

GROWING ANGEL NEWSLETTER

REPORT: BK Australia Environmental Group Annual Retreat 10 -12 February 2017



Group Photo

The theme for this year's Annual Retreat was ...

APPRECIATING AND GIVING

- appreciating the colours of nature and giving to the 5 elements of nature

The weekend was a blend of presentations on different colours, meditations on the 5 elements, sharing of news, brainstorming ideas for new plans, time spent in nature and time spent together. The atmosphere was easy and relaxed, yet everyone was full of vigour and enthusiasm when it came to the sessions where news was shared and we brainstormed for new plans for the coming year.

- ❖ Each session started with a Maori Tai Chi – where Mother Earth, Father Sky, Our Ancestors and The Generations to Come were all honoured.
- ❖ Some interesting points from the colour presentations were.....

Aqua - Aqua is called the colour of a healer and this colour is often worn by hospital staff as it is perceived as being calm and restful for patients.

Orange – The colour psychology of orange is optimistic and uplifting, rejuvenating our spirit. Orange offers emotional strength in difficult times. It helps us to bounce back from disappointments and despair, assisting in recovery from grief.

Red - Red is also associated with 'change' and particularly in relation to the environment. So, we have both the external environment and the internal environment. Change occurs naturally every day – the passing of the seasons – the leaves on the trees, the different stages of the day and weather patterns. Climate change – we know the planet is heating up.

Transparent - It is said that Colours we are drawn to or repel from, say a lot about us. For someone who likes transparency then – could mean that they like to see and experience things with clarity, cleanliness, honesty and truth.

White - White light contains all the colours of the spectrum. Angels are luminous white. The stars and other heavenly bodies such as the moon appear white in the night sky. White is the 'lightest' colour.

The theme for the meditation commentaries turned out to be travelling in our angelic form to the subtle regions where we would find Baba sitting in a circle of chairs around a cauldron. From that place, we gave sakash to the 5 elements, which included having a game of soaking each other and Baba with water pistols! – Baba started it! (take a look at the meditation commentaries [here.](#))



'Appreciation Tree': participants added 'leaves' noting what they were appreciating in nature

❖ News included:

- A Christian Meditation Conference
- Friday File Fling with Planet Ark (a reusing & recycling exercise to clean out the office)
- Cleaning Product Workshop
- Meditative Gardener Retreats

❖ Plans included ...

- a retreat at Leura based on the **10 Ways to Change the World** poster
- meditation courses and talks to Environmental organisations
- workshops at Centres titled 'Appreciating & Giving'
- workshops on composting
- t-shirts with the 'I can make a difference' logo
- a meditation retreat for professionals who have attended the Sustainability retreats
- More in-depth information including the PowerPoint presentations on the colours, meditation commentaries spoken, graphics used for promotional material, reports on news shared and brainstorming session, etc are available [here.](#)



Display of photos of BK gardens

Thanks to everyone in the team for making this a beautiful and productive retreat.

BK Australia Environmental Team