



CELEBRATING EARTH DAY 2023
Picture Report



Accra, Ghana



In Accra, Ghana, West Africa.

At the seaside - the Atlantic Ocean

Because of overcast sky, we were not able to see the sun rise, just some gentle rays seeping out from under the clouds.

Nevertheless vibrations of gratitude, good wishes and mercy radiated from us all towards our dear Mother Earth.

Om Shanti

BK family, Ghana

Aberdeen, Scotland, UK

Sunrise meditation in Victoria Park by asking for forgiveness from Mother Earth for all transgressions against Her. I then say thank you, thank you to Mother Earth - the water that hydrates, the fire/energy/heat, the wind that cools, the sky that protects from bad rays, the sun that warms and helps growth, the moon that fills us with peace and controls the tides, the world that is my abode, my body, my mind, my life force, my soul and most of all the Supreme Soul, my Father. May the whole universe be at peace, may everything prosper, may there be bliss in all. Om Shanti, Om Shanti, Om Shanti.



Addis Ababa, Ethiopia



Aruba Parivar

Sunrise and Sunset Meditation



Bilaspur, India



Brighton, UK

In England it was pouring with rain but Brighton centre hosted an online video sunrise with commentaries from BK eco website. ☺☀

Brussels, Belgium

Sunrise Meditation Parc Royal



Cologne, Germany

In Cologne we meditated in the centre to 'Healing the World' images and commentary. We enjoyed it and shared our experiences in the class.

Dalaman, Turkey



Dehli, Rohini Sector, India



Dubai, UAE

Sunrise Meditation at the Golden Hour of 6am with movement in Qi Gong, Self-Reflection and Meditation on 5 elements, Earth Walk- Bare feet, Energy Exchange circle holding hands.



Halifax, Canada

Halifax centre had film showing of Seeds of Change with popcorn and chai.

Faridabad, India



Itaparica Island, Salvador, Brazil



Kuala Lumpur, Malaysia

Report on One Day Silent Retreat “ Experiencing The Wonder of Me & Mother Earth” Saturday, 22 April 2023 , 9.00AM to 5.00PM at Asia Retreat Center (ARC), Malaysia

It was a sweet and memorable One Day Silent Retreat for the outreach on Saturday, 22 April 2023 at ARC. 20 souls participated to celebrate this significance day in three prong despite it being a Saturday and long public holiday:



Three prong and auspicious as it coincided with :

1. 1st Day of National Hari Raya Aidil Fitri
2. UN World Earth Day with the theme “Invest in Planet Earth”
3. Experiencing and celebrating “the Wonder of Me & Mother Earth” at the Retreat Day

London, UK



Lusaka, Zambia

We went at 5 am to do sunrise meditation on top of a 16-storey high building and remained there for two hours Sun gazing, moon gazing and Self gazing!



Milpitas, Silicon Valley, US

Sunrise Meditation at a very popular lake called Lake Elizabeth, Fremont, California



Mombasa, Kenya

A talk on Earth Day at Reef Hotel as it was a day of downpour and no sunshine.



Online from India, Sister Jayanti

The United Nations has chosen "Invest in the Planet" as its special theme. This made me think about how a mother always gives, just like how Mother Earth has always served us. However, there are times when we need to give something back. So, on Earth Day, I believe we should all have a mantra in our hearts and minds: since the beginning of time, we have been nurtured by the mother, so what can we give back now as a return? I think that if we show respect for Mother Earth, by living in a non-violent way, we can serve her in return.



Petrovac, Montenegro

During a 3-day retreat, we engaged in letter writing activity where we wrote a letter from Mother Earth to ourselves while being outdoors, followed by sharing the letters with each other.



Saint Denis, Reunion



Santa Cruz, California, US

BK's had a booth at an Earth Day Fair in Santa Cruz, California. The fair had various kinds of booths spreading awareness about protecting the Earth. The theme of Baba's booth was "How to become a giver like Nature".



St. Petersburg, Russia

Public event dedicated to the Earth Day



Vienna, Austria



Earth Day Vienna

A small group in Vienna gathered on Saturday, 22nd of April to meditate peacefully for Mother Earth. It was wonderful to meditate in nature and serve the elements with gratitude for all the beauty nature offers to us.

Om Shanti



Uberlandia, Brazil

Today's meditation was organized in a Park called SEED Park, by a group of meditation students in the City of Uberlandia/ Brazil. After the rising Sun meditation they had breakfast together 🌍🌍🌍



Article in the Daily Guardian, Dehli

Although April 22, 2023 is official date for,  **EARTH DAY** - make **EVERY DAY Earth Day**

National Arbor Day April 28th,  **Celebrate by planting trees**

A Polluted Mind Creates Pollution in Nature

If you don't love the land, you won't protect it, and then we'll lose it.



Illustrations: Brahma Kumaris

The human race has become separated and increasingly out of step with the natural world. We grow the fortunes of billionaires, even as we increase the numbers of homeless and refugees. Earth and her capacity to sustain life is being destroyed. "We know the statistics on climate change and we're seeing we can't continue at this pace. Our global systems of externalization, extraction and pollution are leading to 'ecological apartheid.'" - Vandana Shiva.

The earth is a living system, and our well-being is closely connected to the health of the planet. We are inhaling oxygen the trees exhaled. The molecules of our bodies are the same as those of the planet: oxygen, carbon, water. Everything is interconnected. When there's pollution on the planet, it's in you too, and we may be the cause of it!!

Imagine a lake, calm, pure and so clear you can see the bottom. Then the first polluting chemicals of the new factory and farm come rolling down the hill and into the water. It starts to cloud over and bubble a little as chemical reactions are taking place; impurity begins and pollution follows. In the same way to be peaceful, pure and clear is our natural and deepest state within the soul. However, over time our inner light and peace fade as our connection with the Supreme Father has broken. Our weakened conscience goes to sleep. We forget our eternal identity as souls and begin to think we are only bodies. The peace and purity of our original virtues is overtaken by lust, violence, and greed. Our minds become weak and polluted with the acquired 'chemicals' of waste and negative thoughts. Mankind's desires for wealth and power rolled in and

corruption began suffocating and trashing our beautiful planet with fires, plastic, deforestation, oil slicks and all manner of rubbish and pollution. So many majestic and ancient Sequoia trees and 60,000 of our loved, cuddly koala bears died in recent forest fires.

The problem increases each year and places us at risk, rich and poor alike. We have now entered the third year of what science calls humanity's decisive decade. "The UN wasn't created to take mankind into paradise, but, rather, to save humanity from hell"- Dag Hammarskjold. Unless we can navigate a global change of course before 2030, we risk such severe, irreversible damage to Earth's regenerative systems that our species is unlikely to survive.

Spiritual knowledge has now re-emerged helping us to restore our original inner power, purity and well-being by reminding us we are imperishable souls, that the inner quality of our thoughts is reflected in our outer world, and how to take power from the Supreme to accomplish this. We are realizing when the mind and heart are clean and free of pollution, the air, water and the elements also become free from pollution and peaceful. Turn within, meditate and visualize what could be accomplished when we live in harmony once again with love and respect for one another and nature. Keep imagining because 'When we change, the world changes!' "There is hope people will begin to awaken that spiritual part of themselves, with the heartfelt knowledge that we are caretakers of this planet." - Brooke Medicine Eagle.

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