



RESTORING THE CLIMATE: I am the solution



Brief Report

5th– 7th February 2021



THE BRAHMA KUMARIS
Know your self. Renew your spirit.





RESTORING THE CLIMATE: I am the solution



Our Partners



CERES



Brenna Quinlan
Permaculture Illustrator

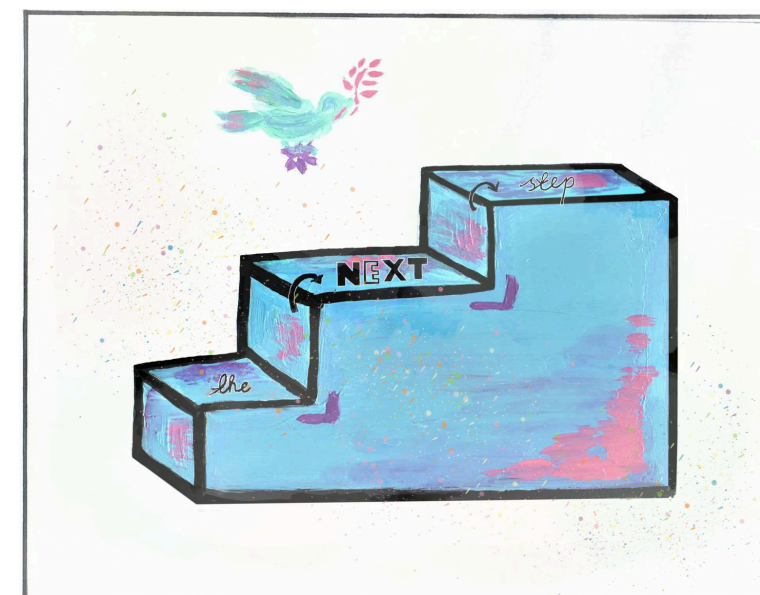
brennaquinlan.com
patreon.com/brennaquinlan
[@brenna_quinlan](https://www.instagram.com/brenna_quinlan)
[permacultureillustrator](https://www.facebook.com/permacultureillustrator)



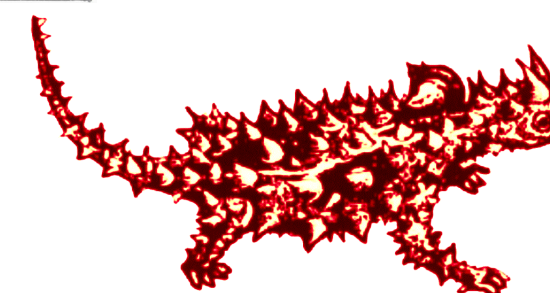
cChange
COMMUNICATIONS FOR GOOD



AnimalWorks
Conservation through education



YOUNGO
OFFICIAL YOUTH CONSTITUENCY OF THE UNFCCC



**Arid
Lands
Environment
Centre**



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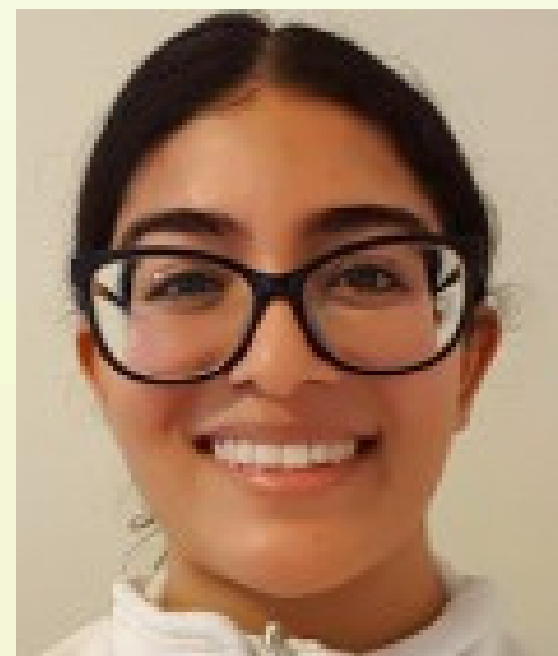
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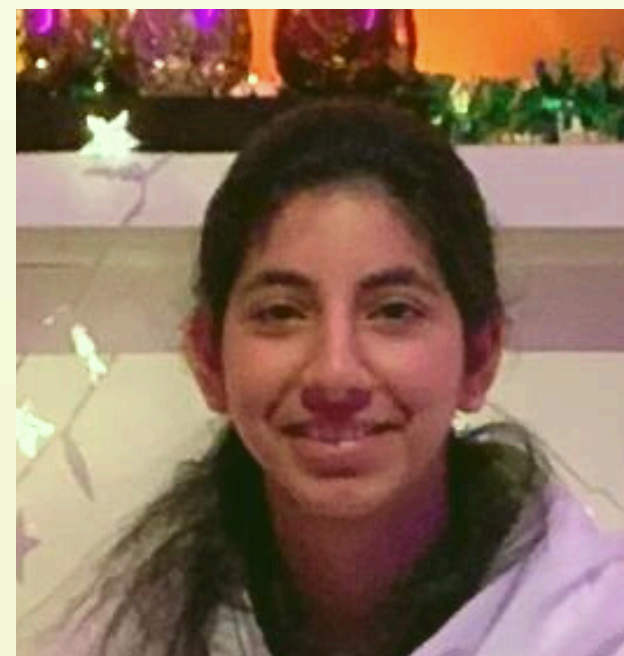
Our Team



