

**Sustainability Conference, Hiroshima, Japan**  
**Thursday, January 24, 2013**  
**Inner Ecology: Aligning Awareness and Action for the Future We Want**  
**Poster Session and Workshop**



At the international Sustainability Conference in Hiroshima Japan, from January 23 – 25, the BK team, including Charlie Hogg, Rajni, Mizue, Yasue and Evelyn, participated daily in many sessions, networking with delegates from many of the 46 countries represented.

The Conference was opened with a speech prepared by the Mayor of Hiroshima. His message encouraged Conference delegates to take advantage of being in Hiroshima and visit the Peace Memorial Museum, just next to the Conference venue, to heighten their awareness of the horrors of nuclear war.

Junko Edahiro, the first plenary speaker stressed the importance to Conference delegates of being conscious of their happiness index and to make effort to maintain their happiness in all situations. There was a particularly high level of spirituality among the participants of this Conference, for which around 300 were registered. The BK team invited various spiritually-minded Conference delegates to attend the Peace of Mind retreat in Madhuban and to visit various BK Centers in their home countries.

The BK team led a 45-minute poster session and a one-hour workshop on the theme of Inner Ecology: Aligning Awareness and Action for the Future We Want.

Displaying posters and talking to individuals about the India One project, Yogic Agriculture and aspects of BK Lifestyle, the team was able to connect with about 30 people during the poster session. Many showed great interest in the projects, especially the Yogic Agriculture.



The one-hour workshop session (led by Charlie Hogg) guided the small group to understand how great the influence of our thoughts are and to realize that the origin of our problems is from our inner worlds, not the outer world. The relationship with the inner self is thus very important -- not to have the superiority or the inferiority of "I", but to understand the true self as an immortal, non-physical being. Participants learned that they could experience the peace of their inner resources and gain a sense of contentment through RajaYoga meditation. The participants experienced a guided meditation and received toil and blessing cards at the end of the session.