

The Intricate Tapestry of Emotions and Humanity

9:00 - 9:50 a.m., Wednesday, September 17, 2025

Knellee Bisram, M.A.

Knellee Bisram, M.A. is an international relations consultant supporting communities, networks and organizations to build mindful, resilient ecosystems. Serving as AHAM Education's CEO and Lead Representative to the United Nations, she leverages regional, national and global multi-stakeholder partners to bring a nature-reverent, indigenous-informed, conscious approach to meeting 21st century peace, climate and mental health challenges affecting children, women, marginalized communities. She believes that inner skills development is fundamental to peaceful, sustainable, regenerative economies. A student of meditation, mindfulness and various inner development modalities for over 35 years, Knellee is a certified trauma-informed Emotional Intelligence, Mindfulness (MBSR) and Mind Body Medicine (CMBM) facilitator, and co-creator of the b.Nature program. She designs and implements Mindfulness-based Social Emotional Well-being, Peace-building and Restorative Storytelling programs for youth, differently abled individuals, education and health practitioners, business and community leaders and UN and government officials. She sits as an advisor on several community boards and has served as a civil society representative on behalf of the UN NGO Major Group and other Stakeholders, speaking at the UN High Level Political Forum in support of human rights, mental health, peace and climate justice. She recently produced a documentary short "Healing People Heal the Planet," which is now being expanded into a series of shorts showcasing marginalized communities leading climate action from the inside out. Knellee holds a BA in foreign languages, and a MA in International Relations and Latin American Studies. She is fluent in French, Spanish and Portuguese.

AHAM Education Background

AHAM Education is a 501 C 3 non profit organization registered in the state of Florida since 2014 with consultative status to the United Nations Economic and Social Council. Our vision is to empower underserved individuals to discover and fulfill their purpose, while living consciously and prioritizing personal, collective and planetary well-being. We provide evidence-based tools in presence, positivity and peace. We offer gender-informed, culturally responsive, trauma-informed, mindfulness-based and mind body skills training, workshops, community programming and retreats in the US, Latin America and the Caribbean. Our work on the intersection of mindfulness and planetary health is featured in the documentary short [Healing People Heal the Planet](#).

Resources

- ☐ FREE Audios Practices: <https://www.ahameducation.org/globalcsw> (click on UN Mindful Well-being Toolkit)
- ☐ Learn about nature-centered mindfulness <https://www.ahameducation.org/bnature> and enroll in the 8-week **b.Nature online course** that starts Oct 2. Orientation session Sept 18 on Zoom. See flyer: https://www.ahameducation.org/files/ugd/9490ff_321104b28de94d189af60721572e728b.pdf
We are offering 3 Scholarships for MSU students. To enquire email info@ahameducation.org with "b.Nature Scholarship" in the subject line by Sept 22.
- ☐ Register for an in-person silent b.Nature Intergenerational Ecodharma Experience - a Silent Retreat at the Rocky Mountain Ecodharma Retreat Center in Colorado: <https://tinyurl.com/bnatureretreat>
- ☐ Paper: [The Earthrise Community: Transforming Planetary Consciousness for a Flourishing Future](#)



AHAM EDUCATION

Art of Happiness And Mindfulness
Academy of the Heart And Mind

Tip Sheet

What to do when you are experiencing strong emotion:

- ☐ Do a 90 second Power Pause, just observing with nonjudgment and curiosity
- ☐ S.T.O.P. - Stop, Take a breath, Observe your inner and outer landscape, Proceed with kindness
- ☐ T.H.I.N.K. - gates of mindful speech, is what I am going to say True, Helpful, Informed, Necessary, and Kind
- ☐ Notice, name, journal the sensations, thoughts and emotions with specificity

How to grow positive emotions and outlook

- ☐ Practice loving kindness and self-compassion using the free audio practices above
- ☐ Gratitude journaling every night and morning
- ☐ Spend more time in Nature without distractions
- ☐ Practice body scanning, noticing pleasant, unpleasant and neutral sensations, thoughts and emotions

B.Nature 2025

An eight-week online journey from embodied presence to embodied action for the well-being of people and planet

Register to attend free orientation [HERE](#)



Designed for global and local leaders, mindfulness advocates and youth changemakers building a better world through compassionate action.

Mindfulness-based, nature-centered practices and strategic action planning for personal, community and planetary well-being.

Created and facilitated by Knellee and Piero. Certified senior Mindfulness teachers with over 50 years of combined experience and practice. Representatives to the United Nations on sustainable development and well-being

Orientation: Sept 11 at 12 pm EST and Sept 18 at 6 pm EST
Course: Every Thursday, Oct 2 - Nov 20, 2025 from 12 - 2 pm EST
All-day Retreat: Saturday Nov 8, 2025
More info at www.ahameducation.org/bnature



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