

# 'Yoga'kshemam

*Next Now, Going Habit*

*Corona may flatten. More Coronas may come. More crises around. Air, water, food, health, soil, climate, civilization crises. Planet is in crises. We need to respond. In LPRD-PVM domain.*

*Remembered Gandhi, the inspiration written in 2007. The three principles – Sarvodaya (and Antyodaya), Swadeshi and Satyaagraha. Economic, social, spiritual and physical well-being of all; local self-sufficiency - local interdependence and employment for all; trusteeship - non-violent direct action as a way of life with self-restraint and love and respect for all beings. For any one immersed in the yoga of livelihoods-leadership thought, Gandhi is inescapable.*

*Remembered Shastri, the one who drove Kurien to start Dairy Board and replicate AMULs. And he did.*

*Remembered the portfolio of livelihoods our family had/has and seen by over the last 50+ years - farmer, dairy farmer, tractor driver, tiller, weaver, migrant, millworker, tailor, embroidery worker, master cutter, small enterpriser, clothes shop, provisions store, medical shop, retailer, community health worker, lobbyist, party worker/leader, cooperator, beedi roller, labour contractor, masonry worker, teacher, artist, priest, mythologist, balladeer, writer, doctor so on.*

*Remembered the spectrum of the communities that have let us to work with them.*

*The time for change built on this reflection is now. 2 October 2020. I am already in the third part of Sahasrachandra, transiting into third phase of life. Akshara too entered into its third innings – into being 1998; LF Management Praxis, Scale 2007; and now 7L, Meta, Coexistence.*

*Let us mark this. **Going N, 7L, Meta, Habit.** Emphasis:*

*Livelihoods includes Education, Health; Leadership-Livelihoods; Collectives-Enterprises; Coexistence-Teams-Groups. More time, energy resources in the field. More on payback. More on journeying Bharat. More with Nature. More celebrating life. Contributing our two cents - India Plan Next (15/25 Years), a team to work next 18 months. Continued push towards N-life and NF Scaling. Working on more 7L Geographies and themes. More through Partnering and supporting Partners. Animating and facilitating affordable services locally to communities, enterprises, Livelihoods Support Organizations. Plan, CXO, HR services. Building 7L Consulting Team(s) nationally and beyond.*

*Transition in next 2-3 years, effort starting 2 October. Every day Yogakshemam; Notes towards Coexistence; 7L Notes (25); Writers (25); Conversations (1000); Classes (1000);*

*Visions (100); Stories (100); Models (100); Classics (Books, Articles, Videos 1000\*3);*

*Info-portal; Social Media presence; Interns and Volunteers; A7L Centres; Data Analytics and AI; Platform for learning and value-chains; Community of Lifeworkers and Ashram*

*We work towards having Mentors, Lifeworkers, for Million Hands; each one of us devote 10000 hrs for Usefulness-Coexistence Practice; each one of us emerges and scales up as an Interdependent Leader.*

*We would like to be in action before sun rises. 13-14h a day à 4380 hours a year. Portfolio to increase gradually from 30% in Y0 to 70% in Y4, for the above agenda. Remaining time may go into freelancing.*

*Let us go HABIT now. For 7L. Read, write, arithmetic-ICT, reflect, unlearn-learn, practice, pursue. Invest in relationships.*

*Join us in the world of yoga of leading livelihoods thought, word and action in coexistence – saarthakyoga for 7L.*

**G Muralidhar**