

## TO LIVE IN HARMONY WITH NATURE IS TO LIVE IN HARMONY WITH THE SELF

### François Becher visited Kyrgyzstan

*July 8-13, François Becher, national coordinator, Brahma Kumaris, France visited Kyrgyzstan. He conducted public lectures in Bishkek city and a spiritual retreat for BKs and their friends near Lake Issyk-Kul.*

On 8 and 9 July he gave two public lectures on “Our Inner Ecology and our Outer Environment” and “The Way to Wisdom” at the library of the Kyrgyz State University attended by 60 people; among them were professors and teaching staff, journalists and members of Manasshy organization.



During his lectures, François said,

“We share the same Planet; it is one for all of us. Why then is it so difficult for us to solve the problems of our common home together? We behave as invaders, only consuming the Earth's resources. However, our planet is a one integrated living organism, like the human body. If one organ of our body is sick, the whole body will not be healthy. But the mankind has broken the unity of this integrated system of the planet and we are paying the consequences of our actions. It is connected with the attitude of ‘the planet belongs to me’, not ‘I belong to it’. That turned a man into a consumer.

We encountered the limits, the boundaries of what is permitted in relation to nature. Mahatma Gandhi said, ‘The planet has enough for human need, but not for human greed’. In other words, the environmental crisis is closely related to the spiritual crisis and the loss of inner values.”

In that way, François explained that if we want to protect the environment, we need to improve ourselves by looking inside and understanding our true nature, by learning how to change ourselves and become an example for others.

From 10 to 12 July François conducted a spiritual retreat near Lake Issyk-Kul for the group of 25 BKs and their friends and gave a public lecture.



Lake Issyk-Kul is as a precious aquamarine in the frame of silver snow-capped mountains. It is like a balm that heals not only the body but also the soul, having inspired people for centuries. The lake is located at an altitude of 1607 m above the sea level. Mountain ranges shield the lake from cold winds of the north and the hot breath of the desert of Central Asia.

‘Issyk-Kul’ comes from the old Turkic and means ‘a sacred, holy lake’.



During the retreat, François conducted classes on topics connected with spiritual knowledge. He shared his methods for self-transformation and answered different questions about our spiritual progress.

First day, we walked and meditated along the scenic Lake Issyk-Kul framed by majestic peaks. In the evening, François gave a public lecture "Discovering the Real Me".



Next day, we conducted meditation in a yurt (collapsible dwelling nomads made of felt) together with the local people.

In the evening, during the seminar we discussed questions such as 'how habits and inclinations are born?', 'how is a character created?', 'what are ways to get rid of the negative tendencies?'



For this retreat, we invited our friends who usually lead their busy life in the city, but are keen on spiritual knowledge and like to experience inner peace. They took this opportunity to join us on spiritual holidays and everyone was delighted doing intensive yoga, active body exercises and getting exclusive food for the mind. We ended the retreat with a party launching the paper lantern with our good wishes on it.

All came back happy and refreshed.