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By
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An Alumnus from NIT Warangal and IRMA

Leadership/Management Lifeworker, Professional and Thought Leader with intense diverse experience portfolio, in Government and outside, pan India in Livelihoods-Poverty Reduction-Development of Poor, Vulnerable and Marginalized, across Tribal, Rural, Urban, and Emerging Livelihoods, over 30 years

Social Impact's Exceptional Social/Portfolio Entrepreneur

Work Journey includes Dr Kurien, NDDDB, IRMA, Girijan Corporation, NTGCF, Outreach, Naandi Foundation, SERP, apart from Akshara, the Livelihoods People.

Co-authored (lead) NRLM Framework of Implementation and led building its Core and Capacity through UNDP during 2012-16

Worked with 1000+ Rural (Development) Management students at NIRD, IRMA and outside as Practitioner Academic since 2007

Built pools of 1.0+ lakh Resource Persons

Facilitated Learning – 50,000+ individuals, groups; Visioning 100+ LPRD organizations; 25+ large LPRD project plans

Published Resources and Livelihoods; Livelihoods Lens; Livelihoods on Ground

Mentors Akshara Livelihoods, discusses TRUE Livelihoods-LEAP Framework, and Value-chains; edits 'livelihoods' e-magazine, info-portal

Writes 'Yogakshemam' since 2007

Currently since 2016, Mentor/Co-lead, AP Community-managed Natural Farming, RySS-Philanthropy, to scale-up Nationally and beyond.



**Dedicated to coexisting ourselves,
All the beings flowing together**

Let us go towards

Truth

Light

Liberation

and therefore bliss

Preface

Yoga'kshemam'.

Atmayogam and Viswakshemam. Viswaatmayogam and Antahkshemam.

Being. Consciousness. Aananda. Satchidaanada. Amrita. Understanding, attention and care, and action for the innermost and for the Universe.

Yoga'kshemam's are classified into three volumes.

Yoga'kshemam' - Volume I: 127 Yoga'kshemam's from November 2007 to May 2018

Yoga'kshemam' - Volume II: 44 Yoga'kshemam's June 2018 to September 2020

Yoga'kshemam' - Volume III:104 Yoga'kshemam's from October 2020 to December 2022

Yoga'kshemam's are presented together here celebrating the union of the innermost within and the outermost without.

Thanks to the yoga of Yoga'kshemam', Books came my way. Events came my way. Discussions came my way. Experience came my way. And they became part of Yoga'kshemam's of understanding, realization, and articulation.

Yoga'kshemam' is a play of the innermost, reflecting and sharing the transition within to without and back. In life, living, livelihood, leveraging, leading, learning and love. Being useful now with whole of us, body, mind, heart, and soul. With sarvendiyas. May be this is life, ending in joining the universe, the Krsna. If we are in sync, we dance with the tune of the cosmic flute; we play the instruments to the cosmic dance; we are in raas; and we are in Kurukshetra. It is possible. Innermost and outermost cannot be out of sync. If they want, they can be one, become one, any time. If only we live truly. If only we lead ourselves. If only we lose ourselves in learning. If only we love life, all life fully. If only we work together with more and more. If only we surrender to the innermost within. If only we become one with the universe. If we reflect, plan, practice, reflect, plan, practice and so on. If we read, listen, see, feel, think, be with nature and life, write and articulate what is coming to you from deep within. If we meditate. If we go silent deep into ourselves up to the innermost within. If we stretch out fully up to the outermost within. We are there. Krsna confirms.

Love is the essence of our being. We cannot be life without loving. We cannot be life without learning. We cannot be life without leading. We cannot be life without being useful. Being useful is the celebration of life, love, leadership, and learning. This is existence transcending survival. This is active existence. This is active co-existence, in sync with the infinite intelligence of the Universe. We are blessed beings.

Let us love. All life. Let us unlearn and learn. Let us live, learn, love, lead and be led. Let us join in the world of Yoga, to experience and practice Aatmayoga. And let us celebrate.

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172. 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 (Livelihoods-Poverty Reduction-Development)-PVM (Poor-Vulnerable-Marginalized) 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 anyone 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, co-operator, 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 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. 04102020

173. Go Local, Home Rule

Chanced upon 'Hind Swaraj, India Home Rule'. Written in 1908. Revised and published again in 1938. After 80 years, its rationale and arguments appear fresh. It is providing inputs for exploring to evolve a robust India Plan. Or a Planet Plan?

India Home Rule, based on the principles of Truth and Non-violence, teaches the gospel of love in place of that of hate. It replaces violence with self-sacrifice. It pits soul force against brute force. It requires a higher simplicity and renunciation than the people are today prepared for. It argues for expressing people's will at large, for fostering their sentiments and addressing the defects that come to light.

There are crises and there is discontent and unrest. We have to act on this.

Why do some people want more fee than common labourers? Why are their requirements greater? In what way are they more profitable to the country than the labourers? Are those who do good entitled to greater payment? All our professions are for the purpose of serving humanity. Our happiness was largely a mental condition. Our real happiness and health consisted in proper use of our hands and feet. Note that most people lived independently.

To understand ourselves, all of us need to live in the remote villages for at least six months. The force of love is the same as the force of the soul or truth. The universe would disappear without the existence of that force. In spite of the wars of the world, it still lives on. Most of us depend for our existence on a very active working of this force. Little quarrels of millions of families in their daily lives disappear before the exercise of this force. Hundreds of nations live in peace. Soul-force, being natural, is not noted in history.

Sacrifice of self is infinitely superior to sacrifice of others. The people disregard those laws that they do not like and suffer the penalties for their breach. All reforms owe their origin to the initiation of minorities in opposition to majorities. A man devoid of courage and manhood can never be a resister. Even a man weak in body is capable of offering this resistance. One man can offer it just as well as millions. Both men and women can indulge in it. Control over the mind is alone necessary. We, teeming millions use soul-force. We disregard unjust commands. We cease to co-operate with our rulers when they displease us.

The mind is weak in a pampered weak body. Soul is weak in a weak mind. We need to improve our physique by getting rid of luxurious living. We need to observe chastity, adopt minimal need life, follow truth, and cultivate fearlessness. Otherwise, we lose stamina, become emasculated and c

. We need to learn and get educated so that our body listens to our will and does its bidding with ease and pleasure. Our intellect is clear and logical. Our mind accesses the fundamental truths of nature. Our conscience is tender. We live in harmony with nature and life, all life.

Our education has to be character building, offering living and leadership skills. Languages. Numbers. Logic. Ethics. Habits. Love and care. Dignity of all life. Gender. Localization. Swadeshi. Nothing that takes away local livelihoods. Natural, evolving ways. Managing with local. Supporting local enterprises. More of them. In sync with nature. Serving others. Staying rural. Making living community better, more self-contained, and happier human existence. Self-rule. Self-control. Soul-force or love-force.

Let us go Local now. For 7L. Invest in life, living, livelihoods, leadership, learning and love for local.

Join us in the world of yoga of leading local coexistence – sthaanikyoga for 7L. 05102020

174. Entering First Gurukulam

Remembered Teachers and Schools that have brought into Livelihoods and Leadership work. Krsnam Vande Jagadgurum.

Apart from Parents, Siblings, Co-learners, mandated learning facilitators, my teachers included my places. Gundrampally, Sunkenpally, Choutuppal, Sarvail, Hyderabad, Sagar, Warangal, Guntur, and Anand. By the time I reached IRMA, I got hooked on to Development work. IRMA might have sealed it in some sense. Kurien, Anjeja and Miss Patel removed any possible reversals, I guess. It was a tortuous journey.

Krishna Rao, a tutor, who brought me into the world of letters; The admission in Class 2, the failure but promotion to Class 3; Damodar Reddy, headmaster, who along with my father, let the school grow as I grew in the school from Class 3 to Class 7 every year; Damodar Reddy again, who searched my Sarvail call letter. For a selection test based on good block level academic merit in Class 7. The call letter was in the dustbin, and he picked it up and sent it to me; prepared me for the test. Dr Jeelani and Dr Babu, who let me stay in their place and learn their ways, while I was going to Choutuppal High School waiting for Sarvail to call me.

Sarvail Grukulam, AP Residential School, first in the country by any Government, has found me fine for it. A second rank in Telangana in the selection test and called me in. It made the first discovery and invested in me to get National Talent Search Scholarship and Mathematical Olympiad. More about Sarvail soon.

Maslow's Hierarchy of Needs has been modified in Development World. The sequential flow up is not very relevant. One can go to top as a matter of 'will'. Venkat Kantheti confirms the same in a Leadership Pyramid – Survival, Success, and Transformation. Leaders can operate at any level by their will and choice.

Let us go Learning. For 7L. Learn and invest learning in life, living, livelihoods, leadership, learning and love.

Join us in the world of yoga of learning leading local coexistence – sadgamayagyanyoga for 7L. 06102020

175. Unusual Mentor

We may learn. But can we unlearn? Unlearn appears to be more an emphasis. New knowledge replaces old 'knowledge' as individuals learn more. It may not be overwriting. It may be simple update. Deeper update. It may reduce the likelihood of earlier behaviour. It may be that – unlearning and learning occur simultaneously. Learning is more than fact gathering and acquiring knowledge. It is essentially a 'sense-making process' – interpreting and creating meaning of the experiences. Unlearning is about modifying the way we 'make sense'. It also includes modifying the existing understanding. It is a process of liberation from the earlier conditioning. It involves intentional evaluation of self, task, and the environment to determine if a change in the current situation and behaviour is necessary and possible.

