

Sustainable Yogic Agriculture

Changing the Lives and Livelihoods of Farmers

Agriculture - History

Agriculture and Environment

Latest IPCC Report (September 2013) states:

- Human activity is 95-98% responsible for climate change
- It is too late to stop it
- We must prepare and mitigate
- Warming - more insects, more droughts, more floods, more storms, less crops, less species

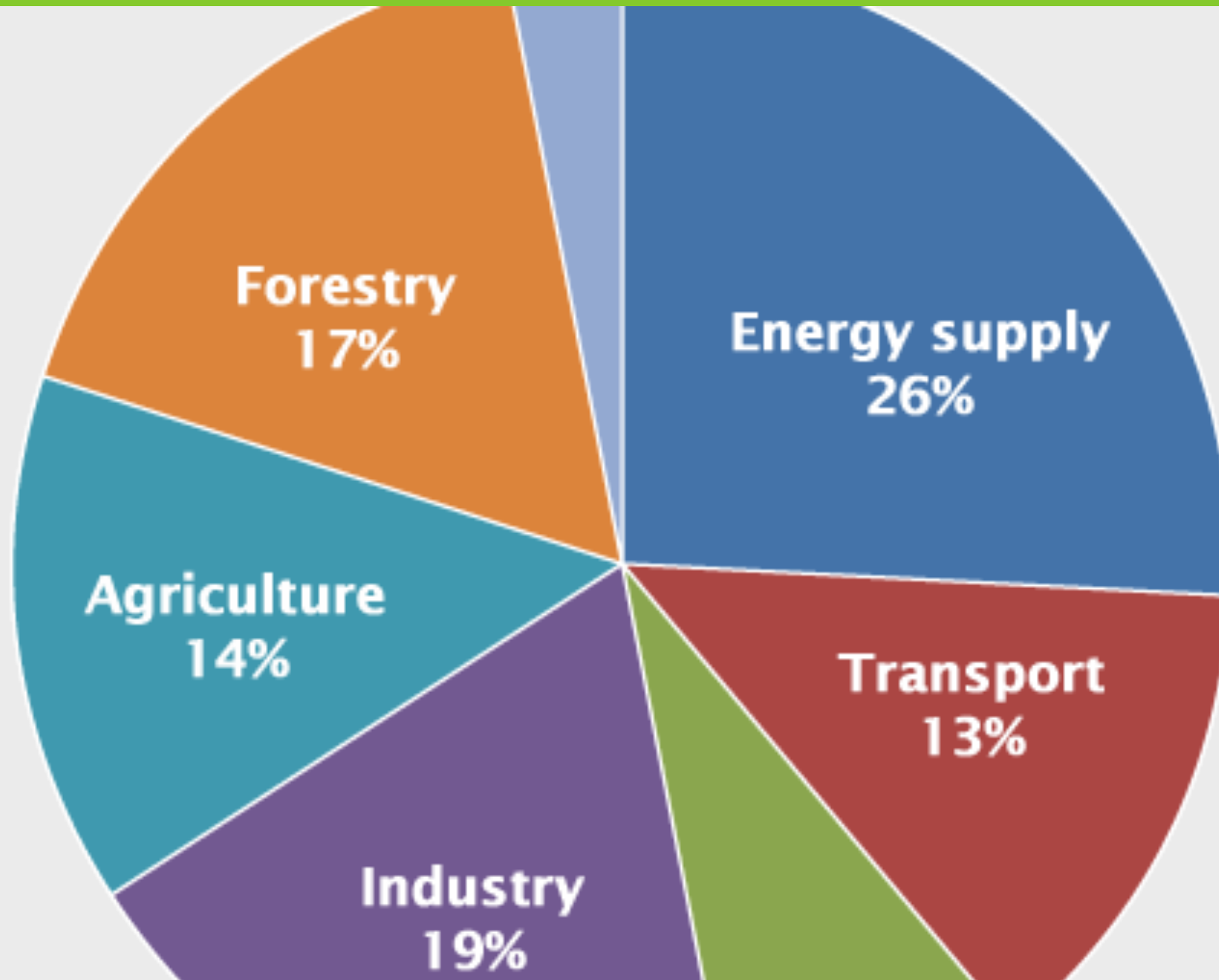
- “Green Revolution” (we need more)
- Industrialization
- Genetically modifying seed
- Patenting nature
- Mass slaughter of animals for food
- Chemical called ‘conventional’
- Organic (natural) considered “middle class narcissism”

Green Revolution

Chemicals have become
standard



Global Emissions (Source)

