

Spirituality ~ The Heart of Sustainability

A weekend retreat for environmental and sustainability professionals.

This inspiring retreat will explore the role of spirituality in creating a sustainable future.

Mornington Peninsula, Victoria:

Friday 22nd – Sunday 24th August 2014

Blue Mountains, New South Wales:

Friday 12th – Sunday 14th September 2014



The loss of humanity's spirituality and original value system has led to unsustainable patterns of living. Regaining balance and harmony in our world requires a reawakening of human consciousness, whereby 'hot heads and cold hearts' are transformed into 'cool heads and warm hearts'. Spirituality is living a life based on inner guiding principles - a life which naturally embraces the wellbeing of the individual, the family, the community and the world.

During this retreat we will:

- explore the crucial link between spirituality and sustainability;
- learn the practical art of meditation;
- replenish ourselves through small group discussions, networking, silent walks in nature and evening entertainment.

This retreat is for professionals who work in the area of sustainability or who incorporate sustainability into their work practices.

We hope you will join us!

Our host



Charlie Hogg (Victoria and NSW)

The director of Brahma Kumaris Australia, Charlie has been a student and teacher of Raja Yoga meditation for 39 years. Charlie travels worldwide as an inspirational speaker on meditation and practical aspects of leading a spiritual lifestyle.

Special Guests



Dr Haydn Washington (Victoria and NSW)

has a 40-year history of working in the area of environmental science as an academic, author and committed campaigner for nature.

Instrumental in the creation of a number of Australia's major national parks, Haydn believes that a sense of wonder for nature is

required to awaken a feeling of connection and empathy. It is this sense of connection, which, he believes, is needed to solve the environmental crisis.



Janet O'Sullivan (NSW only) is a former economist, TAFE teacher and an adult educator for the WEA in the areas of spirituality, community and sustainability. She is a council member of the Eremos Institute (Exploring Australian Spirituality) and Australian Christian Meditation Community (ACMC). Janet is a

meditation teacher for ACMC and a retreat facilitator for over 15 years for Eremos and the ACMC.



Julian Crawford (NSW only) is a pioneer in sustainability in Australia and founding director of EcoSTEPS (www.ecosteps.com.au), a leading global sustainability consultancy, specialising in all aspects of sustainability strategy and implementation. A director and President of the International Society of

Sustainability Professionals (ISSP), Julian speaks and writes widely on sustainability issues. (www.sustainabilityprofessionals.org)



Kris Schaffer (Victoria only) is an Aboriginal artist and horticulturalist. As a member of the Tasmanian branch of Religions for Peace, she has led a Walking Humbly Journey in Tasmania over the last three years to assist in healing the land. Kris is a well-known and respected designer and creator of Indigenous and Growing

Respect Gardens around Tasmania.



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About the Brahma Kumaris

A worldwide network of centres with over 8500 learning centres in 110 countries, the Brahma Kumaris have their spiritual headquarters in Mt Abu, India. The Brahma Kumaris organisation is affiliated with the United Nations and has general category consultative status with the United Nations Economic and Social Council (ECOSOC), is in consultative status with UNICEF and is affiliated to the Department of Public Information (DPI).

The Brahma Kumaris have had a presence in Australia since 1975. There are centres in the major cities, as well as three retreat centres. Brahma Kumaris Australia is a registered charity in the area of education (spiritual).

The venues

Victoria

An hour from Melbourne at the gateway to the Mornington Peninsula, set on 20 acres of bushland and gardens in Frankston South, this award-winning conference centre provides accommodation in comfortable twin-share bedrooms with ensuites.

New South Wales

Adjoining the World Heritage Blue Mountains National Park, the Centre for Spiritual Learning in Leura is located on 132 acres of beautiful natural bushland. Accommodation is in twin-share bedrooms with ensuites.

The BK centres are staffed and managed by volunteers, who are also regular students of meditation, leading a spiritual lifestyle on a daily basis.

Program Fees

While there is no set fee for retreats, a donation of \$200 for a weekend retreat is suggested towards sustaining the service of the Brahma Kumaris in hosting such an event. The amount of the donation, however, is completely up to those who attend. The organisation is funded by voluntary contributions from those who have benefited from its activities.

Victoria

6.00pm Friday 22nd – 2.30pm Sunday 24th August 2014

Brahma Kumaris Centre for Spiritual Learning

83-99 Stott's Lane, Frankston South, Victoria 3199

Tel: 03 5971 1599 Email: peninsula@brahmakumaris.org

To register: <http://bkpeninsula.org.au/sustainability>

New South Wales

6.00pm Friday 12th – 2.30pm Sunday 14th September 2014

Brahma Kumaris Centre for Spiritual Learning

186 Mt Hay Rd, Leura, Blue Mountains, New South Wales 2780

Tel: 02 4784 2500 Email: bookings.bluemountains@au.brahmakumaris.org

To register: http://www.brahmakumaris.com.au/leura_form.php?id=1038

