

# Flourishing Futures

Nourishing Biodiversity Now

## TOOLKIT

A Brahma Kumaris Environment Initiative  
23rd May 2020 - 5th June 2020

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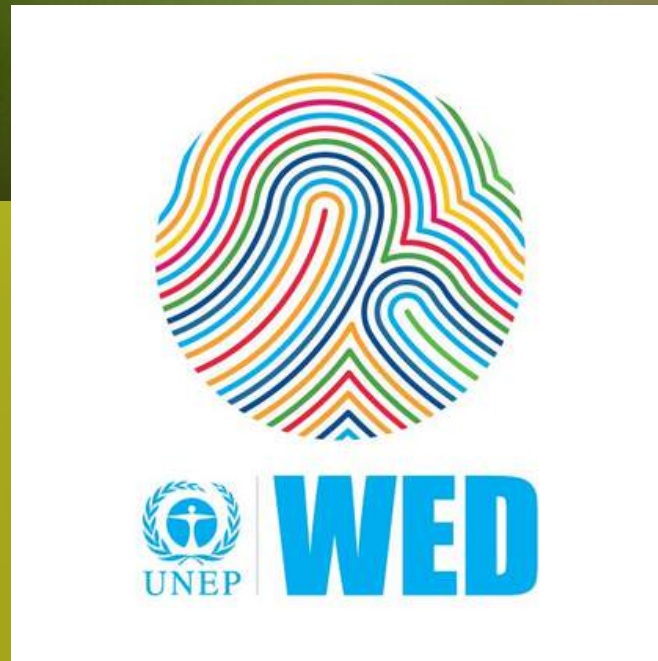
# WELCOME!

**This toolkit is a resource of information and activities to guide your participation and contribution to the United Nations Environment Programme's observance of World Environment Day, 5 June 2020.**

**You are warmly invited to select any aspect which interests you. The toolkit can be used for personal development or to help you design and implement events for Brahma Kumaris youth and young adults in your city or country.**

**[Click here to register](#)**





The United Nations Environment Programme (UNEP) announced the theme of **Biodiversity** for the year 2020. On **June 5** we celebrate the **World Environment Day**. The UNEP Major Group for Children and Youth has invited all affiliates to contribute an initiative to highlight biodiversity. The youth and young adults of the Brahma Kumaris are inspired to join in contributing to this initiative.





The term **biodiversity** describes the variety of all forms of life on earth. It includes the whole diversity of species and ecological systems on land, in water and the air. As in complex systems, even the loss of one species has an effect on the whole biodiversity of that territory.





As youth & young adults of the  
Brahma Kumaris, we have an  
**opportunity to make a  
meaningful contribution.**

From 23 May 2020 to 5 June  
2020 we can meet, have creative  
interaction, go deep and  
experience the amazing flow of  
how inner awareness can lead to  
outer transformative action.

It's our chance to make an impact!







A team of young BKs introduces a new initiative that invites youth and young adults to **connect to biodiversity through the approach of flourishing.**

The term flourishing connects beautifully to the original **flow of life**. Nature has an inherent way of growing and flourishing. Like the **four seasons**, everything has its time for planting, blossoming, reaping, restoration and hibernation.





Nature's flourishing provides **the original blueprint** for an inner dimension of development.

- When we make time and space to return to our original, authentic self, we can access our innate potential.
- In this true, pure and complete state we can generate an uplifting energy.
- The natural flow of our awareness, attitude and vision can extend into transformative thoughts, decisions and actions
- This can have a crucial influence on global transformation.





## **1. Individual flourishing and biodiversity**

How can you support your own flourishing (e.g. the enhancement of your inner potential, capabilities, values, inner power or consciousness)?

- We need to return to that which is original, true and authentic within the self.
- Instead of asking what is wrong with me, explore your full potential.
- I must focus on what is generative rather than that which is deficit.





