

Nairobi - Kenya - Brahma Kumaris <nairobi@brahmakumaris.org>

Pause for Peace News
Kenya 2018

The Pause for Peace project was conceived in 2017 during a time when our country was in a deep political crisis, leading potentially to a very volatile and tense environment arising from the daily violent demonstrations.

The purpose of launching the **Pause for peace** initiative was first to bring peace within an individual and then to spread this amongst one's family, friends, community and the world.

This project was open to all but mainly targeted for the youths of Kenya to come and have an experience of Inner Peace and spread this experience to all others around them.

The purpose of the **Pause for Peace** initiative remains unchanged; however we would now like to repeat the success of Nairobi to all **47 Counties** throughout the Republic and to reach all the People of Kenya in **2018**.

Preparations:

21 Jan – 8 March 2018 Sakash to each county daily

Warm Up:

17 April – 31 July 2018 Conducted Pause for Peace meditation at over 100 BK's and contact families homes and businesses in Nairobi

Take Off:

15 Aug – 2 Nov 2018 Visited 47 counties

Trainings and sessions were conducted on: Harmony in Relationships, Practicing Values in Daily life, Positive Thinking, Stress Free Living Skills etc.

Self reflection meditation: - Finally all sessions ended with this which included the message and experience of our true home - the world of peace, our Father the Ocean of Peace and my original nature of peace.

Programmes took place in hospitals, schools, universities, colleges, industries, factories, banks, hotels, companies, ladies clubs, communities, temples, churches, clubs, farms, medical centres, Petrol Stations, Police Stations, prisons, orphanages, Government Offices, County Offices etc. This gave us the opportunity to meet many Government Officials and prominent people.

Teams:

8 instrument teachers created teams comprising of 2-3 people who ventured to the counties of Kenya. Total of 70 BK students from Nairobi and other counties and 9 countries joined in the project.

Result:

In 2½ months a total of **455** programmes took place in 47 counties and approximately **27,146** people benefitted personally.

Nairobi Family