



Report of Brahma Kumaris EU Energy Week Activities 2015

26th May, Frankfurt am Main, Germany

Lecture: "World in Transition"

Golo Pilz, Advisor for Solar energy; India and Germany

Even though this event was prior to official time frame of the EUSEW, the EU kindly supported it by posting it on their social media.



About 30 people attending the evening program got a clear picture, on how much damage can be caused to mankind and environment by wrong use of technology. Through the example of implementing technology using solar energy the participants understood, that new technologies are available and that their use can bring new opportunities in the future.

Golo impressively demonstrated that a new way of thinking and an approach of using technology with a new consciousness will be a solution for the future.

Finally the importance of value based use of technology became very obvious and in order to bring mind and action in tune for the benefit of the earth the lecture was followed by a special meditation.

5th June, Copenhagen, Denmark

Outdoor Meditation for the Environment

In order to nourish both our souls and the planet with peaceful thoughts an enthusiastic group of meditators gathered on a grass ground near the harbour of central Copenhagen. It was the first day of sunshine after a long period of cold and rain. Everyone in the group reflected on the thought that if we protect and serve the environment, it will co-operate with us.



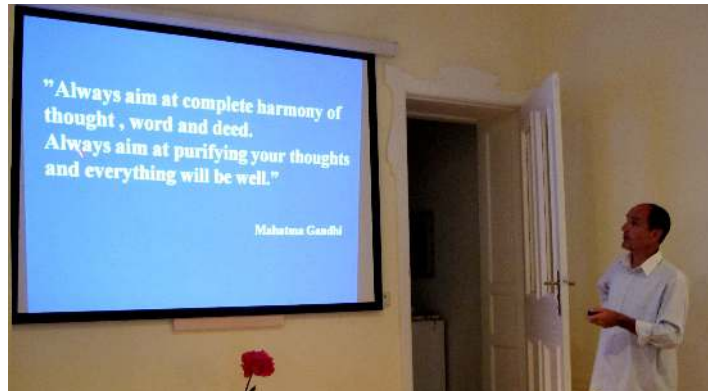
Mickey Gjerris, associate professor in bioethics at Copenhagen University, started with a short and powerful speech of mankind belonging to the earth as our home. Mickey stated that it is not a sacrifice to look after nature, but our desires are often disguised as needs. During the event such a powerful atmosphere of peace and compassion was created that busy people just passing by commented on it.

It was a powerful planet-day of both, EU Energy Week, World Environment Day and Danish Constitution Day. And we will be there again next year!

5th June, Berlin, Germany

Lecture with power point presentation on “world in transition – beginning of a new period of time”

Golo Pilz gave an interesting overview about different areas of change in today's world. One main question within the topic of climate change was: What is happening on the political level worldwide as appropriate reaction to the challenges of the change in climate and what can each one do to change one's own lifestyle accordingly. Golo emphasized the importance of a change in our own thoughts and attitudes and he gave inspirations for a simple lifestyle. Thoughts



and attitudes can be changed by the practice of Raja Yoga Meditation. The lecture was accomplished by an interesting power point presentation. Amongst the 15 people visiting the event, was a Journalist coordinating the regional programs of a Radio and TV channel in Berlin.

14th June, Müllheim, Germany

Meditation & March to support a Transition to Sustainable Energies

The event started at 9.30am in the middle of the town where people had gathered. From there we started to walk to four different places in the town. At each place we stopped for some minutes of silence meditation with the intention to enhance awareness of people on the planet. At around 11.00am the group returned to the place where we started and exchanged our experiences. A key point of the conversation was the recognition that only a change in consciousness towards more responsibility for the planet and greater simplicity can lead to a sustainable lifestyle that is in balance with the environment. This includes a reduction of our energy usage. Awareness and meditation are tools to sustain this type of consciousness in each of us.

19th June, Freiburg, Germany

Meditation for the Planet

In Vauban, the green Suburb of Freiburg, a “Meditation for the Planet” took place. It was specifically dedicated to a more sustainable use of energy on our planet. The two hours evening event started with an introduction and then the participants had the opportunity to explore their own mind in connection with this subject. Together with that we spread the energy of silence over the planet. A little globe in the middle of the room reminded us of the original beauty of our blue planet earth. Afterwards each one shared on how meditation can help us to support transitioning to a sustainable use of energy. Through Meditation we get closer to the roots of the present problems e.g. our own feeling of being isolated. We looked at our behaviour towards nature as a result of how we feel inside.

15th June, Gdansk, Poland

**“3 x E: Ecology, Economy and Ethics in our life.
How to balance these three dimensions of life
in order to restore inner and outer harmony”**

18th June, Warsaw, Poland

**“Life Style and Climate Change - How to care
daily for the Earth - inspirations for the heart
and mind”**

There were two workshops organized in Poland,
within the EU Sustainable Week in June 2015.