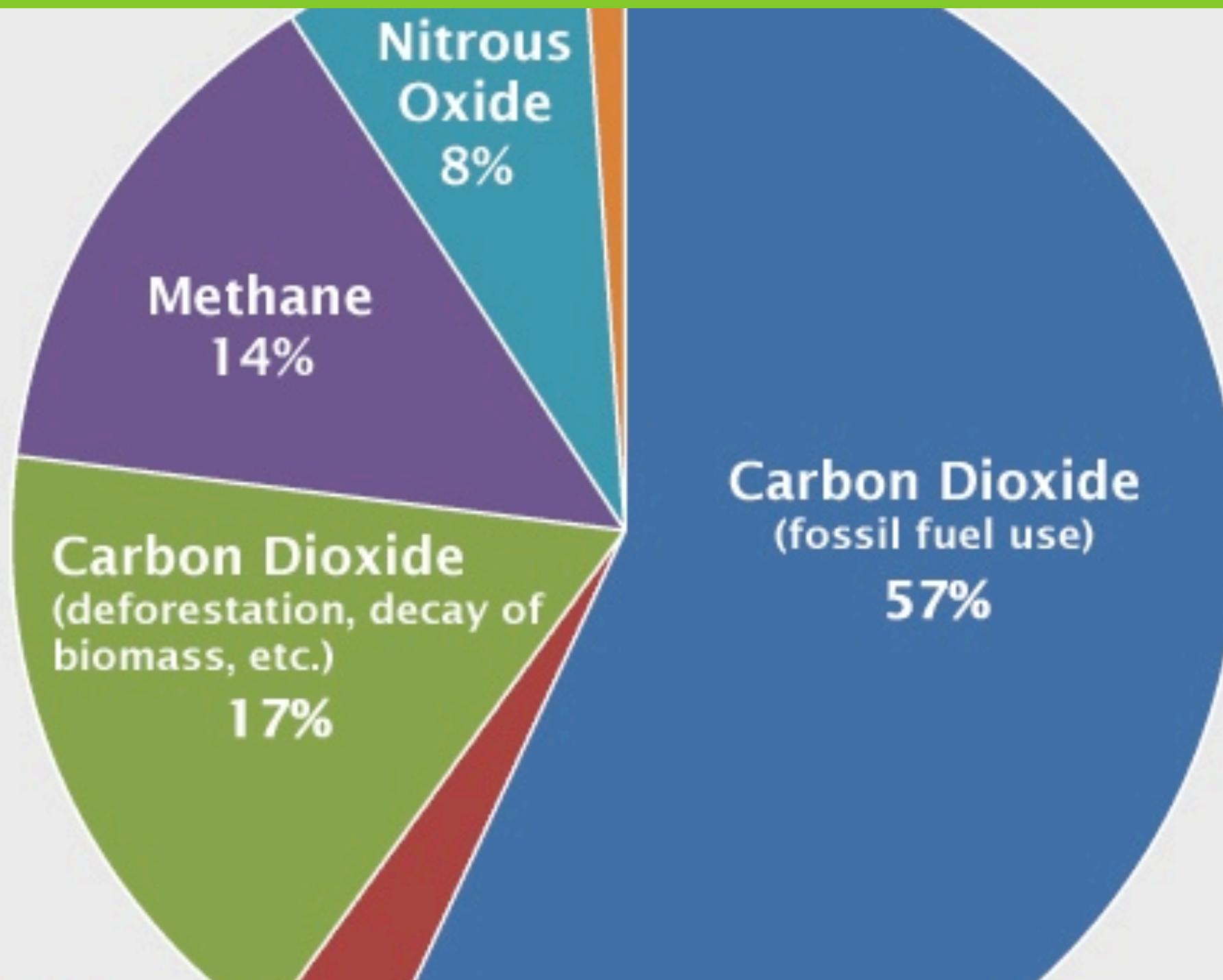


“Australia is the nation most vulnerable to climate change impacts on agriculture because small changes in temperature in Australia can produce big falls in productivity.”

“I don't think (farmers) are in denial about climate change... I think they're more in denial about the fact that human beings are causing it.”

