

Brahma Kumaris World Spiritual University North America

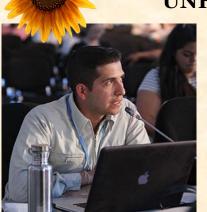
Green Angels

An Environment Initiative Newsletter July 2015



Opening Ceremony of the UNFCCC COP20

decisions.



J. Vazquez Milling, COP20 youth coordinator from Brahma Kumaris Environment Initiative, was elected to be the voice of all the youth around the world and represent -YOUNGO, the civil society youth constituency of the UNFCCC -- in order to pronounce their opening ceremony statement of the Twentieth World Conference of the Parties on Climate Change -COP 20 in Lima, Peru. "It was such an amazing experience and also an honor to have represent-

-ed all the youth around the world," Juan said. While reading the statement, Juan put in his most elevated intentions and his best wishes in order to reach the heart and the mind of the people and the parties present in the event. He reminded them to address climate change and ensure a healthy planet for all of us and future generations of humanity. This was the reason why we were all there at COP together because creating a genuine path to a safe, healthy, prosperous world with zero carbon emissions is possible. He told them that the voice of Pachamama (Mother Earth) has to be acknowledged and the voice of the youth has to be a part of the process of making



India-One Solar Thermal Power Project—An Update

For more than 15 years the Brahma Kumaris has been actively involved in the research and demonstration of alternative renewable energy concepts. Currently, we are constructing "India-One", an innovative 1 Mw solar thermal power plant at the Shantivan Campus of the Brahma Kumaris spiritual headquarters, Abu Road, Rajasthan, India. This ambitious project uses 770 newly developed 60m2 parabolic dishes and features thermal storage for continuous op-



The plant will generate

enough heat and power for

the campus of 20,000 people

and provides a sustainable

model for decentralized solar

energy generation in India.

Trust (a sister organization of the Brahma Kumaris) and partly funded by the Ministry of New and Renewable Energy Sources (MNRE), India and the German Ministry for Environment, Nature Conservation and Nuclear Safety (BMU). For more details, visit www.india-one.net

minutes) on India-One:

North America—4th Annual Green Retreat 2015 Mind over Matter: The Confluence of Two Living Systems Here's a link to a video (5

July 31-Aug 2, 2015 **Peace Village**

The current state of the world is a reflection of the state of our collective consciousness. Everything is interconnected, and our This will be a balanced weekend thoughts, words and deeds have with time for the self, nature, an impact on the world. In this and service, where we can imretreat, we will collectively:

-Explore how the living system of thought influences the living system of the Earth, using scientific examples from quantum physics.

-Deepen our understanding of the connection between awareness, attitude, vision, action and the world.

-Participate in interactive workshops designed by the BK Environment International team helping facilitate the outreach of green issues & practical spiritu-

-Enjoy forest walks & full moon meditation to serve the elements and nature.

merse ourselves in the ocean. Please register and send your information to Peace Village Center Retreat <registration@peacevillage.org</pre>





We are delighted to welcome special guest Neville Hodgkinson, who is a senior BK brother, a writer, journalist & medical and science correspondent of several newspapers in the UK including The Sunday Times, Sunday Express, and Daily Mail. He was one of the first to describe the intimate links between health and happiness in terms of modern scientific findings. His interest in mind-body medicine led him to take up the practice of meditation and spiritual study in the early 1980s.

www.youtube.com/ watch?v=sizTT 7PEJs



The Green Angels Newsletter will be a constant source of information for all of you in the future. If you have any environment related news or articles or information to share with others, please send it to us at the following email address:

greenretreatnorthamerica@gmail.com



By Anthony Strano

It had been a long trip traveling throughout South Africa to various cities A friend once advised me: "Now do nothing, slowly." I stumbled on a including Johannesburg, Port Elizabeth, Durban and now Cape Town. I wooden walkway umbrelled by the arms of many trees. I said to my mind, "Do not think," just watch.

I wanted to go somewhere just to relax, and my local friends suggested Kirstenbosch Garden, one of the largest and, as I realized later, one of the most beautiful gardens not only in Africa but in the world. The garden stretched over many acres and the huge mountain behind it, called Table Mountain, provided a soaring backdrop.



As I wandered about, the many flowers and trees beamed their colors onto me. It seemed as if the Roman goddess Flora had come for a visit and helped paint them in multiple shades of green and other colors. The mountain connected the gleaming vegetation, to the vault of African sky, which, like a giant star sapphire, dazzled in iridescent blue.

While there I felt I was strolling through a painting.

