



World Goodwill

NEWSLETTER

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A regular bulletin highlighting the energy of goodwill in world affairs



THE AIR THAT WE BREATHE

The invisible combination of gases that we call air is one of the foundations of life on Earth. Circulation within the atmosphere is the basis of life; as the winds blow freely across the surface of the Earth, so air circulates in the lungs, and blood in the veins. This symbolises a universal truth that free circulation in all aspects of life is the way to health and the sense of unity and wholeness.

And of this cocktail of gases which we call air, there are three gases in particular which are intimately involved in living processes – oxygen, carbon dioxide, and water vapour. Oxygen is the main ingredient that, when combined with fuel and heat, gives us the flickering flames that have helped humanity move from dwelling in caves to leaving the Earth's surface. Carbon dioxide is produced when any fuel of organic origin, such as wood, coal or oil, is burned. And water vapour is also often a product of such burning. Strange as it may seem, a very similar chemical reaction is also going on all the time in humans and animals – but this reaction is controlled in such a way that no flames or great heat is required. Instead, the marvels of biochemistry mean that the carbohydrates we eat combine with the oxygen we inhale to produce carbon dioxide and water. The carbon dioxide is then exhaled through the lungs. The beautiful reciprocity between the kingdoms of nature means that this carbon dioxide can become the fuel for yet more carbohydrates and oxygen, through the processes in plants known as photosynthesis. So the oxygen and carbon dioxide in the atmosphere are

constantly cycling into and through the kingdoms of nature (including also the mineral kingdom), and back out into the atmosphere. Some spiritual writings suggest that the process of transformation – through the agency of water and light – which the plant kingdom undertakes on the carbon dioxide coming from the human and animal kingdoms symbolises the transformation of materialistic desires into a more enlightened perspective.

Sadly, this picture of balance and free interchange does not tell the whole story. As we know, when burning is done incorrectly, or with the wrong fuels, the result is a choking smoke. "Smoke" might serve as a symbolic label for all of the many different kinds of pollution which pour into the atmosphere, the result of humanity's reckless dash to exploit the Earth. Acid rain, ozone depletion, and photochemical smog are just some of the symptoms of a gaseous circulation system which is inflamed and out of kilter on every scale. Atmospheric carbon dioxide levels have now been rising for at least sixty years. So far, the will of nations to tackle air-borne pollution has been, with one or two exceptions, insufficient to produce much impact. This can be traced to a fundamental mis-calculation of values – of profit versus human life, of easy short-term gain versus more rewarding long-term involvement, of thoughtless domination of nature versus sensitive cooperation with nature. In this newsletter, we will be examining some of the individual and collective dimensions of air and breathing, to better understand

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the responsibility of all people of goodwill to contribute to the great collective change of heart and mind that will shift the balance back towards a more healthy circulation.



THE BREATH IS THE LIFE

Throughout the history of human spirituality, with its diversity of myths, practices and beliefs, the breath has always been a source of meditation and reflection. This is not surprising. Breath is linked with Life. To breathe is to live. When human beings, along with mammals, birds and reptiles, are born they take their first breath – and with their last breath, life withdraws from the body. Breath affirms relationship with the world: in order to maintain life we must draw in the oxygen needed from the atmosphere and we must release carbon dioxide into that atmosphere. The ancient masters of Yoga believed that the manner by which one breathes determined the length and quality of life, a view based on the observation of the rhythms of nature. It was thought that all living things possessed a certain number of breaths and the idea developed that slow, rhythmic breathing, by keeping the body well supplied with oxygen, contributed to a longer and more harmonious life.

You know that our breathing is the inhaling and exhaling of air. The organ that serves for this is the lungs that lie round the heart, so that the air passing through them thereby envelops the heart. Thus breathing is a natural way to the heart. And so, having collected your mind within you, lead it into the channel of breathing through which air reaches the heart and, together with this inhaled air, force your mind to descend into the heart and to remain there.

