

## BRAHMA KUMARIS

For more than 75 years, the Brahma Kumaris World Spiritual University has been teaching methods of personal empowerment based on techniques of Raja Yoga meditation. These methods include understanding the self as a soul, managing the energy of the mind, becoming cognizant of the relationship between thoughts and behavior, maintaining a thought-union with the Divine and experiencing transcendental states that fill the mind and character with strength. Brahma Kumaris continually seeks ways in which to apply the benefits of spiritual practice in a way that responds meaningfully to people's lives and daily circumstances.

## RURAL DEVELOPMENT

The Rural Development Wing works to re-establish Gokul Gaon (ideal villages) in India. By reintroducing universal values and traditional farming practices the Rural Development Wing supports biodiversity, healthy lifestyles, sustainable livelihoods, and peaceful living for some of the world's most vulnerable populations.

**Environmental profile:** [www.environment.brahmakumaris.org](http://www.environment.brahmakumaris.org)

## Contact:

BRAHMA KUMARIS OFFICE FOR THE UNITED NATIONS  
866 United Nations Plaza, Suite 436, New York, NY 10017. USA  
[bk@un.brahmakumaris.org](mailto:bk@un.brahmakumaris.org)  
<http://un.brahmakumaris.org>

BRAHMA KUMARIS SPIRITUAL HEADQUARTERS  
Pandav Bhawan, Mount Abu 307501, Rajasthan, INDIA  
Rural Development Wing, [ruralwing@bkivv.org](mailto:ruralwing@bkivv.org)



**Brahma Kumaris**  
**Environment Initiative**

## Sustainable Yogic Agriculture

Thought-based meditative practices combined with organic farming reduces costs while helping to create happy and resilient communities.





## SUSTAINABLE YOGIC AGRICULTURE

Sustainable Yogic Agriculture is a pioneering initiative of the Rural Development Wing of the Brahma Kumaris World Spiritual University. It integrates thought-based meditative practices with organic agriculture.

### ORGANIC METHODS

Using a biodiverse system-wide approach, Sustainable Yogic Agriculture recognizes all elements of farming: humans, animals, birds, flying and crawling insects, micro-organisms, seeds, vegetation and surrounding ecosystems, as well as the natural elements of sun, soil, air, water and space.

### YOGIC METHODS

Regular meditations are conducted remotely and in the fields with specific thought practices designed to support each phase of the crop growth cycle, from empowering seeds and seed germination, through sowing, irrigation and growth, to harvest and soil replenishment.



Sustainable Yogic Agriculture offers social and economic benefits to smallholder agrarian communities in India.

## SCIENTIFIC RESEARCH

Scientists are undertaking studies conducted at different stages of crop growth to further understand the effects of Raja Yoga Meditation on crop yield, quality and costs.

The meditative and organic practices of Sustainable Yogic Agriculture are bringing together more than 500 farmers in India with scientists from India's leading agricultural universities, G.B. (Gobind Ballabh) Pant University of Agriculture, Science and Technology and S.D. (Sardar Krushinagar Dantivada) Agricultural University.

Preliminary findings indicate that OFM-2 (organic + meditation) has the greatest soil microbial population and that seeds germinate up to a week earlier. Subsequent crops reveal higher amounts of iron, energy, protein and vitamins compared to OFM-1(organic) and CIM (chemical), offering low-cost high-benefit methods for local communities.

Below are some economic figures gathered by farmers and scientists.

Nutrient	Yogic	Chemical	Cost/Profit (INR)	Yogic	Chemical
Fat	0.11%	0.20%	Net Cost/ Acre	6020.00	26740.00
Protein	1.13%	0.74%	Gross Cost/Acre	13378.00	28147.00
Carb.	5.36%	4.15%	Total Crop/ Acre	13667 Kg	15158 Kg
Energy	27.47 Kcal/100g	19.5 Kcal/100g	Market Value/ Acre	77446.00	85895.00
Vit C	14.9 mg/100g	6.05 mg/100g	Profit/ Acre	64068.00	57778.00

