



EU Sustainable Energy Week 2016

12th 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 grassy ground next to the sea at Amager Strand, south of Copenhagen city. It was a lovely day of sunshine. Karen Blincoe, Director of ChoraConnection, started proceedings with a short and powerful speech about mankind belonging to the earth as our home. During the event, such a powerful atmosphere of peace and compassion was created that even busy people,

just passing by, commented on it. It was a powerful planet-day for both, EU Energy Week and World Environment Day. And we will be there again next year!

13 June 2016, EU Sustainable Energy Week

Leading from Within: Creating a Better Life



The evening opened with the beautiful music of the “Hang” played by Gerard Spencer, who we met by chance at the event we organised for UN Oceans Day. He played for us for during that meditation and offered to play for Sister Jayanti. The event was introduced by **Jean Debrosse**, businessman, a dear friend of the Brahma Kumaris, from Brussels. He introduced Sister Jayanti and Julie Nazerali who interviewed Sister Jayanti. Julie is a lawyer and the founder and Managing Partner of a global law firm’s Brussels Office.

She has served on a Supreme Court for a global dispute resolution system based on Islam as a judge, that uses mediation to resolve disputes for the Aga Khan Development Network spanning over 35 countries for a population of over 15 million people using modern methods.



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Brahma Kumaris Environment Initiative



Some of the questions asked during the interview: How do boards of multinationals use spiritual values for value creation? How does a multinational organisation, which does not charge and is run by volunteers, sell an invisible product - wisdom - in 150 plus countries in 8500 centres in stunning settings, led by a 100-year-old lady who doesn't speak English? What do companies like TNT, Akzo Nobel, Unilever, BMW learn from this

organisation? What is self-leadership? Why do top business school professors from MIT et al follow this organisation? Why is nature important for consciousness? Do we have an "off button", where is it? Why are positive thoughts important for the environment? The evening ended with more music, vegan sweets and message cards.



Tuesday 14 June – Aloft Hotel, Brussels Sustainable Transitions – People and Energy Efficiency.

An event for EU Sustainable Energy Week. Speakers included **Anders Mavik**, Vice President EU Political Affairs Office at Statoil, **Victoria Martin de la Torre**, journalist working as press officer for the Socialists and Democrats Group in the EU Parliament since 2008. She is author of two books about the founding fathers of the EU and the values the EU was founded on. The event was facilitated by **Yolande Iliano**, President of Religions for Peace Europe. The event explored the importance of our consciousness towards the environment; to be aware that there cannot be separation between different groups and industry; to be aware that the planet needs the support of us all; "we are in it together".



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Tuesday 14 – 16:00, Antwerp

After the afternoon event, we moved on to Antwerp, to an office on the 5th Floor above the Indian Visa Office in the heart of the city of Antwerp diamond district. The centre runs many sessions in Hindi for the local Nepalese, Gujarati and Jain community. When we arrived the room was full and everyone enjoyed hearing deep wisdom and understanding of the condition of the earth today.



EU Sustainable Energy Week; Simple Living, Antwerp



Many people wish to know the secret of simple living; when hearing, this many imagine a solitary life on a mountain top in a faraway country. Simple living would come easily if day-to-day life was faraway. However, a simple life is accessible to all of us! Simple living, in fact, starts with high thinking. Now; what is high thinking? To know this, we have to understand our thoughts, we have to get to know the ways of our mind.

Thoughts have different degrees and levels. We will live in an illusion created by our minds, convinced that this is reality. The first degree of thoughts is called Negative thoughts; These include all our doubts, fears, anxiety, confusion, low self-esteem etc. All the tricks our mind plays on us to make us believe we are much less than we are. They also include thoughts we hold for other people and the environment around us. How much time do you

spend making up stories? How much energy do you dedicate to the deliberation of these worries? Everything is in your hands! This realisation has impressive psychosomatic benefits. As we start understanding our minds, we also create a new vision on our health, our environment and world. Our priority lies in taking care of our mind to truly get to know ourselves, to personally create higher thinking, to establish simple living to bring about a better world. In this process, spiritual education is of the highest importance.



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Simple methods of Self Audit:

Mediation/silence (morning and evening): nourishment for the soul.

Take breaks during the day to observe and reflect on your thoughts.

At the end of the day ask yourself a few questions:

- What was it that I did good today?
- What was not so good in what I did today?
- What is it that I should have done?

June 16, 2016, Glasgow, Scotland , UK

Renewable Energy for the Future: Solar Energy

20 people gathered to discover more about the Brahma Kumaris solar energy project.

We watched a video of Golo Pilz giving an overview of the ambitious project called “India



One”. The initiative involves nearly 800 giant parabolic mirrors. The Brahma Kumaris largely developed the technology themselves to keep costs low, and the organization’s volunteers are part of the process. There was also a clip of Sister Jayanti at COP discussing the mind set shift required to help the environment. Sister Rose gave a short talk on increasing our awareness of environmental issues and the clarity which meditation can bring. We then went into small groups to discuss the topics covered. An opportunity for feedback & a guided environmentally focused meditation closed the evening. And finally, everyone received a home-made vegan sweet!



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