

## Tamasin Ramsay's visit to Rome

On 19 February 2013, Tamasin Ramsay, Brahma Kumaris representative to the United Nations in New York, was invited to give a speech in the Food and Agriculture Organization of the UN (FAO), Headquarters in Rome.

The event was organized by a group who meet once a week to study knowledge and practice meditation. The "Positive Thinking Group" has been meeting for around 3 years.

Tamasin communicated her depth of experience in the field of disaster resilience. People in FAO are used to instructing communities on how to build resilience in times of risk through all kinds of technical means. Tamasin's perspective of caring for the inner well being of people was a completely new approach. For this, stability of the mind and heart in challenging moments are key. Three areas were discussed that are key to understanding disaster resilience: Identity (who am I?), circumstances (what's really going on?) and outreach (how can I best serve?). It is primarily in these three areas that trauma is experienced. FAO staff members demonstrated great interest in the talk.

Soon after the meeting, Tamasin and Teresa, former FAO staff member and Green Team member, met Ms Linda Collette, Director of the Commission on Genetic Resources for Food and Agriculture. Tamasin introduced the project on Sustainable Yogic Agriculture (SYA) to her. Linda was enthusiastic about SYA and suggested contacting Mr Peter Kenmore, FAO Representative in India. Ms Collette requested the programme of events in Rome BK Center, as she would like to practice meditation.

Then, both Tamasin and Teresa met Mr Selvaraju Ramasamy, who is a PhD Meteorologist, specialized in Disaster Management. He gave an overview of FAO's work in that area, while Tamasin explained to him how BK's work under those circumstances with affected communities.

Mr Ramasamy provided Tamasin some FAO publications and a CD. They will remain in contact.

In the afternoon there was a programme at the BK Center in Rome on Sustainable Yogic Agriculture. The evening covered how the

SYA was born, the experience and practice of the farmers, and the positive results gathered through research established by the Rural Wing of the BKWSU in India. There is great interest in SYA in countries outside of India and discussions are underway for Casa Sangam, the BK retreat centre in Gubbio, to be one of the first official SYA research sites outside of India.

For more information about SYA research in countries outside of India, please email Tamasin at [tamasin@bkun.org](mailto:tamasin@bkun.org) and cc Sumanth at [ruralwing@gmail.com](mailto:ruralwing@gmail.com). For information about SYA research in India please email Sumanth directly and cc Tamasin.