WESLEY FORD,
Youth Co-ordinator of
BK Youth Wing
Australia & Moderator



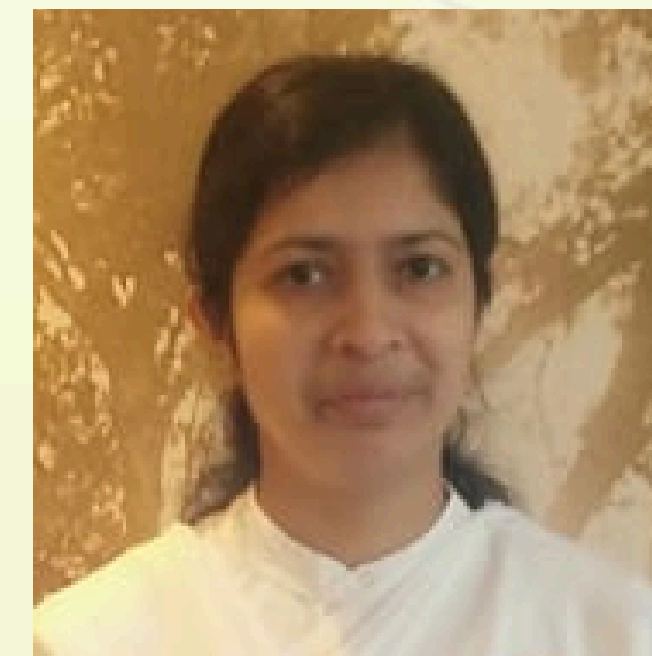
KARISHMA CHAND,
Moderator & Design
Team Head



ANANYA TOMAR,
Youth Representative of
BK Environment SIG &
Team Leader



SAPNA RUPARELIA,
Youth Co-ordinator of
BK Youth Wing
Australia & Moderator



LATA BHAT,
IT Analyst & Meditation
Faculty



LAUREN BARTKOWIAK,
Event Planning Head,
Website Manager &
Moderator



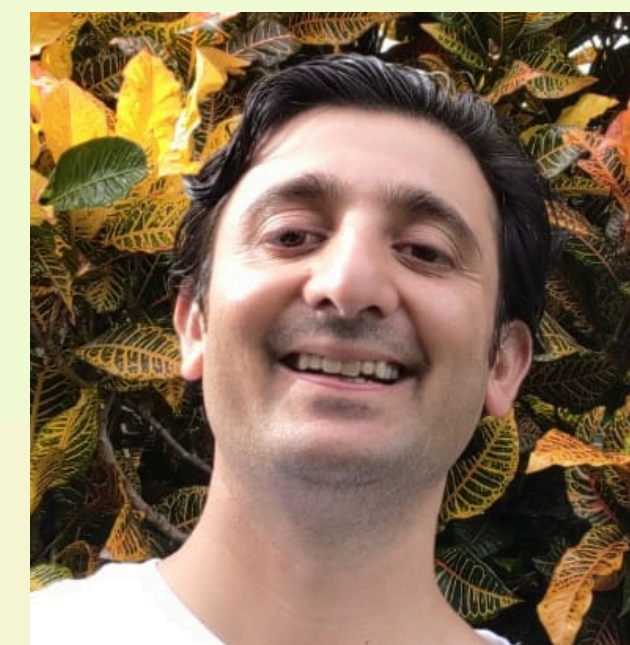
DHARTI HADWANI,
Tech Team Head



FITRI DEWI,
IT Analyst & Teach
Team



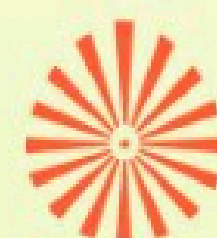
FALAK, Meditation
Faculty & Moderator



ALI RAMESHVALA,
Meditation Faculty &
Moderator



**DINOJAH
PARAMANANTHAN,**
Tech Team & Social Media
Manager



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Brahma Kumaris
Environment Initiative

