



Heartfulness Education Trust
From Wonder, Wisdom

HELP

Heartfulness - Experience of Life's Potential



Dear students,

Welcome to the ONLINE HELP program. As informed to you all, we will be sharing reading materials as part of every session. The reading materials will be a short collection of notes, stories, quotes, and other inspiring material that will help all of us to deepen our understanding and experience of essential life-skills that are necessary as part of our lives. Please see the reading materials below.

Read and Enjoy, Do and Feel and Become

Yours affectionately
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HELP SESSION 15

Sustainable Development and Social Responsibility

“Be the Change you want to see in the world” - Mahatma Gandhi

Concepts

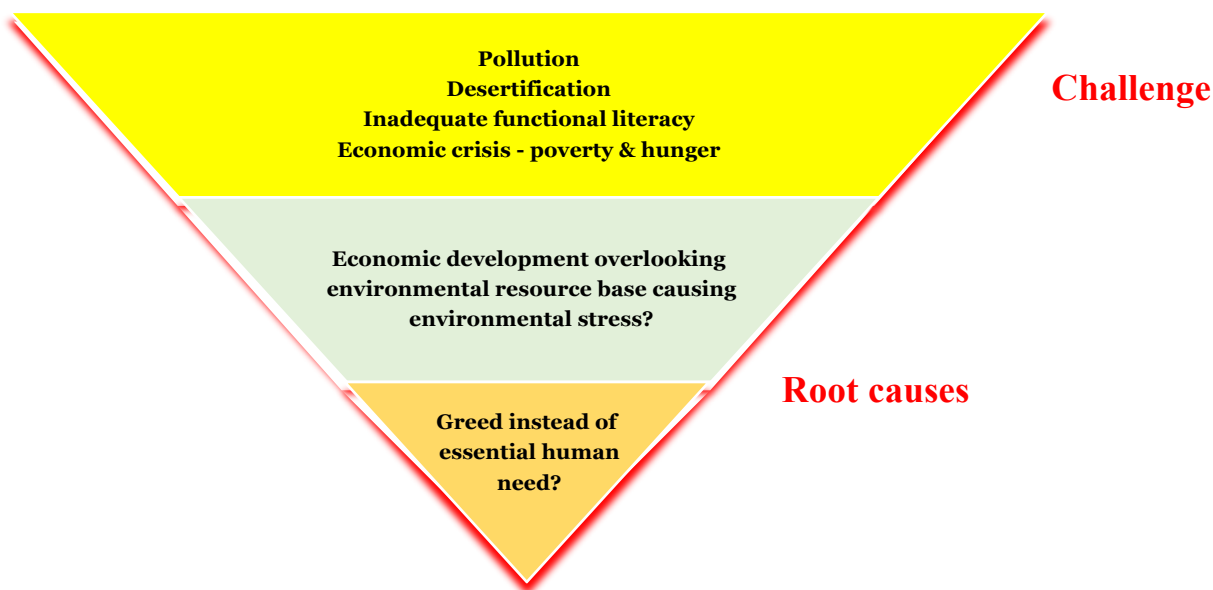
1. What is sustainable development?
2. Major challenges faced by the world humanity - the root causes
3. Changing the world by becoming the change
4. United Nations Sustainable Development Goals
5. Practising sustainability in personal life

According to a report of the World Commission on Environment and Development - “Our Common Future”, “Sustainable development is development that meets the needs of the present without compromising the ability of future generations to meet their own needs.”



It is described in terms of three domains - *environment*, *the economy* and *society*.

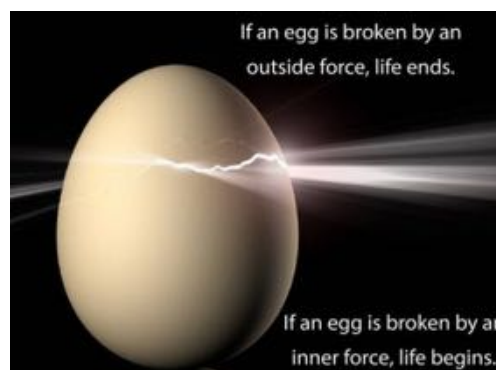
Sustainable Development - Challenges & Root Causes



How do we change the situation to live sustainably and help the world?

