



Panels on sustainability in Biocultura Barcelona.



Biocultura is a large ecological fair that happens every year in Barcelona and in many other big cities of Spain with many exhibitions, talks and panels for 4 days.

On the 7th of May 2017 at 2pm, Brahma Kumaris organised a panel discussion titled **“Conscience and sustainability”**.

Speakers:

- Pep Puig- Forum of the earth
- Lourdes Estrada – Unesco Interfaith Dialogue
- Valérie Bernard- UN representative Brahma Kumaris
- Moderated by Marta Matarin from the Brahma Kumaris Spanish association

Pep Puig :

Mr Puig read the preamble of the Earth Charter and spoke about the common good, sharing how resources are used to generate money instead of being used for the common good.

Respect individual initiatives, while making sure they are responsible for structural and political changes.

Lourdes Estrada:

Nature and spirituality have a very close relationship, this awareness makes it is easier to respect nature.

Here in Catalonia, there is no mobilization or citizen awareness about climate change, nor at an inter-religious level.

Valériane Bernard:

Our past decisions have had an impact on the environment and have generated climate change. All Our acts are a result of our moral, ethical and spiritual background and perspectives that have shaped our thoughts, feelings and actions.

It is necessary to create a new kind of mindset based on conscience and use positive thinking to find solutions to the present situation.

We are living on the earth and everything around us is composed of matter and thereby, everything is influenced by our doing and thinking.

Valériane then described her lifestyle of how to eat and how to live while respecting nature.

At 5pm there was another conference in Biocultura Barcelona, day 7 May 2017, on the topic of “5 keys for sustainable happiness”

Lecturer: Valériane Bernard of the Brahma Kumaris Association, UN representative in Geneva.

The more I am aware that my thoughts, feelings and emotions are energy that I can appreciate deep within me, the more I learn to be happy because it is my inner power and spiritual right.

The more I understand my inner world and the way it works, the happier I can be, so I need to spend time with myself and learn to build a good relationship with my own self, I need to learn to love myself.

Our thoughts create our feelings and through meditation I can learn how to concentrate and create happiness within and experiment with my inner potential and the amazing capacities stored within.

I receive the fruits of what I sow and if I pay attention to the quality of my thoughts, relationships and actions, I will be able to dedicate time and energy to create my future life.

We must learn the art of being in the present because that's where there is happiness. Happiness is not in the past nor in the future.

