



BK PHILIPPINES SERVICE NEWS

Soul-utions to Plastic Pollution

In Observance of UN Environment Day

THE BRAHMA KUMARIS CENTER FOR SPIRITUAL LEARNING TAGAYTAY INVITES YOU

TO A PUBLIC PROGRAM TITLED



Brahma Kumaris
Philippines



“SOUL-UTIONS TO PLASTIC POLLUTION”

THE WORLD ENVIRONMENT DAY 2023 OF THE UNITED NATIONS (UN) THEMED “ADDRESSING PLASTIC POLLUTION” IS A REMINDER THAT PEOPLE’S ACTIONS ON PLASTIC POLLUTION MATTERS. OUR PLANET IS CHOKING ON PLASTICS AND WE KNOW THAT YOU CARE.



“When I think about my own comfort, why has the production of plastic increased in the last 50 years?” mused BK Sr. Manda Patel, coordinator of the Brahma Kumaris Global Retreat Centre in Oxford, Britain.

The program, “Soul-utions of Plastic Pollution,” commemorated World Environment Day in June. Instead of discussing the plastic crisis and providing Band-Aid solutions, she focused on the BK’s template for serving the environment.



“Our life became very intense. We are trying to do so much in a short space of time. Technology and advancement have speeded up so fast that we try to chase the pace. We are creating stress and tension for ourselves. Then we seek to be comforted in a physical way instead of addressing the speed of time and technology.”

The essence of Brahma Kumaris’ initiative is the knowledge of the interplay between our thoughts and actions and their effect on the world. Any significant change in society and the environment begins with the transformation in the mind.

“The spiritual solution is the only solution. This energy, this vibration will serve us,” she said. Here’s how BK Manda lives by the principles:

BK Sr. Manda spoke to an audience of over 60 at the Brahma Kumaris Center for Spiritual Learning in Tagaytay. Participants came from different local organizations like Tagaytay police officials, youth leaders, representatives of environment groups, a group from microfinance company, school representatives & students & contacts of the Brahma Kumaris.

SUSTAINABLE LIFESTYLE. After seeing how the Tagaytay locals lived simply but happily, BK Manda recommended adopting a less materialistic lifestyle and hence, saving the planet’s resources. “I love Tagaytay. The poor have so much resilience. People who have so much can’t see the resilience required to live simply,” she said. “Like in India, they live off on what nature provides in fruits and vegetables and buy only what they need.

If (only) we become conscious of the wastage we create from processed foods and other foods that we eat.”

PLANT-BASED DIET. “Knowing the effects of how the food industry works, I chose to be a vegan—not consume meat or dairy. I want to support the creatures on our planet,” said BK Manda.

Animal and dairy farming consume more water for irrigation which makes it unsustainable. A plant-based diet lessens the environment impact.

EARTH CARE AND RESPECT. BK Manda underscored the importance of establishing a balanced relationship between the self and Nature. “Nature, specifically the five elements of earth, water, fire, air and ether is serving us in a generous way. Every element is present to enrich our lives,” she said.



“Recognize that the body is made of the physical elements. The soul is an energy makes this physical body function. This body has a beginning and an end. How I walk that journey from birth to death is up to me. If I want the body to be healthy. I need to respect it. If my body lets me down, it’s because I abused it.”

INDIVIDUAL RESPONSIBILITY. Knowing that the quality of our thoughts and actions that we convey will come back to us, we become more conscious of taking responsibility. “I need to awaken my awareness. It keeps me truly in touch with what happens and what my thoughts and actions are doing for the world,” she said.

BK Manda pointed out that wasting food creates an account with the environment. “There is a law that when you waste something, it won’t be there when you need it. Physical resources will always run out if you use them disrespectfully.”

MEDITATION. A relationship with the Divine helps us to be in touch with our core qualities, provide the strength to uphold them and allow us to be more conscious of our choices.

“Recognize the benevolence of Nature,” said BK Manda. “The seed of this human existence is the Seed of Absolute Benevolence and Unconditional love --the Divine, God.”

Likewise examining the conscience at night helps to restore the individual’s inherent inner peace. Said BK Manda, “If I lived today with a clear conscience, I would ask: Is there anything that I could have done differently or better? Let me remember that so I live a life of resilience, strength, determination and power.”

BK Sr. Rajni Daulatram, national coordinator of Brahma Kumaris Philippines, conducted a meditation, inspiring the participants to generate positive thoughts for the world. “Visualize that I am being of light and peace, like a star shining with the qualities of respect for the planet and for every human being. For a long time, we have used so many things from the universe. Now the time has come to be simple and to express gratitude,” she said.

The retreat center offered a traditional snack fare using biodegradable tableware. Turon (fried banana and jackfruit rolls) were placed on banana leaves on a woven underplate and ginataan (sticky rice balls and tubers stewed in coconut) were served on a coconut husk bowl. The blessings were inserted on little bamboo nodes.

Om shanti.

