

**FINAL REPORT FOR “INTRODUCTION TO TECHNOLOGIES OF CONSCIOUSNESS TO BRING BALANCE TO THE ENVIRONMENT” TRAINING IN VALENCIA**

***PROJECT’S INFORMATION***

<b>Project name</b>	:	Luces para la Madre Tierra (Lights for Mother Earth)
<b>Activity</b>	:	Introduction To Technologies Of Consciousness To Bring Balance To The Environment / 5 Days of Transcendental Meditation
<b>Location</b>	:	La Ermita, Filas de la Guacamaya Municipal Park, Valencia 2001, Carabobo, Venezuela
<b>Dates</b>	:	From September 2 to September 6, 2022
<b>Outreach</b>	:	40 people
<b>Organizations involved</b>	:	The POP Movement, Meraki Foundation, UMLAC
<b>SDG’s covered</b>	:	3, 4, 5, 13, 16, and 17

***BACKGROUND***

Filas de la Guacamaya Municipal Park is a conglomerate of mountains and wildlife located on the southwest side of Valencia municipality’s center with an important potential for sustainable tourism and outdoor activities because of its historical relevance (being a place to three landmarks considered as city patrimonies) and adapted layout for trekking, camping and baseball. Its surroundings are also home to several communities and settlements commonly referred to as “barriadas” (vulnerable neighborhoods) which have been partially neglected by local, municipal, and state governments. This situation has been affecting the status of the area leading to (1) isolation from the urban development and services, (2) limitation of access to life quality resources and opportunities for locals, (3) degradation of recreational spaces, and (4) affectation of non-governmental organizations’ efforts and outreach.

***OBJECTIVES***

<b>General objective</b>	:	Provide Filas de la Guacamaya’s NGOs and residents with transcendental-meditation-related knowledge to bring opportunities for peace, harmony, and equilibrium to their community
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- Specific objectives :**
1. Develop a five-day initial training in Transcendental Meditation and Technologies of Consciousness.
  2. Teach new forms of leadership and empowerment.
  3. Create a safe space for recreation and personal development during the training.
  4. Strengthen local NGOs' efforts and relationships.
  5. Make Transcendental Meditation a regular practice within the community.

### ***DESCRIPTION OF ACTIVITIES PER DAY***

#### **Day 1.**

During the first day of training, prof. Alvaro Salinas provided an introductory talk about Technologies of Consciousness and Transcendental Meditation, touching on subjects such as history, the Vedas, Maharishi Mahesh Yogi's life and work, meditation's implication on the environment and oneself, human connection to everything, and an exploration of easy relaxation techniques related to breathing. Before the initiation of the workshop, each participant was asked for his/her personal information and was given a brief explanation about The POP Movement's initiative, work, cause, and Luces para la Madre Tierra Project in joint action with UMLAC.

When arriving at the destination, two young men (who weren't previously informed about the activity) got interested in the initiative and joined the meditation group.

#### **Day 2.**

During the second day of training, prof. Alvaro Salinas started the class by welcoming the new attendants and providing them with a brief introduction to the practice of Transcendental Meditation. Following, he made a commemorative ritual of thanksgiving to Maharishi and gave flowers to the attendants. This class was practical as the attendants meditated and were given each a mantra, but theoretical concepts were also introduced such as the moments people should meditate, the differences between kids and adults, and energy flows. Younger kids were instructed to meditate with their eyes open. Before starting, some attendants helped Alvaro to collect flowers when ascending to the chapel, and each new participant was asked for his/her personal information and was given a brief explanation about The POP Movement's initiative, work, cause, as well as Luces para la Madre Tierra Project in joint action with UMLAC. Regular participants were simply listed.

#### **Day 3.**

During the third day of training, prof. Alvaro Salinas started the class with a commemorative ritual of thanksgiving to Maharishi Mahesh Yogi and then gave petals to the attendants. This class was practical and -once finished- the attendants shared their recent experiences when meditating. The instructor solved doubts throughout the class and theoretical concepts were introduced and reinforced. Before starting, some attendants helped Alvaro to collect flowers when ascending to the chapel, and each new participant was asked for his/her personal information and was given a brief explanation about The POP Movement's initiative, work, and cause, as well as Luces para la Madre Tierra Project in joint action with UMLAC. They also were given a mantra each. Regular participants were simply listed.

#### **Day 4.**

During the fourth day of training, prof. Alvaro Salinas started the class with a commemorative ritual of thanksgiving to Maharishi Mahesh Yogi. This class was practical too. The attendants shared their experiences and thoughts during the process. Before starting, each new participant was asked for his/her personal information and was given a brief explanation about The POP Movement's initiative, work, and cause, as well as the Luces para la Madre Tierra Project in joint action with UMLAC. They also were given a mantra each. Regular participants were simply listed.

#### **Day 5.**

During the fifth day of training, prof. Alvaro Salinas started the class with a commemorative ritual of thanksgiving to Maharishi Mahesh Yogi. This class was half-practical and half-theoretical. Most of the subjects explored during the 4 previous days were reviewed. Once the practice finished, all members sat in the chapel's banks to receive more detailed feedback from the instructor and also shared their final thoughts about the training. Before starting, each new participant was asked for his/her personal information and was given a brief explanation about The POP Movement's initiative, work, and cause, as well as the Luces para la Madre Tierra Project in joint action with UMLAC. They also were given a mantra each. Regular participants were simply listed.

