



CHANGEMAKERS

What is it?

Brixton Inner Space is located in a diverse, multicultural and thriving area of London. The large number of young people who attend our standard courses and workshops posed a new opportunity for us. Could we create a supportive community for this younger generation and provide them with a space to explore the specific issues common amongst them? The answer was *Change Makers*.

How did it start?

Change Makers began as a monthly workshop. The first event was entitled '**Cross Roads**' (December 2016), in which we explored their journey so far.

The session covered topics such as:

- What challenges have they overcome on their journey so far?
- What was the aim of the current journey?
- What was holding them back?

We encouraged feedback on how the space can be used to co-create an effective and engaging platform with members to facilitate authentic spiritual self-transformation. There were many ideas and content requests were followed up after the event with feedback forms for structured responses that we could review. Out of this feedback, we understood that there were many key topics to cover, especially around relationships (all types: familial, professional, romantic and platonic) and the pursuit of a career. They expressed an interest for life-transforming local workshops and retreats.

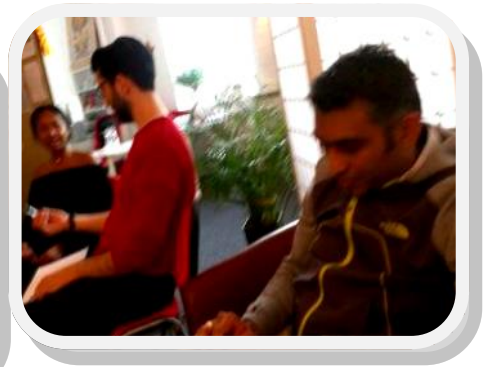
Who are the ChangeMakers?

Some of the most beautiful souls in the most diverse costumes

Aged between 18 and 35, representing the diversity of our society in terms of ethnicity, upbringing, education and professional occupation.

However most of them have one thing in common—Life throws huge challenges at them—from health issues, abuse, violence to separation, bereavement, isolation and abandonment.

Their strength is their ability to face, be themselves, heal and make a difference to the world and being absolutely sure about the presence of GOD in their life



Follow-up Event

If It Hurts, Its Not Love - April 2017

This interactive session focused on all types of relationships and the emotive challenges that come up along the way. It was a chance for each person to reflect on the health of current relationships in their lives, the roles that they fall into repeatedly and the reasons why they tend to act as they do. There was a lot of positive insights and many members found they either shared common problems with others and were able to widen their perspective by showing them another angle to look at their situation.



Building strong foundations for harmonious relationships with self and others

Our Focus

Relationship is a very personal and sensitive subject and issues are chronic amongst the younger generation as it is a time in which the natural movement in their lives takes them away from their homes and areas where they grew up and they start to form new networks.

By providing a safe space in which to strengthen their relationship with themselves and God the workshop focused on these areas:

- Heal the feelings of past rejections
- Increase their understanding of how a good relationship works and most importantly how to foster and sustain a nurturing relationship with the self and God as a foundation for all other relationships

innerSpace The ChangeMakers Invite

Sunday (9th April 2017) 3pm - 5pm
"If it hurts... it's not love"

Do you sometimes feel that the relationships you have are painful? Do you think about why you continue to be in a relationship or repeatedly end up in the same role? If yes, please join us for an interactive afternoon to explore newness in relationships. Whether it is your parent, partner or friend, this workshop will aim to give you insights on how to be in positive, fulfilling relationships with others as well as yourself.

The ChangeMakers is a Unique Initiative @ Personal Growth

innerSpace The ChangeMakers Invite

Sunday, (7th May 2017) 3pm - 5pm
"It's Decision Making Time"



Do you find decision making a real drag? Do you often second guess yourself or rely on others to give you advice and still end up in 'funny places' due to your decisions? If yes, please join us for a great afternoon and explore your inner powers in order to make calm, collected and informed decisions that will uplift you and those around you.

Free of Charge

The ChangeMakers is a Unique Initiative @ Personal Growth

It's Decision Making Time - May 2017

This workshop was highly anticipated. Making decisions and understanding how to independently assess what actions should be taken, or which goals can be achieved can be challenging for young people today. There has never been a time such as the 21st century when there are so many avenues of career, travel and self expression for people to take advantage of.