During the programs we looked at the global
phenomenon of the climate change, both as an opportunity for a positive change of the *self* and the
world in order to rectify our relationship with nature. Both workshops demonstrated the beginning
of a creative process to take care of our earth and aimed at the enthusiasm for simple changes in
our lives.



We started with listening to various elements of nature that want to tell human beings how nature feels and what it thinks about her human inhabitants (www.natureisspeaking.org). Mother Nature presented by a flower, by water, soil, and ocean has a strong and also touching message for all of us. The picture created a strong call for immediate action through the participants by taking personal responsibility. In the next part of the workshop, participants explored three dimensions of their lives: looking at 3 x E's: Ecology, Economy and Ethics – all from a personal point of view and a personal commitment for nature. We deepened the understanding of how relevant those aspects are in our daily care for nature and everyone realized some new ways how to become a protector of it, rather than to remain abusing it, even if in an unconscious way.

The last part was dedicated to a practical example how good qualities and spirituality can help bringing harmony with nature. A film on the R&D project of WRST and Brahma Kumaris “India One” Solar Thermal Power Plant” (www.india-one.net) was shown, where all points of the project were explained together with spiritual implications.

We finished with the joined meditation, where everyone looked at the self and at the changes that she or he is willing to introduce from that day onwards, on the level of the awareness, attitude and behaviour, everything in order to take a better care of our Mother Earth during everyday life.





15th June, Brussels, Belgium

Seminar & Interview: Mind & Matter – How is your inner climate?

With: Maureen Goodman, Joachim Golo Pilz interviewed by Sonja Ohlsson

In a small gathering of enthusiastic individuals who have a genuine interest in Mind & Matter and inner climate, Sonja interviewed Sis Maureen and Golo Pilz,

asking questions of particular moments in their lives where they have seen and experienced the influence of “mind over matter”. Sonja also asked how they are able to maintain an inner climate of calm whilst living in this world.

Q.: Pure Inspiration and Ideas – How do you get good ideas and open your mind for inspiration?

Golo: Inspiration just comes like lightning, it comes with moments of silence. True inspiration comes with lots of energy from within, and success is guaranteed. It can come any time, even at dinner time or when having fun, etc. At these times do not look at the possible risks involved (technically and financially)! Just do it with inspiration!

Maureen: Inspiration is like destiny calling me, mostly in the moments when you are not under external influences. You need to have a clear mind to have inspiration. Moments when you are free from concern of the consequences – that is the right moment of inspiration. It’s very easy to lose the focus of inspiration so it’s important to hold on to it. Give strength to it and make it happen.



Q.: We talk and read about a lot of Climate changes! What about our inner climate, how does that affect us?

Golo: I appreciate silence and tranquillity. I say to myself everything will be well. Through keeping the practice of patience and silence I have learned to switch off the train of waste thoughts – I learned this from meditation practice. It has given me more energy, I am lighter and I see things happen easily the more I leave it to the universe. I advise you to start the day calmly every morning, no matter what, cool down the frequency of thoughts and you will find things gradually calm down.

Q.: Pollution inside the mind and heart, what is it that is polluting us inside?

Golo: Coming into interaction with others we often expect a lot from people. If they don’t fulfil your expectations, we get angry or peaceless and fall into a big trap. Instead we need to have good wishes within for everyone. If you get angry the other person will feel the negative energy. It’s the same with nature: We need to bless ourselves by sharing good energy with it, so it won’t go to waste. When I start to reduce my needs and wishes I will be less greedy! Thus I will develop a pure consciousness and I’ll start healing myself.

At this point in time, the world does not need any more money or strategy or technology, it only needs pure love and positivity which is inside of us. Then we will see transformation taking place practically.

Maureen: To avoid inner pollution let go off the past and don't have any expectations to the future. Expectations are often connected to the past. By holding on to them I do not allow freshness to come. Inner pollution for me is: the moment of doubt in myself. In this moment I need to remind myself of my own uniqueness: I am a soul unique and eternal. What is it that I can contribute to life? When I'm aware of this I don't need to compare myself with others. The more I compare myself with others, the more I go away from my own uniqueness. Don't just act the play another person is writing for you. Create your own unique script.

16th June, Brussels, Belgium

Lunch Networking Event at Aloft Hotel

With: Anders Marvik, Vice President EU Political Affairs at Statoil, Sis Maureen Goodman, Programme Director Brahma Kumaris, Europe, Golo Pilz, Advisor Renewable Energy, India One Solar Project, India

During this lunch event 20 professionals came together to listen to the panel moderated by Sonja Ohlsson.



