



## 10 Workshops to Change the World



### **8. Eating Well** for the planet with vegetarian or vegan food

*"Eating is an environmental act."— **Alice Waters***

#### **Aim**

To give people who are interested in green issues, spiritual tools and insights to change their way of thinking and being with a view to improving the global environment and, in particular, our relationship with Nature (i.e. the land, sea and air and all living beings, including the plant and animal kingdoms).

**Note:** The word 'physical' is used on occasions in relation to the self - this refers both to the way we treat the body, for example what we eat and drink, but also to the physical actions we might perform e.g. down-sizing our home or riding a bicycle more often.

#### **Materials**

- CD player with appropriate instrumental music or songs to create a relaxed atmosphere
- Paper and pens for the participants
- Flipchart and pens for the facilitator
- '10 ways to Change the World' spiritual reflection cards
- Definition of 'Eating Well' on a card or flipchart:

*Pure vegetarian food, cooked with love, nourishes our whole being and contributes to the health of the planet.*

#### **Resources for the facilitator**

- '10 ways to Change the World' poster
- 'Living Our Values' book published by B K Publications - optional

#### **Duration of workshop**

To be decided by the workshop organisers

The materials provide a framework/structure, which can be condensed or extended according to the time available.

# Workshop Structure

## 1. Introductory remarks, including

- Welcome and general introductions
- Domestic arrangements (fire exit, water and toilets, switch off mobile)
- Outline of the programme (facilitators, timings and refreshments break)
- Sharing in pairs 'Why you have come to the programme and what you hope to get from it?'
- Minute of silence

## 2. Background to the Initiative

a) *The current state of the world* – Top 10 facts on climate change (see Appendix 1)

b) *Information about the BK Environment Initiative*

- The Brahma Kumaris Environment Initiative started in 2009 in order to meet the need for a higher environmental awareness within the international BK community, and also to add the inner dimension to discussions at the UN Climate Change conferences.
- It operates with BK Regional Green Co-ordinators in each part of the world. Many centres have a local "Green Angel" appointed to look after the environment issues locally.
- The UN conferences on the environment - climate change, biodiversity, sustainability - are looked after by a team under the Brahma Kumaris UN office. So far we have worked with around 40 different partners and organisations.
- The main communication tool is our webpage - [www.eco.brahmakumaris.org](http://www.eco.brahmakumaris.org), where you can find workshops, meditations, articles, news, information on our use of solar energy and yogic agriculture etc.

c) *Underlying BK spiritual perspective*

- Everything is interconnected
- We are all part of one highly complex, self-regulating natural system
- Every human being is a powerful soul
- We are innately good and have unlimited potential
- Each of us has the ability to think about and decide/choose our actions
- All our thoughts, words and deeds have an impact on the world, for better or for worse
- We create and are responsible for the state of our own inner and outer world
- The current state of the world is a reflection of the state of our collective consciousness and, in particular, what we value (e.g. competition, consumerism, economic growth or peace, love and co-operation)
- The world will only be restored to its former glory when we return to our original state of pure, positive consciousness, free from greed, lust, ego, anger and attachment.

We will achieve this state through recognising the importance of

- Non-violence (to humans and animals)
- The law of karma i.e. we reap what we sow
- Trusteeship
- Consciousness (it determines everything)
- Personal responsibility (not blaming others)
- Inner values
- Inner work on ourselves (becoming pure, positive beings)
- A daily spiritual practice
- An environmentally friendly lifestyle.

End with a minute of silence

### 3. Introductory remarks on 'Eating Well'

What should be a natural, pleasant and live-enhancing experience is a political, economic, social, environmental and scientific minefield and a serious threat to our health and well-being and that of the planet.