Mindfulness, ability to read contextual cues, openness to explore other possibilities and meta-cognitive ability are key enablers for this unlearning process. Getting ready for moving from existing skills to new skills that are required is also unlearning. In some sense, it is seeing 'avyakta' (undiscovered, unarticulated) with new lenses discovered, invented, or innovated. Meta-learning, therefore, includes assessing needs, unlearning, sourcing the ways to learn, learning, and learn planning ahead and beyond.

Thus, unlearning can happen at both the individual (assumptions, mental models, habits, response patterns etc.) and at the organization level (beliefs, paradigms, norms, rules, procedures, strategies etc.). We also need to transcend to-do lists, to calendaring/scheduling/timeboxing. This would mean prioritizing items on the to-do-list(s); planning for co-working/collaborating by fixing timeslots, timelines; sharing the calendar(s); and keeping record of the work done and noting/e-noting. This brings in some way of time control, efficiency, and productivity.

On my birthday today, I remembered an unusual mentor SR Sankaran. Today happens to be his death anniversary. A Lok Vyakti. People's IAS Officer. Mentored civil servants and concerned citizens; unveiled 1000+ Ambedkar statues; contributed to enforcing Abolition of Bonded Labour Act; co-founded along with me, and chaired Sahayog Community Coordination Network; co-founded convener of Concerned Citizen's Committee; and mentored Safai Karmachari Andolan to reduce the number significantly (a million plus). When rested in 7 October 2010 at Hyderabad as a Telugu, he just had one flat in Hyderabad as his property.

Born on 22 October 1934 at Thanjavur, Sankaran was a first-in-the-class BCom Hons graduate from American College, Madurai and a lecturer in the same college before he entered into IAS AP Cadre in 1956. Collector – Adilabad, Khammam, Nellore. Chief Secretary, Tripura for 6 years. Secretary, Rural Development, Government of India. Commissioner of the Panel on food security by Supreme Court. He was behind Nationalization of Coal Mines; Single line administration Integrated Tribal Development Agencies – Tribal Sub Plans; Social Welfare/Tribal Welfare Residential Schools – Gurukulms; Ashram Schools in Tribal Areas. He was a captive of People's War Group at Gurtedu for a short time. He was the chief negotiator for talks between naxallites and state government. Hundreds of civil servants and thousands of development workers were/are his Arjuns and Ekalavyas. While he worked in tribal areas, Sankaran has visited to see self-help groups of tribal women and slowly internalized that women form groups and save money, because they want to save, not because they have surpluses. When he co-founded and chaired CCN, he told us that we could not use his name, we could not seek foreign funds and our professionals should be with the community 24x7 in sync with the community and be accountable to them. The concept of community coordination teams has evolved and replicated on scale in SERP, NRLM and beyond. Local animator teachers in the tribal communities together with outside facilitating professionals working with people's institutions with their ethos intact – a new paradigm outlined.

He graduated into a people's life worker post-retirement. He denied post-retirement positions. He denied state awards. When I met, every time, we kept counting the number of Ambedkar Statues unveiled. He was looking at this as a way of empowering poor, vulnerable and marginalized – in terms of identity, solidarity, capability, rights and therefore, wellbeing and freedom. He always recounted the new learning. He recounted the violations of our rights.

High levels of eternal learning personified. He has been a yogi. An aarjava yogi. A karma gyan yogi. He has been simplicity personified. Extremely minimal living needs. Humility personified. Integrity personified. May be, this has come in the way of he is becoming a Director, LBSNAA.

Only after his resting, his statue, may be a first for a bureaucrat, was unveiled in front of the office of the Department of Social Welfare, GoAP (at that time), Hyderabad. A two-volume publication: Marginalisation, Development and Resistance: Essays in Tribute to SR Sankaran, was released. Malavath Purna, the youngest woman to scale the highest peak, Mount Everest, in May 2014, carried Sankaran's photograph to the peak.

Sankaran is an unusual mentor I had, I have, will have.

Let us go mentoring. Let us meta-learn for 7L.

Join us in the world of yoga of leading life of local coexistence – janayojanayoga for 7L. 07102022

176. Payback

7 October: Humbled. Blessed. This pressed me to think about planning forward for phase 3 quickly. Time is running out. We move into learning and performing slowly. From a child to an adult. Then we transform. Born and brought up at Gundrampally and its neighbourhood (including Sunkenpally, Veliminedu). The informal teachers at Gundrampally and Sunkenpally. The school(s) at Gundrampally, the teachers and the peers there. The school at Choutuppal. They let me 'grow'.

Then, I entered Sarvail Gurukulam. AP Residential School. The teachers, the peers, and the library have huge influence in the way I grew up. Despite not writing entrance, NTS Scholarship and Mathematical Olympiad ensured that I joined Nagarjunasagar Naivasya Kalasala, AP Residential Junior College. The ecosystem within and without has and continues to influence the core of me. Many of my life-associates are from here. Interestingly, it was also the time of River Krishna Pushkaraalu, a once a 12-year event.

The next destination was Regional Engineering College (now National Institute of Technology) at Warangal. To study Electronics and Communication Engineering. Students – 50% from Telugu States and 50% from outside. Mostly, 98%, boys. Residential again. Many things simultaneously. Academics. Co-curricular. Extra-curricular. Games and Sports. Technical Associations. Telugu and English Literature. Debating et al clubs. Career – storm was on where and what. Saw the rural hinterland. Met people. Took a reflection break. Taught Computers and Society among other things. Rejected technical options including ISRO/SHAR, ITC-BP etc. Considered journalism as a way. Finally, 'development' was opted. Between TISS and IRMA. IRMA sounded more suitable for my 'background' and 'orientation'. Anand was the next halt. IRMA sealed it and laid the future. Became more inward. Read 500 odd books, book a day. Stripped, bruised, discussed, inspired. Many of basic 'storm' questions could be set aside. Huge influence a la Gurukulam. 'Gurukulam' continued into Dairy Board and IRMA (as a workplace). Mentors, friends from here for 'life'! It started confirming as 'lifeworker'.

Along with Manoharan, the flow took us to tribal areas and tribal communities. **CCN** and Kovel Foundation came up. Then, Jagadeesh took me back to Anand, to get familiar with commons, participation, collectives, shared visioning, information, and planning. Robert Chambers, Somesh and Jimmy pulled me into 'participatory processes and to Hyderabad. And to stay put there and work from as a base station largely.

In this context, the time seems ripe for planning for a payback. To begin with – Gundrampally – integrated 7L Centre; Sarvail Gurukulam – Talent search, counselling and support, support alumni plans; Sagar Gurukulam – working 'sensitive' students, immersion, exposure and inspiration for possibilities, support alumni plans; NITW – orientation and support to 'development' explorers, support alumni plans; IRMA – Conversations, Mentoring, Alumni Plans et al; Tribal Areas – Integrated 7L Communitized Support Centre(s). More Possibilities. Plans In the next 6-18 months. And INDIA PEOPLE's PLAN.

Let us transcend. Let us transform, vision, and realize. For 7L.

Join us in the world of yoga of leading transforming life of being in local coexistence – aanandalahariyoga for 7L.

08102020

177. Going Inward

2000+ messages, likes, mails, calls, shake hands. Blessings. Rare calls. 10000+ thoughts and reflections. Video from Archana at Mahatma Gandhi Temple. Remembered **N** and **U** – a speck in the universe. A pico-dot in the time warp. A blue dot in the web. A music world's nano-tone. A nature's drop. A microcosm.

Remembered: seeing down a valley. Swimming in a river. Watching a sea. Seeing snow-clad mountain on a full moon day at 2 in the night. Seeing intensity of life and death. Listening to 'music'. Being in trans in 7R. Fasting. Not sleeping 72 hours. Time to go inward to the innermost. See, smell, touch, caress and listen in. Listen to the emotions. Heart. Mind. Face. Words. Thoughts. Feelings. Insights. The six senses, eyes, ears, nose, tongue, skin, and the gut. The edges, the branches, the roots. Under the sky. With the moon. In solitude. In the hills. By the river, or the ocean. With subtle music on. Steps together. With complete silence. In choked tears. Cell to cell. Be with. Surrender fully. Be at the disposal in entirety. Let the innermost be on top. Let the innermost be all around. To be cleansed inside out. To be transformed from within. To be changed from within. To take charge of change all around.

Towards Going Habit. Going Coexistence. Teams, Groups, Volunteers. Going N, Life, Meta, 7L, Livelihoods-Leadership, Collectives-Enterprises, Livelihoods Education – living health. More time, energy, resources on ground. More on payback.

As said earlier, this coming 6-18 months is for this transition for a lasting 12-18 years thereafter, as part of the third phase of sahasrachandra life. It may appear slightly ambitious. So be it. The elements in this transition include:

- Open and free/at cost 7L livelihoods and leadership info-portal(s) – livelihoods.net.in, aksharakriti.org; and digital platforms for meta-learning and value-chains; notes, stories, tools, models, classics, conversations, and classes; yogakshemam; data and experiential group(s)
- Learning immersions, induction, internships, fellowships, and volunteering spaces
- Integrated and/or scale-up field centres/stations and partnerships.
- Being in Bharat and beyond
- Animating and facilitating Visions, Plans and Services; **CXO** and HR Service Resources; Consulting Team(s)
- India People's Plan
- N-life and NF Scaling
- Community of Lifeworkers
- Million Hands; 10000 hrs per capita; Interdependent leadership

Integrated 7L Centres, working with 'sensitive' development explorers, conversations, and mentoring continue to be in the front-end.