Nicephorus the Solitary

In the Vajrayana traditions of Tibetan Buddhism, *rLung* means wind or breath and is a concept that's particularly important to understandings of the subtle body and the Three Vajras (body, speech and mind). The general description of *rLung* is that it is a subtle flow of energy and out of the five elements (air, fire, water, earth and space) it is most closely connected with air. However it is not simply the air which we breathe or the wind in our stomachs, it goes much deeper than that. *rLung* is like

a horse and the mind is the rider, if there is something wrong with the horse the rider will not be able to ride properly. The general function of *rLung* is to help growth, movement of the body, exhalation and inhalation and to aid the function of mind, speech and body. Its most important function is to carry the movements of mind, speech and body.

Thus, breath symbolizes not only relationship with the physical environment but also the subtle environment of energies and forces. The Hebrew Bible describes how Adam became a living soul when God breathed the breath of life into lifeless substance (clay), and it suggests that at the moment of death the breath returns to God.

In Christianity there is a tradition of spiritual breathing. While physical breathing is automatic, spiritual breathing is a conscious act – imaginatively inhaling the pure energies of the Holy Spirit on the in breath and exhaling all that is yet to be redeemed on the out breath. The Buddhist Tonglen practice, popularized in the Shambhala tradition, is a practice of compassionate breathing. Pema Chodron gives the example of a child you know who is in pain: *you breathe in the wish to take away all the pain and fear of that child. Then, as you breathe out, you send the child happiness, joy or whatever would relieve their pain.* Tonglen is also used to breathe in impurities in the collective psyche (anger, violence, greed) and to breathe out healing lighted energies.

Buddhist meditation practices that have now spread widely throughout the West often begin with an exercise in concentration focused on mindful breathing – the careful watching of the breath becoming a technique for the development of the mind's ability to concentrate and focus. The challenge is to mindfully observe the inhalation and exhalation of breath, one breath at a time. As *Time* magazine has recently reported, Mindfulness Based Stress Reduction is now widely taught in hospitals and medical establishments throughout the western world. The Eastern tradition of pranayama is an active approach to the breath, developing insight and spiritual power through careful regulation of the rhythm of the breath.

At birth we breathe in and the matter that is ourselves is imprinted with a cosmic pattern that potentially contains within it the symbol of the purpose of our lives. Death as we understand it comes when the spark that held it all together departs and transits to another dimension. And although the form dies we know life goes on. In the ancient Vedic traditions of the East the life force was called *prana* which was understood as a cosmic energy that flows into our system from distant places and, via the sun, connects all things one with the other. Pranic currents distinguish the living from the dead. In the Prashna Upanishad, *prana* was called the eternal breath, the essence of life, "...the universe [is] one with *prana*. The rising sun pervades the east, and fills with energy all beings that there inhabit..."

The theosophist H.P. Blavatsky spoke of "life" as that mysterious essence that pervades all things and synthesizes the three great aspects of matter, soul and spirit. As we expand our sense of relationship and extend it from our friends and family, to include our group, our nation, the world of nations and the

one humanity, we recognize that through this vast network of relationships we can each play a part in distributing the energy of goodwill. Together we learn to breathe in the energy of love from the higher realms of consciousness, and send it out into the world. By this means we aid in the establishment of right human relations and the healing of cleavages in our world.

We all share this same breath – the animals, the plants, our fellow human beings, and the higher spiritual kingdoms. Simply holding this recognition in mind as we breathe in and out can be a simple spiritual practice that, over time, serves to foster the consciousness of oneness. *Prana* is said to be received from the sun, from our food, and from rest, but the most important source is through breathing. It is thought that the quality and quantity of the *prana* has a direct relationship to the state of mind. Due to the stress of planetary conditions for many people, the flow of *prana* has been disrupted, resulting in conditions such as fear, worry, depression, doubt, and many other negative emotions that often lead to physical ills.