LCOY AUSTRALIA 2021 PROGRAM

Friday 5 - Sunday 7 February

Please note: All times are in AEDT (Australian Eastern Daylight Time)

FRIDAY 5 FEB - INAUGURAL SESSION

6.20 - 6.30pm	Join
6.30 - 6.40pm	Welcome
6.40 - 6.50pm	Acknowledgement of Country
6.50 - 8.00pm	Panel Discussion - Restoration - What is it? & Why/How Can I be the Solution? Break-out Groups Feedback and Q & A
8.00 - 8.05pm	Message from Charlie Hogg, Director of The Brahma Kumaris Australia
8.05 - 8.15pm	Closing & Introduction to Saturday Morning's Program

SATURDAY 6 FEB - MORNING SESSION

9.25 - 9.30am	Join
9.30 - 9.40am	Welcome
9.40 - 9.50am	Acknowledgement of Country
9.50 - 11.05am	Panel Discussion - The Rights of Nature vs The Rights of People Break-out Groups Feedback and Q & A
11.05 - 11.20am	Break
11.20 - 11.55am	Interview - Art as Activism Q & A

Continued ...

...Cont'd SATURDAY MORNING SESSION

11.55 - 12noon	Stretching Exercise
12.00noon - 12.45pm	Presentations: 1. Being in Right Relationship to Our Planet 2. Falling in Love with the Earth Again Q & A
12.45 - 12.55pm	Closing & Introduction to the Evening's Program

SATURDAY 6 FEB - EVENING SESSION

4.35 - 4.40pm	Join
4.40 - 4.45pm	Welcome Back
4.45 - 5.10pm	Presentation - The Spiritual Ecology Leadership Program Q & A
5.10 - 6.20pm	Panel Discussion - Building Community Resilience & Food Security Break-out Groups Feedback and Q & A
6.20 - 6.30pm	Break
6.30 - 6.55pm	Presentation - The UN Global Compact Young Professionals Program Q & A

Continued ...

...Cont'd SATURDAY EVENING SESSION

6.55 - 7.30pm	Meditation for the Planet
7.30 - 7.40pm	Closing & Introduction to Sunday Morning's Program

SUNDAY 7 FEB - FINAL SESSION

10.00 - 10.05am	Join
10.05 - 10.10am	Welcome
10.10 - 10.20am	Acknowledgement of Country
10.20 - 10.45am	Presentation - The History of Consumerism Q & A
10.45 - 11.10am	Presentation - The Effect of Consciousness on Our Ecosystem Q & A
11.10 - 11.15am	Break
11.15 - 11.20am	Stretching Exercise
11.20 - 12.35pm	Panel Discussion - Restoring 'Normality' - What Can Be the New Normal? Break-out Groups Feedback and Q & A
12.35 - 12.45pm	Closing
12.45pm	End



RESTORING THE CLIMATE: I am the solution



Friday : Welcome Session

'Restoring the Climate, I am the Solution' - in the field of meditation and climate education

Educating, connecting and communication were the main themes. The thing that got most of the participants inspired is 'I am the solution'. It's about me, taking care of the Earth, Now. Because it's now or never. Our panelists shared that just like if one part of the body is aching the entire body suffers, one good action from an individual has an impact on the entire world. From my action I may be able to build collective action, share it with others. Panellist, Heeta Lakhani, shared about platforms available currently where the voices can be heard and anyone can be part of those. Keynote from the session was how we manage pre-disaster and post-disaster events. Panellist, Sonja Ohlsson's answer on this question. She emphasised that we should be ready before the disaster and calmly handle the situation when faced with it.

A beautiful and serene meditation was offered to all by Sonja, through which many realised that internal harmony and peace is a powerful tool to manage external chaos and peacelessness. Panellist, Emma O'Neill also shared that in a consumerist society like Australia part of the solution is also in believing in the power of people and also what we can do individually and then see its effect collectively.

Participants enjoyed when Charlie Hogg, addressed the popular belief on taking individual responsibility, which is 'Can one person or a small act really make a difference?' What we see out there, is a result of what happens in our mind. What is feeding the worsening of the climate? It's the collective human mind and when I focus at the seed of the solution as I am the solution, by taking responsibility for what I think. Our small ideas and actions are taking the shape of a world movement towards bringing a positive change in the environment and our society.