## **2. Flourishing of interpersonal communication and synergy in relationships**

- Sometimes when we observe and experience the destruction of our natural world, we can react with frustration or anger. This affects our communication style and relationships.
- Inspired by the wisdom of nature, we learn to navigate through the "winter" of the soul as well as a world in a "phase of winter".
- Even though it seems like there is loss all around in winter, nature shows us that it's also time for inner healing, restoration and hibernation.
- This will restore our hope and build enthusiasm.
- In this way, how we work together and communicate our message will gain power.



### 3. A flourishing generation as change makers for a healthy planet

Initiative means to take a step forward and do something to make a difference. After 'the winter of the soul' there will be springtime! Flourishing needs initiative! Consciousness gives birth to:

- Awareness of potential
- Attitude of hope and enthusiasm
- Vision of an abundant and flourishing world
- Transformative inspirations & innovative plans
- Ethical courage to pursue clear decisions
- Flourishing form of activism with constructive steps to create a flourishing future







Creative  
engagement to  
experience  
Flourishing

Some activities  
and ideas for you  
to enjoy!



# FLOURISHING FUTURES WORKSHOP



## STRUCTURE OF THE WORKSHOP

### WELCOME

Round of introduction  
and setting the context.

### ENERGIZER & ICE BREAKER

Use a simple game to  
energize the participants.  
Do a short icebreaker to  
warm up everyone.

### DIALOGUE & REFLECTION

Main part of the workshop  
with reflection and  
collective discussion.

Use sharing in groups of  
three with reflective  
questions and dialogues  
in the big group to build  
on it further.

### GUIDED MEDITATION

Go into a deep  
experience.  
Link it to biodiversity  
using inspiring images  
from a video.

### CHECK OUT & CLOSURE

What am I taking with me?  
What have I learnt?  
Any interesting experience  
that you wish to share?





# TIPS FOR THE WORKSHOP

- Offer some variety, include fun and create an energetic atmosphere.
- Focus on some key messages that can be taken deeper and also have potential to provide experience.
- Use technical concepts like biodiversity, ecology, ecosystems and link it to spiritual concepts.
- Create a safe space where each one feels secure to express.





# **GUIDELINES FOR GOOD CONVERSATIONS IN A SAFE SPACE**

**We would like to encourage the following guidelines for orientation :**

- We will treat all personal information and stories confidentially**
- We listen to each other with compassion and curiosity**
- Suspend judgements, assumptions and certainties - it's not about knowing who is right and wrong. Its about exploring together**
- Link and connect ideas - this is how we learn and surface what we do not know, and see the connections and the patterns**
- Ensure all participate in the discussion. Be aware that we do not monopolise the speaking time. Speak one at a time.**
- Accept that divergent opinions are okay. Innovation and new solutions come from putting different perspectives together.**
- Play, doodle and draw. It can be helpful to use a large sheet of paper as a space to capture the results of your collective reflection.**
- Have fun!**



# EXAMPLES OF ENERGIZERS & ICE BREAKERS

## GAME: KAHOOT

1

Create your own game in [www.kahoot.com](http://www.kahoot.com) to introduce some concepts about biodiversity in a playful way (as neuroscience has proved that playful learning is more significant and efficient)

## GROUP INTRODUCTION

2

Which animal represents you today? If you would be an animal right now, who would you be?  
*"I would be a dolphin because I am feeling joyful and playful."*

## THROUGH ART

3

Express your feelings about nature and what biodiversity means for you with colours. What inspires you?



# DIALOGUE, REFLECTION & EXERCISES

1

## REFLECTIVE JOURNALING

Ask participants to write their reflections around a question.

2

## EXPLORING THROUGH ART

Express what biodiversity and flourishing is for you using colours, images or anything creative that is around you. Give your creation a name using a word or a short sentence.

3

## INPUT & DIALOGUE

Share an input around main ideas and then open up for a dialogue. See videos, texts and reflective questions below.

