

Vegan Life Live Show

March 2019 Alexandra Palace

London



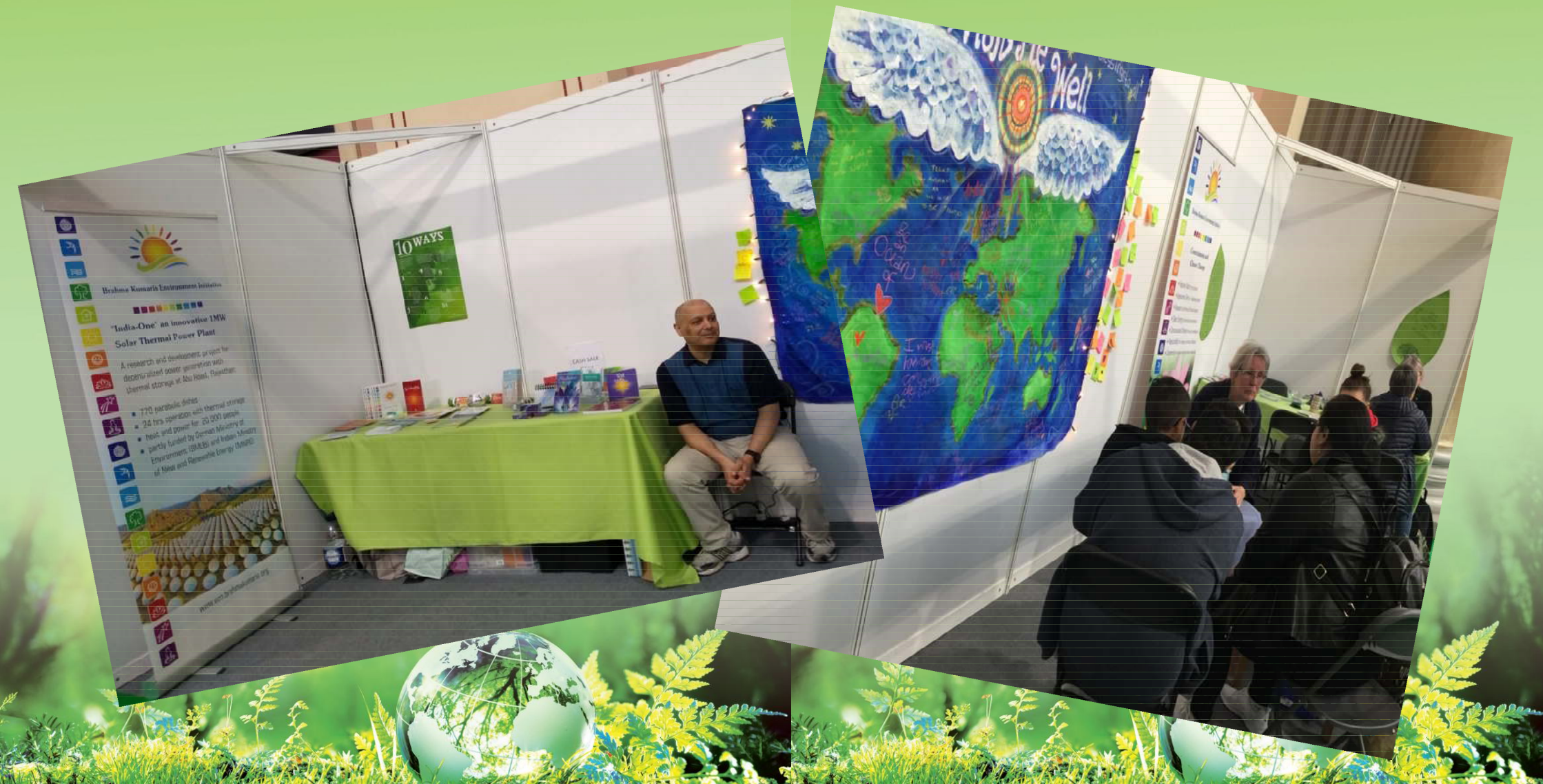
We Were Here In the Eco Living Zone



Brahma Kumaris Environment Initiative



Information, Chats, Books and Interactive Activities



In Conversation



Reflective Activity

Questionnaire side one

Questionnaire side two

Wish Me Well Painting



Wishing the World Well



[illegible]

