

Being Natural

24th June 2023



**Creating a greener London
with and for Londoners**



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“Look deep into nature and you will understand everything better.” - Albert Einstein



“Make It Happen” a group of young and upcoming professionals at GCH organized ‘Being Natural’, a reflective walk amidst the scenic atmosphere of Hampstead Heath. This was inclusive of various creative/fun activities and guided meditation.

The event welcomed anyone who wished to reconnect with nature and rejuvenate not only the self but also replenish mother nature. The walk commenced at 5:00 pm where everyone gathered near the Hampstead Heath overground station. The participants were guided near the lake followed by an icebreaker round, uniquely planned to welcome everyone with rhythmic clapping exercises whilst standing in a circle.

As the walk progressed, participants were asked to pair up amongst themselves (preferably with a fellow participant whom they had never met before). The task included picking up at least two strengths for the other person thereby exploring fellow personalities.





After a beautiful exchange of experiences the participants resumed walking towards the Parliamentary Hill Viewpoint. As part of the walk some points of reflections were as follows,

- **How and when did you fall in love with nature?**
- **What does 'Being Natural' mean to you?**
- **"What in my present lifestyle, I am doing to make London more Green or eco-friendly? What can I personally do more to make London more natural?"**



**Creativity
liberates !!!**



Over the course of this walk, the participants collected one thing from nature which resonated the most with them. Furthermore, the participants explored the creativity within by expressing themselves in the form of beautiful art. Continuing the silent walk for some time, everyone gathered to settle down in the lap of mother earth, soaking in the scents of the forest and becoming mindful of their interactions with the various elements of nature.



Sharing a common time and space, in reflection of the positive self is a state of bliss. From this state of bliss when we radiate our good wishes, power of peace, love and gratitude for mother nature, we experience "Contentment".



As the evening progressed, the participants were guided through a mesmerizing meditation experience which was then followed by a round of sharing personal takeaways (unique/unusual treasures) and blessings towards the fellow souls. This involved the creation of a **'web-of-blessings'** and reflecting on their personal relationships with nature.



Being Natural Selfiiiiiiiiiiiiiiiiiiii