“Be the change you want to see in the world”- Mahatma Gandhi

Change needs to come from within and not without!



Change is possible by changing our thoughts, our actions, our personality & our lifestyles. The most important thing is to follow our hearts!

By changing ourselves, we can contribute towards achieving the sustainable development goals set by the member countries of the UN to transform the world by 2030



Sustainable Development Goals formally adopted by the United Nations General Assembly towards "universal, integrated and transformative" year 2030 Agenda

Shri Ram Chandra's Letter to the UN dated 8th July 1957

To dissipate the idea of individual self and to work harmoniously for the common good is the demand of the time.....What we, therefore, require at present is only to **improve the morals** and to **discipline the mind**.....We must learn how to create within the heart a feeling of universal love, which is surest remedy of all evils and can help to free us from the horrors of war.

**Wisdom helps us conquer ourselves and sustain the natural resources.
 By conquering ourselves, we can conquer the world!
 With minimum input, we shall have maximum output!**



In nature, sustainability is a built-in mechanism where nothing goes waste. By being simple and in tune with nature, we can help sustain the planet.

Lessons learned

- Becoming the change we wish to see
- Understanding sustainable development goals
- Inspiration from nature for sustainability

Heartful universal prayer to sustain humanity

Close your eyes and feel these statements.



All brothers and sisters all over the world are being filled with love and devotion in their hearts. They are developing - correct thinking, right understanding and an honest approach to life.

Gently open your eyes!

At 9 pm every day, let us sit with these thoughts and feelings.