4

## RESOURCES TO READ

<https://wwf.panda.org/organisation/trustees/pavansukhdev.cfm>  
[https://p.widencdn.net/e2n0wj/WED\\_SimpleToolkit](https://p.widencdn.net/e2n0wj/WED_SimpleToolkit)



# Examples of reflective questions on the concept of flourishing and biodiversity

- Reflect on the deep meaning of each season: What wisdom does this rhythm of life hold?
- What does this rhythm mean for my own self and life?
- Does my way of life respect these patterns of original balance?
- Looking at the world in general how has humanity aligned with or disrespected nature's rhythm?



# More suggestions for Reflective Questions

**What is your way of dealing with DIVERSITY on a daily basis?**

(where you live, at study/work)


Is there a possible limit to it? How can you enlarge your knowledge, acceptance etc.?

**What does CO-EXISTENCE mean in your practical daily life?** Identify some of the reactions, beliefs and attitudes of it in your daily life.

**RELATIONSHIPS; What is your experience of "being supported" from Life?** Is there a new way to deepen that experience or to create one?







**You can choose to do this Reflective Exercise**

**Observing and paying attention to small things**

Observing animal attitudes, plants, phenomena; nature has its own wisdom. This can be observed in the documentary **“The Biggest Small Farm”**

**<https://www.youtube.com/watch?v=evRZx-YSBSc>**

The farmer shares that his way to get over obstacles was to observe dogs and other animals attitudes. This was like opening a window from his old way of thinking into new perspective.

**In your daily life, do you take time to observe the nature around you? What are your main learnings or experiences as gifts of wisdom received from it?**





# **Invitation for the day**

Offer yourself 15 minutes observing a piece of nature around you, with a silent mind, being open to discover, to learn from that observation.





## **You can choose to do this Reflective Exercise**

### **Grounding**

For a plant to be flourishing, it needs to be grounded in the soil. We humans also need to live “grounded” and connected to the earth and soil for our well-being.

### **Our way of life since last 50 years**

Wearing shoes constantly, living in flats/high buildings with many floors and spending more time inside than outside. This creates a disconnection in our bodies with the earth. Diseases and disorders could be prevented by putting our feet on the earth.

**Have you heard about this “disconnection”?**





# **Invitation for the day**

Offer yourself 15 minutes staying, sitting, running, walking on sand, soil, or grass bare feet.





**Brahma Kumaris**  
Environment Initiative

# Flourishing

## 14-days-challenge

Inner process where I find the best inside of me and this changes my attitude and vision. With this change, I perform actions which help restore biodiversity.

**#FlourishingChallenge**

## 14-days-challenge

- |   |   |   |  |
|---|---|---|--|
| 1   | 2   | 3   | 4  |
| LOOK INTO THE INNER MIRROR OF YOUR OWN HEART AND WRITE A LIST OF ALL THE THINGS THAT ARE GOOD ABOUT YOU | TAKE A FLOWER AND POSITIVELY COMPARE IT TO YOUR PERSONALITY | LOOK INTO A CRYSTAL CLEAR INNER LAKE AND SEE YOUR REFLECTION. WHAT IMAGE DO YOU HOLD OF YOURSELF? | IF YOU COULD PLANT A SEED OF A DETERMINED THOUGHT. WHAT THOUGHT WOULD IT BE?     |
| 5   | 6   | 7   | 8  |
| CHALLENGE THE BOUNDARIES YOUR LIFE WITH YOUR INNER VALUES   | PRACTICE ACCEPTANCE TO GROW FROM ANY FAILURE OR MISTAKE     | DO YOU RECOGNISE YOUR COMFORT ZONE? STAND AT THE EDGE OF YOUR COMFORT ZONE                        | THINK ABOUT HOW NATURE HAS BEEN KIND TO YOU. HOW CAN YOU ALSO BE KIND TO NATURE? |
| 9   | 10  | 11  | 12   |
| TAKE A SELFIE WITH A FLOWER. CAN YOU SEE A SIMILARITY IN THE BEAUTY                                     | GET IN TOUCH WITH NATURE IN ANY WAY YOU FEEL INSPIRED       | CULTIVATE A "GREEN" HOBBY   | LET YOUR CREATIVITY FLY. WHAT DOES THIS LOOK LIKE?                               |
|   | 13  | 14  |  |
|   | DO SOMETHING CREATIVE WITH NATURE                           | SEND GOOD WISHES TO NATURE  |  |