These problems stem from the fact that humanity has for too long placed itself outside of the divine circulatory flow of energy and fallen prey to materialism, selfishness and separateness. We have broken the link within the great Chain of Being, and since humanity stands as the central link within that chain, this break has had severe consequences. The climate change crisis can partly be attributed to humanity living outside the rhythms of nature, which are, in effect, the rhythms of the soul. Planetary pollution thus has its starting point on the subtle levels of emotional and mental consciousness, which are presently permeated with dark, turbulent clouds of thought and emotion. In some spiritual writings, these conditions are known as glamour and illusion, conditions that impede the ability to see and act in accordance with the higher self, the soul. Within these fogs and mists humanity lives and moves, seeing all things misshapen and distorted.

Spiritual seekers, and, increasingly, spiritual groups, are asked to make the effort to live above these fogs and mists and harness the power of their collective thought to bring about a change in planetary conditions. One could say these groups stand as a band of spiritual environmentalists, working in the inner realm of causes, rather than with effects, hence their power to aid the process of planetary transformation, especially when coordinated with the key times within the annual cycle such as the festivals of Easter, Wesak and Goodwill. But this group has yet to come fully into its own, and the coming decades will surely see a more coordinated effort on the part of the spiritual groups of the world to work together to meet the need. This group, composed of a myriad of small groups, can create a channel through which spiritual energy can flow. For example, we cannot underestimate the cumulative effect of the sounding of the Great Invocation and the sacred word, the OM, if used as they should be used, to reorient the consciousness of humanity, stabilise men and women in spiritual being, open the door into the New Age, and usher in a new and better civilisation.

Ancient peoples patterned their lives on the cycles of

nature. There are many such cycles that affect the kingdoms of nature but the most obvious and important are those related to the sun and moon. These stand as symbols of the cyclic inbreathing and outbreathing of the planetary life. They are called the interlude periods, the time for pause and reflection. The four main stages in the cycles of the breath are the period of inbreathing, which corresponds to the stage of alignment within the meditative practice, followed by the higher interlude, when we pause for reflection and the receipt of spiritual impression. This is followed by the period of outbreathing of the contacted energies which, in turn, culminates in the period of the lower interlude when the contacted energies are grounded and find expression through form.

The cycle of the breath governs all life and as we pattern our lives thereby we become more effective workers. We breathe more deeply and easily. Life begins to flow without so much struggle as we have faith in the soul's wisdom and its ability to establish relationship. But it takes time and patience to establish these new rhythms that so often seem to run counter to much of contemporary culture. Fortunately for us we are entering a time when planetary conditions facilitate a return to a more rhythmic living and breathing. With the incoming of the age of Aquarius, brotherhood and freedom is fostered.

As we enter this new zodiacal age, we likewise enter a new element and in the case of Aquarius that element is air. There is a five hundred year transition period between the ages wherein the energies of the old sign and its elemental qualities become less dominant and are gradually supplanted by those of the new and incoming age. With each passing decade we are, however, coming more under the influence of the element of air, which is not only related to an increasing mental polarisation but also to the higher aspect of the mind, the intuition. So we're moving from an age qualified by the element water and its association with the feeling nature, into a sign in which the mental body will come into increasing control. This will aid humanity in taking a major step forward towards greater emotional control.

As one masters the breath, one masters the life. The most effective way to do such difficult things as climbing a mountain and giving birth to a child is through the rhythmic breathing that enables the consciousness to transcend physical and mental constraints by focusing on something that links into the universal current that gives strength and a certain transcendental quality. But due to the stress of contemporary life many people breathe in a shallow, disjointed manner, often with little conscious recognition that this is so. In our race to do, we

