

'Yoga'kshemam

Corona, India is still peaking to 'flatten', we hope. India at #2. Registered Infections/Deaths - 30(5)M/1(0.1)M. May be ten times this on ground. Vaccines are still queueing up. We are still figuring out coping with it, the deaths and the aftereffects. We continue - Distance, Mask, Wash, Immunity Nutrition, WFA, Fitness, Positivity.

It appears we went wrong in locking ourselves down. Courtesy an error of 0.1% being read as 1% fatality. Mixed up with infection fatality rate and case fatality rate. Because of statements comparing CoVID with Influenza and Flu interchangeably and getting mixed up in the process. Lockdown was declared taking this figure of 1%. Three levels - infections; tested positive; admitted for care in hospital. We seem to have taken second level as base for CFR, rather than the third level. As a result, we panicked more to get more fatalities. Non-CoVID fatalities increased. Economies got affected badly. Sweden has no lockdown and has a death rate of 0.0058%, as against the global 1-3%.

Dr MBV Prasad continues. Lifestyle and Health. Dietary habits, inadequate sleep, work stress, monetary issues, road rage, air pollution, smoking, alcohol abuse are leading to a variety of health problems. Most common is increased acid production in the stomach leading to abdominal discomfort, bloating, burning or even pain. Some other problems are high blood pressure, diabetes, overweight, chest problems, vitamin deficiency, sleeplessness and a host of psychological problems.

Our body is in constant interaction with our environment through breathing, drinking and eating at physical level. The sensory inputs affect at psychological level. Body has enormous capacity to adjust the variations in these inputs. A balance between the person's constitution and the amount of proper maintenance or abuse that decides the onset of imbalance or disease. It is important for people to realize that they are responsible for their own health and take appropriate precautions. Doctors can only guide the people to some extent. Doctors many not know and control many things. Any ailment that does not clear away in 1 or 2 weeks needs checking by a doctor and tests if necessary. Doctors and medication should be used judiciously for short periods as and when necessary. It is one's own responsibility to take care of their health.

Heart 2 Heart Talk with Masters (read: IRMANs) continued. Raja, Arul, Gulati, Sanjiv. Now it was Balaji. Ajit Kanitkar is in line. IRMA has been a Gurukulam with all its scope.

Volunteers are gearing-up for Conversations with 'Development Practice' Leaders - Masters, Champions, Start-ups, Youth. Also small group discussions every week. More often if required. Methods, Tools, Cases. Classes. Practice Classes. Real and Virtual. Please nominate. We need more nominations. We need more volunteers. Let us get going.

Charles "Chuck" Feeney, 89, pioneered 'giving while living' anonymously. Some 8 Billion USD or Rs. 60,000 Crore. Frugal living and giving almost everything when alive. Hunting for causes now. Education, human rights, social change, healthcare etc. With 'zero' now, on 14 September 2020, they (he and his wife Helga) closed their giving arm. I remember 'Virat'. E-met Amit Chandra. Is he and Azim Premji are in the direction of the same?

My genius friend, Ramarao brings a point home about reading. We cannot read all books. Even if we have photo-snap read ability. So we need to read a few books very well. A few musts have to be read. Reading we have to do. Daily. In order to learn to lead our lives so that we are useful, we are content. Nothing more. For this, we may need a few key classics and new books. Explaining our psyches to us. Taking us to find jobs that we love. Developing our courage to work on the opportunities. On relationships. On health. On travel. On being grateful and forgiving. On managing our ups and downs. On coping with the loss and on preparing for death. So on.

We get on with reading. Re-reading. Related reading. And its new avatars of reading.

Vijay Raghavan reminded us 13 September is the first death anniversary of BN Yugandhar. Father of Satya Nadella. Mentor par excellence. Participation Advocate to the Core. BNY was Collector, Srikakulam and Anantapuramu; Director, LBSNAA Mussorie; Secretary, Rural Development, Gol, worked on Watershed Development and Decentralized Planning in the country on Scale; Secretary to PM. On retirement, he guided South Asia Poverty Alleviation Programme, SERP as Founder Executive Vice-Chair, Founder Chair, Commitments and Founder Managing Trustee, WASSAN. He was also Member,

G Muralidhar

Planning Commission. He was willing learner and he spent a quite a few hours sitting with me in understanding livelihoods, LEAP et al. Many legislations for poor - Minimum Wages, Bonded labour, Debt Relief, People with disability etc.

