

Just Look Skywards and Others will do the Same!
Launching of “7 Billions Acts of Goodness” in Belarus
1 February, 2015

1. Launching

The Brahma Kumaris International Initiative “7 Billions Acts of Goodness” has come to Minsk, the capital of the Republic of Belarus. At the launching ceremony



held in the conference hall of the “Belarus” hotel, the audience was greeted by **Mr. Manoj Bharti**, Ambassador of India to Belarus. “I extend my best wishes to this movement of 7 Billions Acts of Goodness. The initiative offers practical and emotional logic of why to do good and how to do good”, he said. “The essence of spiritual effort is to get

power to do good actions without getting attached to them. When we perform an act of goodness, we should firmly believe that the act has been done through us, and not by us.”

BK Santosh, Brahma Kumaris director, St. Petersburg, highlighted the basic philosophical principle behind the project. “In essence, we can say that every one of us is a sentient being made of goodness and for goodness. Goodness is our internal and eternal nature. Meditation is all about reminding myself of this truth by means of which it becomes easy for me to exercise the attitude of gratitude, sympathy and compassion. It's like tying a knot in order to keep remembering something of utmost importance. This higher awareness becomes a seed from which the Tree of Goodness grows in a very natural way. Just don't stop the wave of goodness in your heart, and you'll be a winner”.



Among the special guests who came to the event to express their support for the project were **Ms. Zinaida Volovich**, member of the presidium of the Belarus Women Union, **Ms. Nadezhda Los**, chairperson of the city club of honoured teachers of Belarus, **Ms. Virginia Tarnauskaite**, director of New Drama Theatre, **Mr. Sergey Janabekov**, poet and singer, and others.

2. Round Table “Chain Reaction of Goodness and Happiness”

BK Santosh and the 7 BAOG team from Russia and Belarus were invited as main speakers at the round table held at Belarus Republican Institute for Advanced Training and Professional Development of Educators. Around 30 directors and administrators of social service centres from all over Belarus got introduced to the concept of the new initiative. Within a few minutes the official presentation of the project transformed into a heart-to-heart conversation about where to draw the strength from for doing good things and how to withstand the forces of negativity and indifference.



3. Start your day with an act of goodness if you want it to be good!

Suppose, you lost your purse with money, and someone else found it and became happy. Was it an act of goodness? Well, after all, you made that person happy!

Suppose, you do all your chores at home, and every time you do it, your mom pays you a dollar. Can you say that you do acts of goodness?

Suppose, you did the homework given to you by your teacher. Was it an act of goodness?



These are just a few out of many questions discussed in a wonderful vibrant atmosphere with young pupils of the private school “Alternativa”.

Although some of the participants of the dialogue were just 10 or 11 years old, they were adamant about their definition of an act of goodness. It should be:

a) intentional (not just losing your money!)

b) selfless (making your mom happy, and not expecting money from her)

c) going beyond your daily duties (helping your friend with his homework as well).

We are very young. Can our acts of goodness make any difference in this huge world?

Here comes the answer of a 10 year old boy, “You know, sometimes I play like that. I am standing in the company of my friends, and all of a sudden I look up, skywards. And you know what? As soon as I do that, everybody looks up as well!”

So just look skywards, and on seeing you others will do the same!