Professor Griggs, Monash Sustainability Institute (IPCC author and scientist)

Global Emissions (Gas)



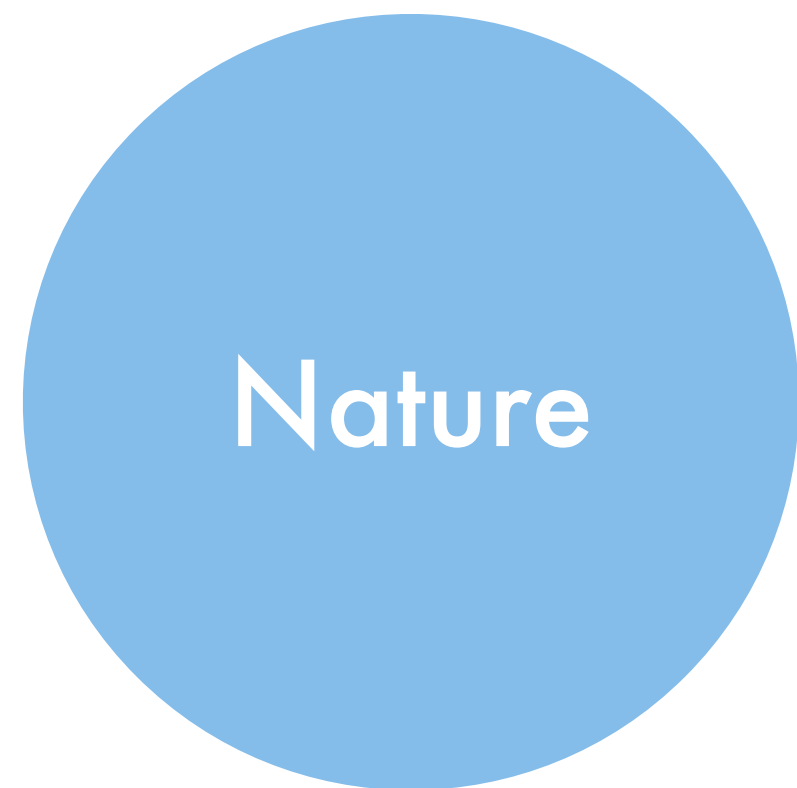
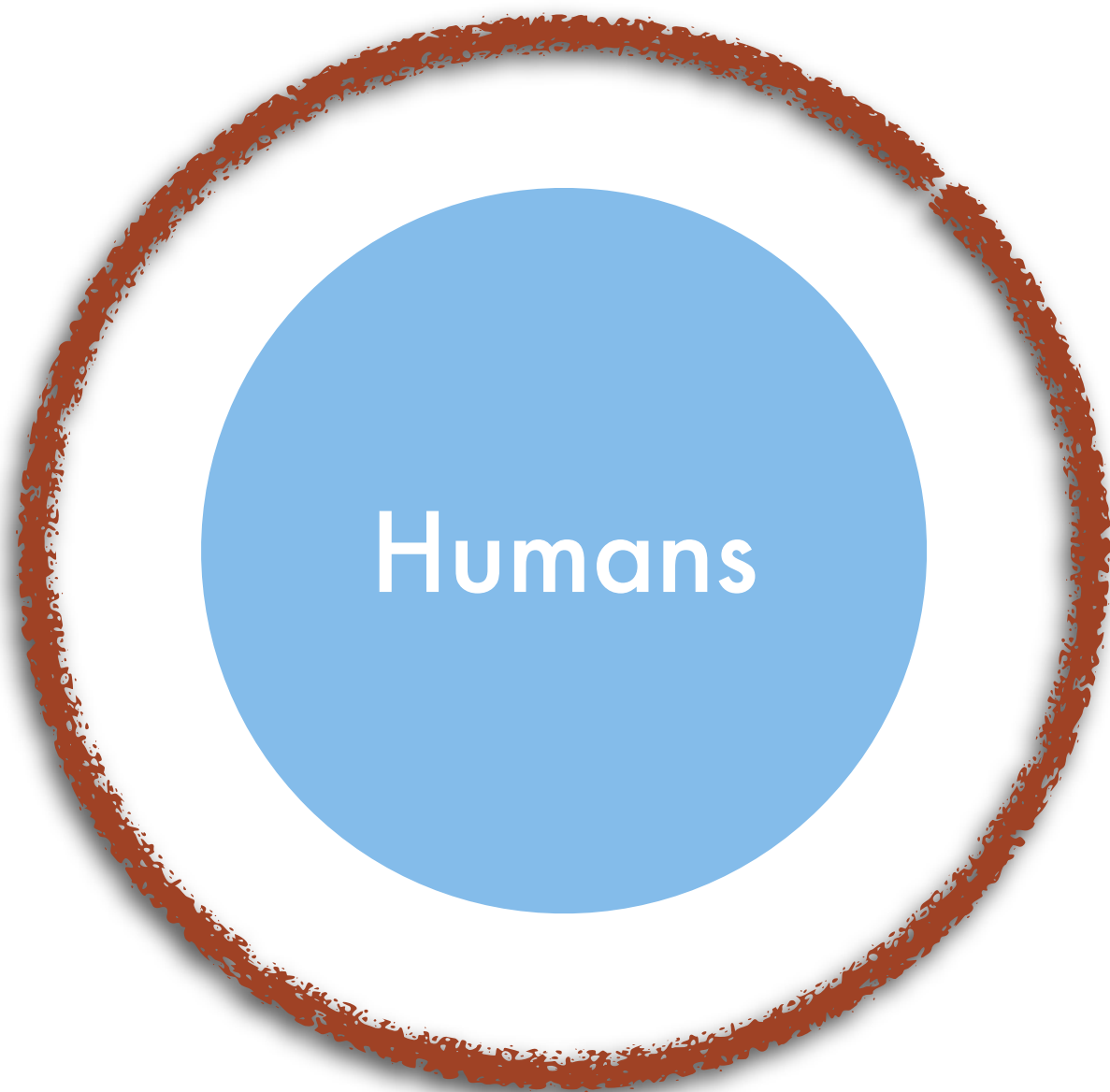
The Problem