Let us go inward. Let us merge in the innermost. For 7L.

Join us in the world of yoga of going with the innermost for local coexistence – antahpravahayoga for 7L. 09102020

178. Spiritual Health

One way to look at spirituality as an individual connection to others and to the world as a whole. There is something greater that connects all beings to each other and to the universe itself. It strives to answer questions about the meaning of life, how people are connected to each other, and truths about the universe. It may involve experiencing a sense of inter-connectedness with the rest of humanity and nature. It involves seeking meaning and purpose. It involves working for a better world for nextGen.

Spiritual orientation, practice and existence helps in better physical, emotional, and mental health. Thus, spiritual health includes better feeling of wellbeing, decreased fear of death and therefore all other dimensions of health. The spiritual practice adds up better health, greater psychological wellbeing, less depression, less hypertension, less stress, more positivity et al.

The practice as a habit includes –

- go inward and reflect; meditate; do yoga; record gratitude; be mindful and appreciative of the present.
- flow; give and forgive; focus on all 'life';
- live with certain degree of stress comfortably; manage short-term stress by changing the situation if it works and/or responding appropriately; throw away long-term stress; invite eustress.
- keep working till sleep catches up; take 5–10-minute power naps.
- keep doing physical work, exercise; walk, jog, run, cycle; laugh, smile, cry.
- eat limited to meet the energy needs; eat fibre; eat nutrition, frequently but in small quantities; relish eating; take water more and often.
- be outdoors in the field, in the air, in the rain; be with music, dance, craft; be with the nature, hills, rivers, seas, et al; be with 'life'; be with children, youth; be with poor, vulnerable and marginalized; celebrate life; be with friends; be useful.
- read, write, do numbers; write diary, notes, thoughts, stories, poetry; commit and pursue 1-2 daily tasks long-term; dream deliberately; pay attention to see, hear, taste, touch, smell, breath, heartbeat et al; feel the sensations; give-take a hug; take and feel a scent; draw, paint, colour, shade, solve puzzles, do crosswords; be current
- stretch to the hilt, but not beyond physical, emotional, intellectual, spiritual means; say no; plan results, tasks; plan days, minutes; practice relaxation item-by-item, part-by-part, and together.
- invest in self; converse; invest in relationships in all their dimensions; care mind, heart, body, soul; live simple; focus on the task at hand; practice.
- plan the practice and work the plan

Let us be spiritual as a habit. Let us plan being spiritual. Let us plan being useful and coexistence. For 7L. Join us in the world of yoga of harnessing the spiritual capital for living and leading local coexistence – aatmikaarogyayoga for 7L. 10102020

179. Crunch Time

H2H Talks continue and reach the penultimate session. With Sriram. One more session for the season to end on 18 October. Time to get cracking on Conversations with Master of Development Practice.

Nobel Prizes for the year have been announced:

Physiology or Medicine: Harvey J Alter, Charles Rice, Michael Houghton – discovery of Hepatitis C virus.

Physics: Roger Penrose, Reinhard Genzel, Andrea Ghez – black hole discovery.

Chemistry: Emmanuelle Charpentier, Jennifer Doudna – genome editing.

Literature: Louise Glück – Poetry.

Peace: World Food Programme (UN Agency) – efforts to combat hunger and improve conditions for peace in areas affected by conflict; and

Economic Sciences Paul R Milgrom, Robert B Wilson – improving commercial auction and inventing new auction formats, for goods and services that are difficult to sell in a traditional way, such as radio frequencies. At least three alternative Nobel Prizes exist. This year they went to –

Tyler Prize – Environment – Gretchen C. Daily, Pavan Sukhdev – illuminating and quantifying the economic value of our natural environment.

Abel Prize – Mathematic – Hillel Furstenberg, Gregory Margulis – pioneering the use of methods from probability and dynamics in group theory, number theory and combinatorics.

Right Livelihood Award – Nasrin Sotoudeh – promoting political freedoms and human rights in Iran; Bryan Stevenson – reforming US Criminal justice system and advance racial reconciliation in the face of historic trauma; Lotte Cunningham Wren – protection of indigenous lands and communities; and Ales Bialiatski and Human Right Centre 'Viasna' – Struggle for the realization of democracy and human rights in Belarus.

When the crunch comes, what matters is air, water, food (-nutrition-health-immunity), clothing, shelter, engagement, and relationship. All else are dispensable and artificial. Therefore, they are the source of deception. Self-deception. Deception of the Universe. They cause inequity and suffering.

I was told some 7500 disaster events have hit us (planet) in the last 20 years affecting some 4 billion people and taking 1.23 million lives. 3 trillion USD have been lost. 2004 Tsunami being the largest disaster we have seen in this period. More than 80% of them are climate related. These include droughts, heatwaves, floods, winter storms, hurricanes, wildfires etc. Covid 19 confirms that we are not ready to prevent, appreciate, react, cope, minimize loss and recover. Therefore, we need to act quickly. The crunch time is on us. The window is narrow. The work has to be on scale. Systemic and systematic.

Let us go forward on the cycles of production and consumption. Shorter Local Value-chains first. For self, for family, for group, for village, for a local area. Internal-Community value-chains. Linking with local consumers. In the local shop. Local Shandy. Local town market. Consumer groups. Local hotel. Local value-addition, storage, delivery, and consumption. Local value-chains. Then let us look at district-regional-state-national markets and beyond. Brand, yes, a la AMUL. Digital, yes, may be hybrid. Aggregation, yes. Quality Control, yes. Tracking, yes. Value-chain ownership, yes, with producers, value-adders. Equitable ownership. Price, yes, fair.

Let us have enterprises/companies with shares for all 100+ million producers, workers, value-adders. Can we be trustees to such enterprises? Soon.

Let us be simple as a habit. Let us plan being simple. Let us plan basics for all. Let us be useful and coexist. For 7L. Join us in the world of yoga of harnessing basic and simple life with equity for being leading simple useful local coexistence – saralasaarthakyoga for 7L. 12102020

180. Nature's way

H2H Talks – the last session of this season on 18 October is with Tushar.

More prizes:

World Food Prize – Rattan Lal – sustainable soil management.

Templeton Prize – Francis Collins – challenging the idea that science and religion are at odds. This is the largest prize money award. The Templeton prize is meant to honour those who demonstrate “the insights that science brings to the deepest questions of the universe and humankind’s purpose and place within it”.

This year’s awardee, Francis Collins, as a physician and scientist, directs the National Institutes of Health. He oversees the federal government’s biomedical and public health research efforts, including the effort to find and develop a vaccine to prevent COVID-19. Earlier, he directed the Human Genome Project to completion, thus illuminating the genetic blueprint of the human species. Collins, an unapologetic atheist earlier, gradually developed strong religious beliefs. In his book, *The Language of God*, he argues – Belief in God can be an entirely rational choice. The principles of faith are, in fact, complementary with the principles of science. He argues that an evolution is compatible with religion.

His other books include: *The Language of Life: DNA; Revolution in Personalized Medicine* and *Belief: Readings on the Reasons for Faith*; *The Language of Science and Faith: Straight Answers to Genuine Questions*.

His initiatives include BRAIN: Brain Research through Advancing Innovative Neurotechnologies to develop tools to examine the brain’s cells and circuits; Sound Health: Music and the Mind examining how music can have health and wellness applications; and HEAL: Helping to End Addiction Long Term.

Heavy Rains in Hyderabad. AP, Telangana, Maharashtra, and Karnataka. Once in a 100 years incident.

Floods in Hyderabad. This is the heaviest rains event after 1908 floods in Hyderabad. Great Musi Floods. Some 20 cm rain at that time. Six lakh persons displaced. It was concluded that the floods were due to unchecked urbanization leading to increase in impervious areas. This increased the run-off rate. This in turn overwhelmed the capacity of the drainage system. As a result of these floods, reservoirs came.

Today it is already 30 cm rainfall. The inundation continues. Buildings are collapsing. Leaking. People are dying. Displacement continues. Power lines cut off here and there. A standstill situation. But the rain itself in these bursts is due to climate changes. The floods are because of encroachments, haphazard construction, ill-designed drainage capacity-system.

Can we quickly go N-centric living and farming way? Or slowly towards mass extinction? David Attenborough’s *Life on Our Planet* illustrates that the N knows the way. We only can go N’s way.

Let us be spiritually rational, rationally spiritual, within the bounds of simple, as a habit. Let us coexist. Let us be local. Let us be useful. Now. For 7L.

Join us in the world of yoga of living, leading, learning, and loving life’s raas of useful coexistence in the present – saarthakraasyoga for 7L. 13102020

181. Nature and Universe

In Telangana, the Navaratri is referred as Batukamma. The mother of life. The goddess of life. The festival of flowers, fruits and vegetation. The zero day is no moon day. The day of nijaroopam. Let us open up and see true self clearly and work on the self, starting with Navaratri. No Anger; No judgments; No grudges; Forgive; Accept; Love; No jealousy-no guilt; no fear; gratitude for all one has; Share the abundance. Coming across Ajay Vir Jakhar, a farmer from Punjab. President of Bharat Krishak Samaj. To be watched, NF Champion in the making.

