

UN INTERNATIONAL FRIENDSHIP DAY ONLINE WORKSHOP

BRAHMA KUMARIS AUSTRALIA

Report for an online workshop
held for adults aged 18 - 35 yrs on
the 26th of July 2020



THE SPIRIT OF FRIENDSHIP



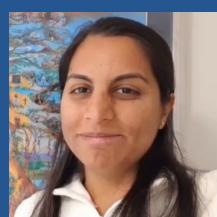
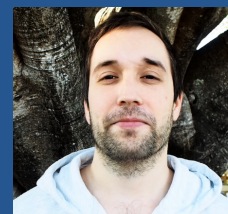
THE
BRAHMA
KUMARIS
AUSTRALIA

WHY FRIENDSHIP?

EXPLORING THE THEME & MEETING THE TEAM

THE THEME

With the lockdowns affecting many parts of Australia and the rest of the world, the core team began looking at new ways to run workshops and so thought to try something online. Realising that we are spending more time with ourselves during lockdown, we felt friendship with the self would be very relevant, and also having an authentic connection with others to support each other too. As such we felt that the United Nations International Day of Friendship aligned perfectly with the current needs of the time.



& THE TEAM

From the Top L-R: Ashish Patel (UK), Dharti Hadwani (Melb), Wesley Ford, Sapna Ruparelia, Lauren Bartkowiak, Dinojah Paramanathan, Karishma Chand, Firti Dewi & Lata Bhat.

WE DON'T ALWAYS REALISE THE IMPACT WE CAN MAKE JUST BY TURNING UP AND BEING OURSELVES." - BR ASHISH

OVERVIEW

ON THE DAY

The 90 minute online workshop began with meditation to allow participants to settle in, followed by a warm welcome from Lauren. Participants were asked to keep their camera's on if they felt comfortable enough to do so or add a profile picture and change their screen name to their real name/nicknames. This was done to help create an atmosphere of intimacy and help in building connections during group discussions.

Our special guest from the UK, Br Ashish then introduced the theme, touching on what true and false friendships feel like, how the latter enables us to be our true selves and how being friends with the self is deeply connected with our friendships with others.

Next Sapna facilitated the icebreaker session where people were asked to share an experience of true friendship & what impact it had on them. The participants were grouped into pairs using the breakout feature in zoom.

"THE MOST IMPORTANT THING IN A RELATIONSHIP, WHETHER IT IS WITH A FRIEND OR WITH MY SELF IS TO BE AVAILABLE & TO BE UNCONDITIONAL NO MATTER WHAT." - SHIVANI



OVERVIEW

A COMMON THREAD

After the icebreaker, the group were then led into a personal reflection exercise by Br Ashish, where participants were asked to reflect on what they valued as being the most important qualities that characterise a true friendship.

Next came the compassionate listening exercise, where the participants were split into groups of 3 and each person was able to share their personal reflections honestly in a non-judgmental environment. After this there was a feedback session where the participants were able to share their experiences with the whole group. A common thread among the participants were feelings of acceptance and and genuine connection despite being strangers for the most part and the physical distances.

Participants from around Australia attended, including from Melbourne, Sydney, Brisbane, Gold Coast, Perth & Newcastle. Some were from even further afield including India and Bali.

All in all it was a wonderful experience, thankyou to the team who embodied the theme of spiritual friendship during the planning, working in unity & with easy cooperation and to all the participants for their honest sharings!



OM SHANTI



"I FOUND THAT SHARING TOOK A LITTLE BIT OF COURAGE & VULNERABILITY & OPENNESS TO SELF-INTROSPECT, I JUST WANTED TO SAY THANKYOU FOR ORGANISING THIS EVENT."
- HEENA

