

'Yoga'kshemam

35(6)M/1(0.1)M. Corona is still peaking. India is into second wave. 1% infections formally is the direction. Ten times more infections are likely. Herd immunity may be building up too. Corona Mantra continues.

Dr MBV Prasad. Lifestyle diseases require lifestyle adjustments. Some people have fear and or anxiety. Many do not want to seek psychological or psychiatric help and they may need appropriate psychological or psychiatric counselling, diagnosis and treatment. Self-diagnosis may not be right and helpful.

Chronic extreme sleep deprivation and/or excess sleep reduces cognitive abilities slowly. Chronic - less than four hours, more than 10 hours is not OK. Can we clock 6 hours a day sleep on an average?

Antyodaya. Reflected on DAY-NRLM and NULM – the progress and plans. Do we take the 'last people' into confidence? Are not all incomes of the people, companies, and governments (may be taxes) coming from the people working at a lower wage, and/or working with lower margins? Should not they be the owners of all development apparatus, architecture et al?

Remembered: Deendayal Upadhyaya (103). Konda Lakshman Bapuji (105). Gurram Jashua (125).

25 September. Sripati Pandithaaraadhyaala Balasubrahmanyam (Balu, SPB) went silent. 40000+ Songs, 16 languages. 2 songs a day, over 5 decades. Player across the 'music' value-chain. Singer. Music Director. Voice. Actor. Mentor. Telugu, South Indian States and India are getting back to 'life' after a sudden stillness. SPB continues in the eternal space.

26 September. Modi speaks to UNGA. He bids for India's rightful place in decision-making.. Reforms in UN. This is not 1945. UN is not effective. Let us reflect truthfully. Vasudhaiva Kutumbakam. Vishwa-kalyan.

Bihar Elections are announced. Results on 10 November. New Government may be by 15 November.

Farm Bills. Troubled farmers. Bharat bandh. Some suicides too. APMC-Mandi, cooperative, MSP operations et al guarantee alternatives. These platforms add to bargaining and negotiation power to the farmer. Already low bargaining power cannot be undermined. Dispute redressal cannot be limited to official machinery. Essential Commodities Act may not benefit farmers as farmers, but may benefit farmers as consumers. Emergency EC imposition under certain circumstances may not benefit the farmers. Farmers selling anywhere is an option but may not be exercised by many. Thus, these bills may help ease of doing business, and not of ease of doing farming. These may not help

the farmers' collectives also.

It is not easy/possible to assume: Business will work on minimal profits; not make farmers contract labour in their own fields; not force farmers to sell at 'lower' prices; sell only packaged items; not hoard. These bills may help in ease of doing business with farmers; may not be the other way. On Ground examples (like no APMC in Kerala, Maharashtra, Bihar; no APMC for Milk) showing no help to farmers. When allowed to procure from farmers (as wheat in 2003), it did not help farmers. Like in seeds, if the risks of production, credit, price etc., are taken care for farmers, the contract framing may help farmers. In any case, these bills will not reduce the price fluctuations. These bills will not stop 'stocking and playing the market'.

Most farmers, already, are free to sell anywhere they want. The problem is the logistics and their affordability. Mandi prices act like benchmarks. These bills will take away these benchmarks. They only bring in free hand to business, and big farmers.

Still, recommendations of National Commission on Farmers (Swaminathan as Chair) on MSP are not implemented in full spirit. Farm debt cost has to come down. Farm security has to be improved. Farmers need to collectivized. Local value-chains need to be improved. Farmers, may be through their collectives, need to fix their prices. We need market intervention operations. We need brands. We need AMULs, NDDBs, IRMAs.

Three labour codes. Industrial Relations, Social Security, Occupational Safety, Health and Working Conditions. Ambient increased to include migrants, unorganized workers. Worker reskilling fund. Flexibility for employers to hire and fire. Threshold increased to 300 workers. Strike only with 60-day notice. This may contribute to ease of doing business for employers. Will it help the workers, workers' work security?

FCRA Amendment. Focus is restriction and control. Account has to be opened at SBI Delhi. Administration cannot exceed 20% Funds. Administration includes remuneration, travel, communication and office management. Except for Teachers. Public servants cannot be paid. Public servants include local panchayat representatives. Transfer to other organizations, persons is not permitted. All office-bearers, directors and key functionaries are to be Aadhaar-identified. Government can hold summary inquiry and stop use/receipt of funds. All these restrictions can be fatal to civil society work and call for more Indian Funds. They reduce leveraging abilities significantly. Interesting: we want ease of doing business for business, not for not-for-profits. Can't the not-for-profits operate as 'for-profits' and make no profits?

