

Brahma Kumaris Environment Initiative



EU Sustainable Energy Week June 2019



Brussels, Networking Village, EU Energy Week

Brahma Kumaris conducted Energy Mornings – light yoga and meditation – two times at the Residence Place during the High Policy Conference on 19th and 20th June morning.

ENERGY MORNING
17-21 JUNE 2019

EU SUSTAINABLE ENERGY WEEK
SHAPING EUROPE'S ENERGY FUTURE

Energise the body and focus the mind - be a step ahead and get the most from EUSEW with "ENERGY MORNING"

ENERGY FOR THE MIND bringing focus and clarity
ENERGY FOR THE BODY refreshing, soothing and relaxing

#EUSEW19

19 & 20 June
08:30 - 08:50
Residence Palace
with Brahma Kumaris

www.eco.brahmakumaris.org

Kathryn, Golo and Sonja conducted the session for a small and enthusiastic gathering who were eager to learn more about yoga. Golo welcomed everybody and emphasized the importance of regular meditation to build up inner strength and resilience to better navigate the coming transition. Then, Sonja performed a 10 minute hatha yoga session followed by 10 minute guided meditation so body and soul received good treatment. The group enjoyed the session immensely.



We are a bit proud as this is the second time we have been invited to host this yoga session and it seems even the EU is moving towards more holistic approach to tackle the climate crisis.

Networking Village programme 19 June 2019

Residence Palace

ENERGY FAIR

08:30 - 09:00	Energy Morning - meditation and light yoga	14:00 - 17:30	Revolutionising solar energy: The energy of the future needs the engineering of the future! - AltedPower
09:00 - 12:30	Healthy Mind - Healthy Planet - Brahma Kumaris Environment Initiative	FRP 01	

Energy Fair

Healthy Mind, Healthy Planet

In the Networking Village, the EU provides an opportunity for various organizations and research institutes to showcase their activities. Our exhibition "Healthy Mind, Healthy Planet" proved to be a wonderful platform to meet people from all sorts of backgrounds. People mostly appreciated the combination of spirituality and our practical projects.



Energy Days in Brahma Kumaris centers across Europe

Copenhagen, Denmark

Meditation and A World in Transition

In the evening of 5th June, Golo conducted a program at the local BK Center titled "Meditation and A World in Transition". He gave an update on latest climate developments and combined it with a beautiful meditation, sending blessings to the world. Around 25 people participated and left full of inspiration and hope. The next day was general election in Denmark and it was interesting that climate change was the main topic.



Tälleryd, Sweden

Meditation and A World in Transition

Sonja's mum Siv-Britt organized an Energy Talk on 10th June for friends and neighbors at her residence in Tälleryd, a tiny village in south Sweden. Golo shared his insights into the tipping points of climate and that we can expect an increasing number of extreme weather events in the future. He emphasized the importance of meditation and good leadership for this transition process and mentioned Dadi Janki as an example.



Golo ended the program with a guided meditation taking everybody to the coming golden world.



Meditation and world in Transition program in Tälleryd, south Sweden

Brussels, Belgium

Being a Changemaker by shifting mindset and lifestyle

Kathryn organized an evening program in the local BK center which we registered under the EU Energy Week on 18th June evening. Golo gave a presentation linking climate change with our consciousness. Then Sonja began a dialogue how we can create hope for us and others and then bring it into action.



Energy Day program in Brussels hosted by Kathryn

Schellen, Belgium
Create a New Earth

On 20th June, Jan and Veeke arranged an Energy Talk in their beautiful house in Schellen, close to Antwerpen. Golo and Sonja shared their insights and experiences. A deep discussion developed among the participants about self transformation and the best way to inform and inspire people for change. The evening ended with yummy vegan food served by Jan and Veeke.



Downtown Brussels, Arc de Triumph made out of recycling Bicycles



Sopot, Poland

And what's next with this climate?

Climate change is a fact. All major scientific organizations in the world agree on this. The average temperature of the Earth has already increased by about one degree in relation to the pre-industrial era. What is frightening, however, is the pace of change caused by human activity, which has never happened before in history, not only of mankind but also of the planet. The forecasts are not optimistic. What's next? For sure, chaos. Should we be afraid? Yes. Is there hope? Yes.

Brahma Kumaris University in Poland conducted a workshop on June 19 in Sopoteka, Gallery of Multimedia Culture, where participants talked about how to maintain hope and what to do to turn it into reality. A short introduction presented the current state of the nature - in its own words and then scientific data and expectations for the future based on IPCC, UN and WWF reports.

Then, participants talked about all various ways to combat and adapt to climate change, covering required systemic change, social considerations, carbon neutrality with renewable energy, individual carbon footprint calculation and consequences etc. However the focus of the workshop was to take a different approach in supporting the Earth: inside out. All presentations at the workshop reflected on a few personal questions, bringing the attention from outside to inside. The questions that all were considering were: Have you ever considered the impact of your thoughts and feelings on the nature and on the world? Is it possible that our thinking, attitudes and values lie at the root of the current environmental crisis? Reflecting and exploring causes from the spiritual point of view was the beginning for new and effective ways to recreate a harmonious world.

The session was finished with a moment of quiet meditation, deepening the realization between our inner state, inner climate and outer state of the world, external climate, and making personal commitment to change. The program took place on the occasion of the EU Sustainable Energy Week, the largest renewable energy event and an efficient energy system in Europe.



Frankfurt, Germany

From Ego to Eco

The last program dedicated to EU Energy Days 2019 took place at the BK center in Frankfurt. Reinhild interviewed Golo and Sonja on how ego can block a sustainable lifestyle. On the other hand “Eco” is a sustainable and holistic approach towards the climate emergency. 20 participants enjoyed this interactive session and were further inspired by a powerful meditation generating blessings for the people of the world, animals and nature. Everybody felt inspired to intensify their spiritual and sustainable practices.