Consider the following

- Over one billion people on the planet have less than one dollar a day or week to live on and, as a result, thousands of children starve to death every day. Source: ([http://www.unmillenniumproject.org/resources/fastfacts\\_e.htm](http://www.unmillenniumproject.org/resources/fastfacts_e.htm))
- The price of basic food commodities has risen tenfold in the last 5 years due to increased demand and manipulation of commodity prices by investors on the international stock markets. Source: ([http://www2.weed-online.org/uploads/factsheet\\_food\\_speculation.pdf](http://www2.weed-online.org/uploads/factsheet_food_speculation.pdf))
- Huge numbers of people in the rapidly expanding economies of China and Asia are forsaking traditional diets and cooking methods to enjoy the convenience and carefully engineered tastes of energy-consuming processed foods and meat products.
- To increase yields, genetically modified crops are being rapidly introduced into the food chain with little knowledge of the consequences for human beings or the environment.
- The desire for seasonal foods and flowers to be available all the year round makes huge environmental demands on the planet in terms of irrigation, transportation and packaging
- Up to 50% of the food we produce is wasted during production and consumption
- The insatiable demand for meat in its many forms is destroying the eco-system. It takes 6 kilos of grain to produce one kilo of meat and huge swathes of the rain forests, countless tons of fertiliser and billions of litres of water are used in the process.
- Over-fishing and polluting the planet's seas and rivers is threatening the whole food chain on which all living beings depend.

Minute of silence

### 4. Definition of 'Eat Well'

Handout or write on a flipchart the definition of 'Eating Well':

*Vegetarian food, cooked with love, nourishes our whole being and contributes to the health of the planet.*

Ask participants to reflect for two minutes then discuss the definition in pairs and feedback to the whole group any suggested amendments.

Question

*On a scale of 1(not at all) -10 (completely), how green are you when it comes to buying, cooking and eating food and drink? Share answer in pairs*

### 5. Cost benefit analysis of 'Eating Well'

Discuss in small groups (after two minutes of silent reflection)

- The cost to the self, others and the world (including Nature) of not 'eating well'
- The benefits to the self, others and the world (including Nature) of 'eating well' - physically, emotionally, mentally and spiritually.

Ask groups to feedback to the whole group. Make a list of the benefits.

## 5. A Role Model

Ask participants to think of someone (living or dead) who is an inspiring example of 'eating well'. For two minutes silently reflect on:

- How do/did they behave?
- What impact does/did their behaviour have on others and the world (including Nature)?
- What particular values and qualities do/did they embody?
- How do/did they sustain themselves - physically, emotionally, mentally and spiritually?

Ask participants to share the above with someone they do not know.

Ask 2-3 people to feedback their example to the whole group.

## 6. Visioning Exercises

### *a) General*

Create small groups and ask participants to imagine and then draw a picture of a world where everyone 'eats well'.

Discuss

- What is going on?
- What does it look like and feel like?
- How are people treating each other and Nature?
- What qualities and values are they expressing?
- How can we make this vision a reality?

Feedback main points to the whole group

Facilitator to make a list of the key points

### *b) Personal*

Imagine yourself in one year's time being the embodiment of 'eating well'.

- What is your life like?
- What are you doing, thinking and feeling in relation to the self, others and the world (including Nature)?
- How has the environment benefited from the change?
- Draw an image of yourself as an embodiment of 'eating well'
- Looking back over the past year, what steps did you take (physically, emotionally, mentally and spiritually) to achieve this state?

The above to be done as a coaching exercise in pairs.

Ask 2-3 people to feedback to whole group.

### *c) An image from Nature*

Ask participants to think of an image from Nature that embodies 'eating well'

e.g. a tree, bees, birds etc and share it with someone they do not know.

Ask 2-3 people to feedback to whole group.

### *d) An Affirmation*

An affirmation is a short, life-affirming, positive statement about the self which, if repeated regularly with feeling, will change our way of thinking and being.

- Ask everyone to create their own affirmation based on 'eating well'.
- Give your own example.
- Ask participants to share their affirmation with three other people.
- Ask 2-3 people to share with the whole group.

