

BRAHMA KUMARIS ENVIRONMENT INITIATIVE

CHANGING HEARTS AND MINDS

REFLECTIONS ON CREATING A SUSTAINABLE WORLD

Have you ever considered the impact of our thoughts and feelings on our environment and our world?

Could our ways of thinking, attitudes and values be at the root of the current environmental crisis?

Reflecting on the underlying causes from a spiritual perspective can give us new and empowering ways forward.



1

Write down three words to describe how you feel about the current state of the world.

1 _____

2 _____

3 _____

2

Describe your ideal world.

3

Write down three ways of thinking and/or behaving, which, in your opinion, have led to the current crisis?



1 _____

2 _____

3 _____

4

There are at least 12 values, which, if practiced deeply, would have a huge positive impact on the world. These values are:

☐ Cooperation ☐ Freedom ☐ Happiness ☐ Honesty ☐ Humility ☐ Love
☐ Peace ☐ Respect ☐ Responsibility ☐ Simplicity ☐ Tolerance ☐ Unity

Which value appeals to you the most and why?



5

As we change, the world changes.
 Write down one change you will make in your thinking and/or behaviour to help create your ideal world.

6

Choose a virtue card:

How will this virtue help you to achieve your aim?

7

How will you nurture and sustain this virtue in your life?



8

Take an affirmation card: _____

How will this card help you to achieve your goal?

Thank you for taking the time to reflect on how to create a sustainable world.

Keep the virtue and affirmation in your heart, water them with attention and love, and watch the world change.



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