

10 WAYS

TO CHANGE THE WORLD



We know that the current state of the world is the consequence of humanity's past actions, and that we cannot rely solely on technical or political solutions to overcome the challenges we face.

The Brahma Kumaris believe that a radical change is needed in our hearts and minds – a realisation that things will only improve when we transform the way we relate to ourselves, others, and nature.

By raising our consciousness and reconnecting with our inner spirit, we will naturally and spontaneously be inspired to change our lifestyle, making the world a cleaner, greener, healthier, and more beautiful place.

1 Live Simply

I appreciate everything I have and focus on acquiring only what I really need.

2 Go Beyond Limits

I become free when I let go of ways of thinking and being that no longer serve me.

3 Open Your Heart

When I open my heart to the environment, I feel at one with everything.

4 Respect Life

Aligning with my true values, I become a friend to the Earth and all living beings.

5 Be Positive

I choose to create inspiring thoughts that have an impact on myself, others and the environment.

6 Walk the Talk

I do as I say and become an inspiration to others.

7 Empower Yourself

I perform wonders when I connect with my inner qualities, virtues and powers.

8 Eat Well

I prepare and eat plant-based food mindfully for the wellbeing of myself and the world.

9 Follow Your Dream

Thinking about how I would like the world to be gives me the enthusiasm and courage to make things happen.

10 Feed the Soul

A daily spiritual practice gives me the faith and courage to face the future with hope.



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