**🧭 Deck Title: “Transforming Life & Environment: A Buddhist Perspective”**

**🕒 Duration: 10 minutes**

**🎯 Format: Interactive storytelling + reflection prompts**

**Slide 1: Opening Question**

**Title**: “Can we really change our environment by changing ourselves?”

* Ask the audience to reflect silently or share quick thoughts.
* Transition: “Let’s explore this through Buddhist wisdom and real-life experience.”

**Slide 2: The Core Principle – Esho Funi**

**Source**: The theme

* Explain “Esho Funi” – the oneness of life and environment.
* Use analogy: **Body and Shadow** (from The Flow) – “When the body bends, so does the shadow.” [[The Flow]](https://swissre-my.sharepoint.com/personal/arunabha1_gupta_swissre_com/_layouts/15/Doc.aspx?sourcedoc=%7BFC706CD0-E4C0-4B74-80EC-C649DF3A19FE%7D&file=The%20Flow.docx&action=default&mobileredirect=true)
* Prompt: “Think of a moment when your mood changed because of your surroundings. What if the reverse were also true?”

**Slide 3: The Flow of Influence**

**Source**: The Flow

* Two directions:
  + Environment → Life (external influences)
  + Life → Environment (internal transformation)
* Highlight: “We are directors of our life’s script, not passive characters.” [[The Flow]](https://swissre-my.sharepoint.com/personal/arunabha1_gupta_swissre_com/_layouts/15/Doc.aspx?sourcedoc=%7BFC706CD0-E4C0-4B74-80EC-C649DF3A19FE%7D&file=The%20Flow.docx&action=default&mobileredirect=true)
* Interactive: Ask participants to share one small action they took that changed their environment.

**Slide 4: Empowerment through Practice**

**Source**: The Flow

* Introduce chanting Nam-myoho-renge-kyo as a tool for inner transformation.
* Emphasize: “Inner change → Outer change.”
* Prompt: “What’s one challenge you’d like to transform this week?”

**Slide 5: The Mission of Youth**

**Source**: The Framework

* Share President Ikeda’s quote: “Young people must advance, forever forward.” [[The Framework]](https://swissre-my.sharepoint.com/personal/arunabha1_gupta_swissre_com/_layouts/15/Doc.aspx?sourcedoc=%7BE0413167-54F1-4BA4-BB3E-40D1CDA6900A%7D&file=The%20Framework.docx&action=default&mobileredirect=true)
* Highlight the idea of sowing seeds of Buddhahood through sincere dialogue.
* Ask: “Who in your life could benefit from hearing your story of hope?”

**Slide 6: Real-Life Application – SGI UK Example**

**Source**: SGI UK Example

* Briefly narrate the story of the couple with noisy neighbors.
* Key message: “Don’t curse the neighbors—praise your own Buddhahood.” [[SGI UK Example]](https://swissre-my.sharepoint.com/personal/arunabha1_gupta_swissre_com/_layouts/15/Doc.aspx?sourcedoc=%7B6BE50BA5-36D7-427A-8E30-388E4156D8CC%7D&file=SGI%20UK%20Example.docx&action=default&mobileredirect=true)
* Reflection: “What’s one situation you can reframe as an opportunity to grow?”

**Slide 7: Closing Thought**

**Title**: “We are the Buddha, and our land is sacred.”

* Reinforce: The environment reflects our inner life.
* End with a quote: “Since the Law is wonderful, the person is worthy of respect; since the person is worthy of respect, the land is sacred.” [[SGI UK Example]](https://swissre-my.sharepoint.com/personal/arunabha1_gupta_swissre_com/_layouts/15/Doc.aspx?sourcedoc=%7B6BE50BA5-36D7-427A-8E30-388E4156D8CC%7D&file=SGI%20UK%20Example.docx&action=default&mobileredirect=true)

**Optional Add-ons:**

* Include a short chanting session (1 min).
* Use visuals: body-shadow, lotus flower, ripple effect.
* Handout with key quotes and reflection prompts.