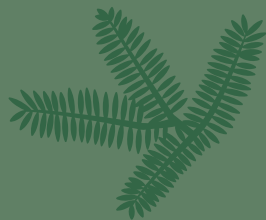


WISDOM TREE MEDITATION CARDS

Contemplate.
Heal. Yourself. And.
Mother Earth.



FAITH
PAVILION

Introduction

Spiritual values shape action. Values nourished by the world's religious, spiritual and Indigenous traditions have been aiding the periodic healing of individuals and communities after cataclysmic disasters like war and pandemics, as well as aiding the continual transformation and maturation of humanity. We recognize that the human-made climate crisis is a crisis of lacking values and virtues: we can see the ubiquity of selfishness, greed, objectification, and domination everywhere, also in the underpinning of the climate crisis.

Nurturing positive, inclusive, healthful spiritual values in ourselves, in our communities is a powerful way to ground our climate action. As an aid to inculcating the values we need, the Faith Pavilion at COP 28 has created a set of Meditation Cards.

These Meditation Cards share insights and reflections about climate action and care for the Earth from different traditions, including Bahá'í, Brahma Kumaris, Buddhism, Christianity, Daoism, Hinduism, Indigenous People's spirituality, Islam, Judaism, and Sikhi. As this in an ongoing project cards may be added, also from other traditions.

Each of the represented traditions has spiritual values that are characteristic for it. The cards focus on one or more of these values. Together the values complement each other, flowing together while remaining distinctive. A Wisdom Tree grows out of these values that are shared in common and those that spring from the unique soil of each tradition.

If you are able to visit the Faith Pavilion at COP 28, you would see the Wisdom tree with branches. It longs to be adorned with leaves. While in the pavilion, you are invited to read the Meditation Cards, and respond to the prompt questions by writing on paper leaves, which you can then place on the branches of the Wisdom Tree.

If you are using the digital version of the Meditation Cards, you can respond to the prompt questions by emailing FaithPavilionTree@gmail.com. After COP 28 has concluded, the email responses and the messages written on the leaves of the Wisdom Tree in the Faith Pavilion will be collected and a selection made available publicly. This will serve as a testimony to the capacity of the values of multifaceted traditions to provide the wisdom we need for this urgent moment for Mother Earth.

The cards can be used separately or as a complete set, and by individuals or in groups for inspiration and reflections.

To view all the cards, and to find out more about the Faith Pavilion at COP28, please visit us at <https://www.partner-religion-development.org/wisdom-tree/> or use this QR code



SIKHI MEDITATION CARDS



FAITH.
CLIMATE.
ACTION.

To view all the Meditation Cards, and to find out more about the COP28 Faith Pavilion, please visit <https://www.partner-religion-development.org/wisdom-tree/>.

You can respond to the prompt questions by emailing FaithPavilionTree@gmail.com. The answers will help grow our common Wisdom Tree.

A pure mind leads to a pure environment

ਮਨਿ ਮੈਲੈ ਸਭੁ ਕਿਛੁ ਮੈਲਾ ਤਨਿ ਧੋਤੈ ਮਨੁ ਹਛਾ ਨ ਹੋਇ ॥

GGS, 558, M.3

When the mind is polluted, everything is polluted.

The root cause of all pollution is pollution at a mental level. Technical and political solutions alone cannot tackle the human made climate crisis. Once we nourish values and virtues that enable us to live with far-sightedness, we will be in harmony with our true spiritual nature and the manifest nature which surrounds all of us. The sword of wisdom in Sikhi symbolizes the battle against our inner demons. It separates the impurities in our mind and preserves what is pure. It inspires us to stand up for justice, the marginalized, and the common good.

ਗਿਆਨ ਖੜਗ ਪੰਚ ਦੂਤ ਸੰਘਾਰੇ ਗੁਰਮਤਿ ਜਾਗੈ ਸੋਇ ॥
GGS, 1414, M.3

So let us go on a daily pilgrimage and immerse in the bath of spiritual wisdom in the temple of our heart to purify our mind and find sustainable solutions to all human-made crises.

