

Green Angel Year in Thailand

“10 ways to change the world” initiative in Thailand

Bangkok Center decided to focus on the Green Angel for 2018 with the overall theme of “Heal the world through silence”. “10 ways to change the world” is the main inspiration for both the BK center and for service.

Preparation:

Heal through Silence

7 groups of “Inner Peace” were prepared by making silence as a gateway to heal hearts and souls of individuals and the world as a whole.

Focus groups on the 10 ways

The BK group in Bangkok had chosen which one of the 10 ways they themselves wanted to focus on in their practice. They got together in small groups according to theme; for example one Positive group, one Being Unlimited group etc. Each group had to prepare a 10 minute presentation at the launch of the initiative. The presentation could be video, meditation, presentation or anything creative.

10 ways blessing cards

The 32 different blessings made out of the “10 ways” were read to meditate on after class every day for one month before the launch.

Banners

Nice banners of “Green Angel” and “Heal the world through silence” were made and put up in the center and used for activities.



Launch

On the 17th of December 2017 the Green Angel Year was launched at the center. Friends and contacts were invited to a full one-day program. BK Sonja, from Denmark and the BK Environment Initiative and The Director of International network of Engaged Buddhist were invited to give a key note speech, together with Monk “Than Chan”, Monk “Maytree” and their congregations. Sister La, National Coordinator of Thailand welcomed the participants, and the different BK groups made their presentation as a foundation for the “10 ways to change the world”.

After lunch people were sitting in small groups discussion groups

The Monks and the Network Engaged Buddhists really liked the 10 ways to change the world, and they will include the concept in their training of socially engaged Buddhist.



Lakeside Villa Activity

The last activity of the launch was a celebration in festivity and action. The participants gathered in a beautiful decorated villa by the lakeside. There were different stations of activity:

- reused CD's. Each BK had chosen an image for creating a better world. They painted on a CD with an explanation on the other side of the CD. The participants were asked to pick their favorite symbol and then afterwards read the explanation.
- There was the possibility to get your virtue scope done, a table for snakes and ladder, or just to relax in the garden. A-Z challenges were decorated with 26 different cows to change from negativity to positivity.
- Sister La had chosen "Follow your Dream" as her topic. She had picked different songs on this topic, and we ended the evening with songs and candle lights.



Other Green Angel activities December 2018:

"Opening the Heart" at Winsor Tower Bangkok



Inner Leadership - Management from within
at the BK Center
Healthy Mind, Healthy Planet at Baan Sinthu,
Samutprakhan, Bangkok

And a Scandinavian Father Christmas!



Chiang Mai:



Living in Harmony with 10 ways to change the world at YMCA staff in Chiang Mai

School program in Chiang Mai



Thanks to Baba and the Thai BK Family in Bangkok and Chiang Mai.



Green Buddha in the Temple of the Emerald Buddha (Wat Phra Kaew) in the grounds of the Grand Palace in Bangkok.



Temple in Hua Hin
Buddha and The Tree of Life