Most of us might have heard – Pedagogy of the Oppressed. He introduced us to – Pedagogy of Hope; of Freedom; and of Heart.

Aparna again. On staying in Palaguttapalle. Initial feelings of uselessness were dismissed. Some three decades passed. Restlessness decreased. Slowly, stopped thinking of 'myself'. 'my' got diluted. Slowly. In the flow of things. Going with the flow. Things have been happening in their ways. As Naren articulated.

This brings us to Narendranath G. Venkatramapuram. And Uma Sankari. Naren reached back to the village in 1987 (the year I went to IRMA), working without funding as an approach. Identifying and transferring land to the poor. Ecological Farming. Elephant corridors. Farmer solidarity, advocacy and collectivization. Non-violent class struggle. Loving and caring all. Friends across.

Thus, it is a reinforcement – we forget that we may not be awake live tomorrow and we think we will live for ever. We forget that we are part of the Earth. We forget to celebrate life, and celebrate growth. We want to capital to move everywhere, but not people. We borrow from future while the need is the otherwise. Nature includes the rule of the powerful, peaceful co-existence of 'life' and nature's outbursts. Being is a search for fulfilment, and a living without attachment. Like farming. Insignificant before Nature. Glaring inequities everywhere across levels. We cannot keep quiet for long. We become restless. We are suffering. Solutions seem to be around. We are not getting together.

We need to. We need to think, plan, pursue and practice. Tapasya. To energize ourselves. To simplify ourselves. To localize, collectivize, communitize. With less or no funds from outside. Every one of us has to give time, energy and resources, not one time, regularly. Pay back. Be part of the Global Movement(s) at local levels. Towards compassionate coexistence.

Coexistence

Can we coexist? As a matter of living philosophy?

Telangana's Liberation 72 years ago, and joining India, reminds me of coexistence.

Coexistence includes existing together with diversity, complementarity and opposing lives. Stable coexistence is the criticality. This is facilitated by equalizing mechanisms and stabilizing mechanisms. Culture of adaptability, pluralism and equity promotes coexistence.

Coexistence begins with hope, faith, promise and love. Loving action, not love articulation. Small sacrifices for the coexisting people. Doing things to reduce the discomfort of the coexisting. Listening. Living with guard down and showing dependency and vulnerability. Living without facades, as naturally as feasible and possible. Being proud of the coexisting people, with genuine reasons. Defending the community. Respecting the members. And investing in the relationships in a big way.

Collective is an example of members coexisting in an effort. Federal Collectives are at supra level. Coexistence has to be nurtured in these institutions calling for leadership of high order. With faith in the wisdom of the members and ability of the servant leader professionals to work hard and be frugal.

Lifelong partnerships and relationships. Collectives demonstrate the useful coexistence of members, member leaders and professionals.

Coexistence of leaders in teams, boards et al is akin to coexistence in communities. Co-leadership adds strengths on one hand and multiplies vulnerabilities. It is an art in existence, we need to learn together. We need to have consensus methods as main modus operandi. We need to accommodate and adjust to the worldviews of one another. We need to deal with likely extreme positions people take. We need to honour the invisible lines of responsibility and trespassing jointly. We need to be together in singing the chorus. We need to share the stakes in terms of money, energy, time and relationships. All this is public glare. Together, we are stronger. We are formidable. We have solidarity. We access our rights. We achieve our freedom. It can bootstrap us towards greater joy and usefulness. Better robust solutions. Synergies. Substitutions and rotations. Lasting friendships. Hope, Faith, Promise and Love takes care of everything. It helps if we have structures and systems; if we minimal shared responsibilities; if we discuss measurables; if we know and appreciate our

G Muralidhar

weaknesses; if we humour ourselves; and if we celebrate life and living.