The breath is a current which can be attached to any thing or being, near or distant, if one only knew how to attach it, and those who are masters of the breath can attract all things in life. Mahadeva, the Lord of Yogis, has said that there is nothing on the face of the earth that cannot be accomplished by the masters of the breath. But for him who does not know its mastery, even to live a healthy life is a difficult thing.
Hazrat Inayat Khan

forget to breathe. People are often out of touch with the effects that stress is having on them unless they begin to breakdown physically. It would appear that there is a widespread condition today wherein the *prana* is short-circuited, creating blockages in the flow of energy with a consequent depletion. The pace of contemporary life is accelerating and perhaps this is as it should be, but paralleling this growing tension, that has its spiritual counterpart related to humanity's appropriation of the spiritual will, we must take care to continue to breathe. It has been observed that there exists a type of "breath apnea" that occurs when people use too much technology. We forget to breathe and we need to bring back this focus. This situation is particularly damaging for young children who increasingly don't want to go out to play in the "real" world, preferring the captivating unreal world that is calling to them from inside the box. Children's sensitive natures become easily overstimulated by too much time spent online and this addiction to technology causes actual changes within brain chemistry.

Throughout time spiritual practitioners, particularly those working within the esoteric or hidden traditions of the world's faiths have recognized the power of the breath as a tool for transformation. The use of breathing exercises was a long established tradition within the ashrams of the east. But these practices were carried out under the careful and watchful eye of a teacher and were only given to students who were fully prepared to undertake them. Today, when all things are shouted from the rooftops, many people 'put the cart before the horse' and begin their spiritual journey of transformation with the practice of breathing exercises when, instead, this should be one of the very last techniques employed. Also, much of the focus in present day practice of breathing techniques focuses largely upon the physical aspect of breathing, whereas it should instead be upon consciousness. By using simple mantrams to accompany the different stages of a simple breathing in and out, the exercise becomes related to service, to the expansion of consciousness, to an attunement to the love energy of the universe and away from a focus on the form.

Despite the clear benefits of working with the breath, many spiritual teachings contain repeated warnings of the dangers of the premature spiritual awakenings that often occur among those who "play with fire." Such practices can cause a rising of the kundalini energy, sometimes known as the serpent power. This energy normally lies dormant in the center at the base of the spine until such time as it awakens naturally, through a life of discipline, meditation, study and service. But unfortunately, in our world today such precautions are often thrown to the wind in the search for rapid effects. We seek shortcuts, not understanding the need for the necessary precautions. Unwise teachers of breathing techniques may thus cause much damage to their followers. People crave stimulation and yet they do not realize that the unleashing of this tremendous energy can have dire consequences leading to what is known as overstimulation. Overstimulation can result, among other things, in mental imbalances, hallucinations, an undue critical nature, a strong conviction of one's own destiny, insomnia, and sexual stimulation. This overstimulation is one of the main reasons why the path of spiritual development is so challenging, often referred to as a 'razor-edged path'. The problem is that,

once these forces have been unleashed, it is very difficult to bring them back under control. Often, the best solution to such situations is to refrain from all meditation and study until the condition stabilizes, which may take many years or a lifetime.

It's said that the new age will see the birth of a new form of yoga, Agni Yoga – the Yoga of Fire – also known in some writings as the Yoga of Life. Agni yoga is related to the sense of oneness, of a realized brotherhood in place of the present theory. Its keynotes are synthesis and universality arrived at through identification with the whole, with life itself. Hence its connection with the breath and the air, for in a sense this yoga is an embodiment of these qualities. There is always a strong interrelationship and interchange between air and fire, being complementary elements. In a sense it is the fire that prepares the way for air by breaking down or burning away the barriers that have hitherto fostered a sense of separation--barriers such as race, class, age, gender, religion, nationality and sexual orientation. As these barriers are done away with the breath flows freely and permeates all things. Past yogas each dealt with a particular aspect of life, a particular body but this new and coming yoga will comprise "the essence of the whole of life, all embracing, evading naught." (*Agni Yoga*, 158.)



THE FUMES OF MATERIALISM

Because of the freely flowing nature of the atmosphere, we do not usually think of air pollution as an indoor problem. Yet it is present in both developed and developing nations, though in different ways. Smoke poses a hazard to many in developing countries – the smoke from indoor cooking stoves and from indoor lighting. Because reliable access to electricity in many countries remains a problem (the International Energy Agency estimates 1.3 billion people have no access), lighting is often via kerosene lamps, and cooking is done on stoves which use a variety of fuels, including coal, kerosene, wood and charcoal. As well as a significant health issue, these methods of heating and lighting place a major economic strain on families – one estimate suggests rural families spend at least 20% of their income on cooking fuels.