Humans



Nature





Humans

Nature

A solid blue circle is positioned in the lower right quadrant of the page. Inside the circle, the word "Nature" is written in a white, sans-serif font, centered horizontally and vertically.

Nature



Nature

Sustainable Yogic Agriculture

SYA Foundation



SYA Foundation

- Raja Yoga Meditation



SYA Foundation

- Raja Yoga Meditation
- Karma and responsibility



SYA Foundation

- Raja Yoga Meditation
- Karma and responsibility
- Soul consciousness



SYA Foundation

- Raja Yoga Meditation
- Karma and responsibility
- Soul consciousness
- When we change the world changes



SYA Foundation

- Raja Yoga Meditation
- Karma and responsibility
- Soul consciousness
- When we change the world changes
- “Serve the elements”



SYA - The First Sister



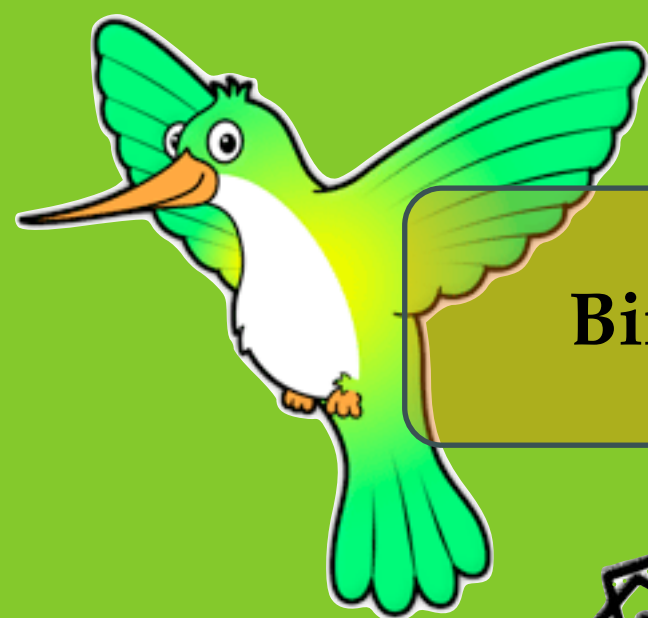
SYA Aims



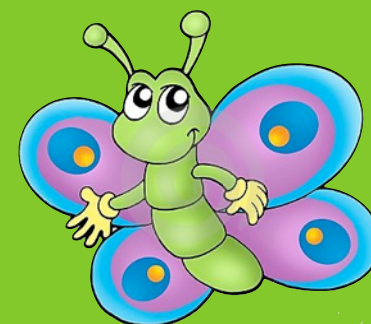
SYA Aims

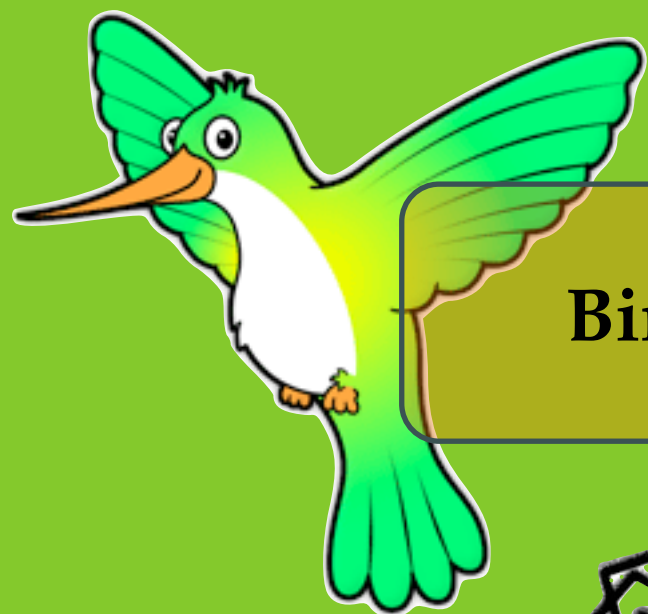
- Support traditional (organic) methods of farming
- Restore balance of nature
- Restore right relationship with nature
- Establish lively relationship with the land and love for the plants



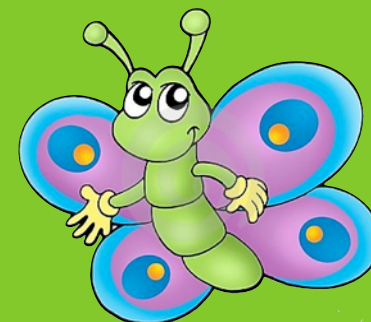


Birds





Birds



Animals and Creatures



Trees, Plants, Vegetation

Flies and Insects



Humans

SYA - Poo Soup



SYA Research



SYA Research

- 2003, farmer to farmer
- MoU signed in 2009 between S.D. Agricultural University (UP), and Rural Development Wing, RajYoga Education Research Foundation (Brahma Kumaris)



SYA - Methods

