



Brahma Kumaris Energy Days during EU Sustainable Energy Program May- June 2018



Thessaloniki, Greece

A World in Transition

On May 6, in Thessaloniki, Greece, at the Vapofoulia Cultural Centre, we hosted a seminar "A World in Transition". Our speaker was Golo Joachim Pilz, Adviser on Renewable Energy, Brahma Kumaris and World Renewal Spiritual Trust.



Golo, with his international experience on environmental issues, alternative energy sources and scientific training, inspired the audience of 80 people.

It became clear and understandable to all that: To make this Earth a better place, it needs more than just using renewable technologies or creating good strategies. We have to change ourselves; change our consciousness and attitudes. If consciousness and attitudes change; our activities will have more impact. Policy and strategy have to be reinforced with an inner change ..."

Athens, Greece - Healthy Minds, Healthy Planet

This public event was organized by the Brahma Kumaris in Athens and hosted by Deree, The American College of Greece, on 21st May. Our speaker Golo Pilz, who has co-ordinated the design and construction of India One, a 1 MW solar thermal power plant gave a presentation on the project that has established the Brahma Kumaris World Spiritual University who is one of the major users of renewable energies in India.



Golo, raised awareness of the importance of the use of solar energy as one that has zero negative impact on the planet. Along with that he made the connection between the state of our inner world and the condition of the planet. With language that was easy to understand, he used the scientific approach and examples from positive psychology experiments to prove the impact our thoughts have on the world and how our thoughts are responsible for creating the reality we experience around us.

He spoke about the power of the sub-conscious mind, how it rules our world (being 90% responsible for our decisions) and how meditation can help us create new neuron pathways in the brain to create the reality we want to experience. 40 people attended the program and had the chance to raise their questions at the end on the topic. The program finished with a meditation commentary by Golo on experiencing inner peace and radiating that to the world.



Copenhagen, Denmark

Outdoor Meditation for the Environment



To nourish both our souls and the planet with peaceful thoughts, an enthusiastic group of meditators gathered in Frederiksberg Have on 3rd June. It was a quiet and still Sunday morning in this old royal park in the middle of Copenhagen. The gathering of around 40 people was welcomed by Sonja Ohlsson from the Brahma Kumaris and Noura Kindler from Meatfree Mondays, Denmark. A brief introduction highlighting the urgent need to

- look after the environment,
- change our lifestyle and
- use clean energy

was shared.



Mickey Gjerris, professor in bioethics from Copenhagen University, gave a short powerful keynote speech about the responsibility of a drop, followed by 45 minutes meditation with both guidance and silence. During the event such a powerful atmosphere of peace and compassion was created that busy people passing by commented on it. It was a powerful “planet-day” donated to: EU Sustainable Energy Week as an Energy Day and early World Environment Day.

Brussels, Belgium - Now is the Hour, a Time of Transition



On the 7 June, the Brahma Kumaris BK centre in Brussels arranged an evening program under the umbrella of the EU Energy Week. Kathryn warmly welcomed the friends, contacts and international guests and introduced Golo and Sister Jayanti. Golo informed everyone of the impact of climate change and the need for a new awareness and lifestyle. The required change must be driven by compassion and care. Sister Jayanti started by sharing that it is our responsibility to contribute a drop, the drops that come together create the ocean. It is this eternal connection between us that will generate enthusiasm and help in the time of transition. Sister Jayanti invited all participants to take with them the thought that we all carry original goodness within. Gratitude can start emerging from the goodness within. “Conscience” is the guide we need to listen whilst making daily choices.

Change-Maker Workshop, Brussels

Our last program under the EU Energy Week took place on 9 June in the Brahma Kumaris Centre in Brussels. Golo and Sonja conducted a workshop titled “Change-Maker – A call to all who have great ideas and want to make our world an energy efficient and better place”. Golo gave an update on the latest facts on climate change. He introduced the solar projects of Brahma Kumaris. He also highlighted the role meditation can play for a fundamental change in lifestyle and for regeneration of this world.



Sonja picked up on topic of the sub-consciousness and the need for a vision of a better world. The group did a writing exercise to access the sub-consciousness and to connect to inner happiness, joy and purpose



The workshop ended with participants writing a letter from their future self in a world of harmony and beauty to themselves in the present time. Some of them shared their heart touching letters with enthusiasm and the promise to keep on going.

Everyone thanked the centre in Brussels for providing a vegan lunch and hosting all the EU Energy Week programs.