The good news is that human ingenuity and community spirit are focused on resolving these problems. In the field of lighting, many will have already heard of the simple inspiration that led the Brazilian mechanic Alfredo Moser to drill holes in his roof, and fix plastic bottles containing nothing more than water and a little bleach in place with a little polyester resin. The result? Free solar lighting during daylight. The idea has since been adopted in over a dozen other countries, and estimates suggest it will light one million homes this year. And to tackle the issue of lighting at night, a number of groups and individuals are finding innovative ways to share the budding technology of solar lamps. In Kenya, SunnyMoney, a subsidiary of the UK charity SolarAid, is making good progress. The lamps were initially distributed through the

area's schools, where head-teachers were persuaded to present them as a way of helping pupils with homework. Now the lamps are sold commercially. Because SunnyMoney is backed by a charity, it can afford to make a small loss on each sale, with the aim instead being to broaden access by opening up new markets. Across sub-Saharan Africa, the result is almost one million lamps sold. And in Kenya, shopkeeper Sally Kayoni notes that since she has started stocking them, people no longer ask for kerosene. In Uganda, Simon Lule was also looking for alternatives to the kerosene his grandparents used to light their home. After investigating the possibility of importing solar lamps from China, he decided to make one himself. Using YouTube, he successfully acquired enough electronics expertise to make his lamp, and went on to seek crowd-funding support to scale up production through the Indiegogo website.



Cooking presents different challenges, as it is much more energy-intensive (making solar power less practical), and different countries have different availability of the fuels needed for stoves. In a bid to tackle these and other issues, the UN Foundation has launched a major initiative, the Global Alliance for Clean Cookstoves. Their target is for 100 million homes to adopt clean and efficient stoves by 2020. The Alliance notes the damage which current cooking solutions do to health, and to the environment. Because of the complex nature of the problem, a range of solutions are needed, including setting international standards to allow easy comparison of alternative

stoves, educating women in the benefits and the use of these non-traditional stoves, and finding ways to tackle the logistical difficulties of getting fragile, heavy items "the last mile" to isolated rural communities. Potential Energy, an NGO collaborating with the US Department of Energy, is one of the Alliance's partner organisations, and has already distributed over 32,000 stoves in Sudan, with further plans to work in Ethiopia. These examples show how humanity's long-standing problems are now being lifted up into the lighted atmosphere of intelligent cooperation, where ideas and practical innovations can circulate more freely for the benefit of all.

In developed countries, heating and lighting are not usually causes of pollutants *indoors* (although the power stations which drive them may pollute the atmosphere), but if ventilation systems are poorly designed or malfunctioning, then health and comfort can be affected, leading to a range of symptoms often labelled sick building syndrome. Other possible sources of indoor pollutants are outgassing from some building materials, volatile organic compounds, ozone from some types of office equipment, molds, and even the naturally occurring radon gas. The main way to counteract these pollutants is to find ways to increase the rate of exchange of fresh air with the outside. While this can be done via mechanical air conditioning, there is an increasing movement to find ways to condition air through techniques inspired by nature. Apart from the energy saved, there is also the fact that mechanical air conditioning systems

reduce the concentration of negatively charged ions. While investigation into the effect of ions on human health is still in its infancy, some studies have shown that patients exposed to negatively charged ions experience a feeling of exhilaration and lowered blood pressure. By contrast, those exposed to positively charged ions develop feelings of fatigue, dizziness and headache, increased blood pressure and general discomfort. Some winds can carry great concentrations of positive ions—the Föhn in Switzerland, the Santa Ana in the United States, the Sirocco in North Africa, the Chinook in the Rocky Mountains and the Sharav in the Middle East. Such winds have anecdotally been associated with a range of illnesses, from migraines to psychosis. We can imagine that as the mysteries of electricity in the air are revealed over time, the benefits to health will be enormous and there will be a great vitalisation of the human race.