## YouTube Video on Biodiversity

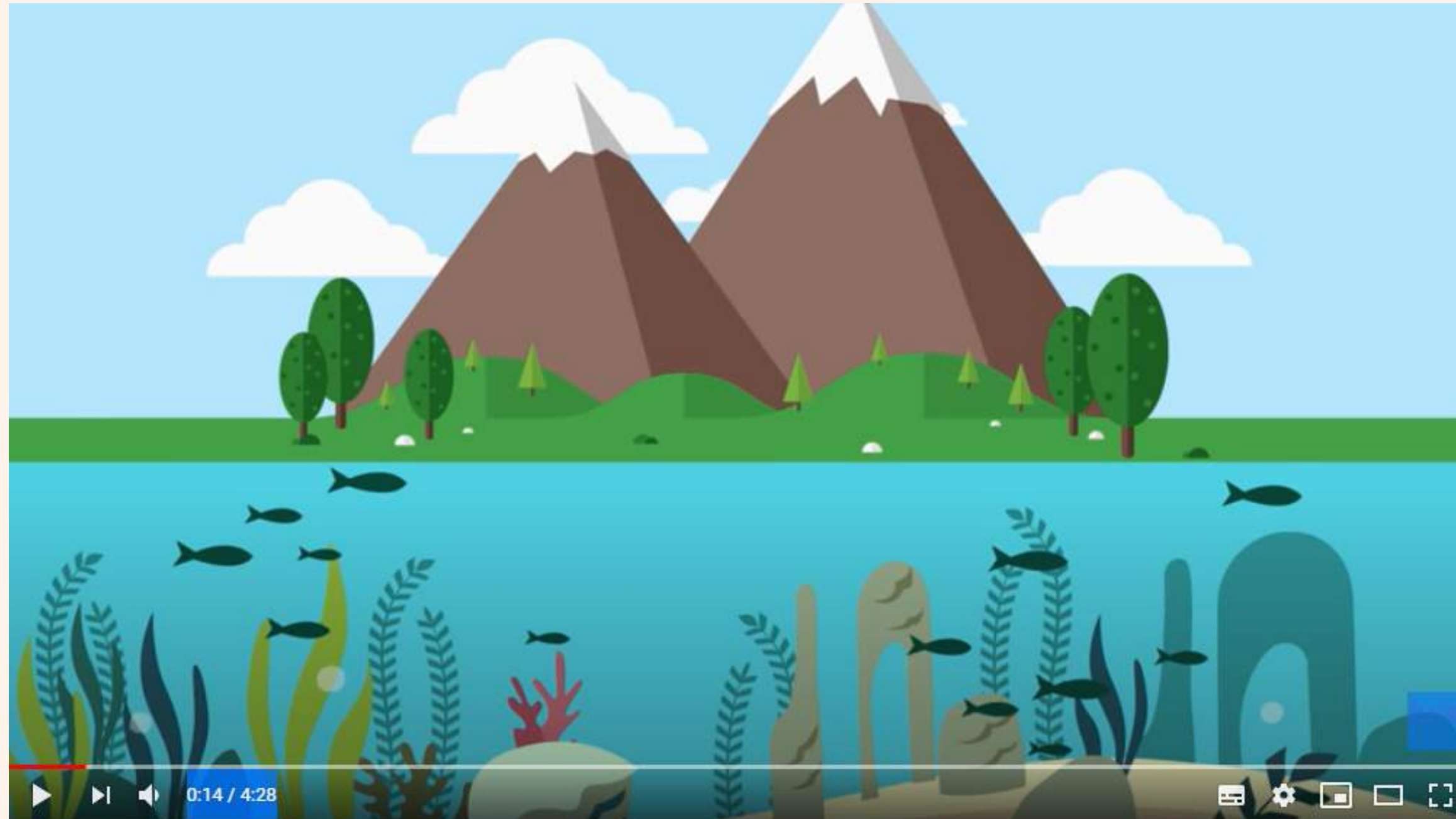
Please note that we need to mention the organisation that has created the video when using it.





