



7 BILLION ACTS OF GOODNESS

“Chain Reaction of Goodness and Happiness”

A Global Campaign - Initiative of Brahma Kumaris World Wide



BRAHMA KUMARIS

Organisers: Prajapita Brahma Kumari Ishwariya Vishwa Vidyalaya

World Headquarters: Mount Abu – 307501 (Rajasthan) India

Co-ordinating Office: Brahma Kumaris Shantivan

Anand Bhawan, 3rd Floor, Abu Road – 307510 (Rajasthan) India

Email: 7billionactsofgoodness@gmail.com, contact@actsofgoodness.org

Website: www.actsofgoodness.org



Mission

To make our world better - Create a global environment of goodness by inspiring, enlightening, and empowering people to perform 7 Billion Acts of Goodness for the self, others and nature.

Philosophy

Goodness Returns with Happiness

What is Goodness?

Goodness = benevolence, which is literally goodwill. We develop our capacity of goodwill through expressing good wishes towards ourselves, others and nature, as much as possible. Knowing that I am an eternal spiritual being and others are also spiritual entities, we all belong to One divine family.

And the first and foremost good act is to acknowledge our true identity – that I am a spiritual being. An Act of Goodness (AOG) does not have to be a heroic act. A simple shift in our awareness can transform an ordinary act into one that can uplift and inspire others to perform good deeds. An act of good policies, programs and governance will help in eradicating human suffering.

Outcome

- ❖ It will mobilize the people, resources and tools for empowering the world and turn it into a global phenomenon.
- ❖ It will generate a wave of courage, zeal, and enthusiasm for goodness.
- ❖ It will become an easy and natural way of bringing hope and joy in the world.
- ❖ Governments, corporations, educational institutions, industries, communities, and religious organizations will also join.

Concept

- ❖ Motivations through periodicals, newspapers, TV channels, radio, social media etc. by publishing/telecasting stories such as 'Science of Happiness', 'Happiness is Contagious', 'Our Acts towards Mother Nature' 'Happiness for Better Health', 'Create an Environment of Happiness', etc.
- ❖ Chain reaction of energy triggered by a fraction of an atom ($E = mc^2$).
- ❖ Human personal experience is that when we comfort someone or make someone happy, our own happiness multiplies.
- ❖ Any good action makes us feel good about ourselves.
- ❖ 7 Billion good actions may be the critical mass that triggers the chain reaction of goodness.

An Act of Goodness

- ❖ An 'Act of Goodness' is what we consciously perform above and beyond our duty, obligation, or expectation. It can be an act of comforting, encouraging, forgiving, or personal sacrifice that inspires others and creates an environment of generosity, kindness, and compassion.
- ❖ An Act of Goodness is a solid contribution towards the betterment of society. It can be towards the self, family, friends, relatives, neighbors, nature, animals, the poor, the sick, natural disasters, etc.

Implementation

- ❖ It is an interfaith initiative starting at grass-roots level. Youth could be involved in a big way.
- ❖ It can be launched with a family, a group of people, or in any program to create waves of goodness. On a large scale, offer it to communities, universities, institutions, and governments.
- ❖ The Acts of Goodness can be submitted at respective places on the attached pledge form or via fax, e-mail, and/or on-line. Website for information and pledge collection is www.actsofgoodness.org
- ❖ There will be a culmination program at Brahma Kumaris World Headquarters, Mount Abu and/or other main cities around the Globe.
- ❖ Representatives from all over the world who are affiliated with this effort will be invited to bring in their Acts of Goodness to the program.
- ❖ People from all walks of life, rural, urban, educational facilities, corporations, industries, community groups, religious organizations, and governments will be encouraged to participate in this campaign.
- ❖ With three Acts of Goodness every day (one for the self, one for another person, and one for the world in general), one person can donate more than 1,000 acts in one year.



A WORD ABOUT BRAHMA KUMARIS

It is rightly said that mighty oaks from small acorns grow. This statement fully applies to the growth of Brahma Kumaris organization.

