

# Consciousness & Energy Workshop

## Exploring the effect of awareness on matter

This workshop can be conducted in the Centre or in another venue, with BKs or with non-BKs; process is suitable for groups of 5–35 people.

### Background

The facilitator needs to study the two BK Statements about *Climate and Consciousness* and prepare an introduction.

#### Suggested resources for workshop and to build an atmosphere:

- Flip chart, note books or scrap paper.
- Have posters and other images on walls to evoke a feeling of being with nature? (e.g. Earth from space, sunrises and sunsets, gardens, forests, lakes, different types of housing from around the world, rural landscapes, city skylines etc) – see attached samples on separate docs
- Slogans about attitude on the door/window/in the hallway etc
- Have many leafy plants and fresh flowers in the room to add 'green' feeling
- Meditation CDs (commentaries and ambient music)

### Process

#### Exercise 1: Introduction

Welcome participants and explain that this workshop invites participants to explore the effect of awareness and the mind on matter. (If appropriate, spend a little time discussing the difference between 'attitude' and 'thoughts' and why it is important to understand the difference. You may ask participants to introduce themselves if the group is less than 10 (and in pairs if there are more than 10 participants) by stating their name as well as relating a personal experience of their love for Mother Nature.

#### Exercise 2: Meditation & Visualisation (Part I)

*Sit down, relax and imagine that a friend of yours is inviting you to visit a house ...*

*You like this place so much. It is the house of your dreams. It is beautiful.*

*You walk around and enjoy the space, the atmosphere of each room, the way the light comes in.*

*Now, this friend offers you this house or apartment to live in because he has no use for it.*

*How do you feel about this offer?*

*With which attitude do you want to move into this house?*

*(Perhaps explain how attitudes matter and give example of an attitude) Is it that you feel so lucky to have this new home?*

#### Exercise 3: Sharing

Ask people to share in pairs (for 10 mins) what this donated house looks like (inside and outside); explore the variety of feelings about being offered the house.

*And how they would care for the house and the new space?*

*How would they arrange the furniture, furnishings and other decorations? Are there any special features of the room?*

*A particular piece of art? Sculpture? Rugs? Etc what catches your eye when you first walk in the room?*

*How they would prepare themselves for moving to this house etc?*

After 10 to 15 min sharing, ask everyone to come back to the main group.

#### Exercise 4: Meditation (Part II)

Ask them to sit peacefully and relax. Continue with this commentary...

*The earth is our home.*

*It is such a beautiful home.*

*With rivers and oceans*

*Trees, flowers and plants*

*Fruits and fragrances*

*Amazing landscapes and mountains*

*Beaches, oceans and so many colours*

*Ask them to sit peacefully in the eye of their imagination in front of their favourite landscape and feel the light of the sun, the softness and strength of the earth and the beauty of that place.*

*We are so fortunate to have such a precious home*

*Feel this luck*

*Feel the homely feeling*

*Feel the beautiful responsibility of love, and the honour of being able to fulfil this responsibility*

*Gently come back to the awareness of the room you are sitting in.*

*Open your eyes.*

*Gently breathe in and out whilst remaining aware of all these feelings.*

### Exercise 5: Writing

1. Now ask participants to contemplate several questions and write their answers on paper.
  - a. *How do you feel you care for nature, especially after this meditation? Describe your attitude in just a few key words.*
  - b. *What would you do differently if you were to remain aware of the consequences of your awareness and actions on matter? List the change in your activities.*
  - c. *Once again, how do you feel about the privilege of receiving such a planet (as a new home entrusted to you by Mother Nature? And how could you maintain this awareness? Do you feel like an ancient custodian of the land? A royal heir?*
  - d. *What new activity could you incorporate in your daily lifestyle in order to make a positive difference for the planet?*
1. Share – sit people in groups of 4-5 and let them share their experiences and thoughts for 15–20 mins.
2. Come back to the plenary and ask people to share randomly their feelings and thoughts and note contributions on a flip chart/board.
3. End with a 3-minute meditation or a minute of silence.