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A Call for **Experiments with Values:** The Subtle Dynamic of Deep Change



A Call for Experiments with Values:



The season from September to December includes four UN days acknowledging the primacy of values in human engagement: September 21, the United Nations International Day of Peace; October 2, the UN International Day of Non-Violence; November 16, the UN International Day of Tolerance; and December 10, the UN Human Rights Day.

In the interest of seeding real change in the world, the Brahma Kumaris World Spiritual University (BKWSU) is proposing a season of experimentation and learning, which might lead to new kinds of action. It was Gandhi who, in *Satyagraha*, described his personal experiments with truth and his subsequent engagement in principled actions. What he understood was that awareness and personal experience are the necessary ground from which principled action in the world proceeds.

All real change – big changes in the world and small changes in a single life – occur as a sequence of subtle shifts, beginning with a change in awareness. A change in awareness precipitates a change in attitude; one's attitude colors one's vision; when we see the world in a new way, we can no longer take the same action we would have taken before; and our new actions generate a new world. So the subtle sequence for all real change is awareness, attitude, vision, action, the world.

This subtle sequence is values-neutral. It is the same sequence whether we are talking about a move to fear or a move to peace. An awareness of fear expands to become a fearful attitude. Someone with a fearful attitude sees danger everywhere. In seeing danger everywhere, he or she takes actions to protect him or herself, eventually creating an armored world.

Experiment

with Peace, Non-Violence, Tolerance, and Dignity

During this next four months we are issuing an invitation to thoughtful people in the public, civic and private sectors to participate with us in a season of experiments, beginning in September and concluding in December, 2009. The experiment has three steps:

- (1) Use your own spiritual practice to cultivate an inner awareness of peace [non-violence/tolerance/dignity] as the natural nature of the soul. Do this practice at some time each day. It can be morning, evening, or while you are in action in the world. It can be prayer, meditation, chanting, or whatever is your own spiritual practice, but it needs to be a daily practice.
- (2) Notice what experiences of peace [non-violence/tolerance/dignity] begin to emerge from inside of you and manifest around you. Make a note in a journal of these experiences each day.
- (3) Share the story of your daily practice and your subsequent observations once a week – sometime over each weekend. In sharing the story of your observations, we will be especially interested in whether you notice a change in awareness, attitude, vision, and action. We would like you to share your observations of your practice and resulting inner and outer changes on the BK UN blog – www.bkun.org/blog. (Under “Experiments with Values” on the right side of the page.)

We will collect and read the results of these submitted stories. Over time we will analyze the results to see if conscious spiritual experiments with these truths (peace, non-violence, tolerance and dignity) lead to a tangible change in awareness, attitude, vision, and action. We will publish the results of our experiments in early 2010.

Experiment with one value each month:



September:
Peace



October:
Non-Violence



November:
Tolerance



December:
Dignity