**HEETA LAKHANI, Current
Global Focal Point for
YOUNGO, the official youth
constituency of the UNFCCC**



**CHARLIE HOGG,
National Coordinator,
Brahma Kumaris
Australia**



**SONJA OHLSSON,
Founder & Coordinator of
Brahma Kumaris
Environment Initiative**



**EMMA O' NEILL,
Climate Change and
Water Expert**



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Saturday Morning Sessions



SIETA BECKWITH,
Narrative Director,
CERES



BRENNA QUINLAN,
Permaculture
Illustrator



NAFISA,
Award Winning
Artist and Founder
of Animal Works



ANTHONY HILL,
Founder, Plastic
Pollution Solutions



DR. TAMASIN RAMSAY,
Research & Policy Advisor to
Animal Justice Party



JOANNE LUDBROOK,
President, Australian
Coastal Society (ACS)



CHARLIE TRINDALL,
Senior Project Officer,
Healing & Government
Relations Directorate,
Aboriginal Affairs

The Rights of Nature vs The Rights of People Art as Activism Being in Right Relationship with Our Planet Falling in Love with the Earth Again

The conversations about indigenous culture, wisdom and knowledge were really important and greatly appreciated. The art of activism was fascinating. The discussion on building community resilience and food security was really great, lots of good questions and conversation from really interesting speakers came up. Dr Michelle Maloney stated how attitude change is the seed for climate change. Other panellists, Charlie, Joanne and Tamasin gave the audience deep insights about how we've slowly distanced ourselves from the nature. As a result of the attitude of disconnection we manipulate nature or the environment. The main solution is understanding and creating a space to respect, honour and value nature.

All shared as part of the decision making process to create solutions, it's important to know myself, my place in the world, and ask the question, 'What do I stand for?', what are my values?' and turning this into action.

Whilst being interviewed, Nafisa (Visual Artist) and Brenna (Permaculture Illustrator) shared their incredible stories of how Art has become their form of activism. They bring art and environment together bringing back the broken connection with nature into our reality. Showcasing beauty of nature through art rather than destruction creates a beauty in mind and in our perspective towards nature.

Everyone loved learning about the concept of spiritual ecology and being in the right relationship with the planet which were shared by Anthony Hill and Sieta Beckwith. All beings are equal and the well being of an individual is dependent on the health of the whole was the main take away.



DR. MICHELE MALONEY,
Co-Founder & National
Convenor, Australian Earth
Laws Alliance (AELA)

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Sunday: Closing Session



JANINE MCBURNIE, Associate Head of School (Student Learning) School of Life and Environmental Sciences, Deakin University



LAKSHMI GANDU, Member of Toowoomba Youth Peace Group



JOSHUA GILBERT, Indigenous Consultant, Agriculturalist and Innovator, Climate and Environmental Advocate



DR. MICHELE MALONEY, Co-Founder & National Convenor, Australian Earth Laws Alliance (AELA)



DR. JOHANA NALAU, Australian Research Council (ARC) Discovery Early Career Research Fellow

The History of Consumerism Restoring Normality - What Can be the 'New Normal?'

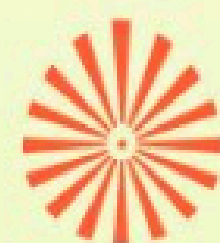
Some main themes that emerged in these sessions were: Self responsibility, connect, engagement, service, informing and nourishing.

Climate Change is aligned to the state of the ecosystem and biodiversity.

We were all inspired to work harder to find solutions with local communities to reduce climate change impacts in the light of heritage, indigeneity and folklore studies.

Change, adaptability, community connection and reimagining our normal really came through in the discussions. The last panel with Janine McBurnie, Joshua Gilbert, Dr Michelle Maloney and Dr. Johana Nalau was really enjoyable. The 'New Normal' as shared by some of the panelists was envisioned to be more localised, challenging past assumptions that we've had, and a decentralised approach. The New Normal can be seen as a forward driving innovation. There were some really engaged presenters and we deeply appreciated not only the discussions, but the links to further resources that were shared in the chat.

All in all a significant change can be and is being created by taking responsibility for being the solution, starting a conversation and then coming together for a bigger purpose that serves the good for nature and people together.



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Learn More...

All LCOY Australia 2021, a series of 4 sessions are now found online:



<https://youtube.com/playlist?list=PL7Eb8luQmvNiRYI7WiyAR1sLXTUtLNTP>

STAY CONNECTED



<https://www.instagram.com/lcoyaustralia2021/?hl=en>

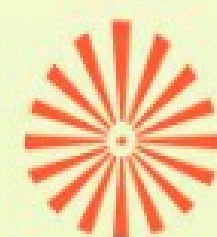


<https://www.facebook.com/LCOY-Australia-103451131625823>

for more information, kindly email:



environment.youth@au.brahmakumaris.org



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