According to the World Health Organisation, more than 1 billion people are estimated as being exposed to outdoor air pollution annually. Urban air pollution is linked to up to 1 million premature deaths and 1 million pre-natal deaths each year. Rapid urbanisation has resulted in increasing air pollution in major cities, especially in developing countries. According to a draft UN report for the Intergovernmental Panel on Climate Change, the world's richest countries are increasingly outsourcing their carbon



Air pollution, Shenzhen

pollution to China and other rising economies. Outsourcing of emissions comes in the form of electronic devices such as smartphones, cheap clothes and other goods manufactured in China and other rising economies but consumed in the US and Europe. Indeed, images of dense smog in Chinese and Indian cities are becoming more and more commonplace. So bad has the situation become, that a British architecture and design firm recently unveiled proposals for 'bubble domes'— public areas enclosed by a special plastic dome where people could go to breathe filtered air. Along with the increase in manufacturing, increases in coal burning and car emissions are major sources of pollution in China and other Asian countries. Conditions tend to worsen during winter months when a combination of stagnant weather patterns mixed with increased coal burning in many Asian cities can create pollution and smog that can last for weeks. While most developed countries have put in measures to reduce these sources of air-borne pollution, these are yet to be adopted in many developing countries, although the Chinese government has pledged to toughen pollution standards and to commit sufficient financial resources to attack the problem.

The World Health Organisation works tirelessly to inform governments and the general public of the dangers posed by air pollution, and one of its most successful campaigns was a theme related to the direct pollution of the air we breathe through smoking, which we will look at in more detail in the next article.



PROTECTING THE ATMOSPHERE AND THE AIR WE BREATHE: TWO GLOBAL SUCCESS STORIES

One of the major difficulties in dealing with air and atmospheric pollution is that corporate interests, often driven by short-term goals and the need to maximize market share and profits, resist regulation, inhibiting the development of technological processes and economic structures that might support a shift towards a healthy atmosphere.

But the problem is not just big business. We are all involved. Public opinion is significantly influenced by concerns that regulations to protect the atmosphere will damage the economic health of nations. More often than not these are irrational fears with no substance. Information driven by a concern for the common good is needed if there is to be clear thinking. Genuine goodwill, not the sentimental façade of goodwill, is what will lead to policies that guarantee a pure atmosphere.

The current policy crisis around protecting the air we breathe is a political and moral crisis, reflecting a profound spiritual crisis. People of goodwill, almost by definition, have a primary concern for the well-being of humanity and the other kingdoms of nature. Bringing this concern into the political and economic life persuades governments and industry to do what must be done in order to ensure clean air and a healthy environment. The spiritual crisis can be summed up in terms of the awakening of a spirit of universal responsibility amongst the people of goodwill. The awakeners are those intelligent, mindful people whose selfless wish to contribute to the good of the whole is the driving force in their life of the spirit, as well as in their social relations and their professional, economic and political life. These awakeners can intuitively be understood as the representatives of the Higher Worlds, whether they are conscious of this or not, for it is the hierarchy of enlightened beings who are guiding humanity into and through this spiritual crisis. In the process of taking responsibility for purifying the physical atmosphere, the air we all breathe, we will be drawn closer to the next spiritual kingdom the kingdom of souls, and become more responsive to the incoming energies of Aquarius. This is the story of our time.

The Group of World Servers is in process of taking leadership in the education and mobilization of people of goodwill in all the great issues of our time. Their approach transcends the traditional politics of right or left. Those who are driven by a primary concern for the well-being of the atmosphere will no doubt support different practical measures for achieving a healthy and clean environment: regulation, market incentives, education etc.

Close analysis reveals that forces of

goodwill are already producing policies at local, national and international levels designed to protect the integrity of the atmosphere and, where necessary, to heal the effects of toxins. Clearly much more is needed, effective policies are only just in their earliest stages of development, but we can draw inspiration from gains that have been made in some areas.