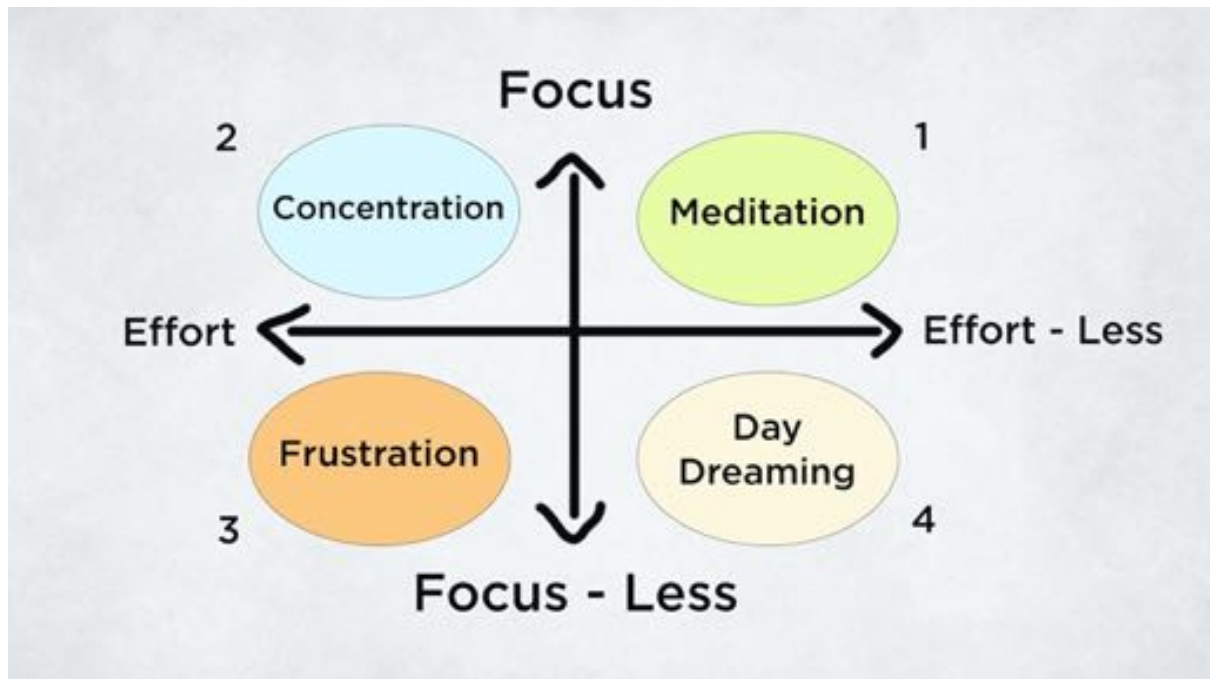


Heartfulness Cleaning

Do the cleaning practice at the end of your day's work, preferably not too close to bedtime. This process will rejuvenate you and purify your system of any accumulated heaviness. There are a few steps to the cleaning process, so in the beginning it is best to practice them in the following sequence:

- Sit in a comfortable position with the intention to remove all the impressions accumulated during the day.
- Close your eyes and relax.
- Imagine all the complexities and impurities are leaving your entire system.
- Let them flow out from your back in the form of smoke, from the area between your tailbone (at the base of your spine) and the top of your head.
- Remain alert during the entire process without brooding over the thoughts and feelings that arise. Try to remain a witness to your thoughts.
- Gently accelerate this process with confidence and determination.
- If your attention drifts and other thoughts come to mind, gently bring your focus back to the cleaning.
- As the impressions are leaving from your back you will start to feel lighter.
- Continue this process for up to twenty to twenty-five minutes.
- When you feel light within, you can start the second part of the process.
- Feel a current of purity coming from the Source entering your system from the front. This current is flowing into your heart and throughout your system, saturating every particle.
- You have now returned to a more balanced state. Every particle of your body is emanating lightness, purity, and simplicity.
- Finish with the conviction that the cleaning has been completed effectively.

MEDITATION IS EFFORT-LESS FOCUS





Sustainable Development Goals

Imagine you are travelling in space, you are looking for intelligent life, you have been travelling for a while for space is very spacious and then you see it- Earth, a tiny island in space, a little spec of water, air and soil with a thin veil of air we can breathe. There might be life on space but here on earth, its everywhere. If you think about it we all need the same basic things, for ex- fresh water, clean air and healthy food. The good news is that earth has enough of it for all of us the bad news is that we got a few problems on the way.

The first is climate change, the way we live on earth now is damaging the very things we need to live in, the refuse we burn is choking the atmosphere, we are running out of clean drinking water and all of this is changing the weather.

The second problem is inequality, some people on earth have far more than they need and most people don't have nearly enough. This can lead to poverty and that's not fair. Millions of people are unable to get medicine that can stop them from getting sick or cure them if they do. In some places children complain about having to go to school, in others millions of children can't go to school at all. Is that fair.

Luckily enough we have a plan. The United Nations just announced global goals for sustainable development. These are 17 goals to protect the planet against climate change and make the world safer, fairer and more just for everyone. We have to achieve these goals by 2030. The great thing about having a plan is that we can check how we are doing along the way, give ourselves a pat in the back if we do well and try harder if not. 2030 isn't so long away, so we will need to encourage each other with lots of ideas. We can start by making these goals famous. There are 17 goals all together, lots of different ways in which you can help. Being a girl or a boy makes no difference to how safe you feel, the friends you have or the places you could go. What if we find new ways to make water clean and drinkable, what if we can recycle all our waste, and what else do you think we can do. We all live on earth and we depend on the earth to live. We have many different cultures: we have only one planet. If we take care of it and each other and share what we produce fairly and sustainably, everything we need is right here. Someday we may intelligent life on other planets, in the meantime let's see how intelligent we can make it for all of us at home on earth.