Foresight Experts Virtual Workshop on 15 October is working on the experts group becoming a team to work next 6-9 months forward. Scenario happens because we work as we go in the journey towards the scenario, say in 2050. Many actions on the way. Many of them could be deliberate. Many others can be responding to others' actions. Journey dynamics cannot be ignored. Projections cannot be linear. We need to consider 'limits' too. Local consumption, nutrition needs to be factored in. Growth too. The triggers for transition too. The quality of the produce can also give higher prices. Can we measure per unit land productivity, over a year, rather than a crop, season etc.? biomass, income etc. Can we also look at per unit of labour? Can we see saturated, landscape situations? Commons? What about animals? Can we look at larger land units (say habitation, watershed...)? How do we have right data? Can we compare with right parameters (say costs without subsidies)? Family economics do matter. Any historical experience learnings that need to be considered? From SERP, CMSA, MKSP etc.

The progression: Framework of Foresight, 2-3 Competing Scenarios – Vision of NF Steady State; Business as Usual; and may be a Hybrid; Building these scenarios (using Foresight, Agribiom tools); Sensitivity Analyses; Recommendations and insights for way forward, policy et al. This may take some 6-9 months. I keep getting back on this, as we progress.

Mental stunting. It struck me. 150 million under the age of five (10%+) suffer from stunting in the world. This is from not having right nutrition in the first 1000 days. This impairs their mental and physical development. They are less immune. They are less likely to achieve their cognitive potential. They are likely to be poor. NF can play a role, here. Remembered APJ Abdul Kalam, 89 (b 15 October), People's President. Bharat Ratna. Missile man. Developed Kalam-Raju stent; Kalm-Raju tablet for healthcare. He lived simple. He was a late nighter. His possessions included books, veena, CD player, laptop etc. He was spiritual to the core as described in 'Transcendence: My Spiritual Experiences with Pramukh Swami'. Kalam said – No manoeuvres are required any more, as I am placed in my final position in eternity. He concluded: developing spirituality in India is a way forward for India. Open-source technologies and free software are the ways ahead. He interacted with thousands of students and inspired them towards developed India. Kalam's Books inspire. These include Wings of Fire; Ignited Mind; The Luminous Sparks; Turning Points: A journey through challenges; A Manifesto for Change; Advantage India: From Challenge to Opportunity. These books would feed India Plan Forward.

Lead India Foundation has come into being with his inspiration.

UN has declared 15 October as World Students' Day, appreciating Kalam as a dedicated teacher, teacher first. Students need a vision for life, with fundamentals of values which they need to practice in life. Teacher(s) has a role, here. This year, the theme is "learning for people, planet, prosperity, and peace". Let us do that. Let us teach that to our young students.

World Food Day. FAO foundation day. 2020 Theme is "Grow, Nourish, Sustain. Together. Our actions are our future." Natural Framing examples are celebrated. World Food Program received Nobel Peace Prize 2020. Let us move from Food Security to Nutrition-Health-Immunity Security. Let us go Natural. Let us go Local.

Poverty Eradication Day. This year we realize that poverty has reached crisis proportions in the South. We see growing inequities. We see less relevance of GDPs. We need to go towards Happiness. We need to go for essentials, all of us. We need to rework on the 'markets. We need to increase the proportion of consumer rupee of all small producers and service providers. We need more micro-nano-pico enterprises. We need direct producer-consumer linkages. We need to abandon non-essentials. We need to have limits to minimum wage vs maximum wage. We

need universal basic incomes. We need care for 1000-days to 18 years including free education and primary healthcare, and the eldercare. We need them yesterday. And we may not tolerate absence and delays. Time is now. Let us have minimum needs and let them be 'there'. When we save our essentials, we come out of poverty, vulnerability, and marginalization. Air, Water, Food-Nutrition-Health-Immunity, Clothing, Shelter, Engagement-Entertainment. Let us spend less time, energy, money. Let us invest in relationships, not goods and materials.

The need to work with individuals, collectives, support organizations, networks, programs, missions, movements is acute now. 7L Coexistence is gearing up to pool up life workers, associates, professionals, interns-fellows, volunteers, and resource persons and partners, partner organizations and meet this acute need in India and outside. Soon enough.

Life N, non-life N coexist. They interact in their own ways. It is not easy to distinguish. Some are visible and some are not. Some are on the surfaces. Some are inside. Human influence is far larger than their share. In any case, nature heals all life. It heals itself in its own way.

Let Bihar choose poverty reducers. Let Bihar choose community developers. Let Bihar choose N's friends. Let us be with N. Let us live in N. Let us celebrate life with N and in N. Let us 'sense' N. Let N lead us and let us become N. Let us spend our 10,000 hours into becoming N, with the dedication, discipline, and practice of Sobha Naidu to Kuchipudi. Let us get N followers to carry this N legacy. Otherwise, N goes on without us. N reminds us to 'behave'. Today has been one such day. I guess we will not forget this as time passes. Realize there is a play between Life and Non-life. Life and life. N and N. N and U.

Sakthi-Siva. Radha-Krsna. Parvati-parameswarauh. Parvatipa-rameswarauh. Sitarama. Rukminikrsna. Krsna-Krsna. Bharathi-Brahma. Prayaag. Nadee-saagar. There is a woman in a man and a man in a woman. If we relate properly, there is magic there. Humankind would be blessed. Life would be blessed. N would be happy. U would be happy. Can we see N and U together? Can we go with N, be with N, sense N and see N and U?

Let us coexist locally with and in the nature. Being useful to N and U. For 7L.

Join us in the world of yoga of coexistence in N, of N and U – atmaikyayoga for 7L. 16102020

182. Nature takes us up

Remembered: TS Rajan. My classmate, colleague who rested very early in life. His annual memorial lectures at IRMA remind the world about him.

Remembered: Shashi Rekha Rajagopalan. Ramareddy and Cooperative Development Foundation (CDF). Sriram reminded us about Shashi the other day. She was the face of CDF as long as she was in CDF. CDF was behind the enactment of Mutually Aided Cooperative Societies (MACS) Act, in AP and replicated or incorporated in some way in many states. CDF went on to help existing cooperatives to transit to new Acts or facilitate to new cooperatives under the new Acts. Central Cooperative Act, and the Producers' Company have the ethos of the new Acts with more freedom for members. More progressive and member-centric Societies' Act has also come up in Telugu states, due to CDF's efforts. We are involved in this journey in a small way, thanks to Shashi and Rama Reddy. In fact, Rama Reddy, along with Tom Carter, had taken us (select students of our IRMA class) through 'Logic of Cooperatives'. We discuss CDF, Rama Reddy and the Cooperative Initiative Panel consisting of Dr Kurien, Mohan Dharia and LC Jain someother time.

When Shashi became independent consultant, she served on the Boards and Committees of RBI and NABARD. She worked with small organizations. Most of us are struggling to emulate her unsuccessfully in writing personal annual reports. She worked for effect, for principles, for spirit. Her Lakshmi's Tea Shop is a classic case on micro-enterprise. Her diligence included crossing the 't's and dotting the 'i's. She has been/is a mentor without her knowledge to many. Her spirit continues in us.

18 October. Aswayuja Sukla Dwitiya. Swati Nakshatra followed by Visakha Nakshatra.

This day takes me to commit angel investments, micro, tiny but to the needy and competent, at least one investment a month, and small investment, once/twice a year; scholarships to be mobilized, at least 5 a year; counselling to meaningful leadership-management-entrepreneurship programmes/courses, at least 10 individuals a year; increased time with/for the alma maters – schools, graduation, PG et al, together 1000 hours a year. Let the work on this agenda begin soon.

Each one of us have a threshold capacity to hold people – physically, emotionally, and intellectually. There is a continuum in our capacities. Some can take more numbers. Some can take long hours. Some can take intimacy deeper. Some need private spaces. Some watch. Some lead. Some proactive. Some get exhausted soon in interactions. Some have sparks flying. Therefore, we need to be sensitive and appreciating the differences and variations. Then our relationships thrive. Friendships survive long.

What is normal now, might not have been earlier; and may not be normal in future. Normal keeps changing with times, contexts etc. Till such time, norms of today may consider somethings as abnormalities and disabilities. Satyam vada, na apriyam; priyam vada na asatyam. Tell the truth, but do not hurt; tell good and sweet, but noy untruth. How do we do this? Is it OK to keep quiet? Is it possible?

Do we really want our women and men to be more ambitious? There is no evidence to conclude that confidence makes up good workers. Ambition does not always pay. We need to hire our co-workers based on competency and capability. Not on ambition, confidence, and charisma.

Can the healthcare be nationalized, or regulated, or can we have transparent norms? For-profit private hospitals may not be more than 10% or so? Insurance and Government schemes may have to cover 'all' ailments-treatments. Can we have free medical education at all levels? Medical education has to include teamwork, soft skills and patient-centric processes. Across, can we have decent remunerations to all healthcare workers, professionals? Can we limit the surpluses to reasonable minimum? Can we have health education in the schools? Can we go natural – food-nutrition-health-immunity consumption? Can we have better hygiene? Safety? Can state invest into these? Can the state give the care and education free from 1000-days upward till the age of 18, till they enter graduation? Heart 2 Heart Talk Session 10, last of the season, with Tushar Shah. One thought struck many of us: Can IRMA rethink, re-vision and become more relevant for today's needs? Go Tribal-Rural-Urban-Emerging, TRUE. Be with Poor,

Vulnerable and Marginalized, PVM; Go for Livelihoods-Poverty Reduction-Development, LPRD. Go Leadership, transcending Management. Go Livelihoods-Leadership-Entrepreneurship-Mentoring. Go Nature. Go Meta. Go Scale. More, beyond. Soon. Next Year is Kurien100. Let us seed this by then. We need mentors, champions, leaders for these seeds. Of course, we have Aneja, Tushar, senior faculty and senior Alumni as friends, philosophers and guides. We need spiritual resources. Financial, we may manage, like we did earlier.