### **CONVENTIONAL AND NON-CONVENTIONAL FORMS OF MEDIA COVERAGE**

1. La Nota Ambiental radio program [posted a video on Instagram](#) promoting the activity.
2. [La Nota Ambiental interviewed the POP mentor Ricardo Delgado](#) via open radio broadcasting to Valencia city on September 11, 2022 about the achievements and conclusions of the course.
3. Meraki Foundation shared [a video testimony on Instagram](#) of one of the youngest attendants.
4. Meraki Foundation shared [the flyer of the activity on Instagram](#).
5. Movimiento POP Venezuela shared [the flyer of the activity on Instagram](#).
6. The activity was firstly divulged in three WhatsApp groups of environmentalists.
7. The attendants took videos and pictures that ended up in social media stories (Instagram and WhatsApp mainly).

### **TESTIMONIES OF ATTENDANTS**

#### **Charlene Sirit, 35 years old:**

*«Hello. I'm Charlene Sirit and I was part of the inaugural group of Transcendental Meditation thanks to The POP Movement Venezuela and the Meraki Foundation. I was able to find my core with the meditations and Professor Alvaro who was incredible. I hope that these opportunities and these encounters that heal the soul continue to be given».*

#### **María Naia, 21 years old:**

*«I'm María Nía, the president of Meraki Foundation. I am thrilled with the work that POP Venezuela has done with this meditation workshop, not only for the benefit of myself but also for the community. I believe that this activity should be repeated in all sectors; not only of the*

*State, but of Venezuela. From my experience, I'm fascinated. It's the first time I experience this and I'm really extremely happy. Regarding this experience, from a personal point of view, the tranquility that it has given me these last few days, I had not felt something like that in a long time. Honestly, I'm very happy to have participated in this activity.»*

*(Expanded talk/continuation)*

**Ricardo:** *«And what about the kids?»*

**María:** *«As for the children, they are somewhat very playful children. I have seen that many have liked it, others have had a hard time; but all have lived the experience, each one from their different ways of being and personalities. I think this can be a benefit for them and for the surrounding communities.»*

**David Magnate, 12 years old:**

*«I feel good because it was a good experience since I learned to meditate and I relaxed a lot. I would like more experiences of this type. I also learned concentration.»* // Testimony constructed from a brief talk.

**Guillermo Wadskier, 10 years old:**

*«I felt very well. I felt very peaceful. We also learned to meditate and relaxed a lot. I mean, if the sound is there, let it go; don't -how to say it?-... don't bring it to yourself otherwise, you will feel more stressed. I felt very much at peace, I felt very relaxed and my stress is gone.»*

**Jorge Fariás, 30 years old:**

*«Totally grateful to The POP Movement Venezuela for the moment of peace and tranquility they gave us in the transcendental meditation workshop with teacher Álvaro Salinas, Meraki Foundation and University Maharishi for Latinamerica and the Carribean. We were able to meet to meditate in a group with the children of the community and I am very grateful because even the muscles of my face relaxed.»*

**Grecia Reyes, 67 years old:**

*«Hello! Good day. The first days of September I had the joy of participating in a transcendental meditation course, to which I was invited by the youth mentor of the POP Movement Venezuela, Ricardo Delgado. There I met the master Alvaro Salinas who gladly taught us the technique of transcendental meditation. What have I experienced with this technique? An awakening of consciousness. To understand that I am part of nature, to understand that, just as a flower opens every day, just as the sun rises, the sun dies, the night comes in, the night dies, and the sun rises again, so are we human beings. We have within us that great capacity of creativity, of intelligence and of understanding that everything is within us. There is nothing outside of us. Whatever we want to happen, we can achieve it in the silence of meditation. We can transform the world if we want, we can see a world full of joy and happiness, where all human beings have...»* (video interrupted).

## **OBSERVATIONS**

The average age of the total amount of attendants was 26.

/ When it comes to minors (below 18 years old), the average age was 11.

/ When it comes to adults (above 18 years old), the average age was 40.

Despite receiving a total of 40 people throughout the 5 days, the average attendance was 17 per day.

/ The most common reasons in order of frequency were: bad weather (rainfalls), work obligations, and transportation.

/ Kids were a special case as their health is fragile and -therefore- were kept from attending the meditation place by their representatives on the rainiest days.

Sunday was the day with the lowest attendance of people as most of the attendants were Christian, and spent the morning in the church and the afternoon resting. The most common faith in the center of Valencia is Christianity.

Each class lasted over 1.5 hours. They were between 2 and 3 hours.

Kids struggled the most with staying quiet but enjoyed the experience.

Rainfall was experienced most of the days.

Half of the attendants came from places other than Filas de la Guacamaya.

More systematic media coverage is needed for the next activities.

## **RESULTS**

The 5-day initial training in Transcendental Meditation and Technologies of Consciousness was successfully concluded.

A total of 40 people (ages ranging from 6 to 70) were instructed on the basis of Transcendental Meditation, Luces para la Madre Tierra Project, and The POP Movement.

Out of this, 15 were children (ages ranging from 6 to 12) and 4 were teenagers (ages ranging from 13 to 16), all belonging to Filas de la Guacamaya.

The POP Movement and UMLAC publicly showed commitment and sympathized with the community situation by offering some of its youngest members opportunities for personal development as well as by reinforcing the efforts of a local NGO (Meraki Foundation) that works to promote the participation of Filas de la Guacamaya children in social, cultural, and educative activities in order to improve their chances of superation.

The POP Movement extended relationships with the NGO Meraki Foundation, opening a window of opportunity for POP's efforts and global initiatives to be strengthened and displayed in the city, and more specifically in Filas de la Guacamaya.

40 people learned a new approach to leadership and empowerment through meditation.

A safe space for recreation and personal development was created and achieved during the training.

The activity was commented on radio broadcasting to the Valencia population.

***NEXT STEPS***

- Start a new training in Cacao Cultura, Valencia.
- Develop new activities and experiences for the children of Filas de la Guacamaya in joint action with the Meraki Foundation.
- Strengthen relationships with local media.