SUSTAINABILITY BEGINS WITH PEACE

With passion, dispassion, and compassion
1. DISSPASION

Farmer and Seed
“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
“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

“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

➤ 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

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

➤ 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
Meditation läuft.
Behalte Deine Augen geschlossen
Danke