SYA Methods



SYA Methods

- Seeds are “meditated” for 10 days before sowing
- 15-30 minutes of dedicated meditation daily (4:00-5:00 am) and (6:30-7:30 pm)
- Meditation is mind / heart based



SYA Meditations

Amrit vela (4–5am)	“I am the form of peace, filling seeds with peace”
Ploughing the land	“I am a soul who transforms the world”
Organic inputs	“I bestow fortune on the earth”
Irrigating	“I am a living river of wisdom”
Disease	“I am the form of silent healing power”
Pests	“I am the form of supreme purity”

SYA Field



SYA - Results

SYA Seeds

SYA Seeds

SYA Seeds

Particulars	Meditated Seeds	Unmeditated Seeds
100 gms (weight)	35.19	35.05
Germination (%)	93.33	86.67



MEDITATED SEEDS

UNMEDITATED SEEDS

SYA - Results

Treatment	2009-10				2010-11			
	Fe	Mn	Zn	Cu	Fe	Mn	Zn	Cu
CHEMICAL (CI)	108.7	119.1	24.2	10.0	116.5	105.5	22.5	7.9
ORGANIC (OFM-1)	104.2	116.8	23.1	10.9	116.0	106.3	30.2	8.1
YOGIC (OFM- II)	109.1	118.6	22.5	10.3	117.9	107.2	30.7	8.5

SYA - Results

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SYA - Results

Treatments	Plant Damage (%)		Leaf Damage (%)
	White Grubs	Termites	Weevils
Chemical	3.85	1.51	22.80
Organic	5.83	2.78	23.60
Yogic	3.96	1.26	23.28

SYA farmer and son



MEDITATION



**WITHOUT
MEDITATION**



SYA - Results

SYA - Results

Cost/ Process	Yogic	Chemical
Net Cost/ Acre	6,020 inr	26,740 inr
Gross Cost/ Acre	13,378 inr	28,147 inr
Total Crop/ Acre	13,667 kg	15,158 kg
Market Value/ Acre	77,446 inr	85,895 inr
Profit/ Acre	64,068 inr	57,778 inr

