



Eco Newsletter, June 2023, Issue 8

Seeds of change



[Image by Vince Veras](#)

Editorial

Hold a seed in your hand, try to feel the life that it contains within itself. It's amazing to realise that what I hold in my hands, this humble little seed, is the source of life for us all. A seed is like an embryo, a unit of life that is nurtured by water and the strength of the sunlight. It is also

nourished by the richness and accommodation of the soil and all the microorganisms within the soil.

Spiritually speaking, a seed is a perfect analogy for what lies within my inner being. Just as it is difficult to see all the potentials latent inside a seed, similarly my values and strengths are all within me, waiting for the right conditions and the right nourishment to bloom and express who I am inside. A similar analogy is made in the article by Rajesh Dave who draws a parallel between seeds and thoughts. Just as we need to take care of the quality of the seeds we plant in order to grow fine crops, so too we need to take care of the quality of the thoughts we create as they too develop into words, actions and ultimately our destiny.

When we plant seeds of love, care, patience, tolerance, trust and determination and use these qualities practically, these allow our values and potential to unfold and grow. This creates a ripple effect which ultimately can benefit the whole world. We can see this principle in action in Priyanka's grassroots initiatives. I have been fortunate enough to have worked closely with Priyanka and have witnessed her dedication first hand. She has shown resilience and has overcome so many hardships in order to serve the farming communities living in the very challenging arid conditions in the state of Gujarat.

In this edition, we also see how much has been achieved over the years through the Brahma Kumaris Environment initiative in the documentary: Seeds of Change. This short film not only explores the journey of the environment initiative from its beginning up to the present day, but most importantly highlights the principles and values at the core of all the activities.

In terms of the bigger picture, the article on Seed banks underlines the incredible importance of seeds and we can see that by safeguarding our seeds we actually safeguard our future.

I also hope that this edition will inspire you to make your own experiments with seeds. Spring and summer are great times to try out some planting whether it is micro-greens in a pot or planting seeds in your garden or allotment. I can guarantee that the joy in witnessing the seeds germinate and grow is priceless. It plays some deep spiritual chords of the heart that soothe the mind and nourishes the inner being. Just try it...just grow...



Shantanu Mandal

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Seeds of Change



“Only when there is a shift in consciousness and you come back to a spiritual understanding can you bring about change. So the vision that I have of a world in which there is a brighter future for all only happens through a shift in consciousness.” Sister Jayanti

This documentary presents the approach, commitment and activities of the Brahma Kumaris Environment Initiative. We hear the story of how the Brahma Kumaris first began their involvement in COP conferences back in 2009 and we see footage of their contributions to recent climate conferences. The documentary also includes interviews with many of the team, including the Additional Administrative Head of the Brahma Kumaris, Sister Jayanti and Golo Pilz, Energy Advisor to the Brahma Kumaris, who has headed up a number of ambitious solar energy projects at the Headquarters of the Brahma Kumaris in Rajasthan, India.

The current environmental emergency is seen as a clear call to transform our awareness and lifestyle. The BK Environmental Initiative aims to encourage us to feel that we are guardians of the Earth's resources.