If we reach community and hang on, community adopts us and offers the space for coexistence. They trust us. They admire us. They find us effective and inspiring. Will we reciprocate? Do we reciprocate?

We coexist within our teams, groups and families. CoVID has reduced these coexisting spaces and augmented one-two spaces through work from home/anywhere. WFA may be an option transcending the CoVID. Work-life balance remains a challenge. When at 'work', 'home' calls you for help and vice-versa. Work hours increase dramatically. Coexisting leaders need to be more understanding, more inclusive and more accommodative of the 'life' of their peers. Many adjustments at various levels need to be anticipated, planned and supported.

Coexisting servant leadership calls for Observing; for being Self-aware (particularly assumptions, biases); for Analysis (with tools, instruments, peers); and for being Vulnerable (with improvements based on realization).

Coexistence is seen in missions and movements. Poverty movements. Spiritual movements. Coexistence with norming. For the salvation of the universe, coexistence and individual. This includes Constitution. General Conferences. Governance mechanisms. Planning, doing and tracking. Accounting and audit. The entry, the immersion-induction, probation, confirmation/undertaking, and ordaining.

Coexistence and spirituality go hand in hand. Spiritual capital, the fundamental capital or resource of every life being is to have an intense will power, soul power for improved life and wellbeing. This is possible with we being together, we coexisting. In local habitats. In Universe. With HFPL. With humility, interdependence and inter-be. Notwithstanding beliefs, classes and social standing. Through reflection, giving one's time-energy-resources for coexistence, simply frugal, being with nature and celebrating life. Through fighting the war within together. Inner journey of practicing articulated inner commitment together. Of yoga. Reflection-contemplation-meditation, knowledge, devotion, and action. Yoga of usefulness. Practice of Usefulness. Here and now. In coexistence. For natural, physical, emotional, social and

spiritual wellbeing.

While on coexistence, we cannot escape Gandhi. Principles of coexistence set the benchmark to achieve. Our practice in due course may take us there. These include friendship-based relationships (love all); simple frugality; celebrating life; equitable existence; open transparency; time-energy-resource commons; serve all (sarvodaya-antyodaya); and flow. On the foundation of truth, non-violence and truth.

Coexistence requires learning and practicing together. Building coexistence competencies investing 10,000 hours. Tailored and customized locally. Related to leading, managing, mentoring, living, integrating, linking, learning, caring. We do not seem to be doing this, but data, information, and related. Filling forms. Skilling to be a part-worker. No certified competence. Nothing meta. Nothing a la portfolio. Let us reverse this. Then we achieve coexistence with Identity, Solidarity, Capacity, Access to rights, Wellbeing, Freedom. Forums and platforms serving the coexistence. Technology serving it.

Coexistence includes hard work. Pushing one another. Pulling up one another. Layer by layer. Role Models within. Vulnerability and dependency visible. Handholders, without lables, within and from outside. Available when needed for one another.

Coexistence lets us to be more 'at ease' as in a family. Work well and rest well. Spend more/most time with the family and friends. Make a single agenda that combines 'existence' and 'coexistence' agenda. Vision, Plan and track together. Reflect-Meditate every day. Write every day. Meet every day. Practice 7R. Get energized. Celebrate ourselves.

Then it will be coexistence on scale, as trustees of the future. For our liberation. As Global movement at local levels. Through adherence to coexistence principles. Wholly. In full. The best. Excellent, not less.

This useful coexistence is Liberation. Moksha. Vaikunta. Coexisting for unlearning-learning-practice and being useful. Coexisting and being useful to Life, Nature and Universe. Now. Offering Joy. Coexisting with co-learner leaders, teams, N and U.

Join us in the world of yoga – saha-astitvayoga for 7L. Krsna confirms Siva is in Jiva, and Narayan is in life, and Siva and Narayan together take N and N's 'coexists' to Krsna's Brindavan and Vaikunta.

G Muralidhar