Seven sisters – Leesa, Jayapadma, Priya, Mythili, Shilpa, Saleela, Ruchi – have done a wonderful job with 500 personal hours pouring into making these 10 sessions. And they have to do some curating work before they send the videos et al out.

Now it is time to pace up the Conversations with Development Practitioners – Masters/Legends, Champions, and Successful New Entrants. We need to hurry up on the listing, volunteers, multiple ways of conversing and taking conversations, and logistics. These will help us to go up with N through Development Leadership, transcending Management. Transcending Economic Livelihoods into living and life. Transcending to third and fourth bottomlines and taking bottomlines to topline. Slowing down the extinction and stretching the window to action. Can we scale N? If N takes us up. N can take us up if we be with N and feel N from deep within and without. N is looking for our coexistence. Locally. Fully. Being useful. For 7L.

Join us in the world of yoga of scaling coexistence in N, of N and U – adhirohanayoga for 7L. 18102020

183. Antarnaad

Remembered: Dr PS Krishnan, 86, a social justice warrior, warrior against Caste. His contributions include the concept of the Special Component Plan à Tribal Sub-plan. Prevention of Atrocities Act of 1989 and subsequent amendments of 2015. Major role in the implementation of Mandal commission recommendations. Creation of National Commission of Scheduled Castes and Scheduled Tribes, a Constitutional body, in 1992. He advocated land for the marginalized for enhancing their dignity, and security, and education for advancement.

19 October – Human dignity day. Birthday of Pandurang Shastri Athawle. He turned 100 this time.

Shastri, referred as Dadaji, received Templeton Prize for Swadhyay Movement initiated by him through Swadhyay Parivar. Swadhyay. A movement to study the self. Response to Shastri's uncomfortable questions about the dilemmas of modern man and the problems of material life, individual and social. His assessment – neither liberal welfarism nor socialism was capable of bridging the gulf between the haves and the have nots. Private charity or government doles only managed to erode human dignity and sense of self-worth. Materialism as well as fatalism may not work. Swadhyaya is a response from Shastri.

More than 10 million Swadhyay is a movement of self-study. In social and economic spheres. A process of self-transformation and self-empowerment. An experience that gives dignity, self-respect, and self-esteem. Awareness of the divine presence in every human being. An understanding of man's relationship with the divine and with others. Through action. Towards collective good. Usefulness. To all. Sum of all. Sacred, therefore it works. In business, in jobs, in families, in hearts. A commitment to continue in this path. Every day. No dichotomy. Integrity and responsibility hand-in-hand. Celebration of life. Appreciation that all have own skills and efficiencies of life. Security and equality. Status of the individual comes from commitment to a lived idea of divine presence.

Community, Brotherhood, Impersonal wealth, 'experiments' form part of the swadhyay. Wake-up, Food and Sleep prayers. Iterative stay-travels of intimacy with 'life'. Learning/study Camps-workshops. Open amritaalayams – socio-economic learning centres. Voluntary donations. Shram Bhakti. Yogeshwar Krishi, Sree Darshanam, Matsyagandha – collective farming/fishing for community. Vrckshmandirs – upavans. Madhav Vrund – Bhugarbh Jal, Nirmal Neer – watersheds. Patanjali Chikistalays. Local Consumption First Stores. Pathshalas. Gurukulams. Tattvajnana Vidyapith. Non-formal education. Vidya Prem Vardhan – informal certificate programs. Bal Sanskar and Mahila Kendras. Yuva/Yuvati Kendras.

Thus, it is a project of inner transformation and redefining human relationships. It meets individual and community needs of love, identity, humility, self-acceptance, and self-esteem. It is an inwardly focused spirituality concerned with human life.

The film, Shyam Benegal's Antarnaad, is about Swadhyay.

Swadhyay is a free movement. No organization. No membership. It is about individual transformation. It appreciates – 'God exists within me and within everyone else'. It works as an extended family with a definite vision. It neither seeks nor accepts financial help from governments or philanthropic agencies for any of its experiments, projects or gatherings. It values right attitude, action, thoughts, feelings, surrender, group, culture, efforts, goodness, truth and righteousness.

Can our speech always be – truthful, pleasing, and beneficial? Can we follow the dharma? Can we pursue – reality, truth, restraint, perseverance, tranquillity, peace, and relationships? Can we learn and teach what we learn? Can we continue the study? Can we connect with U?

Can we connect with U? If not through N?

N is ready to take us in. For our local coexistence. We only have to get ready. Fully. Studying and getting ready for being useful. For 7L.

Join us in the world of yoga of learning to coexist in N, connected with U – swadhyayaayoga for 7L. 19102020

184. Becoming Conscious

Lockdown ends. Now it is between us and the CoVID. Continue with Masks, Handwashing and Safe Distance. Rains and floods.

Pollution. Winter Pollution.

Swadhyay is about individual transformation. How to Practice Swadhyay? Of the self, through the self, to the self. For the union of mind, thoughts, heart, feelings, emotions, body, sensations, and spirit. This happens when we go inward. When we know the innermost. Through awareness, knowledge, reflection, examination. Drawing the best that is within. Realizing the innate potential within. Reading the inner book. Writing it. Revisiting it. Metacognition. Thinking about thinking. Thoughts. Thought processes. The practice activates brain circuits that create emotional resilience and well-being. When this happens, we experience an increase in creativity and inspiration and we're able to connect more intensely to our higher mind and higher self. Every moment offers us an opportunity to observe and reflect on our own minds. We need to focus. Focus our attention. Observe, listen, read, feel, touch, smell... Analyse the information. Integrate. Reflect. Apply. Focus first on the small s – mind, ego, body, relationships, thoughts, beliefs, attitude. Then focus on the large S – beyond the small s, the innermost. Keep reflecting on 'who am I'. As physicists discover – universe is impulses of energy and information, we may discover that we are one with all. Universe of consciousness. We may discover that we are the universe. And universe is us.

This includes all of us, with all hues. Cultures, traditions, practices, dimensions.

Then let us be truthful, pleasing, and beneficial. Let us follow dharma. Let us invest in relating to all life. Let us invest in relationships. Let us invest in life. Let us celebrate life. Let us study and teach others to study deep within. Let us be in N, studying and teaching.

This is coexistence. Local coexistence. Universal coexistence. Integrated life, living, leadership, love. Learning, teaching and being useful. For 7L.

Join us in the world of yoga of local coexistence, learning and teaching one another – adhyayanavahiniyoga for 7L.

20102020

185. Saadhana

Unlockdown. Open for foreigners on business trips. For business, conferences, work, study, research, or medical reasons.

It is said that India has set aside about Rs. 500 billion. To vaccinate some 35-crore people. Probably from January/February.

In the midst of Navaratri. Shasthi. Day of Saraswati.

Seeker takes time to understand and experience. A master remains openly honest, terribly blunt, virtuously open. Focus is only development of the seeker. First is to meditate. To achieve awareness, the awareness of our own thoughts, without trying to suppress, manipulate or control our thoughts. It includes observing happening within, around, without. Observing dispassionately. A living experience in and around. Here and now. Without the baggage of the past. Silencing the chatter. Streams of thoughts. Reflection. Gradually mind grows silent. Body stills. Then quietness takes over. This is meditation. An important step forward in Swadhyay for individual transformation. With focus. Focused attention.

We need the courage to do this. We need the will. Do we have them?

With courage, this requires sadhana, practice. Relentless pursuit and 10,000 hours of practice. For the way we conduct our body, heart, mind, energy, and emotions. Towards our wellbeing. Towards liberation from the slavery and bondages. Doing things right with all nuances. Practice is more than doing repetitively. It includes grit. It includes effort. It includes pain during the process. It builds on current status and the innate potential. Therefore, practice has to be different for different people. Practice improves with feedback, and assessment. Therefore, we need co-practitioners, and master/guru with us to give feedback and give an initial nudge, initiation. It reduces number of trials and errors. Success may not be required at every step. Failures can also take us forward. Trying is critical. Motivation to sadhana is facilitated if we are in a community of practitioners. This is coexistence. Shared vision, action. This is possible through exposure, demonstration, role models and gurus. It is also important that the ability to 'seek' needs to be continually honed.

Gurukulams, Gurus, Sahaadhyaayees have offered us the community of practice, sadhana for seeking, and prepared us for the same. They have demonstrated the possibilities. Now, it is our turn to realize and convert some of these possibilities into real.

We are in a flux of coexistence between order and chaos. The flux is not about where we were born or how we live. Coming out of the flux is still in coexistence with seeking curiosity. Reflection. Meditation. Swadhyay. Sadhana with observation. Acute observation. Perseverance and practice. Relentlessly, in step-by-step increments. We are in the midst of multiple crises. Bigger than CoVID but not appreciated as such yet. At the core, we are life. With huge similarities, and some differentials. Some differences. Basics are simple. Simple needs and simple life. World may appear complex. Its complexities are on simple principles. Comprehending them, comprehending the shared humanity, only sadhana of coexistence can give us, all of us liberation.

Then let us get going, living in community of practitioners. Coexisting usefully. Truthfully. Lovingly. Learning. Seeking. Pursuing. Practicing. Together. Investing in one another. In relationships. In life. Celebrating. In N, with N.

This is sadhana for coexisting usefully locally. For 7L.