ਮਨੁ ਮੰਦਰੁ ਤਨੁ ਵੇਸ ਕਲੰਦਰੁ ਘਟ ਹੀ ਤੀਰਥਿ ਨਾਵਾ ॥
GGS, 795, M.1

ਬਾਹਰਿ ਟੋਲੈ ਸੋ ਭਰਮਿ ਭੁਲਾਹੀ ॥ ਗੁਰ ਪਰਸਾਦੀ ਜਿਨੀ
ਅੰਤਰਿ ਪਾਇਆ ਸੋ ਅੰਤਰਿ ਬਾਹਰਿ ਸੁਹੇਲਾ ਜੀਉ ॥੧॥
GGS, 102, M.5

Sikhi, the spiritual journey of life-long learning, draws on unique traditions and timeless spiritual wisdom (Gurmat) revealed to over 30 Enlightened Ones, which has been preserved until today (Gurbani).

Contemplation: Find a calm place. Ponder on these questions. Share your thoughts.

What do you need to become still, contemplate honestly about your own impurities, and change course?

Imagine yourself as a wise person. How would your life look like?

Further resources

www.sikhi.eu

www.sikh teachings.com

We are care takers and guests on Mother Earth

ਰੋਗੁ ਦਾਰੂ ਦੋਵੈ ਬੁਝੈ ਤਾ ਵੈਦੁ ਸੁਜਾਣੁ ॥ ਵਾਟ ਨ ਕਰਈ
ਮਾਮਲਾ ਜਾਣੈ ਮਿਹਮਾਣੁ ॥

GGS, 148, M.2

Once we realize our role as humble care takers and guests travelling Mother Earth, we can heal.

Spirituality reminds us that we are guests. The land we inhabit, the diaspora of ephemerality, was lent to us. When we really feel like guests, we naturally treat each other and Mother Earth with respect. As a guest, we do not start destroying the home of the host. As patients, we do not start adorning the hospital to make it more luxurious. We do everything to recover and be discharged. Wise people nourish virtues needed to heal and master this life along with the rocky path back to the summit of our spiritual homeland.

ਮੇਰੇ ਮਨ ਲੈ ਲਾਹਾ ਘਰਿ ਜਾਹਿ ॥ ਗੁਰਮੁਖਿ ਨਾਮੁ ਸਲਾਹੀਐ
ਹਉਮੈ ਨਿਵਰੀ ਭਾਹਿ ॥੧॥ ਰਹਾਉ ॥
GGS, 20, M.1

Sikhi, the spiritual journey of life-long learning, views all sentient beings as one family. Sikhi's wisdom (Gurmat) helps reflecting upon childhood imprints, all forms of mental colonization and impurity. Gurmat paves the way to distinguish natural needs from desires, embrace a cyclical worldview, heal, and return to our common spiritual homeland – while living a dignified, ethical, healthy, and spiritual life in harmony with the Divine and Mother Earth.

ਏਕੁ ਪਿਤਾ ਏਕਸ ਕੇ ਹਮ ਬਾਰਿਕ ਤੂ ਮੇਰਾ ਗੁਰ ਹਾਈ ॥
GGS, 611, M.5

ਪੜਿਆ ਅਣਪੜਿਆ ਪਰਮ ਗਤਿ ਪਾਵੈ ॥੧॥
GGS, 197, M.5

Contemplation: Find a calm place. Ponder on these questions. Share your thoughts.

What would you do differently if you come to know you need to leave your body soon?

How can you decrease your material and emotional dependencies, and focus on transformative experiences which enable lasting peace and harmony?

Further resources

www.sikhi.eu

www.sikh teachings.com

Rich are those who are filled with wisdom

ਕਹਿ ਕਬੀਰ ਨਿਰਧਨੁ ਹੈ ਸੋਈ ॥ ਜਾ ਕੇ ਹਿਰਦੈ ਨਾਮੁ ਨ ਹੋਈ ॥੪॥੮॥

GGS, 1159, Bhagat Kabir

Poor are those who lack spiritual wisdom.

