



# Interdependence

## Videos Worksheet

*Use this worksheet to take notes while watching the videos.*

### Everything is interdependent

<https://www.youtube.com/watch?v=YhRjkmKlrk4>

Here is a video of Elizabeth Mattis Namgyel describing her understanding of interdependence to her Buddhist teacher, Dzigar Kongtrul Rinpoche

1. What do you understand from this video?

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2. What questions do you have?

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3. Can you find something that doesn't depend on anything else?

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<https://youtu.be/gpIMjFkdDS0>

Here is a video by a young Buddhist who studied filmmaking.

1. What does her video show us about our power to act in the web of interdependence?

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**Environmental interdependence is our climate solution | Audra Barber | TEDxCU**

<https://www.youtube.com/watch?v=OlFaReySsho>

Here is a video showing a real-life application of understanding interdependence.

1. How does understanding interdependence help the environment?

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2. How would the belief in interdependence influence a Buddhist's life? What might they do differently?

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3. What would you do differently if you could see how everything is connected?

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