

Sustainable Yogic Agriculture

To celebrate Earth Day 2013, there was a special program on Thoughts, Time and Nature at the Brahma Kumaris Meditation Centre and Gallery in Manhattan, New York. The subject was Sustainable Yogic Agriculture.

Dr Tamasin Ramsay, environmental anthropologist and NGO Representative to the United Nations, introduced the SYA project to a full and engaged audience.

What is SYA?

SYA is a grassroots initiative of farmers in India that combines meditation with traditional methods of organic agriculture. The results of this experiment are remarkable, affirming the effect mind-heart focussed intention on the material world. Dr Ramsay presented the background, methods, and results at the Earth Day event.

Earth Day in Manhattan

After the presentation on the research, participants were invited to practice a meditation, similar to the process used in SYA. After 15 minutes of meditation, each one wrote a letter to her- or him-self, from Mother Earth, using their non-dominant hand. In other words, if they normally write with their right hand, they were invited to write with their left.

At the end of the evening many who attended read out their letters from Mother Earth. They spoke about the power and love they felt during the meditation. The writings that were born out of the meditation were beautiful and telling.... So much so, that (with their permission) we have includes some of them below.

Letters from Mother Earth

My abundant blessings are for you and those you love, and all those around this beautiful earth. Please take the time to appreciate my beauty and my gentle power. Connect with me and allow me into your mind, body and soul. Listen to my message sung especially for you by the sweet little birds that rest on the strong tree branches. Listen closely and carefully for my wishes for you will be clear.

Shower me with kisses. Laugh and smile at me more often. Love me. Appreciate me. I am always here.

Save me.
I need help.
I need protection.
I need love.
I need care.

Enjoy me. Love me. Experience me. Be one with me. And know that I am you. We are both beautiful and eternal. Peace. Let's care for one another.

I am beautiful and majestic, full of wonder, peace, beauty, and quiet. Loving. I am paradise. I revolve around you. I will make you fly and spin around with joy. I will make you float with happiness. I will make you soar like an eagle. I will make you sing. I am peace and tranquillity. I am earth.

I love you and I will take care of you. Treat me well and be kind to me. That's all I ask in return. Open the eyes of human-kind and help them to listen to my cries. Let's all live in peace and harmony.

Peace.

I love you. Please care for me and love me and treat me gently.