Join us in the world of yoga of practicing useful local coexistence – saadhanayoga for 7L. 21102020

186. Anand

Many triggers. Analyses. A year-plus period of reflection. IRMA offered admission. Facilitated Bank of Baroda loan. 24-hour long train journey from Hyderabad. Probably the first such long journey. Landed at IRMA. New foundation has begun to be laid. 8 Terms (12-14 weeks each) over two years. 2 Class terms, Field term, Class term, Management Traineeship term, Class term, Management traineeship term 2, Class term. We were fortunate to be involved on a national scale rural opinion survey when were in field term.

2 Class terms. These terms begin with 1–2-week induction, giving an option to the student to stay or leave. These two terms provide the theoretical foundation and basics. These include Analysis and Communications; Economics; Accounting and Finance; Research and Statistics; Behaviour; Organizations; Human Resources; Society and Polity; Livelihoods; Operations; Marketing; Information. Field term puts us in the field for all 4-5 weeks at a stretch followed by 4-5 weeks of field tasks in/for an organization. It uses the tools learnt in the class terms and the grasp so obtained would help in discussions in subsequent Class terms.

Remaining three Class terms discuss advanced tools, concepts, concept-tool application and management of organizations, projects, and the resources. Costs, Law, Systems, Development (Organizations, Projects, Schemes, Practice), Collectivization (Action, Collectives and Enterprises), Agri-business, projects, strategy et al. Management traineeship terms are sandwiched between Class terms. These traineeship terms help in appreciating management realities in projects, organizations; and help in solving in some issues in a given time period, either individually and/or in a group. Reading 500+ books of significance, living in a small community, multiple cases, individual and group tasks, discussions with peers and teachers, field-organizational reality appreciation and tasks have prepared for the real life in development.

Placement time gave several options – policy analyst at Development Alternatives to work directly with Ashok Khosla; executive at PRADAN to be deputed to work with handlooms in Uttar Merur (TN); and Dairy Board. Sought to be Executive Assistant with Chairman. The committee consisting of Dr Aneja and Miss Patel persuaded not to press for it and instead be on something more exciting. Yet the work with Dr Kurien would be guaranteed. Could not say 'no'.

Post-course, much before the convocation, joined Dairy Board to work in the core team on Market Intervention Operation on edible oilseeds and oils, to maintain the prices within the price band agreed with Government of India. Core team was chaired by Dr V Kurien. Joined one-day before the day **MIO** has been started at the instance of Government of India. 6 April 1989. Dr Aneja the team, some six of us joined, welcomed with a saying "This is new for us. Let us learn together. You will have free access to come to me any time". Thus, the work in Dairy board started. Development Deeksha was initiated, and there was/is no turning back. It is already more than three decades. In due course, I have become a development/ livelihoods leadership/management lifeworker.

Apart from MIO including support in buying and selling up to 3 million MT oil/year, Dairy Board work introduced the entire architecture from management and leadership lens, being in the close quarters of leadership. AMUL and Anand Pattern Cooperative structure in dairy and oilseeds; AMUL, Amulya, Dhara et al brands; Salt and Electricity Collectives; Value-chain from pre-production, production, post-production, processing, all the way to the consumer for Milk and Oilseed-Oil; Bhavnagar Vegetable Oil Products; Operation Flood and Operation Goldenflow; Mother Dairy; F&V Project; IRMA; HPCL and IDMC; Indian Immunologicals; NCDFI; NTGCF. We will discuss Dairy Board and IRMA that shaped me into a lifeworker sometime soon.

Let us be ready and go all out. Stretch to the hilt. Then leave it to the other to stretch, reach out and connect. The other has to. Then only the coexistence within the community of practitioners happens. In N, with N.

This is the stretch for coexisting usefully locally. For 7L.

Join us in the world of yoga of stretching into lifework of useful local coexistence – utthanayoga for 7L. 23102020

187. Journey

Let us graduate to end, remove, defeat the ten internal enemies – Ahankara, Amanavta, Anyaaya, Kama (Lust), Krodha, Lobha, Mada, Matsara, Moha, Swartha. Let us win usefulness, freedom, knowledge-wisdom, meta, insights, foresight, integrity, justice, compassion, kindness, love, trust, servant leadership, life, gratitude.

Can we live with less number of things? Can we live of the less? Can we value the life experience, life journey more? With relationships in tact? Less with material(s)? Can we stop gathering things? Can we get rid of the things we do not need? Can we get rid of the memories that have no value, except memory space? Can we start living with less time for assets, materials, goods, and properties? Can we have more time living, leading, and serving life? Can we live in the present? Can we obviate the need for remembering so much of the past? Can we be living truthfully? Can we obviate the burden of painfully remembering 'untruths'? Can we accept the losses and get going without worrying about it? Can we be grateful for their time with us? Can we celebrate their intimacy so long, so far? Can we be strong to internalize them into us and get going? Can we flow simply? Can we be clutter free in the house, in the mind, in the heart? Can we be on top of the chaos? Can we be free? Can we be Nara? Can we be Naaraayana? Can we be Sri? Yes.

When death comes calling, can we remain always ready? Can we embrace it happily, with satisfaction? Can we hurry up slowly to live life rather than to be restless at the moment? Can we devote most of our time now with the nature and universe? For living, relating, leading, learning, loving. We need to be celebrating life. More often. Most of the time. We need life air, water, food-nutrition-health, mat-bed-shelter, relationships-engagement-entertainment. We are here to have maximum life, living, leading, relating.

35 years of development journey. Initially in preparation, wandering around. Then, with co-learners and learning facilitators. In the value-chains of the farmers – dairy, oilseeds-oils et al. In the policy analysis. With the tribal communities. With commons and collectives. With participation, inclusion, sustainability across the contexts. On the payback. With collectivizing women for self-help. 15 million, across telugu states. More states. Nationally. 70 million women in multiple tiers. Layering interventions on collective foundations. Communitization. With farmers towards natural farming. In AP. In India and outside.

Reflecting the life lived and the journey after joining the development flow(s). Over a year intensely. More years may be less intensely.

Big gamechanger for the poor, vulnerable and marginalized (PVM) – free care and education till the age of 18 years. Food, nutrition, health, education, exposure, exploration. We need to bring them to be – entrepreneurial, self-employed, managing enterprises, and intrapreneurial. We need to retain their leadership ability. They need to be proactive leaders.

Other thing that is keeping us in the PVM is the health. Free healthcare, eldercare, women care.

90% of the PVM are the challenged groups-communities: farmers, farm workers; weavers, crafts persons; tribal communities; commons-dependent communities – coast, tanks, rivers, forests etc.; socially discriminated; differently-abled; disappearing traditional occupational groups; child labour, returned migrants, not able to return migrants; elders; education funnel early dropouts; not-able-to-get-into emerging opportunities et al. We need to work with them and instil the four values with their institutions, animators, and facilitators – hope, faith, promise and love. We need to localize, collectivize and communitize. Value-chains need to be short. Only the surpluses need to go out. Centres of socio-cultural-economic action with access to all in every community help.

Together, we need to take charge of our engagement, livelihoods, living, lives, and destinies. With choice. With dignity. With joy. We become the community of practitioners of 'life'. We coexist usefully. In the lap of N. Caressed by N. Tending N. For 7L.

Join us in the world of yoga of thoughtfully engaged in useful local coexistence – jivayoga for 7L. 2510202

188. Mentoring Sutras

Paulo Freire, 98. Paulo Freire's Pedagogy of the Oppressed has been/is our guide to our development practice. The book itself is 50+. The key: Learning together and appreciating the 'oppression' would pave way for finding solutions. We would not be 'silent' after that appreciation.

Four Elections. Elections for the President of United States of America. Assembly Elections in Bihar. Bye-elections in Dubbaka Assembly Constituency, Telangana, near home. And elections for Graduate Council Seat in Telangana. Voting started, to end on 3 November to select the electors. Biden versus Trump. There are others in the fray nominally. Libertarian Jo and Green Howie. Opinion polls say Biden, with his running mate Kamala, may win. Bihar elections in three phases. First phase is on 28 October. Results will be on 10 November. BJP-JDU vs Mahaghatbandhan. Lok Jansakthi is the third. Nitish versus Tejaswi Yadav. Sushil Modi, Chirag Paswan – the key players. Opinion polls suggest Nitish gets next term as well. If the majority is not clear, there can be some drama. Closer home, Dubbaka bye-poll is witnessing a contest between TRS, BJP and Congress. TRS may retain the seat. BJP is not taking it easy.

MLC Graduates' Polls, very few of the graduates are enrolling as voters in the first place. It is a not-so-warm affair. The third transition is heading forward towards – sutras. Action to action support. Graduation – management to leadership. Leadership to Mentoring. Mentoring to providing inputs when sought. Direct action to supporting partners. Working with interns in partners. Working with a portfolio. Led by interdependent leaders, fully responsible. Back to the field, with the people. Walking around. Wandering. May be e-wandering. Being available. Smooth levers, but long levers. With leaders of collectives, federal collectives, local governments, grassroots organizations, networks, schools, institutes, et al. With leadership schools. With communities of practitioners. May be visioning. Strategy. Planning. Nurturing. Co-travelling. Dialoguing. Listening. Watching. Writing. Reflecting together. More with Poor-Vulnerable and Marginalized. With HFPL.

Building immunity within. And without.

Sutra work. An intelligent thread that puts something together. For certain timeframe. For certain purpose. Sun rises in the east, at some time in the morning. We get going with our work around this fact. We do not discuss this to change it. Can we get into this kind of work pattern, form, rhythm? If we are tied at actions, words, emotions, thoughts, inner feelings and inner energy levels. Tied to coexistence. Tied to usefulness. Tied to the tune. Tied to the beat. Tied to the wave. Tied to the light. Tied to the play of light, shade, colours, sounds, breezes, flows. Tied to the rubric. Rubric of life. Life of coexistence. As one. Sankalp, Deeksha. Flow.

