



# Jessica Yuille

**Australia Coordinator**

**Brahma Kumaris Environment Initiative**

Brahma Kumaris Centre for Spiritual Learning  
186 Mount Hay Rd, Leura, NSW, 2780. Australia

[environment@au.brahmakumaris.org](mailto:environment@au.brahmakumaris.org)

## Community

Jessica Yuille has an honours degree in science, majoring in zoology. She has spent most of her working life as an environmental activist supporting volunteer environmental groups or with the Brahma Kumaris, working towards creating a more sustainable world.

## Meditation

Jessica lives at the Brahma Kumaris retreat centre in Leura, NSW, Australia. She teaches meditation, runs lifestyle courses for couples, and also coordinates retreats and programs for professionals who work in or have interest in sustainability or environmental areas. From her own experience Jessica knows how caring for the environment can be draining and disheartening. Therefore these programs offer meditation as a means to sustain the participants and the worthwhile work they are doing by emphasising the relationship between spirituality and the environment. Once we have true self-respect and inner harmony, we will respect others and nature, and so live in harmony.



## The Environment



Jessica coordinates the environmental activities of the Brahma Kumaris in Australia and assists with activities in the Asia Pacific region. In Australia, the Brahma Kumaris are looking at ways to make the meditation centres more sustainable. Each centre also participates in local green interfaith groups.

During 2000–2002 Jessica and her husband researched and built a sustainable house. The house is passive solar, energy and water efficient, non-toxic and was built without native forest timbers.

Prior to that Jessica worked voluntarily with a number of environmental groups. She helped in campaign work, by writing submissions and presenting to local government. She also coordinated three bushcare groups and a children's nature club in the Blue Mountains west of Sydney, Australia.