## 7. Summary

After two minutes of silent reflection:

- Ask participants to summarise and share in pairs what they have learned from the workshop
- Ask 2-3 people to share with the whole group.
- Ask for general feedback on the changes we need to make on the 'inside' for things to improve on the 'outside'. Facilitator to make a list of the key points.
- *Give some spiritual input about raja yoga meditation and how connecting with the Divine gives us the power to change*

- Is the BK approach valid and useful? Will it make a difference to the environment? Yes or No? Ask for a show of hands.
- Ask everyone to complete a feedback form (see Appendix 2)

## 8. Action Plan

Following two minutes reflection ask participants to write down their answers to the following questions:

- What I am I going to do on a *regular* and *consistent* basis to make 'walking the talk' a reality in my life?
- What changes – behaviourally, physically, emotionally, mentally and spiritually - do I need to make in my lifestyle in order to sustain and empower the change I want to make?

Ask everyone to share in pairs

Ask 2-3 people to share with the whole group.

## 9. Closing Moments

- Thank everyone for coming
- Future programmes
- Recommend the Raja Yoga course and other appropriate BK courses
- Recommend BK books and CDs
- Do meditation commentary based on what has been learned during the workshop
- Give out '10 ways to Change the World' spiritual reflection cards

## Additional Points

In order to improve the health of the planet and reduce the risk of heart problems, cancer and obesity for human beings we need to:

- be vegan or, at the very least, vegetarian – there is no alternative if we are serious about the survival of the planet
- greatly reduce our intake of processed foods and drinks with their higher than necessary levels of sugar, salt and/or fat
- use locally sourced ingredients
- eliminate food wastage.

Also for our own well-being we need to learn to:

- relax and eat our meals more slowly so that the food is properly digested
- sort out the emotional, social and spiritual reasons behind the 'comfort eating' that leads to obesity
- improve the vibrational quality of the food we eat. Everything is energy. Energy is a form of vibration. In the cooking process we add our own vibrations of peace, love or anger, depending on how we are feeling at the time, which affect the taste and the impact of the food on the mind and body. Eating the flesh of animals filled with vibrations of fear and terror due to the killing process has a harmful effect on the mind and the body.

All this is easier said than done. If we wish to break away from the tide of public opinion (heavily influenced by the advertising industry and media) and the vested interests of powerful multinational companies we need to develop:

- a clean and far-sighted intellect
- a compassionate heart
- self-discipline.
- a supportive lifestyle.

Reconnecting with our inner values and watering them with the power of reflection, contemplation, prayer or meditation will give us the strength to make all this happen.

# Top 10 facts on climate change

## 1. Global ecological footprint

The global ecological footprint - How many earths do we use? If everyone on earth lived like the average American, we would need 4.6 planets to support us. Today, we need about 1.6 planets to provide the resources for our consumption and absorb our waste. Current overuse is due to our consumption of goods and services. The extraction, production, distribution, use and disposal of the stuff we buy. Source: <http://www.theworldcounts.com>

## 2. Temperature increases

Tipping point theories predict that temperature increases will create effects such as the melting of the arctic permafrost that could release greenhouse gasses equivalent to 17 times US yearly emissions. The increase of this and other greenhouse gases in the atmosphere has warmed the earth. Due to Climate Change, the world's average temperature could rise up to 6.4 degrees Celsius (11.5 Fahrenheit) during the 21<sup>st</sup> century. Source: <http://www.theworldcounts.com/>

## 3. CO<sub>2</sub> in the atmosphere

PPM above 400 ppm: what does this mean? The concentration of CO<sub>2</sub> in the atmosphere, is increasing at an accelerating rate from decade to decade. The safe level of carbon dioxide (CO<sub>2</sub>) in the atmosphere is 350 parts per million (ppm). It serves to show how much carbon dioxide has been put into the atmosphere since preindustrial times. A level of 400ppm, indicates the high consumption of energy from fossil fuels. Atmospheric CO<sub>2</sub> is measured daily and monthly, at the Manua Loa Observatory in Hawaii and registered in March 2015 value of 401.5ppm. The only way to get there is the transition of the global economy away from fossil fuels into renewable energy, energy efficiency and sustainable farming practices in all sectors (agriculture, transport, manufacturing). Source: [400.350.org](http://400.350.org) and [www.CO2now.org](http://www.CO2now.org).