When we first arrived in the garden, I explained to my friends I wanted to unwind, which meant no talking, photographing but simply strolling, lolling, meandering, gazing, pausing, listening, sitting, and just slouching about that is—to use the Doodle side of my brain. I had done a lot of Googling lately... analyzing, evaluating, processing, investigating, directing, teaching, organizing, codifying, classifying, experimenting etc. I felt deeply that the relentlessness to discover new facts must stop for a few hours

I stood quietly by a gurgling, bouncy stream; its water ba ambled through my ears. In this dell of shade, water giggled everywh on. Suddenly trees arranged in an amphitheater rose like emer emperors in green silence. Open armed centenarians heaved their solid brown trunks against the iris blue of the sky. These cycads stood as if in a royal court. I felt from their primeval forms that they may have even known a dinosaur or two or, at least, their ancestors certainly would have.

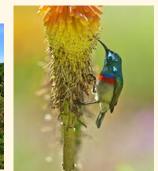
Often when I went to a botanical garden of a country I would seek, ask and scout for information about everything. Before, during and after I would Google for information. I had been educated to create in my mind this search engine to access more understanding. So I never allowed myself the freedom to comprehend or perceive in a different way. With meditation I had started learning to give space to other ways of interacting and gaining insight. Meditation showed me not to grab and tackle my outside world, quickly creating my personal convenient meaning of it all. Instead, in silence, letting myself be still and observe without drawing any conclusions. Just to be still, to be present and allowing the trees, the animals, the waters, the earth, the sky, the mountains, whatever to speak to me without Interference from the mania for filtering and categorizing everything.

So, today no grabbing and no tackling the Facts. I wished to do none of that. I wanted to do nothing: NOTHING. Just saunter in quiet solitude absorbing scents, admiring the wings of tenacious bees, of carousing birds, of a kaleidoscope of butterflies gulping the petaled nectar, and sailing around the turquoise sky.



I had to stop myself as the Googling side of my brain unexpectedly jumped in to categorize, compare, scrutinize whenever I saw something catch my attention. "STOP," I said to my defiant jumping mind. The monkey in my mind had to be tamed! So, today no grabbing and no tackling the Facts. I wished to do none of that. I wanted to do nothing: NOTHING. Just saunter in quiet solitude absorbing scents, admiring the sings of tenacious bees, of The link for the garden: http://www.sanbi.org.za/gardens/carousing birds, of a kaleidoscope of butter ics liping the petaled nectar, kirstenbosch and sailing around the turquoise sky. and sailing around the turquoise sky.





Suddenly a huge tree blazed in front of me with flowers of crimson, dripping nectar. Actually it had been there for a long, long time but I only noticed it now. Tiny, tiny birds bobbing, hopping, sipped the sweet wine... ruby red splashing on their minute beaks.

Just gazing, beyond any thinking, I felt the wonder of this moment in Nature. I gasped as the miracle of Harmony revealed itself to me slowly. Suddenly a realization wandered into my mind: Harmony is when Differences complement, thus keeping the Equilibrium and, in consequence, perpetually sustain the Whole. This is Nature's code, the primary principle of her being.

Temptation came again... Read! Read the sign, how old is the tree? what is it? is it native? which birds come to it?... Note it down and file it. File it for later Googling. No I said to myself, once again. Do not be tempted by the thrills of thinking and storing and knowing. Keep Doodling and savor this Now. Surrender to the Flow. Feel the rhythm of existing in this Moment.

With this determined thought I just allowed myself to let the images impact me. I felt again that I was in an impressionist painting similar to Van Gogh's "The Starry Night"... swirls of color and swirls of feelings. I was flowing into the scene and feeling the ancient breath of the tree, holding its jade luminosity in my eyes; the ruby redness pulsing in my every vein.

However, occasionally I still had to pay attention not to be conditioned by regimented thinking. Let it be. Let it happen, I reminded myself. For these few hours stop the info-hunting, this deadly habit of the mind. Be still and remain uncluttered. Reality is not a set of facts, conveniently structured and controlled. Feel safe with not knowing everything, feel secure without holding onto any thread. Let go and let it happen.

Soon my attention was distracted by Googlers. Japanese tourists fervently snapping and storing their souvenir photos. Spanish tongues, Las Googlers, also with their machines and locomotive words. Also a variety of Anglo-Saxon flocks intellectually watching and analyzing.

Anyway today during these hours I had made a great decision to embrace Doodling totally... pause and allow. Pause and let silence create space for new feelings and new perceptions to come at their own speed and will, if they wish to come.

From today I was given the revelation of Great Doodling so in the future I would invite my friends for an exciting time to experience Doodling. With them set an aim to introduce breaks for doodling at our work place, at our home. Quite understandably some of my Googler friends would later shriek "heretic" and say this great waste of time is a sacrilege and especially to encourage others to follow such a doctrine. I am anathema to some of the Googling community. Nonetheless I am adamant that "Doodle Time" is the true source of creative regeneration because nothing is done. For only then fresh space is created. In other words just to stop and be thinkless for a moment or an hour or even a day is the innovative way for-

Why? It bursts open the essilied mind. Want to join this innovative Doodlers Club?

Googlers welcomed as long as all antiquated minds and modes are left outside at the Door of Adventure. You can Doodle through this website of the beautiful Garden, where I experienced my humbling epiphany.