

Vegan Life Live
Alexandra Palace, London
Saturday 9th and Sunday 10th March 2019

Report

Brahma Kumaris (UK) took part for the first time in the Vegan Life Live Show held at Alexandra Palace in North London under the banner: Brahma Kumaris Environment Initiative. The BKEI stand was located in the Eco Zone, an area newly introduced by the organisers to recognise that being vegan is not just about food but also about how our actions impact our planet. Around 500 people visited the stand.



At the stand, there were two activities on offer: a reflective exercise and an interactive art activity as well as an area with information, leaflets and books. The reflective exercise was in the form of an interactive questionnaire entitled 'Reflections on Creating a Sustainable World' and was a great opportunity for the public to explore how our thoughts and values impact our environment. This activity led to deep conversations and a feeling of gratitude around being reminded about and re-connecting with their innate values. Participants left with a Virtue Reality card and a positive affirmation card.



The second activity was a painting of the world entitled 'Wish Me Well'. People were invited to either write a good wish for the world directly onto the painting using special pens, or on a post-it note to put up next to the painting. This proved very popular and enjoyable. It particularly attracted children and young people. The painting also had a pair of angel wings spreading out around the world. This caught people's imaginations and many were taking photographs of themselves with the world and the wings behind them!



On Sunday morning Maureen Goodman, Programme Director of the Brahma Kumaris (UK), gave a presentation entitled 'Healthy Mind Healthy Planet' which attracted around 40 people. Maureen spoke about how we and nature are two living systems interacting with each other and the need to make this synergistic. She shared about the connection between our awareness and thoughts and actions. She gave the example of the Brahma Kumaris sustainable yogic agriculture initiative in India, which integrates thought-based meditative practices with organic agriculture and is showing promising results. Maureen ended the talk with a beautiful meditation.



There were 12 volunteers helping on the stand each day and a free-flowing rota that worked very well. Volunteers also visited other stall-holders, handing out the '10 Ways to Change the World' Poster and the BeeZone and Meditation Lounge app cards. Comments from stall-holders about the '10 Ways' poster were that they felt they were doing numbers 1 to 9, but not number 10 (Feed the Soul). They were also interested in the meditation apps and incorporating a meditation practice into their day.

The show had a very good energy, perhaps summed up by the slogan on a cloth bag from one stall saying 'Be Kind to every Kind.' It was also felt the Brahma Kumaris Environmental Initiative was offering something unique to the event, making the connection between our thoughts and consciousness and the environment.