SYA sugar cane farmers





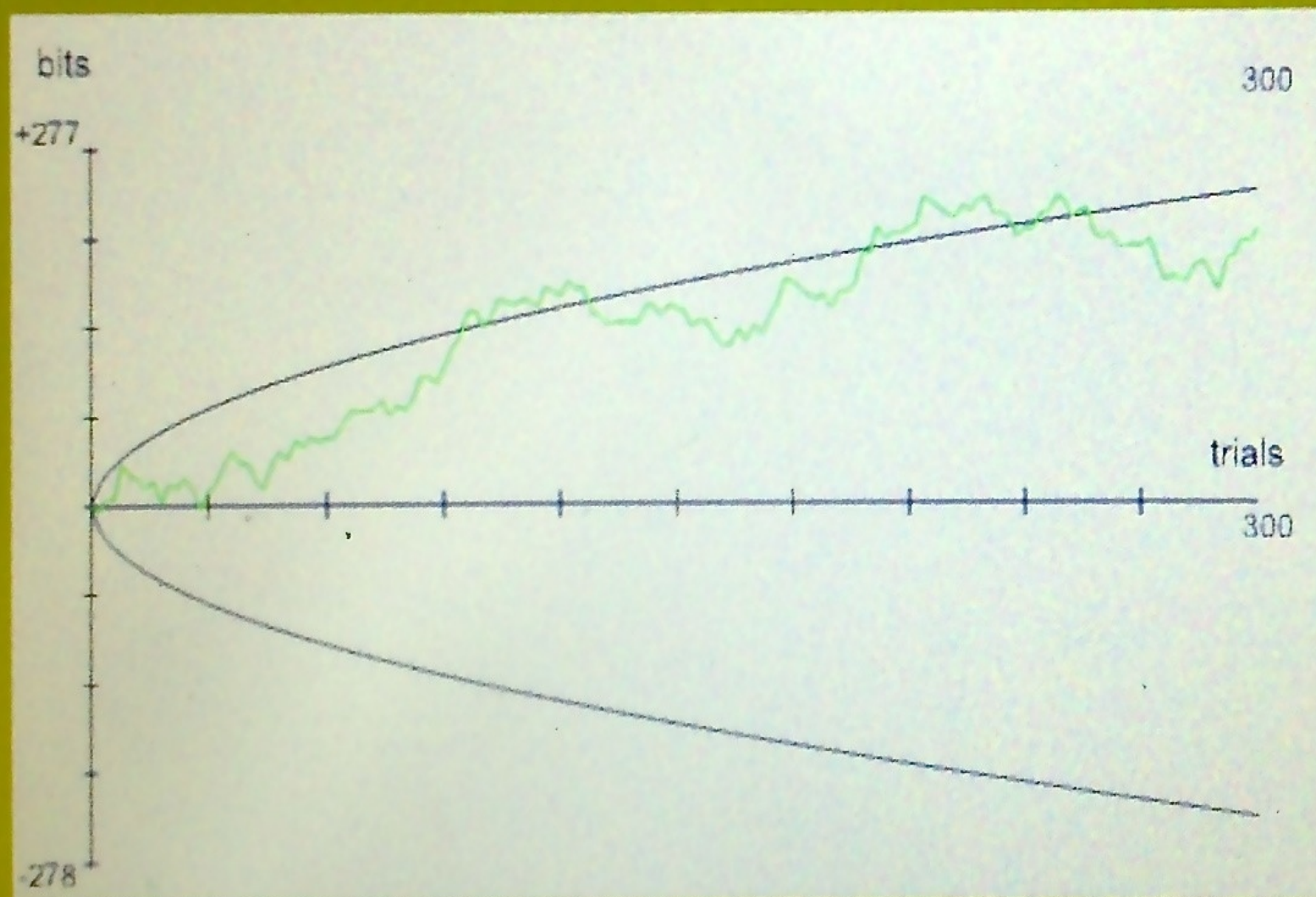
Why does it work?

SYA - Why does it work?

- The focus of our attention (mind / heart) alters and affects the world around us (and we are effected by that world).
- Our *beliefs* have the power to interrupt and redirect time, matter, space and events.
- *Belief* is the certainty gained by: accepting what we think is true in our minds, coupled with what we feel is true in our hearts.