"To think of the future can be very overwhelming"



Picture above: After an afternoon of making decisionPicture on the right: Our youngest member and mum who is an inspirational member of the group



Our Focus

The workshop introduced decision-making tools for participants to:

- Identify their innate qualities and natural skills by tuning into their true selves and reclaiming a calm state of mind despite the pressure
- Create a better understanding of who they are, what the soul seeks and how to emerge their inner powers.
- Be empowered to enhance their lives through their decision-making so it is exciting and inspiring rather than overwhelming



Sharing and applying knowledge in life situations



Someone looking forward to go:-)

The ChangeMaker Retreat

In Worthing— June 2017

The retreat was organised to run from Friday evening to Sunday afternoon.

All participants had to be on their spiritual journey already and had to have attended programmes or courses at Inner Space Brixton to qualify for the retreat so we were able to go into a deeper level of spirituality by applying silence as the tool of change and introspection.

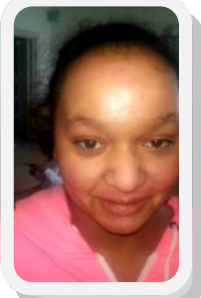
"We asked for a digital detox to be undertaken, so that exposure to other worldly values and activities would not distract us from the experience and everyone would stay routed in the energy."

Outcome:

Deep experience of silence and its benefits in order to let go of issues which hold them back

Experience of solitude in a group of like minded individuals

Opportunity to share the gifts of transformation



Experiences in Worthing

It is time to let go!

“These were the best days of my life so far. The experience was nothing like I felt before, really powerful and healing” (Victoria)

“I take back the power of meditation and being silent and connected with myself” (Stephanie)



'Burning the Past'

Feedback and Gratitude

The impact was great and most all of them have now taken the RYM course and/ or continue to attend activities at the centre as well as support friends and family to take benefit from the service we provide. The group is strong and committed to spirituality and self-transformation. They particularly enjoy meditation, reflection, churning and applying knowledge.

Here a video link for some feedback from Caleb and Mathew:

<https://m.youtube.com/watch?v=P2IOtNUf7y4&feature=youtu.be>

One student, Caleb did some research about Dadi Janki and shared the impact her life story made on him. He understood that without Dadi Janki having made her way to Europe to start service in the West, *ChangeMakers* would not exist and young people would not have those opportunities to learn and to transform. He then inspired other group members to share their appreciation for what Dadi Janki did for the young people in Brixton. Please see below the videos

Caleb's video <https://youtu.be/SSDXBHRIEWU>

Stephen's video <https://youtu.be/HjcCbjYdX8Y>

Aisha's video <https://youtu.be/abmbcR7GuVE>



Speak Less, Listen More

Speak less, listen more

For ego driven words only affirm false traits

But me ego isn't me; it's not my purest state.

Love, peace, joy, wisdom and purity, it's easy – that's who I want to be

Me - in my purest form.

Yet it has become the norm,

To attach to broken identities, shape shifting realities and a false sense of security.

But you can change your past,

It starts with your thoughts, they come first not last.

Focus your awareness, you are in control.

Hear your thoughts soft and clear,

The peaceful ocean is somewhere near.

If you are burdened with pain, regret or broken expectations,

Let it go, release

Feel your heart return to peace.

You are not your memories, your miseries or your misshapen identity.

Let it go, release

Feel your heart return to peace.

The power to pack up wasteful thinking shall be your faithful servant.

Meditate, allowing your thoughts to dissipate.

YOU CAN BE FREE.

Cemile Kabadayi (Gem), Worthing Retreat, 2nd June 2017

It was Gem's first poem after 4 years of feeling blocked to write poetry

Our follow up event in July 2017 was

‘Living My Purpose with Joy’

Followed by our creative event in

September 2017

‘Breaking Through: Pathways to Happiness

The work and the network is growing and the word is spreading about the pathways to true self transformation .

We would like to thank everyone who has supported this work and especially the young people who inspire each other and us with their zeal and enthusiasm in order to make a difference to their world.

One soul moved to the North of England, another will migrate to Canada, and a 3rd will move to Australia.

Their intention is to link up with their nearest BK centres and keep connected with the group.

At the same time new souls continue to join the *ChangeMakers*.

Contact Us

Inner Space Brixton

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