could not exist. We must demand clean fuels, clean manufacturing processes, and pure, natural food, water, and air. Don't buy products from companies that pollute, especially those killing our bees and butterflies. Without these pollinators, we would not have fruits and nuts, and other vital crops! Boycotting irresponsible companies is not always easy because some of them provide services we've come to depend on, like electricity, oil, and gasoline. We must do the best we can. **Be**

responsible about how you dispose of your toxic waste like batteries, electronics, and dirty motor oil. Pressure your government representatives to develop clean energy sources. Be open to alternative energy options in your community. ([Back to Contents](#))

SOLUTION—PRINCIPLE #9: RESPECT THE LAND



The soil, the trees, the animals, the insects, even the unseeables, all play important roles in maintaining a healthy environment. We must take care not to damage or disrupt these vital elements. It's our job to protect and manage them wisely. We came from the Earth. The Earth is our Mother, and she is conscious. Who would be so

heartless as to harm their own mother? We depend on Earth as much as trees and flowers; she provides everything we need. Without her, we cannot thrive. **Hold reverence for the very ground you walk upon, and it will continue to serve.**

EASY ACTION STEP: Google “best sustainability ngos” (non-governmental organizations). Research these NGOs, identify which ones you like best. then sign up for their newsletters. I also list many good ones on www.DoYouNU.com. These groups perform the in-depth, intensive research to determine which entities are causing damage to our world. You will be shocked and astounded by what you learn. NGOs often create on-line petitions to pressure our government reps to support sustainable options. All you have to do is click a button to add your voice to the growing demand for good stewardship. It couldn't get much easier! ([Back to Contents](#))

For regular sustainability tips for Mind, Body, & Planet sign up for the NUsletter at: <http://www.DoYouNU.com/sign-up>

THE GRAND PRINCIPLE

SOLUTION—PRINCIPLE #10: HAVE RESPECT & GRATITUDE FOR ALL LIFE



We are One with the Universe, all of us. Everything is composed of the same energy; made up of atoms that were born in the Big Bang. Atoms have been reorganizing into different forms—from stars to amoebas—since the beginning of time. And the energy that keeps all these forms orbiting, evolving, and expanding in perfect harmony is the same energy we call “love.” Everything has a right to be here. Everything is loved. We’re not supposed to be the same. We’re supposed to be different. It’s what makes life interesting! Imagine if everyone looked alike, believed alike, dressed alike, prayed alike. Life would be as dull as a pill in a bottle. Respect diversity; be grateful for it. Keep joy and love in your heart, and everything else will fall into place. The best way to change the world is to change yourself. The world will continue to become better one person at a

time. **We are integral members of a mysterious, self-perpetuating, infinitely creative energy system. We should have reverence, awe, and gratitude for its very existence and for our own.** ([Back to Contents](#))

IN CONCLUSION

In this book, we learned the fundamental Principles of Sustainability for Mind, Body, & Planet. Our entire reality begins in the mind. We, and only we, have control of our minds. By focusing on what we want, living in the moment, and practicing love, we create the best reality. But mind needs a place to live, therefore we must optimize the health of our bodies. Our bodies need proper nutrition, frequent exercise, and stress relief. And because our bodies need a place to live, we must be good stewards of our planet. By conserving resources, re-cycling, not polluting, and protecting the land, we help maintain a healthy environment for our bodies. Finally, by respecting all life, we stay in harmony with the overall objective of the Universe—to create & nurture with Love—and thereby maximize our status as its citizens.

The Creature NU learned these Principles by looking life square in the face, and taking his hard knocks. He also learned from many teachers he met on his perilous journey. Still, he'll be the first to tell you, even he is not able to practice all the Principles perfectly all of the time. "We do the best we can," as NU would say. Take the NU Pledge, and do your part to save the Earth. Meanwhile, NU sends his love, and wishes all of you your own magnificent life experiences, filled with discovery, excitement, and fun.

THE NU PLEDGE

I promise to do my best to live a sustainable lifestyle by taking full responsibility for my mind, body, and planet.

I will be a compassionate steward of creatures and land
because it's my duty as Earth's dominant life form.
I will create peace & abundance by keeping love
in my heart and allowing all things to be.

DO YOU NU? ([Back to Contents](#))

ABOUT THE AUTHOR/ARTIST



For decades, Metrov has championed the environment with novels such as the FALCON LORD Trilogy, and films like GODDESS (Prelude). He established himself as a health & nutrition expert with his book, CONQUER THYSELF, which has been endorsed by some of the foremost leaders in today's Medical and Lifestyle Revolution. Born in East Los Angeles, Metrov began his professional life in New York City in 1970 working as a designer/illustrator for world-renowned Push Pin Studios, then as a Fine Arts painter. His paintings and sculptures reside in collections worldwide. ([Back to Contents](#))

LEARN MORE about
The NU Project at:
<http://www.DoYouNU.com>

Your positive review would be most welcome. Thank you!