Two of the most outstanding success stories are to be found in actions national governments have agreed to take following international treaties and conventions facilitated through the United Nations and its agencies.

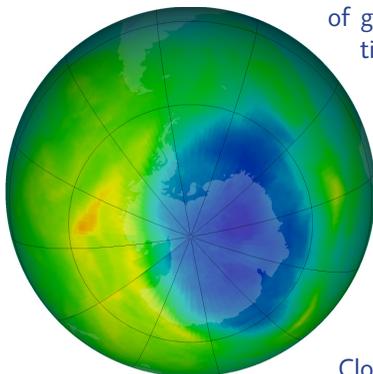
Ozone Depletion

A layer of ozone molecules in the upper atmosphere absorbs much of the harmful UV-B radiation from the sun and screens out lethal UV-C radiation. Chlorofluorocarbons (CFCs) and halons are gases that have been used extensively in a range of products since the 1930's including refrigerators, air conditioners, spray cans and fire extinguishers. These gases finally break up in the atmosphere, releasing chlorine and bromine atoms, which cause ozone depletion. As a result, the 1970s and 80s saw dramatic increases in the incidence of skin cancers and eye cataracts, immune systems were weakened, animals were adversely effected, ocean eco-systems were damaged, and fish populations and plant yields reduced.

The Vienna Convention for the Protection of the Ozone Layer was adopted by governments in 1985 and entered into force in 1988. It fostered cooperation between signatories to study the effects of human interaction on the ozone layer. The accompanying Montreal Protocol on Substances that Deplete the Ozone Layer, requiring signatory countries to take specific actions to control ozone depleting substances, was signed in September 1987. Taken as a whole, the Convention and the Protocol have become one of the most successful environmental treaties of all time. *With 197 parties, they are the most widely ratified treaties in United Nations history, and have, to date, enabled reductions of over 97% of all global consumption of controlled ozone-depleting substances.*

In his Millennium Report, former UN Secretary-General Kofi Anan highlighted the role played by the awakeners from civil society in this ozone treaty, noting: *Prior to the Protocol intergovernmental negotiations on their own failed to mobilize sufficient support for the far-reaching measures that were needed. But intensive lobbying by civil society organizations, the presentation of overwhelming scientific evidence—and the discovery of the huge ozone hole over Antarctica—eventually created the consensus necessary for the agreement to be signed.*

Since 1987 the Protocol has been amended five times, accelerating the phase-out schedule of the harmful gases. Governments that ratify the protocol are legally bound to implement the restrictions required under the protocol. In spite of very significant successes, this continues to be an on-going story, for while the Protocol itself has been ratified by all government signatories, a number of the amendments, requiring stronger control measures, still await ratification from several governments.





Tobacco Control

It is a curious fact that the most serious health risk associated with breathing comes from a behavior choice, often made by young people, some of whom are aware of the dangers. The inhaling of tobacco smoke is a widespread addictive habit in cultures throughout the world. According to the United Nations World Health Organisation, the tobacco epidemic is *one of the biggest public health threats the world has ever faced*. It is responsible for almost 6 million deaths every year – over 600,000 of these the result of non-smokers exposed to second-



hand smoke. There are one billion smokers world-wide – eighty percent of these living in low- and middle-income countries.

Not only is smoking a popular pastime in many societies, its spread around the world is supported by powerful economic interests producing and marketing cigarettes and tobacco products. Ending the spread of the habit and encouraging people to either stop smoking or not to start smoking is a formidable task requiring significant changes in social attitudes and behavior. To break the habit individuals need clear information about the health risks and, as a result of that information, they need to want to quit smoking. At the same time the marketing of cigarettes needs to be restricted, if not banned. Faced with such difficulties it is heartening to note the progress that has been made in world-wide efforts to fight the tobacco epidemic.

