



GROWING GREEN ANGELS

ENVIRONMENT WING NEWSLETTER

BK Environmental Commitment

The Brahma Kumaris Environmental Policy aims to encourage all of us throughout the organisation to feel that we are guardians of the earth's resources.

Living with Simplicity, Buying Compassionately,
Using Economically, Learning Continuously, Sharing Generously

ENVIRONMENT WING ANNUAL RETREAT 2014

Leura Retreat Centre, Stone Cottage.

For this year's retreat, we were fortunate to hold our gatherings in the Stone Cottage, with the opportunity to enjoy the beautiful gardens. There was creative discussion regarding the project "**I can make a difference**" (ICMAD). To help create a relaxed and enjoyable and sacred atmosphere we

participated in a short sacred dance (New Zealand style) at different times throughout the retreat. All

attendees contributed to discussions with interest, bringing newness and opportunities to be silent and thoughtful. A new logo for ICMAD was discussed at the retreat and a group selected logo is coming.

A list of ideas was created by attendees for projects and programs for ICMAD, as well as for the UN Biodiversity Conference which Tamasin will be attending. Saturday afternoon we had yoga on a version of Baba's rock overlooking Jamison Valley.

The Environment Wing is moving forward with enthusiasm and richness.



SENSE OF WONDER

One of the aims of the Environment Wing is to offer environmental/sustainability professionals programs which explore the connection between sustainability and spirituality.

Spirituality - the Heart of Sustainability will be held for the third year over the weekend 13-14th September.

Most recently a Sense of Wonder was held **at Leura**, facilitated by environmental activist, academic and author Haydn Washington with Greg Wellham. Haydn feels humans have lost their respect for nature because they have lost their sense of wonder for it. Some of Haydn's colleagues and friends who are poets, musicians and artists facilitated sessions sharing their artistic skills to awaken a wonder for nature in the participants. Greg shared how humans have also lost wonder for the self, and how this leads to a disconnection with nature. He shared how when he sits in the garden, sending out feelings of love from the Divine, birds come very close to him curiously. He said it is no wonder animals are frightened of humans, since they sense any negative thoughts and vibrations.

To the BK Green Network, greetings and Om shanti from Arnold & Sonya Green Team

The international Green Team is growing so much that it has become a Network! As the activities increase many BKs' around the world have taken responsibility for conferences, co-ordination of local and national activities and retreats, meditation commentaries, green angels, policies, websites, workshops and collaboration with various organisations. It is fantastic .

Here is the Facebook site for more information: <https://www.facebook.com/groups/GreenBK/>

**FOR ENVIRONMENT INFORMATION ON MEDITATIONS, WORKSHOPS & RESOURCES LOOK UP
THE BK WORLDWIDE WEBSITE www.environment.brahmakumaris.org/**

REDUCE RE-USE AND RECYCLE

SIMPLE GREEN AND CLEAN

Baking Soda (Bicarbonate of Soda) works as a non-abrasive scouring cleaner on countertops, ovens, bathtubs, sinks. It also rids clothes of perspiration odours when used in conjunction with laundry detergent in the washer, as well as keeping whites white.- laundry: add 1/2 cup to your load, deodorizer: before you vacuum, sprinkle it on your carpet, can use in fridges and freezers to remove odours.

Lemon Juice – The acid in lemon juice neutralizes hard water deposits, dissolves buildup and dirt on wood, and tarnish on silver.

Vinegar – can be used in place of lemon juice. The smell dissipates as the vinegar dries. For countertops, sinks, toilets, and for spot cleaning floors: Mix 1 part white vinegar and 1 part water in a spray bottle. Spray and scrub. For really tough soap scum or mineral deposits, warm the solution first, spray, and let sit before scrubbing, or use straight vinegar (but avoid straight vinegar on tile grout – it can cause the grout to break down). Take care not to use vinegar on marble as it affects the surface. Use vinegar as a fabric softener, adding to the rinse cycle of the wash, also helps to remove detergent remaining in the wash.

Super Washing Soda – Also known as *sodium carbonate*, washing soda is a caustic cleaner that is far safer than other solvents. Wearing gloves is recommended. Washing soda is great at cutting grease, getting wax or grease out of clothing, and neutralizing odors.

Antifungals & Disinfectants – Grapefruit seed extract and essential oils such as lavender, clove, and tea tree oil have antiseptic properties and operate as natural fungicides.

Mould - add 1 or 2 teaspoons of essential oil to 2 cups of water in a spray bottle, or 20 drops of grapefruit seed extract to 1 quart of water.

Cookware and Oven Cleaners Coarse salt good for scouring copper pans and ceramic baking dishes. Mix together a paste of vinegar and baking soda to clean burnt saucepans, also good for ovens, and cleaning grease around the oven. Apply the paste and then leave before scrubbing off.

Floor Scrubber - To scrub out tough stains, use washing soda and rinse well. For lighter washing, dilute 1 cup washing soda in 1 gallon of warm or hot water. Add a few tablespoons of vinegar or lemon juice for extra shine.

Furniture Polish - Mix 1 cup lemon juice with 1 tbsp olive oil and 1 tbsp water; lightly apply to furniture using a soft cloth. Let sit for a couple of minutes, then buff.

Tile and Grout Paste - 1 cup water and 3 cups baking soda mixed into a paste works great for cleaning tile and grout. Use a toothbrush to scrub the paste into grout.

For **commercial** environmentally friendly products consider the following websites, both are Australian companies and sell products in bulk and in domestic quantities.

www.yesteryearplantations.com.au

www.envirocareearth.com.au

Supplied by Catherine Elliott

ENVIRONMENT WING

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Personal Ecological Footprint

www.sustainenergy.org

www.easternct.edu/sustainenergy

Calculate your ecological footprints, discovering how many earths' would be needed to support everyone living that way. Complete each category for a typical day in your home/centre.



Worm farming minimises food waste by turning organic kitchen waste into fertilizer.

For further Information

www.livinggreener.gov.au

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