

# ONE World Humanity

A SHRI RAM CHANDRA MISSION PUBLICATION

## ONE WORLD ONE HUMANITY...

seeks to raise awareness of the United Nations, and the role of Shri Ram Chandra Mission in supporting the principles and goals set out in the UN Charter.

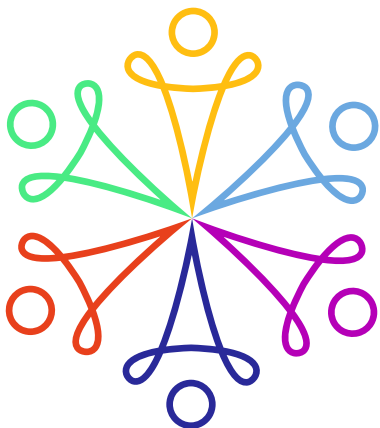
Shri Ram Chandra Mission is an international non-profit organization that has been associated with the UN Department of Public Information since 2005. SRCM supports the goals of the UN Charter through heart-centered meditation as well as research and educational programs and services.



United Nations International Day of Yoga - Pg 2



The 67<sup>th</sup> UN DPI/NGO Conference - Pg 3



The Heartfulness Way at The UN - Pg. 7



# United Nations International Day of Yoga

On December 11, 2014, the members of the United Nations General Assembly proclaimed June 21 as the International Day of Yoga. The UN resolution establishing what is known as Yoga Day acknowledges the holistic benefits of the ancient practice of yoga. These benefits are not only physical, nor are they limited to the individual practitioner of yoga.

Yoga has been widely recognized in the West as a physical discipline. But in the ancient traditions all forms of yogic practice were undertaken with the goal of integrating mind, body and spirit. Research in neuroscience and behavioral psychology has established that the practice of meditation and other forms of yoga promotes individual well-being, and enhances one's capacity for empathy and compassion — for connection with others. In commemorating the International Day of Yoga the UN creates opportunities to experience yoga for oneself.

On June 21, 2018, Shri Ram Chandra Mission presented hundreds of programs around the world on Heartfulness Meditation — a form of raja yoga. The accompanying photos document some of these Heartfulness events.



Bexhill, United Kingdom



Moscow, Russia



Bengaluru, India



Rajasthan, India



Kiev, Ukraine



Vellakoil Village, Tamil Nadu, India



Muscat, Oman



Sydney, Australia



Paithan, Maharashtra, India

## The 67<sup>th</sup> United Nations DPI/NGO Conference

### We the Peoples . . . Finding Global Solutions for Global Problems

The announcement for the 2018 NGO Conference called for collective and coordinated action to address global problems. This was a reference to the principle on which the UN was founded. It was the need for a global framework to address shared goals and to mediate conflict that led to the establishment of the United Nations after two world wars.

The announcement generated an immediate and overwhelming response. More than 1500 NGOs participated in the conference, which was held on August 22-23, at the UN Headquarters in New York City.

Shri Ram Chandra Mission sent more than a dozen representatives to the 2018 NGO Conference. SRCM mounted an exhibit on the theme Youth in Service, and presented a workshop on the use of contemplative practice to promote peace and justice.

## Youth in Service

### *Engaging young people in promoting peace and protecting the environment*

In a photo-essay format SRCM's exhibit told the story of two projects undertaken in India that challenge young people to explore their roles in promoting peace and harmony, and in preserving the natural environment. They did this through reflection and inquiry, by writing essays on these themes, and by planting tens of thousands of trees on what had been a barren plain in south-central India.





## All-India Essay Writing Project

Every year since 1988 an announcement has been sent out across India inviting young people to turn their hearts and minds to ideas that could change their lives — and the world. And each year — in commemoration of the UN International Day of Youth — students throughout the nation have responded by drafting essays on a theme related to their personal development and the fate of the planet.

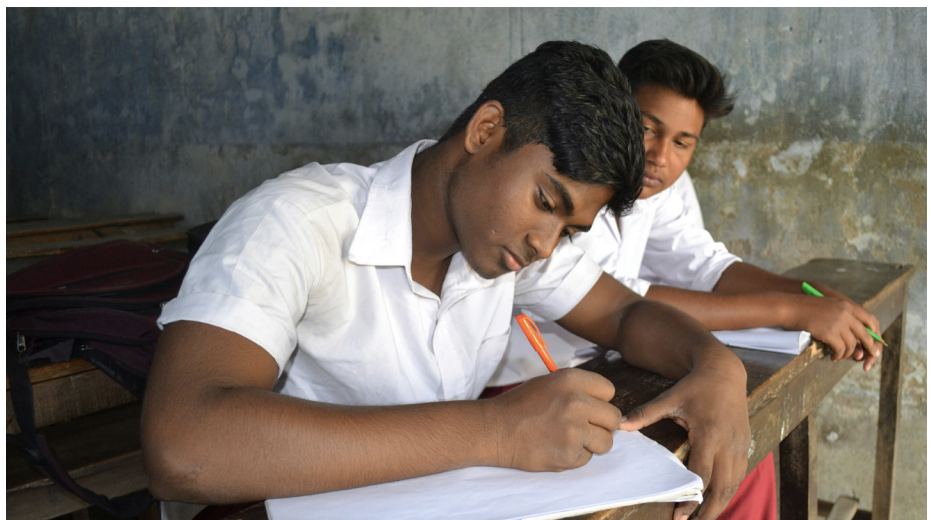
In 2017 more than 100,000 students participated in the All-India Essay project, writing on the topic of peace and collective well-being. Educators in more than 10,000 educational institutions mentored the student essayists. Each school that participated in the project honored the young authors of accomplished essays.