Way back in 1936, a small seed was sown in Sindh (Hyderabad) that has grown into a gigantic tree with 8500 branches spanning as many as 137 countries. The Brahma Kumaris is a global spiritual organization that has been quietly but effectively spearheading a new spiritual awakening in the moral wasteland of our materialistic world. It has its world headquarters at Mount Abu, Rajasthan, India.

In the context of our initiative 7 Billion Acts of Goodness, we would like to mention here some of our international initiatives already launched and conducted successfully. They were "The Million Minutes of Peace", "Global Co-operation For A Better World", "Sharing Our Values For A Better World", "Culture of Peace" and "Just A Minute".

We earnestly hope that the citizens of the world who have moral values at the core of their hearts would like to fully co-operate with our initiative in hand through their valuable participation and make it a tremendous success.

A lot of thanks in anticipation.

Center Address

MY PLEDGE FOR ACTS OF GOODNESS

I pledge to perform the following indicated 'Acts of Goodness' as specified in this form in _____ days/weeks/months/year. Please tick ✓

Forgiveness	<input type="checkbox"/>	Acceptance	<input type="checkbox"/>	Generosity	<input type="checkbox"/>	Mercy	<input type="checkbox"/>
Helping the Needy	<input type="checkbox"/>	Cooperation	<input type="checkbox"/>	Sharing Happiness	<input type="checkbox"/>	Loving Animals	<input type="checkbox"/>
Protecting Women	<input type="checkbox"/>	Caring for the Children	<input type="checkbox"/>	Helping the Disabled	<input type="checkbox"/>	Spreading Cheerfulness	<input type="checkbox"/>
Sacrificing for the Common Good	<input type="checkbox"/>	Sustaining Mother Earth	<input type="checkbox"/>	Meditation for Self and the Universe	<input type="checkbox"/>	Inspiring Others	<input type="checkbox"/>
Spreading Peace and Harmony	<input type="checkbox"/>	Benevolence Towards Nature	<input type="checkbox"/>	Sharing Divine Wisdom	<input type="checkbox"/>	Full Stop to Waste Thoughts	<input type="checkbox"/>

Any Other _____

Towards: 1) Self 2) Friends/Family 3) Co-workers 4) Community 5) School/College/University 6) Mother Nature
7) Temple/Mosque/Church/Gurudwara/Religious Organizations

Name: _____ Designation/Occupation: _____

Address: _____

Ph./Mob. No.: _____ e-mail: _____

Date of pledge: _____

For further information, please contact :
International Coordinating Office:

7 Billion Acts of Goodness, Brahma Kumaris Shantivan
Anand Bhawan, 3rd Floor, Abu Road – 307510 (Rajasthan) India
Email: contact@actsofgoodness.org, Website: www.actsofgoodness.org

FOREIGN CORRESPONDENCE:

7 Billion Acts of Goodness, Brahma Kumaris World Spiritual Organization
Peace Village, PO Box 99, Haines Falls, NY 12436
Email: contact@actsofgoodness.org, Website: www.actsofgoodness.org
Ph.: (518) 589-5000 Fax: (518) 589-5005

30 WAYS IN WHICH GOODNESS RETURNS

1. Strengthens Friendship
2. Increases Support and Cooperation
3. Develops A Healthy Mind and A Healthy Body
4. Leads to prosperity
5. Multiplies Happiness
6. Fosters Love
7. Increases Faith and Loyalty
8. Improves Relationships
9. Develops Unity
10. Creates feelings of Belongingness
11. Dispels loneliness
12. Enhances Positive Attitude
13. Improves Environment
14. Enhances Contentment
15. Ensures A bright future
16. Makes Life Secure
17. Enlightens Conscience
18. Removes Disparities
19. Creates Fearlessness
20. Wins Goodwill
21. Enhances leadership qualities
22. Glorifies Life
23. Earns Honors and Awards
24. Enhances Willpower
25. Enriches Treasure of Blessings
26. Feeling of Brotherhood
27. True Freedom
28. Creating Better Nations
29. Pride of Global Citizenship
30. Brings Awareness of Rights and Responsibilities

To Be Returned

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