G Muralidhar

Min-Max Pay. In all our organizations and enterprises, can we have a limit that the maximum that can be paid to an individual be not more than 50 times the minimum pay in the organization? If 50 is less, at least can it be 100? And not more? And the equity payment value should be included in this.

Heart 2 Heart Talk (IRMANs) continued. Raja, Arul, Gulati, Sanjiv, Balaji, Ajit and Saswat. Gurukulum's Life and its nothing-to-hide Intensity is reenergizing us. Absolute nakedness. Mentoring. Relationships. Intimacies. Making us better people. Towards realizing potential for usefulness. Towards wonderful blossoming possibilities, transcending existing constraints and patterns. Towards working and being together. With assurance that we are with us. Synergies. Joys of Flows. Flowing together, learning and teaching ourselves. Leading to Love. Loving to Lead.

Once we reach forums of significance for our lives, we end up having life-friends. We keep adding knowledge-wisdom bytes every day. We hone communication from within, for communicating as per our will. We learn to have the courage and the ways to be with the souls and lives that we care. Let us not miss ourselves. Let us not miss the crescendo. This is possible.

Could see and connect at cognitive level with one, after a long silence. Let us connect at all levels and become complete. Got connected with another one - could talk to each other. Ram Aneja lets us know that he is joining IRMA as Professor Emeritus; back to IRMA after 25 years. Together with Tushar, IRMA can go for a new 'life' with renewed vigour, commitment and new normal appreciation.

We are inching towards going forward with **'Development Practice'** Conversations. Please nominate 'leads'. Please volunteer.

Talked to Krishnagopal. Can we have a NewGen Academic Institute, a la IRMA suited for the new normal, may be in AP? Remembered 'Virat' and 'Siddhartha'. Then my mentors. So many. In so many forms. In so many ways. Mentoring us. Mentored by us.

Reading-Writing. When we start to read, can we commit to complete? Can we read like a writer? Can we write regularly? Writers read better. And readers write better. Listeners tell the stories better and story tellers listen better. Lively. We need to read the entire book, even if we do not understand. Ascertain - idea validity, writer's authority to write this, and idea usefulness. Look for metaphors. Write metaphors but authentic and appropriate.

All time best-selling books tell: Achieve through definite purpose; Buy Assets and leverage income generated; Work on Business as

'Entrepreneur-Manager-Technician'; Market Perceptions; Smile, Listen, Make others important; Customize solutions; Leap blue ocean value; Discuss 'to do' and get surprises.

Definite purpose is the intent. The reason for Tapasya.

Intent and Spirit

Intent is the supreme driver of actions. Not results. The journey. The flow. The flow has faster pace early, 80-100 hours/week. Longer hours, days, weeks... in the early days of flow 2. We have at least three flows. 1 - learning, warming-up; 2 - work with learning, performing to peak; 3a - being useful with work, preparing for life and legacy; 3b - life and legacy.

In our sahasrachandra life, approximately (+/- 30%), we have 333 moon months (27 years) in each flow. Incidentally, Flow 1 lasts till the flow 3 end and flow 2 joins flow 1. Flow 3 joins flows 2 and 1. It is triveni. Realization that portfolio of Interdependence, Humility, Learning-Practice and Coexistence is the only way of the flows of usefulness. It becomes a living philosophy.

Inspiration. Intent with Spirit. It can come from outside. From Universe. Once inside, it drives as internal locus of control. We become more active and we are happier.

G Muralidhar

Vivekananda's intent translated into Ramakrishna Math, Mission, Order, Lok Sikha Parishad. Annie Besant's intent into Theosophical Order of Service. Of All Humans. All Life. Including Non-Life. Multitude of Movements, sub-orders, entities etc., emerged across the world - from The Round Table, Home Rule League, Order of World Peace, Boy Scouts etc. We have Satyagraha. We have Swaadhyaya. So on.

Shastri's intent translated into action. Austerity and simplicity personified. Concerned with common man.

Dairy Board. Milk Self-sufficiency. The intent, spirit and inspiration translated. Amul's success, Prime Minister Shastri visiting Anand and villages into the night, and asking Verghese Kurien to replicate AMUL. Shastri could give all the goodwill. Resources had to be raised. Dairy Board, IDC came in. Monetization came in. Monetization of Milk Powder and Butter Oil. Operation Flood 1, 2, 3 happened. AMULs. Operation Goldenflow. Oils-Oilseeds. Collectives across commodities. Market Intervention Operation. Salt. Electricity. Dhara. Sabarmati. Professionals. IRMA. Commons. FES. National Collectives.

Self-help, Livelihoods, Natural Farming. Many more examples.