In recent decades many countries have pioneered strict anti-smoking regimes, banning smoking in public places, severely

limiting the advertising of cigarettes, taxing cigarettes so that at least some of the costs of hospital care for smoking-related illnesses are covered by smokers, and funding campaigns informing the public of the dangers and supporting smokers who want to quit. This movement has become a global campaign and in 2005 the World Health Organization (WHO) Global Framework Agreement on Tobacco Control entered into force. It has become *one of the most widely embraced treaties in the history of the United Nations with 176 Parties covering 88% of the world's population*.

Since 2008, the international campaign led by the WHO has focused on six practical, affordable and achievable measures to help countries reduce the numbers of people smoking tobacco: monitoring tobacco use and prevention policies; protecting people from tobacco smoke; offering to help quit tobacco use; warning about the dangers; enforcing bans on tobacco advertising, promotion and sponsorship; and raising tobacco taxes. One of the greatest success stories in response to this program has been Turkey, a country traditionally steeped in tobacco culture. Six years ago, more than one in three adults used tobacco. By 2012, thanks to action on the six measures, smoking was down by 13.4%, and there was a 20% decline in the number of citizens admitted to hospital for smoking-related diseases.

These two international treaties, governing ozone depletion and a reduction in smoking, and the actions which have flowed from them, provide the clearest evidence of our ability as a species to take the steps we need to take in order to ensure a healthy, life-sustaining atmosphere. It can be done – but it will only be done as people of goodwill demand it.



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WORLD INVOCATION DAY 2014



To build a more just, interdependent and caring global society what humanity needs above all, is more light, love and spiritual will. On **Thursday June 12 2014**, people of goodwill from all parts of the world, and from different religious and spiritual backgrounds unite in invoking these higher energies by using the Great Invocation. Will you join in this healing work by including the Great Invocation in your thoughts, your prayers or your meditations on World Invocation Day?

THE GREAT INVOCATION

**From the point of Light within the Mind of God
Let light stream forth into the minds of men.
Let Light descend on Earth.**

**From the point of Love within the Heart of God
Let love stream forth into the hearts of men.
May Christ* return to Earth.**

**From the centre where the Will of God is known
Let purpose guide the little wills of men –
The purpose which the Masters know and serve.**

**From the centre which we call the race of men
Let the Plan of Love and Light work out
And may it seal the door where evil dwells.**

Let Light and Love and Power restore the Plan on Earth.

Adapted version

**From the point of Light within the Mind of God
Let light stream forth into human minds.
Let Light descend on Earth.**

**From the point of Love within the Heart of God
Let love stream forth into human hearts.
May the Coming One* return to Earth.**

**From the centre where the Will of God is known
Let purpose guide all little human wills –
The purpose which the Masters know and serve.**

**From the centre which we call the human race
Let the Plan of Love and Light work out
And may it seal the door where evil dwells.**

Let Light and Love and Power restore the Plan on Earth.

If you would like to send this message to others, two colour ecards are available from our website: the original Great Invocation is at www.lucistrust.org/ecard/, and the adapted at www.lucistrust.org/ecard2/
Also featured on our website at www.worldinvocationday.org is the World Invocation Day video – please pass on the link to others.

* Many religions believe in a World Teacher Who is to come in the future (hence 'Coming One'), knowing Him under such names as the Lord Maitreya, the Imam Mahdi, the Kalki avatar etc.. These terms are sometimes used in versions of the Great Invocation for people of specific faiths.

HELPING TO BUILD RIGHT HUMAN RELATIONS

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World Goodwill is an international movement helping to mobilise the energy of goodwill and to build right human relations. It was established in 1932 as a service activity of the Lucis Trust. The Lucis Trust is a registered educational charity in Great Britain. In the USA it is a non-profit tax-exempt educational corporation, and in Switzerland it is registered as a non-profit association. World Good-

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The World Goodwill Newsletter is published three times a year. Unless otherwise indicated, all articles are prepared by World Goodwill staff mem-

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www.worldgoodwill.org is the address for World Goodwill on the Internet. The newsletter is available on this site.

World Goodwill relies solely on donations to maintain its work. The newsletter is distributed free of charge to make it as widely available as possible, but donations are always needed for this service, and are much appreciated.

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