Some Wishes for the World

*** Let's heal the world together**

*** Be an ocean of love**

*** Be kind**

*** Peace and respect**

*** Bless the sea**

*** Feel more love**

*** Peace, love and abundance to all**

*** Seek truth and be happy**

*** Care freely**

*** Family**

*** May the world be open like a rose**

*** Let's stick together**



A Popular Shot

A woman with short brown hair, wearing a beige cardigan over a white turtleneck, stands with her arms outstretched in front of a large, vibrant banner. The banner is blue and features the text "All Good wishes and blessings to all" at the top, followed by "Wish Me Well" in large, stylized white letters. Below the text is a white, feathery angel wing. The banner also includes a world map with various countries labeled, a rainbow, and numerous handwritten notes and drawings in various colors. The banner is decorated with string lights and is surrounded by many colorful sticky notes (yellow, pink, orange, green) pinned to it. The background is a plain white wall. The entire image is framed by a green border with a leafy pattern.

Visiting Other Stall Holders

10 WAYS TO CHANGE THE WORLD

The current distressing state of the world is the consequence of the past actions of humanity. We believe that technical and political solutions to the challenges we now face are not enough.

There needs to be a radical change in the hearts and minds of people throughout the world – a realisation that the world will only change when we change the way we relate to ourselves, others and nature.

By changing our consciousness and re-connecting with our inner spirit, we will naturally and spontaneously want to make the world a cleaner, healthier, safer and more beautiful place in which human beings, and other creatures, can live together in peace and harmony.

1

Live Simply

When we use our mental, emotional and physical resources wisely and carefully, based on our needs rather than desires, we are able to fulfil our responsibility as trustees of the earth.

2

Be Unlimited

By connecting with our spiritual essence and going beyond the artificial divisions of gender, race, culture and religion, we feel part of the global family and act accordingly.

3

Open the Heart

Practicing compassion, forgiveness and unconditional love for the self and others, enables us to heal this shattered world.

7

Empower Yourself

Realising that we are the creators of our own world, and that we always have a choice as to how we deal with the challenges of life, brings a sense of freedom and responsibility, which gives us the faith and courage to make a difference.

4

Respect Life

Recognising the uniqueness, wonder and beauty of our own being, enables us to treat ourselves, others, animals and nature with consideration and care.

5

Be Positive

Putting a full stop to negative and wasteful thinking and choosing to use the power of our mind in a positive way is the foundation for world transformation.

6

Walk the Talk

When we remain true to our inner values and follow our conscience, despite resistance from others, our actions bring benefit to many.

8

Eat Well

Vegetarian/Vegan cooked with love, nourishes our whole being and contributes to the health of the planet.

9

Follow Your Dream

The more powerful, positive and detailed our vision of the future, the more likely we are to achieve it.

10

Feed the Soul

Spending time alone in silent prayer, or meditation, gives us inner strength and wisdom to deal with life in a more positive and peaceful way.



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Healthy Mind, Healthy Planet

Maureen's Talk in the Eco Living Lecture Area



Final Thoughts : Contribution

- About 500 people visited the stand over the 2 days
- A unique contribution : thoughts, consciousness & meditation
- The reflective activity lead to some in-depth conversations
- People enjoyed the 'Wish Me Well' painting, taking photos and leaving smiling
- There was a lot of interest in meditation and courses on offer
- Re-connected with a number of people who had had previous contact with the Brahma Kumaris
- The show had a good energy, perhaps summed up by the slogan on a cloth bag from one stall saying 'Be Kind to every Kind.'



Final Thoughts : Going Forward

- A table game, such as, a virtue wheel with an environmental slant
- Look at re-designing the '10 Ways' hand-out to better present as an easily readable A5 sized leaflet
- Consider shortening the questionnaire, as people are always 'pushed' for time
- Printed, catchy and attractive slogans for the walls of the stand, to give a positive message to anyone passing by
- A specific follow-up talk or event related to “greening” our consciousness