Visitors to the exhibit on Youth in Service were able to listen to selections from audio recordings of award-winning essays. The recorded material was displayed in print.

This annual essay-writing project is sponsored by Shri Ram Chandra Mission in partnership with the United Nations Information Centre for India and Bhutan (UNIC) and the Heartfulness Education Trust.



Suraj Sehgal, Shri Ram Chandra Mission's Youth Representative to the United Nations, at SRCM's exhibit on Youth in Service, which was presented at the UN's 2018 NGO Conference.



In 2017 more than 100,000 students participated in the All-India Essay project, writing on the topic of peace and collective well-being.

## Green Kanha

*Creating a sustainable planet*

SRCM's exhibit also included a presentation — in video and photos — on an extraordinary conservation effort that has turned 300 acres of dry, barren land in south-central India into a verdant oasis.

Thousands of teens and young adults were involved in this project, planting and caring for more than 150,000 trees in Kanha Shanthi Vanam — known as Green Kanha — a spiritual retreat center near the city of Hyderabad in India that serves as a way station for visitors from all religions and spiritual traditions.

Rainwater harvesting and natural irrigation nourish trees and vegetation; a solar energy farm generates electricity for the entire community.

By participating in the greening of Kanha, young people learn that their bond with the natural world is integral to a spiritually aware life.



SRCM's exhibit on Youth in Service included a 12-minute video of a large-scale environmental restoration project in south-central India.

Take a look at: <https://vimeo.com/312171015>



New scientific methods of organic farming and aeroponics are being developed at Kanha. Rainwater harvesting and natural irrigation nourish trees and vegetation, while a solar energy farm generates electricity for the entire community.



# How to Change the World

## *A workshop on the use of contemplative disciplines to promote peace, justice and human rights*

The United Nations seeks to engage individuals and organizations in collective action to realize the goals set out in the UN Charter. Increasingly these advocates are utilizing meditation and other forms of yoga in building movements for change.

At the 2018 NGO Conference, Shri Ram Chandra Mission sponsored a workshop on the use of contemplative practices to help create and sustain campaigns for human rights, economic justice and environmental sustainability.

The workshop panelists included civil rights and human rights attorneys, representatives of spiritual organizations, and an expert in neuroscience and psychology.

The speakers engaged participants in a discussion about the use of meditation and other forms of yoga to raise consciousness and to promote cohesion and unity within and among communities dedicated to social change.



Presenters and attendees at a workshop presented at the 2018 UN NGO Conference on the use of contemplative disciplines to support movements for positive change. Shri Ram Chandra Mission sponsored the workshop.



Facilitators and panelists at the workshop on the use of contemplative disciplines to change the world, presented at the 2018 NGO Conference. From left: Petra Schweitzer, Professor of Comparative Literature and Director of the Gender and Women's Studies Program at Shenandoah University; Gayatri Naraine, representative of the Brahma Kumaris to the United Nations; Denise Scotto, Esq., chair of the International Day of Yoga Committee at the United Nations; Robert Perry, Esq., a civil rights and civil liberties attorney; Deborah Norris, Ph.D., Psychologist in Residence and Director of the Psychobiology of Healing Program at American University and founder of the Mindfulness Center.

# *The Heartfulness Way* at the United Nations

In 1957 the founder and spiritual leader of Shri Ram Chandra Mission wrote the following in a letter to the United Nations:

*"To dissipate the idea of the individual self and to work harmoniously for the common good is the demand of the time."*

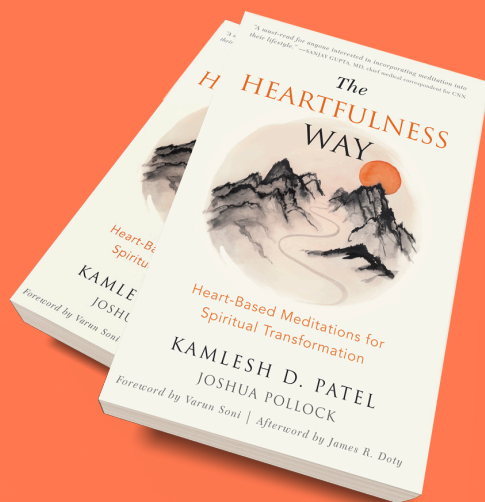
In 2018 Kamlesh D. Patel, the current president of Mission and its spiritual guide, published a book on meditation in service to this directive: *The Heartfulness Way*.

The book introduces readers to a meditation practice based upon the ancient principles of raja yoga.

This ancient yogic practice promotes balance, peace and joy within the individual practitioner; and opens the heart of the meditator to other hearts and to the living universe we inhabit.

In this condition we are better able to serve the common good, the collective well-being.

Kamlesh D. Patel wrote *The Heartfulness Way* with Joshua Pollock. On July 31, 2018, Mr. Pollock spoke about the book and the practice of Heartfulness meditation at the UN Headquarters in New York City. He was interviewed by Denise Scotto, chair of the International Day of Yoga Committee at the UN.



On July 31, 2018, Joshua Pollock spoke at the United Nations on *The Heartfulness Way*, a book he wrote with Kamlesh D. Patel, the president and spiritual guide of Shri Ram Chandra Mission. Denise Scotto, chairperson of the International Day of Yoga Committee at the UN, interviewed Mr. Pollock.



Joshua Pollock (center) with attendees at the presentation of *The Heartfulness Way*.

To learn more about heartfulness meditation,  
please visit [www.heartfulness.org](http://www.heartfulness.org)



Write to us at: [un@srcm.org](mailto:un@srcm.org)  
[www.sahajmarg.org](http://www.sahajmarg.org) | [www.heartfulness.org](http://www.heartfulness.org)