Another mentor. Mentoring invisibly. Phrang Roy. Deepening the faith and respect in women and indigenous communities, early in my journey of development practice. Their innate wisdom, knowledge, and potential for the betterment of the world at large. Poverty reduction is actually working with the small enterprising producers and service providers. We are an enterprise country by our DNA, genes. We are self-employed. We do not like to be slaves. It is not in our blood. All our farmers, weavers, crafts persons et al are essentially self-employed entrepreneurs. Relentless pursuers taking risk. We can be small. We can produce for ourselves. Richly. Variety. Freshly. We can be trustees of an improved habitable and abundant planet and more. Together, we can be there in sutras. In the flow. In the sangam. In the sankalp. With choice. With dignity. With joy. Sutras can take charge of us. Our engagement, livelihoods, living, lives, and destinies. We coexist usefully in N, by N, for N. For 7L

Join us in the world of yoga of wilfully tied in useful local coexistence – sutrayoga for 7L. 27102020

189. Towards N 10000

This midnight seeks to commit the third transition. Time-energy-resource investments. Partnerships. Mentoring Leaders. Significant numbers. Significant depths. Next 365-500 days need to –

Vulnerable and Vulnerabilities through practice leaders with these; Draft India Plan; Conversations; notes: collective action, leadership, learning, entrepreneurship/enterprises, development practice, volunteers, social responsibility, mentoring, education, health, organizations, gender, commons, **EFM** zones, Mobilization, Collectivization, Communitization, **FNHW**, Collective Enterprises, NF Scaling, **LN**, LEAPs, VCAs, Subsectors, Digital Platforms, et al. We see, watch, observe. Hear, listen. Smell, touch, taste, feel. Whisper, say, talk, shout, sing. Dance, play, walk, sweat. Breathe, drink, eat. In the air, trees, water, tank, stream, sea, sky. Under the sky. Inside, outside. With light, dim light, without light. In silence. In subtle music. Read, reflect, write. Numbers, puzzles. Fight, clap, tap, whistle. Sleep, dream. Think, vision, plan, do. 10,000 hours. Hand-in-hand. Eye-in-eye. Tongue-in-cheek. Joke. Cry, tears, laugh, smile. Flow. Go, go through. Nakhasikha paryantam. Feel each cell, sikha downwards, till the nakha. Caress. Take in, on top, give out. Transform.

Raas in Brindavan. Gita in Kurukshetra. Group rule in Dwaraka. Music, Dance in Antarikh. Yoga in Ksheerasagar. We seek greater satisfaction and happiness. Accountability. With focus, attention, prioritization, and engagement. Through trust, safety feelings. Being open. With better health and wellbeing. For meaningful usefulness and significance. Stretches and challenges. We do not seek, and we do not have to seek attention and approval, for its own sake. No gossips. No please all. No impossible promises. Not saying no. No exaggerations. No playing favourites. No play with information.

Life on planet – window can stretch, disappear if we want. Our women and men farmers can be happy and have decent incomes, livelihoods, lives, and wellbeing, if we want. Our young and old. Our farming and livelihoods systems can be life-supporting for long if we want. We can coexist if we want. For kaivalya.

Let farmworkers, marginal and small farmers – this is 80% – prosper, achieve decent wellbeing with dignity. In this decade. Tribal, rural, urban, emerging. Let us hurry up. Slowly – farms, backyards – no chemicals, local inputs, seeds; multiple crops, poly crops; mulch – dry, wet, live; local inputs-seeds sufficiency; whole land – 365 days cover; local consumption, value-addition, short value-chains; layered crops, trees to creepers to roots; minimal-biological-no tillage; integrated farming, integrate animals into farming system; landscapes; ecosystems; portfolios of livelihoods. Towards N-living.

Quickly, let us have customized models to our farming situations. Let us have model farmers-articulators-guides. Champions. Animators. Let us have fellows. Interns. Animating facilitators. Field schools, guru classes, live models, demonstrations, exposure, group learning, school fields, e-schools, call centres, trouble shooters. Daily messages, reminders. Farm plans. Let us improve practices. Let us localize. Let us collectivize. Let us leverage the existing collectives. Let them champion. Let us have collectives emerging. Let them follow pancha-sapta-dasa sutra. Let them do collective action. For inputs, tracking, aggregating, value-chain actions. For consumption-nutrition. No wastage. Let us work with smarter entrepreneurs amongst them. For working on value-chain enterprises. Let us leverage grassroots organizations. Governments. Government on ground. Let us converge. Let us work with consumers to demand. Let us producers-consumers reach out as directly as possible. Let us have shops, stalls, hotels et al. Let us leverage local influencers. Let us use media. Digital media. Let us tap culture. Cultural forms. Literature. Sayings, stories, anecdotes, cartoons, novels, songs, folk lore, plays, videos, documents, documentaries, pictures, films, political discourse, spiritual discourse. Let us work with schools, academies, universities, institutes. We are involved. Because we are committed. We kiss the ground. N kisses us. Trigger free. Sacred. Sutras intact. With hope, faith, promise and love intact. We give at least 10,000 hours, wholeheartedly less reactive, with will, drive, internal strength, freedom, non-boring happiness, openness, kindness. Towards 'purity'. Daily, weekly, fortnightly.

We flow, lose ourselves in the flow, with choice, with dignity, with joy. This is the sankalp for life and destiny of useful coexistence. For 7L. Join us in the world of yoga of useful local coexistence in N – sauchayoga for 7L. 29102020

190. L5 Aarambam

The day confirms that the third transition starts. N and U, the masters, confirm. The sankalp for the third transition has been confirmed. The Sristi begins with Anugraga, followed by Sthithi. The next steps, if any, would follow. One Nation One Market is not OK for marginal and small farmers cultivating multiple crops throughout the year. Local short value-chains and direct links with local consumers/consumer groups is the key. Farmer groups, organizations are still to evolve, except a few cases outside of AMUL. Capital, capabilities require time, energy, and resource investment. New FPOs, while existing FPOs are not functional enough. FPO definition itself is very limiting wrongly. It is not clear why a farmers' collective, of any hue, for the benefit of the farmer members is not an FPO. It is also not clear why they cannot be provided priority lending support, low interest loans. On the whole, we need to have more deeper thinking, brainstorming and more customized solution portfolios. Soon. The key to Bharat cannot be serviced poorly. The key to Life on Planet cannot be serviced poorly. It needs a response as of yesterday. The window of life on the planet can stretch, disappear. Our women and men farmers can have decent incomes and wellbeing. We need to get ready and remain ready for the death.

The most certain thing of life. Therefore, we need to hurry up and complete all that the third transition is seeking. Quickly. Let us hasten. Let us invest time, energy, effort, emotions, thoughts. At full throttle.

Stretch to the hilt. Innermost leading the stretch. In relationships that take us to mentoring leaders, institutions, partners of significance, relevance, legacy. Let us play the 'notes. Let us complete them. Let us initiate the platforms that matter. Let us travel, be with people. Listen to them. Respond to them. Lose ourselves. N 10000 hours begin. Flowing. Through and through. Feeling with all senses, thinking, saying, doing. In tandem. In, on, though, out. Let us get ready for our transformation, disruption. 7L transformation, disruption. N and U are ready. Disruption in the ways we look at, vision life, living, livelihoods, linkages, leading, learning, and loving. Integration leads. Knowledge leads. Generalists lead. Local leads. Customization leads. No ownership leads. Experiencing leads. Open-Commons lead. Present leads.

Collectivization, complementary and supplementary collectivization, interlinked collectivization leads. One stop multiple goods-services centres, enterprises at local level. Electronics, Artificial Intelligence, Robotics lead. Auto-automobiles lead. Solar-electricity leads. N-living leads. N-farming leads. Rural in urban, urban in rural lead. Auto-healthcare leads. If we want. If we offer L5 leadership. We can. If we have fierce resolve. If we have humility. If we seek usefulness for all of us. If we are open, transparent, and unlearning. If we seek improving ourselves. If we do not mind taking risks. If we become competent and capable; we work effectively with others; we organize others into teams; we mobilize around shared vision; we are passionate with meaningful useful significant purpose; we have shared purpose and vision; we take responsibility, give credit, seek help, practice discipline, find right people to find their potential. Be sure whether the environment is L5 environment. There is a graduation-continuum: competence, team play, management, leadership, beyond. We have to be at the L5 of this continuum.

All of us can be there if we want. We need N 10000 pitch with us always. Elevator pitch. Crafted. 30 seconds to 180 seconds. 50 to 200 words. With warmth and competence embedded. With scope for 'play'. Exciting to us 'first' and to excite 'others. Enthusiasm, smile, heartbeat. Includes Unique Selling Proposition, USP. To be practiced, with awareness. With hope, faith, promise, love, dignity, choice, joy, integrity.

Towards integration with and for N and U. We lose ourselves in the flow. This is the aaramba for third life of useful coexistence. For 7L.

