

Service Report: Mexico BK Green Team Retreat Awakening the Dreamer Workshop, Training and Symposium January 10 – 13, 2013, Merida, Yucatan, Mexico

The Brahma Kumaris and the Pachamama Alliance collaboratively conducted a workshop training and retreat of the Awakening the Dreamer Workshop for BKs in Merida, Yucatan, Mexico. Brahma Kumaris Sister Yolanda Moreno and Sister Carmen Barbachano hosted the retreat from January 10 – 13, for the BK Mexico Green Team at a beautiful Retreat Beach House on Progreso Beach. The workshop and training was conducted by Sister Elizabeth Padilla, Program Manager of Anubhuti Meditation & Retreat Center in San Francisco, USA and Erik Friend a Facilitator from the Pachamama Alliance of Cuernavaca, Mexico. There were 13 participants who joined together from different parts of Mexico to learn about the Awakening the Dreamer Workshop (aka. Symposium) and take training to facilitate it.

Using documentary videos, dialogue, sharing, meditations and exercises participants discover, awaken and moved through four questions: Where are we? How did we get here? What is possible now? Where do we go from here? Our common mission is to create an environmentally sustainable, spiritually fulfilling and socially just world.

The workshop experience was based on Awakening the Dreamer; Changing the Dream Symposium developed by the Pachamama Alliance. It was integrated with Brahma Kumaris meditations, the BK Earth Care Workshop and a BK video on awareness.

In the words of the participants, from their experience of the training:

“For me it has been a big surprise as the workshop has a spiritual focus. At the core we have an idea of dysfunction as spiritual emptiness. The way I see it is that it is an easy tool and method to put people in touch with themselves. In a friendly and approachable way you realize that none of this dysfunction is going to change unless I do it and that I change.”

“I felt like we are all on this big Titanic that is going to sink, it is inevitable. We can inspire what is possible. All have to wake up sooner or later.”

“We all belong to this planet but we have to take responsibility to know and to be connected. What I do affects others. Just because I am on a spiritual journey

*doesn't mean that my karmic foot print
doesn't affect others."*

*"I felt enthusiasm and hope. This can
reach a lot of people of all ages. This
opens possibility. It embraces all of
humanity. In Mexico people are resistant.
This program creates a road that reaches
the heart."*

Public Symposium at Tecnologico University of Merida

On Monday, January 13, all trainees attended another Awakening the Dreamer Symposium for the public where **50 staff members of the Tecnologico University of Merida** participated. Facilitators were Erik Friend, Elizabeth Padilla, Yolanda Moreno, Jorge Ivich and with participation of new trainees.

For more information and all materials:

www.environment.brahmakumaris.org

www.pachamama.org/bkwsu

Link for the photo album:

<https://plus.google.com/u/0/114363304048015676184/posts/U5LFYn9ymG3?cfem=1>

Contact Information:

merida@mx.brahmakumaris.org

Anubhuti@brahmakumaris.org