

REPORT ON NATIONAL BK GREEN RETREAT

27 APRIL 2019 AT ASIA RETREAT CENTRE, DENGKIL, MALAYSIA

(In Conjunction with UN Earth Day, 22 April 2019)



It was a memorable, exciting and significant Saturday on 27 April 2019. A total of 46 participants gathered together for the National BK Green Retreat-cum-learning experience on earth care.

The program was specially organized in conjunction with United Nation Earth Day. The Retreat's theme focused on *"Enhancing Sustainability through Fertigation & Orchard Farming plus Meditation"*.

The highlight of the program was the collaboration with the expertise from

1. Department of Agriculture - to train the group on Orchard Farming plus Soil Mixing with practical demo and hands-on experience.
2. Malaysian Agricultural Research & Development Institute (MARDI) - to share on Organic Farming in MARDI and the Malaysian experience.
3. MARDI - on Urban Farming such as Fertigation & Hydroponic Farming System.
4. Brahma Kumaris sharing the Success Stories of Sustainable Yogic Agriculture pioneered by our Agriculture & Rural Development Wing in India and the senior class on *"Effect of Consciousness on Food & Farming"*.

The Retreat was aimed at:

1. helping participants to realize the importance of meditation and farming in enhancing true sustainability, love and care for Mother Earth and in managing Climate Change, and
2. to inspire creation of models to showcase and inspire sustainable and healthy living towards that end.

SOIL MIX IN AGRICULTURE

The participants enjoyed much of the practical demo and hands on experience. They learnt the three formulae for soil mixing in agriculture.

Soil Mix Ratio = top soil + organic material + sand = 3:2:1(best) or 2:2:1 or 1:1:1 (for seedling)



Demo on Soil Mixing and Fruit Tree planting by Head of Department of Agriculture Sepang District, Encik Fadzli at Peace Garden, ARC

It was highlighted that soil must not be too high so as to enable the seedlings to have sufficient space to grow.



Demo on Mini Fertigation Urban Farming System by Encik Amin, Department of Agriculture, Sepang District, Malaysia



Fertigation System & Hydroponic Farming System by MARDI, Encik Hafeifi (Scientist-cum-Researcher)

It is an urban farming system using alternative substrate materials to plant in polybags. Useful for some suitable crops and provide greater crop production in a shorter time.



ORGANIC FARMING – Malaysian experience by MARDI

Mrs. Theeban, Researcher from MARDI gave a good comprehensive overview of organic farming in MARDI and the experience in Malaysia environment.

Organic agriculture is a production system that sustains the health of soils, ecosystem and people. It relies on ecological process, biodiversity and cycles adapted to local conditions, rather than the use of inputs with adverse effects.

The key aim of organic agriculture is to sustain the living soil. If use chemical fertilizer, everything within the living system is killed and would disturb the balance within the ecology system.

In making organic fertilizer, it is important to use fresh waste and not spoil waste which has the presence of bad micro-organism.

There are high demand and supply for organic output but the production is limited. In Malaysia, awareness is higher in the Chinese community (30%) but lower in the Indian and Malay communities.



“Effect of Consciousness on Food” - by Bro Pure

In the senior class, Pure bhai highlighted the important of spiritual health in managing the mental and emotional health to sustain our physical health. The seven steps connectivity between food and our consciousness brings home the message clearly.



Success stories of Brahma Kumaris Sustainable Yogic Agriculture - Pioneered by the Agriculture & Rural Wing, Madhuban, India



Many enjoyed and were awakened to the session shared and the short film video played on “Sustainable Yogic Agriculture”. It was an AHA and hearty moment to note that the Bhagavat Gita sheds an important verse on this subject as the key foundational principle to Sustainable Yogic Agriculture.

...when earth beholds the power of the Supreme, impact is felt in all living systems. As a result, all crops fulfill the nectar of life ... [BHAGAVAT GITA verse 15.13]

...trees respond to life force and hence just like human beings, can experience happiness and sadness...[UPANISHAD]...

[Vedas etc] ...further refine such description ... evidence that power of Supreme and our feelings leave a deep impression on the crops ...

Our thought has deep impact on nature. Many scientists have proven this. Raja Yoga meditation is an easy way to harness the pure energy from the Supreme and spreads it to the seeds, soil and entire nature.

The practical experimentation with eight (8) Universities and Institutes have shown that *agriculture is possible without chemical fertilizers and pesticides. Apparently, chemical fertilizer seems to be a curse to environment and humanity?*

Supreme Source is truly an important source of clean energy that is truly sustainable and needed to be properly understood, recognized and harnessed to give life to all units of existence on earth, to restore Mother Earth to its original state of balance, perfection and abundance.

Hence, in the effort to truly save planet earth and in managing global warming, there is a greater need to understand sustainability in its true context...what truly sustains, who is the real sustainer and how.

If it is the Supreme Source who connects all the living systems, then there is a great need to be awakened to understand, recognize and to return to the Source to be truly sustainable.

... for only then there is real sustainability to restore all systems to its original state.

... without the return to the Source it is unsustainable despite much money and energy invested in reviving and saving Mother Earth.

The Session left the participants to ponder further what truly sustains... who is the real sustainer and how

Many were inspired to experiment at their own plots and suggested that a mini Tapovan be created in ARC to showcase and to inspire sustainable yogic planting to serve Mother Earth and the sector in giving Baba's message to souls.

Serving the Mother Earth - Awakening Moment and Gratitude

The Retreat ended with some silent reflections and moments of deep realization and gratitude from the heart to Mother Earth and the Supreme Sustainer.

Overall, the participants benefitted greatly the correct way to do planting and soil mixing and some new learning on organic and urban farming systems without chemical fertilizers and pesticides. They were truly happy and offered themselves to come back to practice sustainable yogic farming in ARC garden fortnightly to serve Mother Earth and the sector. Complimentary gifts on seeds and enzymes were also distributed.

Our deepest and heartfelt thanks to Baba, Mother Earth and Department of Agriculture and Malaysian Agricultural Research and Development Institute for all the support extended.

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