We listen in to the intent. The intensity of it. The nuances of it. The sources that caused this. The sufferings. The reality. The emotions. The examples and evidences. The enormity. The

sources that caused the tension in. in-tension. The spirit of it. The ways of resolving this. Without losing the intent. Therefore, the ways forward. This is the inspiration to ourselves, our colleagues, our leaders. Leaders we are serving. They may relate to the 'intent', the 'spirit' in their ways. Let them do. Let them get the inspiration deep within. This is critical for the intent to be energized. To be sprinted to spirit. To drive the thoughts, words, actions, consequential triggers.

When the inspiration is flowing in, can we seek the story to continue? It lets the inspirations to become commitments and driver triggers. To be useful. We need to place ourselves in the usefulness spaces. With needs. As beings, we may not do perfect work. Moving towards the same is possible. That is the way.

The life of the Intent is the spirit. Bringing spirit to life is inspiration. From deep within, triggered from within or without. Spirit then drives actions. Spirituality searches the purpose-direction. It seeks completeness. It seeks evolution to realise one's innate potential. Full potential. It seeks 'who am I'. It seeks reducing suffering-unhappiness. It seeks freedom-liberation. It seeks nature-life in its possibilities and enormity. It seeks usefulness. Meaningful. Relevant.

The search may end in choosing a path, articulating an intent. In-tension. To be resolved, by holding tight the search-end, rather than the current-end. Actions are triggered. More are inspired. More actions. Flows. Drops, trickles, small streams, streams, small rivers, mighty rivers, perennials .. graduation unfolds. Capacity flows. Coexistence flows.

Yoga of flows in the flow. For cessation of suffering. For freedom-liberation. For 'ego' to go. For serving-loving life. For trikaran suddhi. For becoming 'Virat'-'Siddhartha'. For listening to the inner self. For aananda.

The spirit can be animated through attention, reflection and meditation daily. Exercises, asanas, mudras. Music, sounds, dance, steps. Silence. Diets, fasting. Simple existence. Being with and observing nature, life. Reading-writing. Intense conversations. Friends. Swaadhyaya.

Mentor, Community, Groups animate the spirit. When we are ready, the Guru appears before us. In a variety of forms. Thoughts, words, pictures, scenes, experiences, friends, 'life'. Initiation helps. Satsang helps. Discipline, pursuit, practice and experience help.

Working through a framework, or principles, norms and practices of existence, living and usefulness animates the spirit. A portfolio that includes appreciation, understanding and knowledge; devotion and surrender (to Nature and Universe);

reflection-meditation-yoga; work with humility; and energy to live and be useful. This working with intensity without being affected by results is the spirit. The spirituality.

This includes working with technology including data science and artificial intelligence. AI is progressing from responding from data repository, reasoning-analysis, and using senses. From pre-defined procedures to pre-defined rules-patterns), as defined by experts, to learning on the go figuring out patterns. It is not easy to exhaust all possibilities; to classify clearly through definitions. It is by recognition. It serves non-expert users. Models are possible. Data trains AI. More data, better it is. We have lot of labelled data – 7 Billion Mobiles, 4 Billion Active users, High computing power. Consumer market for data.

AI comes before us as an intelligent kid with data, translations, interpretations, summaries, outputs – faster. Much faster than most of us. Specially in nature, science domain. It is teaching itself – AI General. It is going deeper – AI Narrow. In Medicine, it is progressing fast. Fear of unknown and mimicking our impulses is troubling us. Some jobs are being lost. We need substitute them with 'human' jobs. We are better in some things; AI is better in some other things.

Therefore, we need to work with, work in sync with intelligence of the universe. Individually, we need to surrender to it. How do we? Clear intent, spirit, inspiration, direction and values; Naked openness, unlearning, learning, relationships and communication; Actions, action architecture, action hygiene and accountability.

The core of the core – hope, faith, promise, love – has to be active. Unlearning-learner has to be active. Servant leader has to be active. Life has to be active. We are working with leaders. We are here in communicating intent, animating spirit, facilitating inspiration, and supporting architecture. We can organize ourselves. We can do and seek action. We can coexist and be in teams. We can be one together. By let go. By being vulnerable. By being connected. By love. Smile. Listen. Give time, energy. Recognize by name. Touch deep within. Connect 'practices'. Reflect. Play. Song. Group(s). Nurture. Celebrate.

Intent with spirit – intense will power, soul power - translates into Missions, Movements, Orders, Communities, Teams. Of coexistence. On Scale. For our wellbeing. For N's wellbeing. For U's wellbeing.

This inspired spirited intent for usefulness is Eternal Joy. Sudhasaagara-shikharadweeps-vaasam.

Join us in the world of yoga – sankalpayoga for 7L. Krsna confirms Krsna Gurukulam is awaiting us to join in and flow with N and U to sudhasaagara.

G Muralidhar