

Report of Brahma Kumaris EU Energy Week Activities 2014

Through a series of 9 different programs, in 8 different Cities, across 5 countries – Denmark, Germany, Poland, Scotland (UK), and Belgium - Brahma Kumaris Centre's contributed to EU Sustainable Energy Week using as the main theme "*Sustainable Transitions Demands a New Mind Set*". All events complemented the significant developments being discussed to reduce EU energy dependence and to raise awareness on the impact of consciousness and how this can transform the quality of conversations' / debates and possible agenda for action amongst stakeholders. Below are highlights of each events.

1st June, Copenhagen, Denmark

Outdoor Meditation for the Environment



Blue balloons representing the earth and its countries and considering the wind, the sun was still shining undeterred. Around 100 people gathered and took their positions sitting quietly on the lawn in a circle facing the inner circle of meditators sitting on chairs. Many people cycling along the quay stopped and asked "what is going on"? The answer was that all these people who have come together some of them meditators, some not, had chosen to give one hour of their time on Sunday afternoon June 1 to meditate for the environment.

The Brahma Kumaris dedicated the event to EU Energy week and Sharing Copenhagen – Copenhagen is Europe's Environmental City 2014. The idea is that when we meditate, we have the ability to change our thoughts and feelings. Thoughts and feelings affect our actions, and our actions affect the environment. If you'd like to try, do not worry! The event was so successful we will repeat it again next year as part of the United Nations Environment Day June 5, 2015, at the wharf. (Fotos: Ursula Bach)

3rd June, Rudolf Steiner Haus, Hamburg, Germany

World in Transition – New Thoughts Create New Realities



The topic was on practical steps of courage in the speaker's life each one following a high intention, independent of what others might say. 90 people who attended this event, were offered practical experiences on having moments of silence before each statement of the panelists, the consciousness, atmosphere, thinking and speaking becomes powerful and filled with quality. Anna Leidreiter (World Future Council) promoted the use of 100% renewable energy. She explained that the requirements in terms of the technique and possibilities to finance it are available, but we

need to want it to happen. Jayanti Kirpalani (Brahma Kumaris) pointed out that people of the world are in fear of the effect of climate change and have become aware, that the external situation results in our actions,

then explored the practical methods of detoxification and shared our discoveries. The evening ended with a guided meditation on purifying our thoughts and feelings towards ourselves and the planet. Everyone left with a “green thought card” to reflect upon their learning from session.

22nd June, Müllheim, Germany

Pause for the Planet

We started with meditation in groups of 10. After 30 mins a bell was rung as a signal for change. Some could go out and new ones join in. The meditation was a reflection on being connected with all breathing living beings on this planet, in that we all breathe in same air. After the meditation there was open space where we discussed “10 things you can do to change the world”. For the final 30mins of the workshop we selected a region or people on this earth that we felt attracted to and sent vibrations of peace and love in that direction. This group supported activists in Europe and those involved in climate change negotiators around the world that they may make the right decisions and refugees in Arabia and Africa. All participants expressed that they felt they had done something very meaningful even though they were simply sitting in one place, they also expressed how they would like to do this on a regular basis once a month.

26th June, InnerSpace Meditation Centre, Glasgow, Scotland

10 Ways to change the World

20 people enjoyed an inspiring evening to explore 10 ways to change the world. Everyone who attends I receive a reminder card listing the 10 ways we can all make a positive difference. We began with short meditations for the environment, being a “Peace Generator” and sharing “Drops of Peace” meditations from the Brahma Kumaris Environment Initiative.

Three short videos were shown to stimulate thoughts about how consciousness affects the environment. (Copy links into your browser to watch)

1. Sustainable Yogic Agriculture cartoon

<http://youtu.be/DbBINFKxt00>

2. Climate Change & Consciousness

<http://youtu.be/3S4XkPnURSc>

3. One earth Connections

<http://www.youtube.com/watch?v=3rVzI7In6Cg&list=PL95FDD8EE58D5044D&feature=share&index=9>

Rose Goodenough gave a short presentation to encourage us to value our thoughts, because our energy can be a great contribution to the world.