## YouTube Video on Biodiversity

Please note that you need to mention the organisation that has created the video when using it.





# GUIDED MEDITATIONS

1

## VIDEO WITH NATURE IMAGES

Use a video with nature images and do a live meditation commentary.

2

## GREEN ANGEL MEDITATIONS

See link below.

3

## CONTEMPLATION - OBSERVING NATURE

Take 15 min to walk in nature. Get inspired observing the wonders and secrets of nature. Observe the small things around you with a quiet mind.



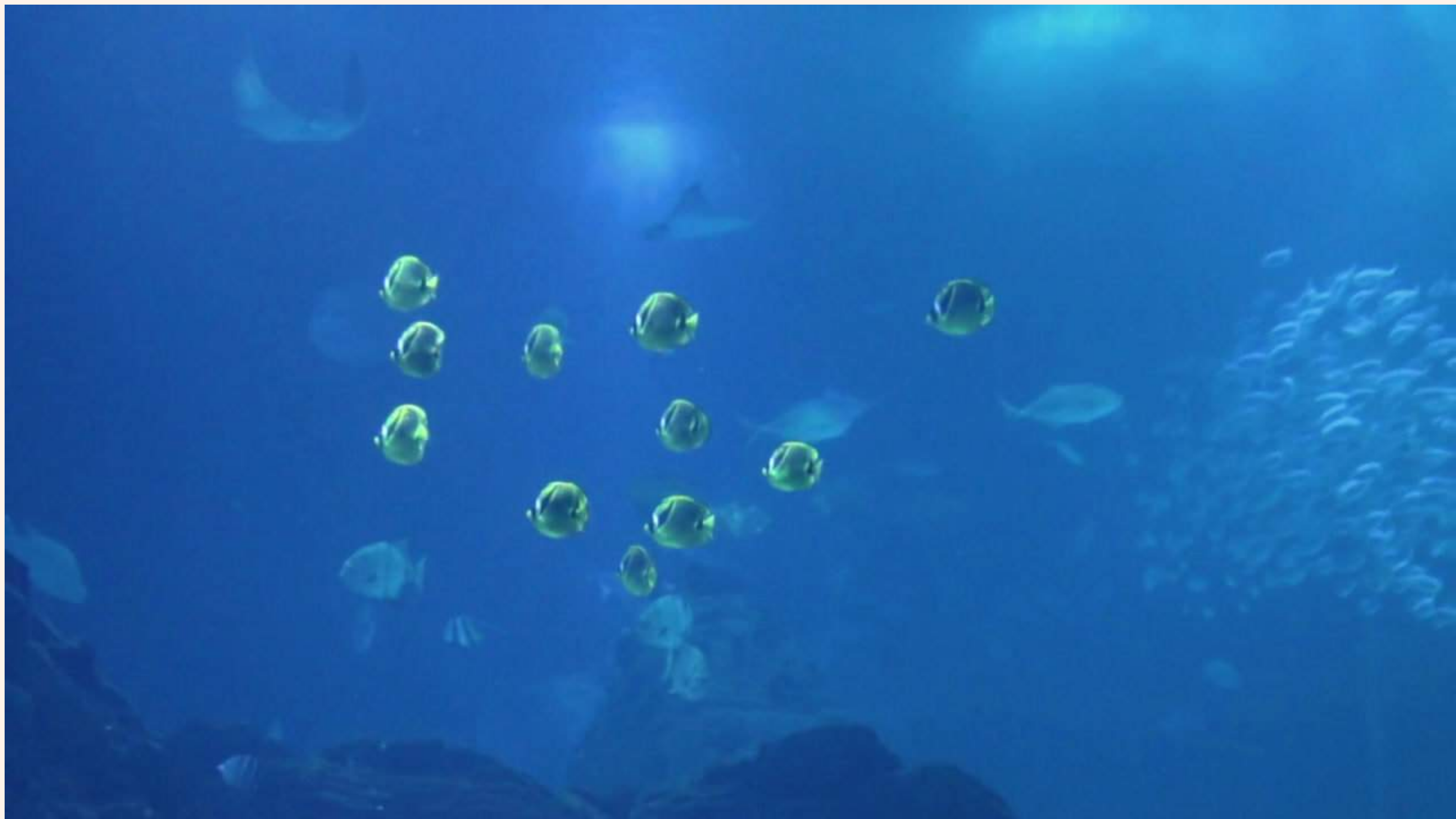
# Green Angel Meditation

Find easily on [www.spotify.com](https://www.spotify.com)





**If you want to create your own guided meditation video,  
there are some cool videos at [www.canva.com](https://www.canva.com)  
A visual for a guided meditation: "Flow"**





# CHECK OUT & CLOSURE

## ENTERTAINING EXERCISE

1

What am I taking with me today from this workshop? Like which aspect of nature am I feeling right now and why?  
Example: I am feeling like a breeze, refreshed, sweet and positive.

I am feeling like the ocean filled with a variety of new insights.

## CLOSURE & SHARING EXPERIENCES

2

What are our next steps?  
How will we keep in contact with each other?

## SHARING EXPERIENCES

3

This is how we learn and grow together.  
We encourage anyone who wishes to share experiences from the workshop?

## SHARE WHAT YOU DO WITH US

4

After enjoying these activities, send us your feedback, photos, videos, artwork. It will be compiled by our team and submitted to the UNEP as part of the Flourishing Futures initiative.  
[ecoshanti@brahmakumaris.org](mailto:ecoshanti@brahmakumaris.org)





# Share what you do

ON SOCIAL MEDIA

#FlourishingChallenge

