

### 1. How to create a Green Team locally or nationally

Working in teams has many advantages and is an excellent way to meet and keep in contact with others who are like-minded. In the spirit of sowing seeds and cultivating values like patience, perseverance and time, this is an important task. A more detailed template for a team process is available.

- Have dialogues around such questions as:  
*What is the link between the environment and spirituality?*  
*What is the benefit of being environmentally aware? (for the self, for the centre, for our activities)*  
*Are there any references you may have on this topic?*
- Help each other and the centre to implement the Brahma Kumaris' Environment Policy (see separate document on the website).
- Make sure everyone reads the two BKWSU Statements on *Consciousness and Climate Change* available on the website and if desired, arrange discussion groups to reflect on the content.
- Help each other to get up-to-date understanding on how a vegetarian diet is environmentally-friendly, how to use the blog etc. The Eco Tour report is enclosed to inform you of yogic farming and the solar energy projects in Abu Road and Mount Abu, India.
- Help the international Green Team by collecting spiritual references relevant to the 'environment' topic.

### 2. Arrange Green Dialogues/ Workshops and invite your friends and relatives

Enclosed are resources designed around five themes or values related to the environment, including ten workshops for each value. In the spirit of generosity and co-operation, you may like to invite people from other organisations or other local people working individually for the environment to share their projects and ideas. In the spirit of sustenance, building relationships with the local community over time is very important.

### 3. Arrange Green Angel meditations at the BK centre

Increase positive thoughts for Mother Earth, or conduct special meditations on the five elements (one evening per element). There are commentaries for this purpose on the blog.

### 4. Arrange a one-day Earth Care program

There is an *Earth Care* workshop for downloading from the website under the menu 'Resources'.

### 5. Create a Green blog

- Contribute articles especially those that outline initiatives, invite contacts and friends to post an article every month. These are just examples of what can be done.
- Maybe choose a 'Green Angel of the month', that is, someone who has done something worth highlighting.
- Help the international team by posting service news and articles on the international blog; go to:  
<http://environment.brahmakumaris.org/>

### 6. Invite others from your country to attend regional green retreats

Make contact with the Green Co-ordinator in your region. Participate in the regional Green Retreat to get inspirations from people from around the world who are doing the same work. Keep updated on facts and issues in society.

# A PROCESS TEMPLATE FOR THE BRAHMA KUMARIS ENVIRONMENT INITIATIVE

**Background:** This process was used to launch the initiative and inspire greater enthusiasm to develop activities especially for the pilot centres of the Brahma Kumaris (BK). After the piloting phase, the BK centres were ready to create a vision of how they wanted to move forward with this initiative.

**The environment initiative aims to create enthusiasm by:**

- Adopting a positive focus constantly: *what can I do*, rather than *what I shouldn't do*. The question is not to think about less waste, but how can I use what I have in a worthwhile way. It means adding value to my own life, giving value to the environment through my actions and my sharing.
- Empowering and engaging. Every centre has local ownership (a spirit of 'belonging') for their climate process and actions. That will create empowerment and engagement. Centres are responsible for their choice of projects.
- Networking with local contacts, evening students and other organisations to deepen understanding and offer support at the level of consciousness.

**Workshop Format:** Dialogue/brainstorm in three sessions with a group of interested parties who wish to undertake this kind of activity. The general aim of these dialogues is to be able to understand and explain the link between consciousness and spirituality.



## SESSION 1: Purpose and benefits

**Explore the purpose of an environment initiative**

- Why is an environment initiative important for us?
- Why would we like to do this?
- What is our motivation?
- For whom are we doing this?
- Who is the target group?

**Benefits & Results**

- What are the benefits of having awareness and actions, which are environmentally friendly?
- What may be the results for ourselves?  
For the centre? For the BK organisation?

## SESSION 2: Values and actions

**Identify 5-8 values** directly connected to your environment or the planet in general and discuss:

- What are we doing already?
- In what way is our lifestyle already environmentally friendly?
- What practical actions in at home and in our work places are already working towards a sustainable environment?
- Do we already know or have contact with other locally-based organisations that work for the well-being and sustainability of the environment Network.

## SESSION 3: Brainstorm the steps ahead

**Suggested activities:**

- Run a series of workshops with different speakers discussing values connected to the environment
- Invite speakers from other organisations, for example, Vegetarian Society
- Have special meditation sessions for the environment, serving the elements
- Research practical things, i.e. choice of washing powder, light bulbs etc to find best offers in the local market
- Appoint a 'green consultant' to advise on eco-friendly management and to conduct audits
- Investigate local NGOs' work – are there any upcoming fairs, conferences, etc in which we could learn more or offer a workshop or meditation?