Today (December 10) the world celebrates Human Rights Day. In the Universal Declaration of Human Rights, article 1 states “All human beings are born free and equal in dignity and rights. They are endowed with reason and conscience and should act towards one another in a spirit of brotherhood.” If the human spirit were not made of light energy; if we were not endowed with reason and conscience; if we were just beings of matter on a ball of matter, then there might not be a case for hope. There would be nothing to prevent the downward spiral into breakdown and decay. But sounding the depths of our memory we have found the seed of new understanding. We are light; life, consciousness itself, and we are the children of the source of life, whose role over eons has been the renewal and restoration of the world. This awareness brings new understanding and a pure quality of thought. With this elevated awareness comes an attitude of benevolence. And with this attitude we have new eyes. We see in the delicate systems of life, an implicit order emerging in a pattern we had not seen before. Now that we see it, we grow quieter and gentler.

The Heart of Hope

Bhavna is a hindi word and it means pure feelings of the heart. Bhavna is the heart of hope that takes us beyond intellectual logic of fact and figures into a domain of collective experience. The heart of hope is best described in the words of Parker Palmer:

“The heart points to the core of the self, that center place where all of our ways of knowing converge – intellectual, emotional, sensory, intuitive, imaginative, experiential, relational, and bodily. The heart is where we integrate what we know in our minds with what we know in our bones, the place where our knowledge can become more fully human.

“The heart points to a larger way of knowing – of receiving and reflecting on our experience – that goes deeper than the mind alone can take us. The heart is where we can ‘think the world together,’ not apart and find the courage to act in what we know.

“The heart is the integrative core of all human faculties. The genius of the human heart lies in its capacity to generate insight, energy, and new life.”

(Parker J. Palmer, “Healing the Heart of Democracy”)

Human Lifestyle and Behavior

If human lifestyle and behavior is part of the climate change solution, then we need to cultivate habits of the heart to support the delicate living systems of life and strengthen our will to act with integrity. Some habits of the heart include:

Small is beautiful – beauty is seen when there is harmony and balance. Wisdom is to recognize and uphold the natural laws of nature.

Less is more – cultivate a culture of contentment, and discern the difference between need and want, greed and abundance.

Cycle of Life – when we embrace natural cycles, we discover new life rhythms of our own. A cycle is a circular process that repeats over and over, frequently returning to where it began providing opportunities for renewal.
Natural is nutritious – a diet that is non-violent, and generates a higher consciousness, well-balanced nourishment, and overall well-being for the individual and the environment.

We have been told that the world is a stage and we are all actors playing our parts. We were never told that we were the spectators. In this race against time, we cannot afford to live in the illusion of being the audience, the spectators of damage and destruction. Now is the time to reflect in the mirror of our hearts and create new awareness, attitude, habits, and behavior.

Gayatri Naraine, December 10, 2014, Lima, Peru

Wednesday, 10 Dec. 2014 at 15:00 - 16:30, Room: Caral

Ethics at the Heart of Climate Change

Solutions to climate change involve understanding the inherent and instrumental value of human and non-human worlds. The ethical foundation within the climate conversation contrasts the current economic paradigm. Sustainable change in personal lifestyle and government policy require ethical choices.

Speakers:
- Dr. Renate Christ, Secretary of the IPCC;
- John Crowley, Sector for Social and Human Sciences, UNESCO;
- Dr. Curtis FJ Doebbler, Visiting Professor of Law, Webster University, Geneva (moderator)
- Gayatri Naraine, Brahma Kumaris’ Rep. at UN, New York;
- Golo J. Pilz, Advisor, Renewable Energy, Brahma Kumaris;
- Stuart Scott, Founder United Planet Faith & Science Initiative;

Joint side event by: Brahma Kumaris World Spiritual University, ww.environment.brahmakumaris.org and Abibimman Foundation, www.abibimmanfoundation.org

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