Anders Marvik: started by reminding us that we are all citizens of the world, the energy industry may be part of the problem but we can also be part of the solution. Today the energy industry is on the front line to combat CO₂ emissions and needs to be part of the discussion and solution. There is no "us" and "them", (renewable & industry) there is only "us". Unfortunately the world is not on track towards a two degree scenario for global warming but the good news is that it is still possible (with some major changes going forward of course!). The explanation of the scenarios and the report is in this link:

http://www.statoil.com/en/NewsAndMedia/News/2015/Pages/04Jun_Energy_perspectives.aspx



It is not enough for the EU to be best in class, this is a global situation which requires global solutions and the only way to achieve them is through global cooperation, changing the mindset and taking individual responsibility. We need to focus on the three R's: Reform, Renewal, Rivalry (trade restrictions).

Maureen Goodman: changing mindsets takes a lot of energy and personal commitment. We need to find alternatives that are possible, real and visible and not so painful for the companies, communities and individuals to adopt. Maureen gave an example of a businessman, who hold onto a vision and finally transformed not only his complete business into an environmentally friendly one, but also took his people with him. The solution is not just a matter of industry or governments; it is also one of people.

Reflection is an oasis of calm, it's a place of introspection, it provides courage, hope and healing. I advocate that we need to have more reflection on the decisions we are making and the EU can be an example for the world. Sonja summed up the meeting by sharing how the EU certainly can be an example and collected 10 R's from the panel: Reform, Renew, Rivalry, Rethink, Recycle, Reduce, Re-use, Reflect, Realize and be Responsible.

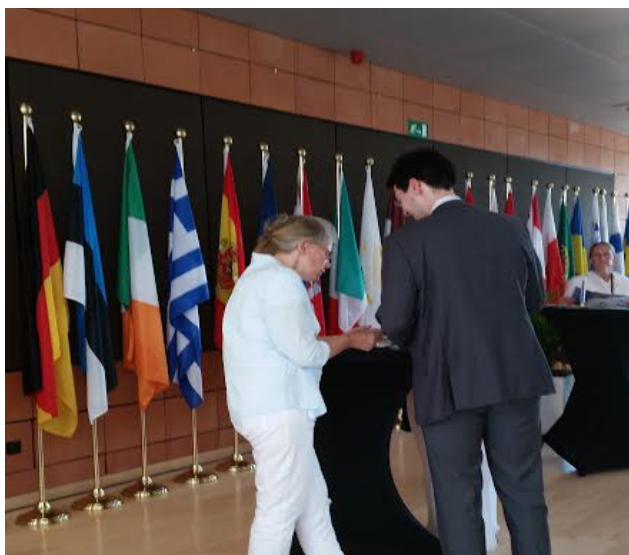
17th June, Brussels, Belgium

Networking Village, Exhibition & Sharing at Committee of the Regions Building, European Commission, Brussels

With: Golo Pilz, Sonja Ohlsson, Maureen Goodman, Kathryn Hendry, Marja Dijst

Networking Village was part of the EUSEW High Level Policy Conference held over 2 days. We were giving a slot at the exhibition and opportunity set up networking sessions at various tables in the Exhibition. There were only 17 exhibitors at any giving time, our time slot was for 90 minutes.

We shared with many people and they appreciated very much receiving our blessing cards.



Many new friends were made from all over Europe and at the European Mobility Week stand we noticed in their campaign flyer a Walking Meditation was suggested as an activity to promote EU Mobility Week 16 – 22 September and we discussed with them possible future co-operation offering a walking meditation as an event for this week.

18th June, Glasgow, Scotland

Talk & meditation & Sharing: "Healing the Self, Restoring the Earth" By Rose Goodenough

20 people gathered to enjoy the topic:
Healing the Self, Restoring the Earth.

The evening began with 3 meditations on sending peaceful vibrations to the self & the world. This was followed by an introduction to EUSEW and showing the website to attendees. We then shared information about the Brahma Kumaris dedicated Environment website & watched the powerful video clip about: How Consciousness Effects Everything.



Sister Rose gave a stimulating talk about some of the main lifestyle aspects we can reflect on e.g. declutter, reusing, recycling, living simply, vegetarian diet and sending positive vibrations daily out to the world.

Then participants got into pairs to discuss the topic and this was followed by a feedback session.

The evening concluded with a special sweet and card for all.

21st June, Paris, France
Lecture: World in Transition

Leading up to the evening lecture on a World in Transition, dedicated to the EU Energy week, a MedMob was arranged by the local BK centre. MedMob as in FlashMob, pulled around 35 souls together a beautiful summer day in the park, "des Buttes Chaumont" in Paris. All meditated for the health of the planet.

Many people who attended the MedMob then also came to the presentation World in Transition. Golo Pilz shared about the state of the present world with latest statistics and further shared what Brahma Kumaris is doing in the field of renewable energy in



India. He specifically introduced the new solar thermal power plant to the audience. Finally Golo told about how to keep hope and enthusiasm in this fast changing society. He spoke about his experience in drawing energy from a positive vision of the self, others and the world, as well as drawing from the Divine. The presentation finished with a powerful world peace meditation with 50 people present in the room.