



**Brahma Kumaris Environment Initiative**  
**Presentation of**  
**Sustainable Yogic Agriculture**

**Best practices week – Sustainable Development of small rural communities:**  
**EXPO 2015 Milan, 10 July 2015**



**Mr Arun Sharma, Consul,  
Consulate General of India, Milan**



**Ms. Radha Gupta, Brahma Kumaris presenting SYA**



## **Overview**

Sustainable Yogic Agriculture (SYA) is based on organic agriculture practices and inputs together with the practice of meditation. It started about 15 years ago in a small Brahma Kumaris meditation centre in central India with the vision and wish to help small farmers live and work in an environment that is healthy, happy and brings peace in the community. It was noted by the meditation teachers that farmers frequenting the Centre continued to be very much under the pressure of the harmful effects of chemical inputs, high costs, unreliability of modified seeds resulted in increased level of depression. These factors were also led to increased food insecurity in the rural communities. Using the practice of meditation, which is part of the ancient Indian culture, the Rural Wing of the Brahma Kumaris Research and Education Foundation formalized the simple initial experiments in central India into what is now known as the practice of Sustainable Yogic Agriculture. It is more than a project and is becoming a social movement for positive change.

## **Purpose**

The purpose of SYA is to combine the traditional, organic methods of farming with the metaphysical use of the power of the mind. It aims at re-establishing harmony between human consciousness and nature to reduce worries and depression through the practice of Raja Yoga meditation. There is the saying that 'as is the **food** so is the mind'. Within the practice of SYA, the saying is turned around to quote 'as is the **mind**, so is the food'. If the state of mind and quality of thinking and feelings of farmers during the various stages of the plant cycle are positive and peaceful, drawing energy from the Source and being in harmony with nature, then the food produced is found to contain a higher nutritional value at a lower cost.

## **Research and Findings**

Major research was conducted by the SD Agricultural University in Dantiwada, Gujarat from 2010 – 2014. The experimental land was divided into three plots: chemical inputs, organic inputs and organic + meditation inputs. After the first year, the results showed that the chemical inputs plot was still the most productive,

followed by the organic + meditation plot. However, by the end of the fifth year, the organic + meditation plot was producing the most yield and having the highest nutritional content. Maybe the most important research finding has been to establish that meditation contributes to increased success in seed germination levels having stronger root and shoot strengths.

The methodology of meditation involves seed priming by placing the seeds in a meditation room for up to one month. Farmers, their families and members of the community meditate in the fields. The meditation involves considering the self to be a peaceful being and drawing energy from the Supreme Source, the Ocean of Peace, the protector of human beings and nature. This energy takes the form of positive and powerful thoughts within the self, creating a state of being that is peaceful and therefore creating a peaceful environment.

## Conclusions

SYA is in harmony with nature and therefore environment-friendly and an economically viable option for farmers. SYA meditation methodology and training are completely self funded and supported by the network of Brahma Kumaris meditation centres. The inputs are inexpensive and yield is found to be higher with the nutritional content significantly increased.

Farmers re-acquire a sense of purpose, self esteem and can therefore invest that energy in their families, their fields and into the community in general. They are spiritually empowered and the positive energy directed towards nature helps them to have a happier life and relationships that are healthy, thereby creating wellbeing in the community.

Another interesting achievement has been the empowerment of farmers who then train and mentor other farmers. There are now more than 1,500 yogic farmers who have many success stories and encouraging results. An increasing number of farmers are being trained each year on SYA methods. These trainings are supported by the network of local BK Centres as well as by major conferences at the BK Headquarters in Mt Abu.



Experiment showing results of meditated and un-meditated seeds.



Spreading positive and peaceful vibrations during growth .



Good and healthy crop result using organic farming + meditation



The programme was organized by the Polytech, Milan and Mediterranean Agronomy Institute, Bari

[https://www.feedingknowledge.net/home/-/bsd/10672/en\\_GB](https://www.feedingknowledge.net/home/-/bsd/10672/en_GB) - link to submission paper