We have been given the wisdom by the Divine to stay in a respectful connection with ourselves and the key elements of life: air, water, fire, and the soil.

When we let spiritual wisdom guide our destiny, dignity, harmony, justice, mental and physical well-being blossom. We are in tune with ourselves and nature. We become truly rich, experience love and lasting peace.

When we let greed, self-interest, material affluence, income based on linear growth and exploitation of nature, humans, and animals guide our destiny, indignity, injustice and physical decay dominate our life. We are out of tune with ourselves and nature. We become superficially rich, experience hate and depression.

ਜੋ ਪਾਵਹਿ ਭਾਂਡੇ ਵਿਚਿ ਵਸਤੁ ਸਾ ਨਿਕਲੈ ਕਿਆ ਕੋਈ ਕਰੇ ਵੇਚਾਰਾ ॥ GGS, 449, M.4

Once our life is filled with emotional upheavals, we can't expect our actions to create peace and stability in the outer world, in our families, communities, and leadership.

The more we regard ourselves as servants, lenders, and guests, and less as leaders and owners, the better we fulfill our roles as care takers on Mother Earth. We intuitively develop approaches and policies for the collective well-being of all sentient beings.

Let us embark together on an inspirational global vision for humankind. Let us establish a binding Holistic Well-being Index (HWI) which measure progress and prosperity based on the well-being of nature, humans, and animals.

Contemplation: Find a calm place. Ponder on these questions. Share your thoughts.

If everyone were to life out all desires, how would the world look like?

What would be cornerstones of a binding Holistic Well-being Index?

Further resources

www.sikhi.eu

www.sikh teachings.com

The Faith Pavilion

The first ever Faith Pavilion at a World Climate Conference is hosted by the Muslim Council of Elders in collaboration with the COP28 Presidency, the United Nations Environment Programme (UNEP), and a diverse coalition of global partners including the Interfaith Center for Sustainable Development, the Episcopal Diocese of California, the International Partnership on Religion and Sustainable Development (PaRD), the Peace Department, and over 50 faith organizations.

Situated at the heart of COP28, adjacent to the World Climate Action Summit and negotiations zones, the Faith Pavilion hosts more than 65 sessions. It brings together religious and other civil society representatives, Indigenous Peoples, scientists, youth, and political leaders. The Pavilion symbolizes global and multifaith collaboration in addressing the human-made climate emergency. It facilitates intergenerational dialogue, furthers the role of religion and spirituality in the climate movement, and advocates for long-term, holistic solutions to protect the Earth and its climate. The Pavilion provides a unique opportunity for faith-based engagement with key stakeholders, including political delegations, decision makers, negotiators, and business leaders to ensure swift and effective climate action.

Organizers of the COP28 Faith Pavilion

The **Muslim Council of Elders** is an independent international organization that aims to promote peace within Muslim communities and between Muslim communities and non-Muslim communities. The Council unites Muslim scholars, experts, and dignitaries internationally recognized for their wisdom, understanding of justice, independence, and moderation.
<https://www.muslim-elders.com/en>

The **Faith for Earth Coalition of the United Nations Environment Programme** (UNEP) promotes faith leadership, faith-based organizations, and communities as custodians of far-reaching, value-based perspectives on environmental sustainability.
<https://www.unep.org/about-un-environment/faith-earth-initiative>

The **Interfaith Center for Sustainable Development** connects religion and ecology and galvanizes faith communities' action and teaching on environmental sustainability.
<https://interfaithsustain.com/>

The **Episcopal Diocese of California**, also known as the Episcopal Church in the Bay Area, serves a diverse community of faith encompassing the greater San Francisco Bay Area.
<https://www.diocal.org>

The **International Partnership on Religion and Sustainable Development** (PaRD) convenes governments, multilateral entities, academia, religious and other civil society actors to amplify contributions to the Sustainable Development Goals (SDGs).
<https://www.partner-religion-development.org>

The **Peace Department** is a non-profit, designed to achieve peace through sustainable development and tackles the greatest threats to peace, including climate change, inadequacy in global coordination, resource scarcity, social and economic inequity.
<https://www.peacedepartment.global>

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