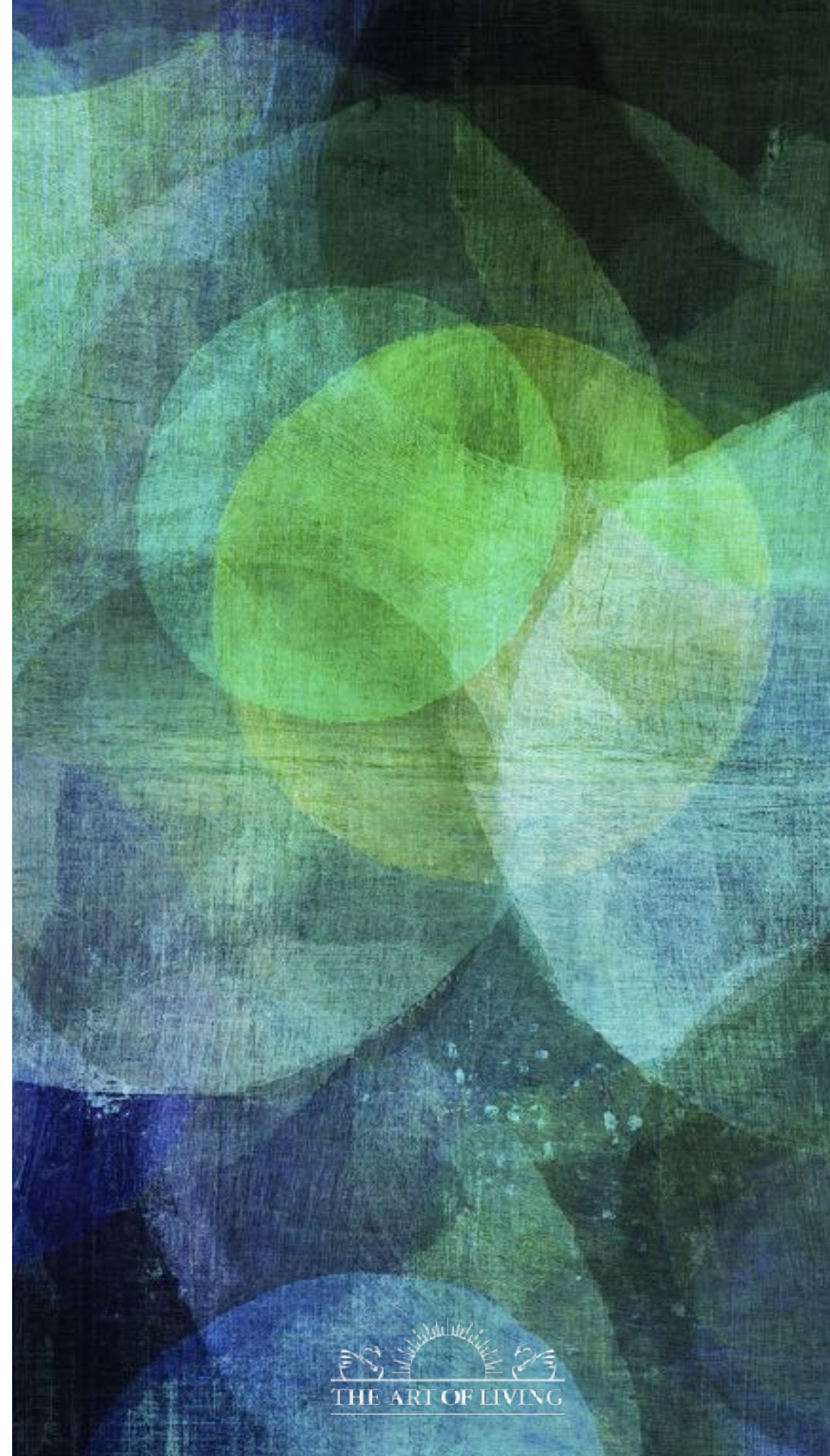




# SUSTAINABILITY BEGINS WITH PEACE

.....  
*With passion, dispassion, and  
compassion*



# 1.DISPASSION

*Farmer and Seed*

# IT'S ALL IN THE MIND

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“The mindset of people is key in bringing any transformation to help us move forward”

- *Today there is fear and anxiety*
- *There is depression and aggression*
- *There is greed and consumerism*
- *There is stress*
- *These are all inner phenomenon*

# 2.COMPASSION

*Mother&Child*



# IT BEGINS WITH YOU

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“Care for the planet comes from a peaceful individual, where one begins to see the planet as part of oneself”

- *For change of mindset, one must listen*
- *Listening is impossible if someone is stressed*
- *But we need change of mindset across the world*
- *We are part of nature: Responsibility and Belongingness*
- *If person is peaceful inside he is able to take any challenge*

# 3.PASSION

*Anyone who creates anything...*

# WE ARE A ONE-WORLD FAMILY

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“People’s demand to save the environment needs to be strong”

- *Environment doesn't have any boundaries*
- *We have one planet earth and we have one atmosphere*
- *We need to create awareness throughout the world*
- *We need peace and cooperation*
- *For this, we need spiritual tools*

**WHAT SPIRITUAL TOOLS?**



# IT COMES DOWN TO STRESS

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- Passion, dispassion, compassion are within
- Stress puts us out of balance with all three
- Stress is lack of energy or too much focus on past or present



# FOUR SOURCES OF ENERGY

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1. **Food:** Vegetarian, organic, fresh, whole grains, local
2. **Sleep:** Balanced and on-time
3. **Breath:** Most important source, Pranayama (Breathing techniques)
4. **Calm, meditative state of mind:** Meditation and Music

# INFORMATION ON GUIDED MEDITATION

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- Whatsapp Group: This is a students' meditation group for Tübingen and Stuttgart :) We meditate once a week

Link: <https://chat.whatsapp.com/IrjrX8UWU9h0mjbyhreGhT>

- Link to Sri Sri Ravi Shankar's YouTube Channel for Guided Meditations: <https://www.youtube.com/playlist?list=PL480C9CCB94DF5D82>

- Contact for questions: [harshini.arwen@gmail.com](mailto:harshini.arwen@gmail.com)

A woman with long, wavy brown hair is shown from the chest up, wearing a brown turtleneck sweater. She has her eyes closed and a serene expression. Her hands are raised to chest level, with her fingers in a mudra gesture (the 'OK' sign). The background is a solid, warm orange color. The text is overlaid on the right side of her face and chest.

**Meditation läuft.**  
**Behalte Deine Augen geschlossen**





*Danke*