This was followed by group discussions around the 10 ways to change the world cards.

“When we practise meditation & see the self as a spiritual being then our value for others goes through the roof!” Ross & Humza

“Less is sometimes more. We know how sensible it is to declutter & save energy” Anne & Deborah

“I am a creator of my reality ...a world player!” Sadie & Win

“Follow your dream is such good advice ...so we must ensure we have dream!” Janette & Miriam

“If I spend time sending positive good thoughts to the world, I feel the connection to all souls...it’s like no one is a stranger.” Marilyn & Sophie

We closed with a short meditation to “sprinkle drops of peace” onto the world.



21 – 29 June, Brussels, Belgium

“Consciousness and the Environment.....” an exhibition with a difference

Another approach to spread awareness about Environment initiatives was through this special and unique of its kind of exhibition, very near to the famous Brussels' Grand Place. Meditation were conducted to support EUSEW, inside the separate space in exhibition in order to have some experience at 13:30, 15:30 and 17:00 for 1 hour each. At the entrance there was beautiful book shelf to explore and know more about Environment Initiatives of Brahma Kumaris and EU Sustainable Energy Week activities. Many passers visited and benefited themselves.



25th June, Brussels, Belgium

New Thinking Creates New Realities... Lunch Networking Event

It was a unique lunch networking event to open up the topic to working professionals over a cup of coffee. Sonja Ohlsson welcomed the group of invited guests giving a brief update on participation of Brahma Kumaris during Energy Week. Golo Pilz, presented a detailed and researched presentation on changes in the environment and the shift that is needed from us to bring the change between the developed and developing countries. Jayanti Kirpalani, emphasized the importance of bringing the “Heart” into our negotiations and discussions related to Climate Change and Sustainable Energy. She further appealed to have a holistic approach to see the person as “Human Being” not only the human machine and the way to change my thinking is to change how I see myself. The event concluded with discussion and questions from the audience.



25th June, Sheraton Hotel, Brussels, Belgium

World in Transition - New Thinking Creates New Realities...



Another enlightening evening in the heart of Brussels. Kathryn Hendry, welcomed all the participants and the speakers Jayanti Kirpalani, Golo Pilz, and Sonja Ohlsson. Sonja gave an outline to the Brahma Kumaris Environment



project and the importance of participating in EU Sustainable Energy Week. Golo Pilz presented an eye

opening powerpoint presentation about the Environmental chaos across globe, how the developing and developed countries are passing the onus to one other and ultimately it is nature that is being damaged. He gave formula of 4 R's: Rethink, Reuse, Reduce and Recycle to become an example for others. Moving ahead, he presented detailed slides on Indian One – 1 MW Solar Power initiative of Brahma Kumaris which would become a role model for all. Next, Jayanti Kirpalani said that transition of the world is moving in a direction that is not so pleasant, given all the information that we receive. She talked about the financial crisis of recent past where banks had shown that it's not a financial crisis but more a values based crisis. She added that human spirit is made up of the original qualities – peace, love, wisdom... and that we need to connect to this inner part of ourselves. Reflecting on successful people who have greatness in the world today it is seen that they connect themselves with the inner self. She beautifully portrayed the near future and the one which is longer future. We just need to maintain hope, through understanding and faith. Our hope and good feelings can make sure that we move through the darkness to a better world. Lastly, she drew everyone's attention to observe the quality of our thoughts and to learn to use time and thoughts more efficiently. The session was opened up for questions from audience. The feedback was a very light and awakening experience from the audience.



27th June, Brahma Kumaris Centre, Kortrijk, Belgium

Healthy Mind – Healthy Planet

Golo Pilz started the evening with an awakening walk through the ecological turmoil and the impact of our ecological footprints that will ultimately bring us to a situation which demands change. Golo then inspired us by showing us how we can be that Change and the importance of Consciousness that is needed to bring about change. The evening finished with an interactive workshop facilitated by Sonja Ohlsson on the relationship between beautiful planet and the beautiful mind. The event concluded with some deep moments of self-exploration and powerful experiences were shared by all.