Random Walk Werte HI Start

93



300

Anzahl

BL Base Line

100,703 +/- 0.408 Mittelwert BL

HI High Intention

100,000 +/- Mittelwert HI

LO Low Intention

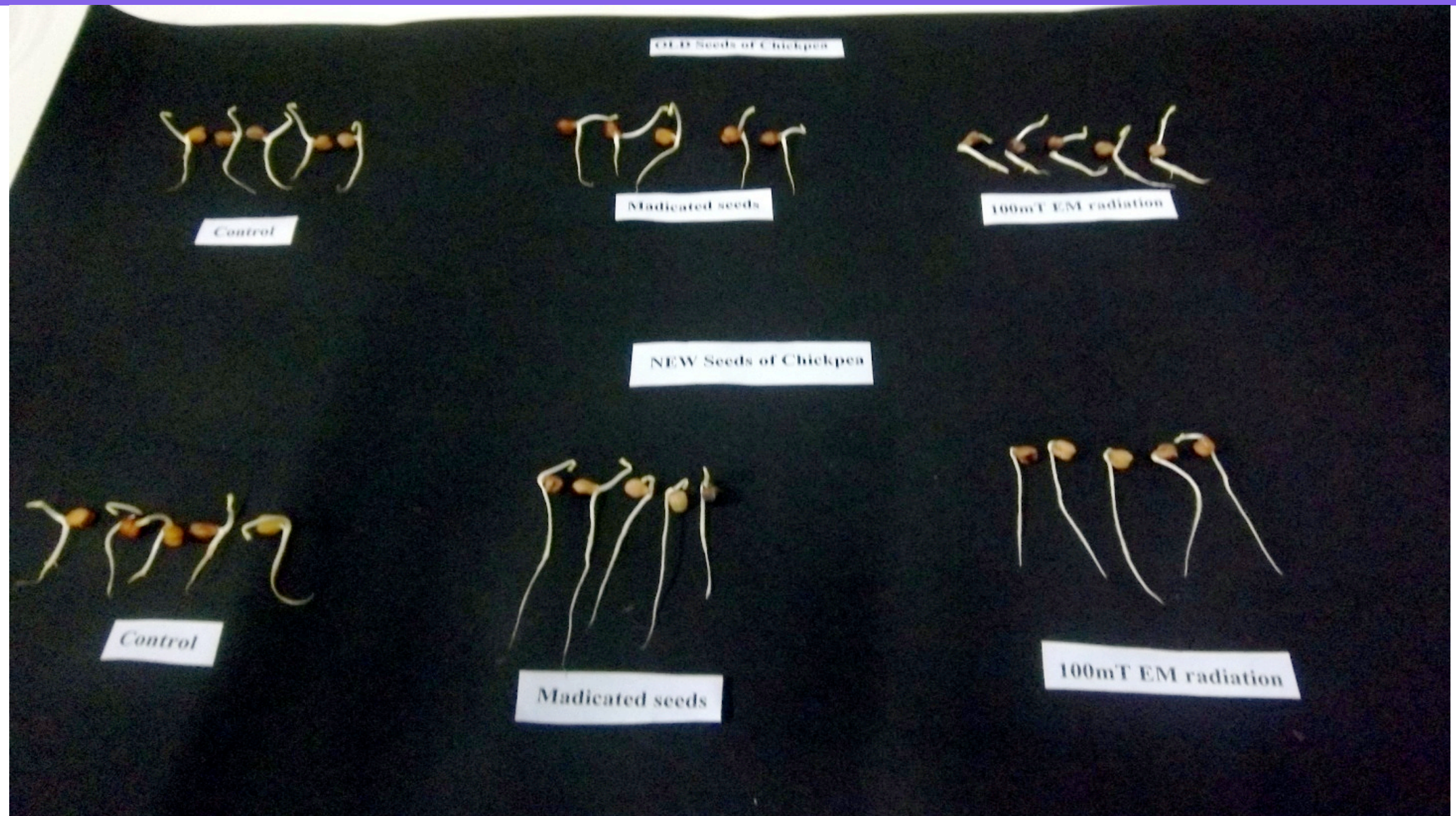
100,000 +/- Mittelwert LI

OK

X

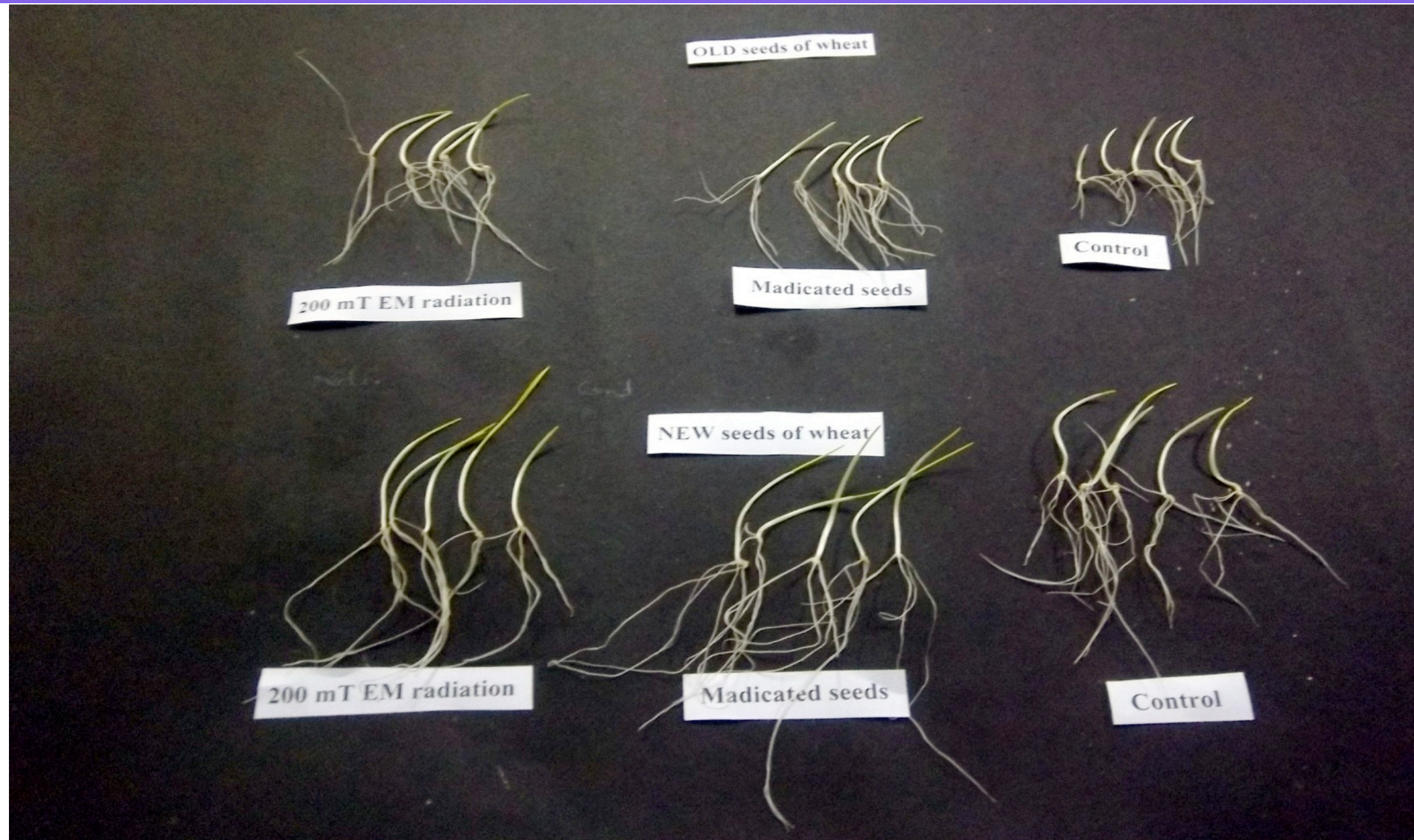
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SYA - Results



Effect of Electro Magnetic Vibration & Rajayoga Meditation
Experiment at G.B. Pant University of Agriculture. & Technology, Pantnagar

SYA - Results



Effect of Electro Magnetic Vibration & Rajayoga Meditation
Experiment at G.B. Pant University of Agriculture. & Technology, Pantnagar

SYA - Results



Chemical carrots (L), Yogic carrots (C), Organic carrots (R)

(l-r) chemical, yogic, organic

SYA - Results



SYA Benefits

QUANTITATIVE	QUALITATIVE
Increased crop yield	Improved family relations
Increased nutritional content	Increased feeling of connection with livelihood
Decrease costs	Increased sense of wellbeing and purpose
Increase price per kilo sold	Increased sense of pride as a farmer
Increased plant resilience	Improved relationships among farming communities
Decreased vulnerability to pests	Reduction in emotions such as anger and frustration among farmers
Faster root germination	Increase in emotions such as patience and forgiveness among farmers
Greater root germination	Incorporates cultural and spiritual meaning into work life
Easy incorporation with other methods or sustainable agriculture like SRI	Brings together disparate social sectors into a common purpose with wide-ranging benefit.



SYA - Future



Future Research



Future Research

- Apparent improved water absorption and retention - requires testing.
- Determine risks associated with transferring from chemical to organic/ yogic farming.
- Is the SYA process replicable outside the Brahma Kumaris?
- Is the SYA process replicable outside of India?
- Is the SYA process replicable on small and large scales?
- Is the SYA process replicable with other types of meditation?

**My deep appreciation to the dedicated colleagues from the
Rural Wing, Raja Yoga Education and Research
Foundation, SD Agricultural University, and GB Pant
University of Agriculture and Technology.**

**Special recognition and thanks to all the farmers who are
part of this important movement of global change.
One farmer. One seed. One world.**

Thank you!

Tamasin Ramsay, PhD

projects@un.brahmakumaris.org