

10 WAYS

TO CHANGE THE WORLD

The current distressing state of the world is the consequence of the past actions of humanity. We believe that technical and political solutions to the challenges we now face are not enough.

There needs to be a radical change in the hearts and minds of people throughout the world – a realisation that the world will only change when we change the way we relate to ourselves, others and nature.

By changing our consciousness and re-connecting with our inner spirit, we will naturally and spontaneously want to make the world a cleaner, healthier, safer and more beautiful place in which human beings, and other creatures, can live together in peace and harmony.

1

Live Simply

When we use our mental, emotional and physical resources wisely and carefully, based on our needs rather than desires, we are able to fulfil our responsibility as trustees of the earth.

2

Be Unlimited

By connecting with our spiritual essence and going beyond the artificial divisions of gender, race, culture and religion, we feel part of the global family and act accordingly.

3

Open the Heart

Practicing compassion, forgiveness and unconditional love for the self and others, enables us to heal this shattered world.

4

Respect Life

Recognising the uniqueness, wonder and beauty of our own being, enables us to treat ourselves, others, animals and nature with consideration and care.

5

Be Positive

Putting a full stop to negative and wasteful thinking and choosing to use the power of our mind in a positive way is the foundation for world transformation.

6

Walk the Talk

When we remain true to our inner values and follow our conscience, despite resistance from others, our actions bring benefit to many.

7

Empower Yourself

Realising that we are the creators of our own world, and that we always have a choice as to how we deal with the challenges of life, brings a sense of freedom and responsibility, which gives us the faith and courage to make a difference.

8

Eat Well

Pure vegetarian food, cooked with love, nourishes our whole being and contributes to the health of the planet.

9

Follow Your Dream

The more powerful, positive and detailed our vision of the future, the more likely we are to achieve it.

10

Feed the Soul

Spending time alone in silent prayer, or meditation, gives us inner strength and wisdom to deal with life in a more positive and peaceful way.