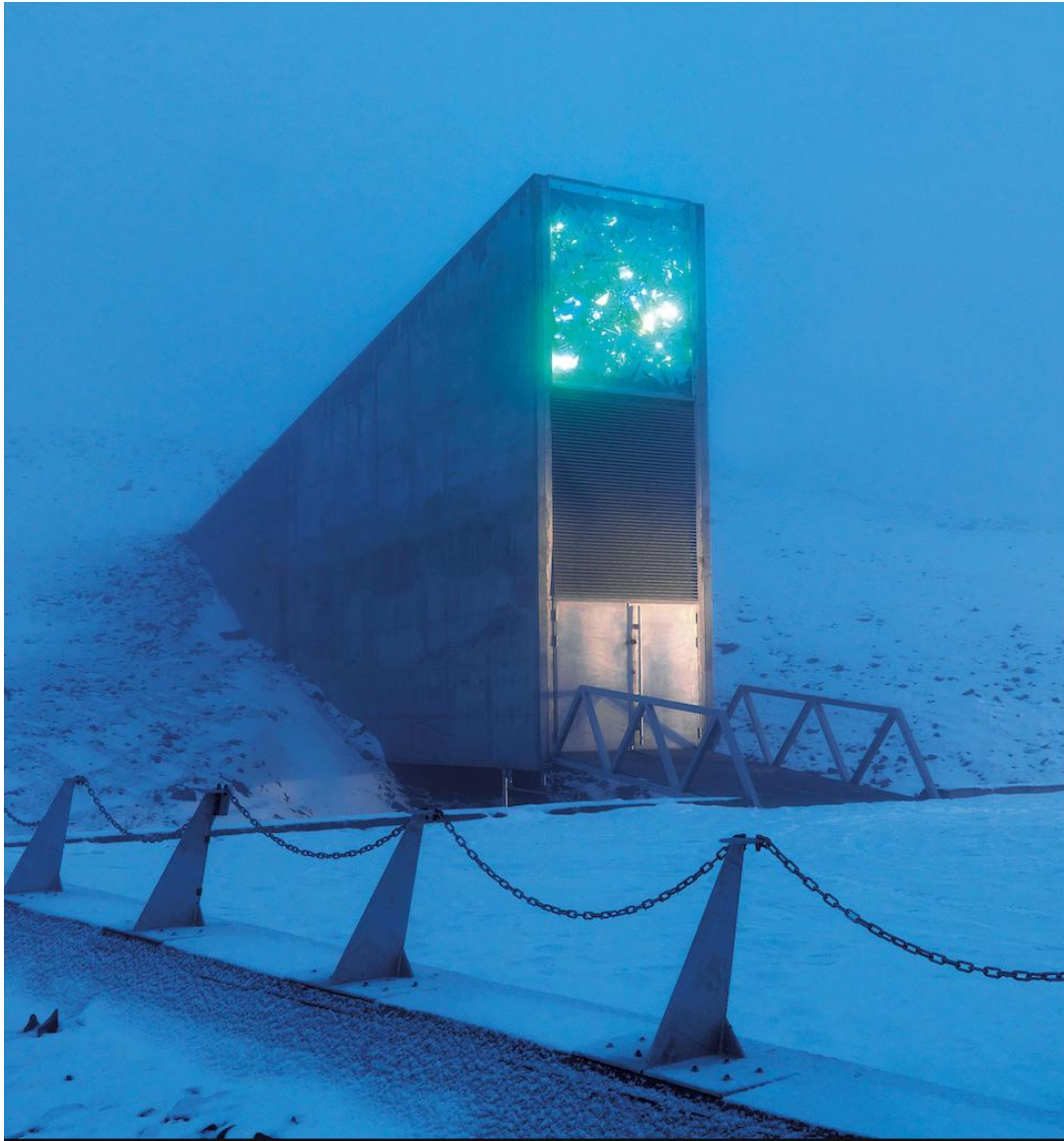
Watch the documentary [here](#).

Planting Seeds for a Better World



A seed is a miniature undeveloped plant with food reserves, all enclosed within a protective seed coat. Seeds are the means of reproduction for all flowering plants. Every seed is capable of growing into a new plant under proper environmental conditions such as the right temperature, moisture and sunlight. Most seeds consist of three parts. These are the embryo, endosperm and seed coat. The embryo is a tiny plant that has a root, stem and one or more leaves. The endosperm is the nutritive tissue of the seed, often a combination of starch, oil and protein. A seed's strength or health depends on its purity, germinability and its ability to withstand the vagaries of the weather as well as its capacity to survive against attacks from insects, pests and viruses. Seeds are an amazing gift from nature to the universe as they help to sustain the cycles of life. Nature's gift in its original form without human intervention is the need of the hour. Continue reading [here](#).

The Seed bank project



Source: Svalbard Global Seed Bank

As the risks from the climate crisis and global conflict increase, seed banks are increasingly considered a priceless resource that could one day prevent a worldwide food crisis. Two in five of the world's plant species are at risk of extinction, and though researchers estimate there are at least 200,000 edible plant species on our planet, we depend on just three – maize, rice and wheat– for more than half of humanity's caloric intake. There are roughly 1,700 seed banks, or gene banks, around the world housing collections of plant species that are invaluable for scientific research, education, species preservation and safeguarding Indigenous cultures. Continue reading [here](#).

Golden Era Eco Services



Golden Era Eco Services was formed to fulfil one purpose – service to Mother Nature and the global community. We use ancient wisdom & experiences & techniques from permaculture with pure vibration to create most self-sustaining natural ecosystems. Golden Era was founded by Priyanka in Feb 2022. She is a Regenerative Gardener, Agronomist & Permaculture teacher and designer. She is passionate about connecting children with Nature and has recently completed a Permaculture Design Course for Educators of Children at Children in Permaculture Institute, UK. She is a practitioner of Rajyoga meditation since 12 years. Over time, our team is full of happy hearts & magical minds. The team has 10 gardening & wildlife enthusiasts - with specialities in Water Conservation, Kitchen Gardening & Biodiversity.

Learn more about Golden Era Eco Services in the drylands of Gujrat & Rajasthan; India. Read [here](#)

Meditation



Sit back, relax and enjoy the meditation [here](#).