

Awakening the Healing Heart:

Transforming Communities through Love and Compassion
“Responding to the Cry of the Earth - Responding to the Human Cry”

United Nations gathering in Nairobi Kenya on March 2nd 2012 - Organized by the Global Peace Initiative of Women in partnership with the Olari Nyiro, Laikipia Nature Conservancy

Awakening the Healing Heart brought together leaders from Africa and the international community to explore the theme healing of the Earth communities, with all the diversity of life that exists, and on healing of the human community.



Sister Jayanti Kirpalani European Director of the Brahma Kumaris was invited as a panellist on one of many interesting panel discussion -

The Underlying Reality of Interdependence: From a Paradigm of Dominance to One of Cooperation

What are the deeper causes of the environmental crisis? What has brought us to this place of such disconnection from the natural world? If we come to understand the interdependence of ecosystems between the human community and the natural world, will this help change human behaviour? **We are being called to shift from a paradigm of competition and self interest to one of cooperation and sharing.** With the predicted scarcity of clean water and food, and other vital resources, the need for this shift will become even more urgent in the years ahead. We must awaken our innate compassion and realize that when we injure the Earth or other people it is to our own selves that we are causing pain. Deep shifts in thought patterns are needed. What does it mean to heal the rift between humans and the natural world and come again into an intimate relationship with the forces of nature? It will not be enough to enact laws and agreements, although these are necessary. We must learn to see with new eyes our animal brethren, the rivers, forests and mountains.

Discussion facilitated by: Dena Merriam, Founder, Global Peace Initiative of Women (USA)

Pannelists/Speakers:

- Sister Jayanti, European Director, Brahma Kumaris World Spiritual University (UK)
- Žarko Andričević, Founder, Dharma Loka (Croatia)
- Dr. Agnes Abuom, Presidential Appointee, Judicial Service Commission of Kenya, (Kenya)
- Sraddhalu Ranade, Teacher, Sri Aurobindo Ashram (India)

The event hall was stunningly decorated with fresh flowers & plants. As the program commenced, a procession of leaders walked in ceremoniously to the sound of African drums heralding the opening of the event.



Among 150 attendees many dignitaries were participating at this event. Sister Jayanti, Sister Vedanti and the group had the opportunity to meet with Mr. Achim Steiner (The UNEP Executive Director & Under- Secretary-General of the UN), Mr. Charles Njonjo (The former Attorney General of the Kenya 1963–1979), a few diplomats, leaders of women organizations and UN-representatives.

Extracts from Sister Jayanti's address -

- What are the common root causes of environmental issues concerning the misuse of natural resources and energies. How to re-awaken a common bond between humankind and nature..
- Spirituality is the understanding of an Inside - Out approach - whatever is going on inside a person is then expressed externally.
- Understanding our thoughts and their impact on our actions and relationships.

Hope is a feeling that all need and she emphasized that just as day follows night, our awareness of these insights will spread *rays of light among* many. Once we work with spirituality we will know how to change our descending energy (which mainly creates

upheavals) into an ascending energy, which leads us to Love, Light, Peace and Generosity. This energy is also known as the feminine energy or Shakti, which protects us from all that is negative and begins the healing process from Inside – Out.

Following on: **Laikipia Nature Conservancy 3-6th March 2012**

Aims of the meeting - We will address what it means to heal conflict, social tensions and environmental degradation by tapping the spiritual resources of love, compassion and forgiveness, and by knowing the underlying interconnection that binds together earth's many communities of life. There will be a special emphasis on the power of collective prayer and how spiritual practice can awaken the healing heart. This gathering is aimed at deepening the understanding and experience of global interdependence and to develop guidelines that can be applied to communities in need of social or collective healing



For the next three days, after the UN day opening the GPIW anniversary gathering continued for a deep spiritual reflection in tranquil settings of Ol Ari Nyiro (Dark Springs), which is over 100,000 acres of private wildlife sanctuary & nature Conservancy situated on the extreme Western edge of the Laikipia Plateau along the Great Rift Valley. Sisters Jyotsna and Dipti from the Brahma Kumaris joined this gathering. It is here, at Great Rift Valley where the discussions on Awakening the Healing Heart: Transforming Communities through Love and Compassion was held.

In one of the circle discussions the BK's were given a slot to share on Working with the Natural Forces. A powerful yet peaceful guided meditation on healing the self, environment and relationships was conducted in the backdrop of serene surroundings of Ol ari Nyiro. The group's feedback was moving as some shared, that for the first time they touched inner silence.

Profound understanding was exchanged on what it means to heal conflict, social tensions and environmental degradation by tapping the spiritual resources of love, compassion and forgiveness and by knowing the underlying interconnection that binds together earth's many communities of life.

There was a special session on the power of collective prayer and how spiritual practice can awaken the heart & heal it. Our sisters enhanced the discussions with their own experiences for being in daily practice of the Brahmin life and its gains. This led to a unanimous request for guided meditation in one of the smaller groups.

On Sunday 5th March as dusk fell, a "Shinnyo En Saisho Homa" translated as *Fire and Water Ceremony* was conducted by **H.H. Shinso Ito and Shinnyo-en** at the Aqua Theatre - Big Dam, Ol ari Nyiro, Laikipia Nature Conservancy. This stunning ceremony was inspired and supported by the Sinnyo En Buddhist Order.

The Ol Ari Nyiro nature reserve dedicated this ceremony as a **Communal Prayer** for the security (curb poaching) of the elephants. In the true spirit of finding the unity in all living beings they had extended the traditional Saisho Homa Ritual to include participation from Kenyan Elders and communities and representatives from around the world.

"WE LOOK FORWARD TO THE TIME WHEN THE POWER OF LOVE WILL REPLACE THE LOVE OF POWER. THEN WILL OUR WORLD KNOW THE BLESSINGS OF PEACE."

– William Gladstone