## 4. Sea level rise

Scientific research indicates sea levels worldwide have been rising at a rate of 3.5 millimeters per year since the early 1990s. The trend, linked to global warming, puts thousands of coastal cities, like Venice (Italy), London (England), New York (USA), Barcelona (Spain), and even whole islands at risk of being claimed by the ocean. The rise in sea levels is linked to three primary factors: thermal expansion, melting of glaciers and polar ice caps, ice loss from Greenland and West Antarctica. Source: National Geographic.

## 5. Overfishing

Overfishing is a major problem. A study shows that if nothing changes we will run out of seafood in 2048. Oceans are draining of seafood at an alarming rate. Nearly 80% of the world's fisheries are already exploited, over-exploited, depleted, or in a state of collapse. Worldwide 90% of the stocks of large predatory fish such as sharks, tuna, marlin and swordfish, are already gone! Source: <http://www.theworldcounts.com/>

## **6. Water resources**

Water resources are already being used to the limit and we are using more and more of it. Over 10 billion tons worldwide! Every year we use a massive 4 trillion cubic meters of freshwater. This amount is equivalent to 50 Olympic swimming pools every second, comparable to if everyone on the planet would drink over 4 glasses of water, every single minute. Source: <http://www.theworldcounts.com/>

## **7. Garbage in our ocean**

We have a garbage island floating in our ocean, mostly comprised of plastics –the size of India, Europe and Mexico combined-. Environmental degradation is one of the most pressing current issues at present time (earth, water, air). Each year, we extract an estimated 55 billions tons of fossil energy, mineral, metals and biomass from the earth. The world has already lost 80% of its forest and we're continually losing them at a rate of 375 km<sup>2</sup> per day! Source: [www.theworldcounts.com](http://www.theworldcounts.com)

## **8. Food waste**

Almost half of all food in the world is lost or wasted. It's hard to believe! A lot of massive food loss is happening because of crop pests and ineffective harvesting and irrigation. Huge amounts of food is also lost simply because we throw it away! The amount of food lost and wasted every year is equal to more than half of the world's annual cereals crops (2.3 billion tons in 2009/10). The loss of food is also problematic considering the water that went into producing the food. Most of the water used on this planet is used for food production. Source: <http://www.theworldcounts.com/>

## **9. Health issues**

Particulate matter is an air pollutant in the form of extremely small toxic particles. Inhaling them can cause asthma, lung cancer, cardiovascular diseases, strokes, acute respiratory infections and premature death. Annual estimations show that there are 7 million premature deaths linked to air pollution. Car exhaustion is a major source of particulate matter and the problem is therefore worse in cities. In some cities, the level of particulate matter is 8 times higher than the recommended maximum level. Source: [www.theworldcounts.com](http://www.theworldcounts.com) and World health Organization.

## **10. Meat production**

Meat requires great amounts of energy and water to produce. It has a higher "energy footprint" than any other food. It takes 75 times more energy to produce meat than corn and it takes an area of vegetation of 7 times the size of the EU to produce food for cattle and other livestock animals in Europe. Almost half of the world's harvest is fed to animals. Source: <http://www.theworldcounts.com/>

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## **Brahma Kumaris Green Workshop on Eating Well**

We would be grateful if you could complete this questionnaire. Thank you

Q1. What was the MAIN thing that attracted you to attend this event?

- ☐ The theme/topic
- ☐ A speaker
- ☐ Spirituality
- ☐ General curiosity
- ☐ Opportunity to meet like-minded people / network
- ☐ Other, please specify below

Q2. What have you enjoyed MOST about this event?

Q3. What have you learned / experienced today?

Q4. Is there anything we could have done better?

Q5. Have you any suggestions for future topics/speakers?