#BKEI

#BK\_WED2020

Twitter: @EcoBrahmaKumari

Facebook: BKenvironmentinitiative

Instagram: EcoBrahmaKumaris



**PLEASE REGISTER  
AND JOIN US FOR  
THE GRAND FINALE  
OF THIS INITIATIVE!**



On the occasion of World Environment Day (WED 2020) The Brahma Kumaris invite you to explore a revised approach to Biodiversity. Flourishing is an uplifting spiritual phenomenon... its focus is generative rather than what are the deficits. In looking through the lens of Flourishing: We plough the soil of human consciousness by connecting to that which is original, true and authentic in the self. We then plant the seeds of positive and transformative thoughts. Ultimately we look forward to reaping the harvest of purposeful and productive actions that, with ethical courage, can change the course of our Biodiversity's current downward spiral.

Info: [ecoshanti@brahmakumaris.com](mailto:ecoshanti@brahmakumaris.com)

**On the occasion of  
World Environment Day**

BKenvironmentinitiative

EcoBrahmaKumaris

@EcoBrahmaKumari

A fascinating virtual journey for  
Youth and Young Adults

# **FLOURISHING FUTURES**

**Nourishing Biodiversity  
Now**

**5<sup>th</sup> June 2020  
4:30 -6:30 pm IST**

Esteemed Guests



**Martin Frick**  
Senior Director  
Policy &  
Programme  
Coordination  
UNFCCC



**Jyoti Mathur  
Filipp**  
Director,  
Implementation,  
UN Convention on  
Biological Diversity



**BK Jayanti**  
Director,  
Brahma Kumaris  
Europe &  
Middle East,  
BK Rep UN, Geneva



**Teresa  
Oberhauser**  
Focal Point  
UNEP MGCY



**Maria Paula  
Cervera**  
Moderator  
BK Youth Columbia

Register Online

<https://forms.gle/Bs4nBp67szUt6p1QA>

**I'm With Nature**

