

Living in Harmony

Brahma Kumaris Environment Initiative



Green Day Madhuban

A day with Mother Earth including Emergency Preparation - March 2018

The Green Day started with a silent Nature walk by David early in the morning.

Afterwards, we gathered in Harmony Hall for a presentation "Emergency Preparation from a Global and BK perspective" by BK Golo followed by an interview on Inner Preparedness.



Sonja interviews Valeriane, Dr Pratab and Golo.

Examples of questions:

- How to best prepare for the word "Suddenly"? – 3 steps
- All types of fear will emerge. Not only fear from within, but fear from others. How do you prepare for fear?
- The world is becoming increasingly dangerous. How to protect oneself, especially from dangers you can't see and can't see coming?
- Our physical body and health can be our biggest challenge. How to look after it the best way possible, while, at the same time, breaking all attachment to it?
- Nature shows its fearsome form in extreme weather events. What yoga preparation do you do, to make sure the environment will be your friend and not your enemy?

**Afternoon Workshop: Art and Nature -
A space for silent reflection and healing**



The day ended with an outdoor Peace Concert with David, Alex from Brazil and a visiting singer from Argentina. Great experience under the stars in Dadi Janki Park.