Join us in the world of yoga of useful local coexistence in N – tritiyayoga for 7L. 30102020

191. Communities Mentoring Us

Breathe, see, hear, touch, feel, get drenched, immersed, be in the tight hugs, listen to echoes, lie down, jump around, in the early morning, late into the night, be there with N. In Himalayas, Vindhya Hills, Eastern Ghats, Western Ghats. Bay of Bengal, Arabian Sea. Ganga, Brahmaputra, Narmada, Godavari, Krishna, Kaveri. Lakes, streams, falls. Dandakaaranya, Venkateshwara. Islands in the sea. Islands in the rivers. Forests, green tunnels, caves. Wildlife Sanctuaries. National Parks. Sacred groves. Deserts, Ranns, Plateaus, Plains, Deltas. Hillocks, Gardens, Temples. Cultural fests, jatras. Festivals, haats, lives, livelihoods, occupations, ways of living, caring, celebrations.

And there are continuums across. This is where we need to go. We need to be with. This is N. This is where N wants us.

Western Ghats – Sahyadri, Nilgiris, Annamalai, Cardamom. Home to Krishna, Godavari, Kaveri. These rivers flow through Eastern Ghats – Shevaroy, Javadi, Palakonda, Nallamala, Seshachalam Hills – into Bay of Bengal. More deltas in Eastern Ghats. More estuaries in West. More dense forests.

The work has taken me to tribal communities and tribal areas in and around, and in between these ghats. Tribal areas made me more human and confirmed me as lifeworker.

Born in deccan plateau. Lived close to major dams on Krishna – Srisailem, and Nagarjunasagar. Very early in life, interacted with Banjaras. These communities have been recognised as Scheduled Tribes in combined AP around 1975. They are treated as Backward Communities in Maharashtra, Scheduled Castes in Karnataka. These are linked to nomadic groups of North India. My village and neighbouring villages had/have populations of Banjaras/Lambadas. Very hardworking groups. These were the labour in the dams and other tanks. Now, settled down in thandas (villages) all around reservoir back waters and on the roads to Hyderabad. Recently, Telangana Government has made Thandas into Panchayats.

Subsequent interaction has been with tribal communities of Eastern Ghats, north-coastal Andhra Pradesh, when I went on Fieldwork from IRMA. Met Particularly Vulnerable Tribal Groups too. Spent some days and nights in their habitations, gudems. Then met tribal communities in Nilgiris, Kodai and Yercaud, during the management traineeship.

Met the hunter-gatherer PVTG Chenchus first time while at Dairy Board. Visited Kurnool Collector, Appa Rao, to appreciate SETKUR (Self-employment Training Society at Kurnool). Simultaneously visited and spent time Chenchu Areas around Srisailem, along with my friend of life, Vadrevu China Veerabhadru. Much later, when we were in Appapur, a Chenchu habitation (penta) from GCC and Kovel, we have to spend some 3 days, with them. Earlier, on a Sivaratri day, we had to go up to Sikharam, to finalize the trust deed of Kovel Foundation. I have also been to BR Hills in Karnataka to study the work of medicinal herb formulation enterprise of Vivekananda Resource Centre.

Post Rajan's accident and death, me and Manohar were hinting Miss Patel that we would leave Dairy Board to go to the ground. Miss Patel was saying that she would put us in a cooperative or in a spearhead team. We concluded that we need to go all the way to communities and be with them. The best was to leave Dairy Board. She let us go in two instalments – first Manohar, then me, after some 6-9 months, via IRMA. Dairy Board and IRMA let me leave only in March 1992.

Joined Girijan Corporation at Visakhapatnam as Commodity (later renamed as Community) Coordinator and went through another wonderful 6-month induction taking me to various areas and people. It included a 30+ day stay-walk in Bejjur area in Adilabad region; working for substantial time with ITDAs – Project Officers, Collectors of tribal dominant districts, and grassroots organizations working with tribal areas; working on key value-chains – cotton, NTFP. Visited all the tribal areas of combined AP. Bejjur became the girijan karmabhoomi. Gradually, moved to Visakhapatnam to conceptualize, interpret, and manage Community Coordination Teams(CCT), to get more CCs, to support two large participatory tribal development projects covering the entire tribal area of combined AP, to facilitate and lead commercializing research and development on natural produce – products, and take to market, retail and consumer market. Facilitated computerization up to field.

Co-founded and led Kovel Foundation of and for the ntfp-collecting indigenous tribal communities. SR Sankaran agreed to chair Sahayog Community Coordination Network to take the CCT concept to the entire tribal area. His conditions were simply: cannot take foreign funds; cannot use his name to leverage.

Later, been to tribals all over the country, NTGCF, NRLM and otherwise. These included tribal communities in various North-eastern states, Atappady, Vedaranyam, Odisha gramya jungles, Himalayan communities, Gujarat-Rajasthan Bhils, Rajasthan, Kashmir, Ladakh nomadic communities, Bengal Gorkhas, Lepchas et al, Tibetan Communities, Jharkhand, Chhattisgarh, MP, Maharashtra tribals, aboriginal tribal communities in A&N islands, and so on.

Together, they made me more human. They made me to be in the present. They made me equity oriented. They made me to be joyous. They reinforced me to remain lifeworker. They are hastening me into third transition towards local useful coexistence. With N, in N. With hope, faith, promise, love. For dignity, choice, joy, integrity for all of us. We lose ourselves. This is the third life of useful coexistence. For 7L.

Join us in the world of yoga of useful local coexistence in N – prakritiicharayoga for 7L. 02112020

192. Kindness

My friend James Mascarenhas (Jimmy) succumbed to simple Pneumonia when he was not even 50. Jimmy took me into the depths of participatory methods, tools, and processes as relevant to Poor, Vulnerable and Marginalized in a variety of TRUE – tribal, rural, urban and emerging – contexts of the living and livelihoods.

Pneumonia is the single biggest infectious killer, taking 2.5 million lives a year, of late. Despite it being preventable and treatable. Can be caused by bacteria (mostly), virus and fungus. Vaccination is available. Exclusive breast feeding for the first six months, healthy diet, hygiene, less pollution helps in its control, prevention.

Can we be kind? A little kind. A little more kind. Kindness does not seek reciprocation. Kindness, Intelligence, Attractiveness, Status and Age is what partners look in each other. Inherently we are kind. Therefore, can we be a little more kind? To all. Passionately kind to all. By paying back and paying forward. Kindness comes back.

Tibet is in reflection. In Indian mythological stories, Tibet is the heaven, when you cross over Himalayas. If it is a country, it will be the tenth largest, a buffer between India and China. It is not if. It is an autonomous region of China. Historically it has been an Independent and sovereign state. It is a hub of biodiversity and water source for South Asia. It is home to Manasarovar and Kailash. To Sindhu, Brahmaputra. Dalai Lama, the Tibetan Buddhist Spiritual Leader, sits at Dharmashala – McLeod Ganj. Tibetan Government-in-exile runs from here. Tibetans stay in the colonies across India. They are treated as Indians for all practical purposes.

Free Tibet, we need to be spending time there. When will that be?

Todd Henry's Die Empty is urging us to get exhausted before we call it a day in this world. Millions of us die with their ideas with them. With their goodness. With their knowledge. With their goals. Not coming to light. Not benefiting others. Not benefiting the idea holder. Therefore, let us be good. Love. Share. Distribute. Let us die empty. Gratitude. I am surprised receiving a mail from a young friend. A young professional. Recounting Immersion, Induction, Fellowship, Life after fellowship. Articulating the internalized Communitization, leading to be led. Conveying gratitude for all the values built in and being a mentor for life.

Humbled. This gives us hope. We are not body, the senses, the heart, the mind. We may be the perceiving consciousness. That is us, the soul. When we move to 'us' fully, liberation starts happening. When we start observing the thoughts, feelings, words and deeds of our body, senses, heart, and mind. If we keep pressing, we start experiencing ourselves, our consciousness. Then, we get unbounded space. Peace. Freedom.

Relationships, intense and intimate relationships take us there. Of trust, support, care. Of hope, faith, promise, love. Relationships that are focused on the present, potential and possibilities; that allow flow and concomitant changes; that co-invest in coexistence; that recharge rather than drain; that work with give and take, without compromising the soul of us; that grow co-evolve with co-spaces, complementarities, and interdependence; that let us be ourselves without being uncomfortable; and that augment time, energy, effort together. Can we be kind? Can we invest in relationships? Life relationships.

It is not enough to stop greenhouse gases. We need to take carbon in the air and put in the soil. We need to have more trees everywhere. We need layered cropping in most of the farmlands. Can we be kind and work with life, plants, animals, visible-invisible biota, microbiota? Can we be kind and work with preventing suffering, rather than coping with the suffering? Can we cleanse ourselves, deep inside, and our neighbourhoods, our world? Can we be kind and go for items of simple living for family, fraternity, and the world? Can we be kind not to pollute our body, community, environs? Can we have more light everywhere? Inside, outside.

Be kind. Lovingly kind. Get going. Keep giving. Keep pouring. Keep flowing. Into Dhan. Into Dhanya. Out of hell, into heaven. With Deepaavali. We cannot be otherwise. Because we are In N. With N. For 7L.

Join us in the world of yoga of kindness, relationships, life, and world of local learning useful living together – Maitriyoga for 7L. 11112020

193. Truth and Tolerance

FCRA Rules of 10 November 2020 are troubling the FCRA-dependent civil society in a big way. Killer clauses include no subgrants, administrative overheads and HR costs limited to 20%. Administrative costs: all expenses towards hiring of personnel for management of the activities and salaries, wages or any kind of remuneration paid, including cost of travel, to such personnel. Salaries or remuneration of personnel engaged in training or for collection or analysis of field data of an association primarily engaged in research or training shall not be counted towards administrative expenses. The expenses incurred directly in furtherance of the stated objectives of the welfare-oriented organisations shall be excluded from the administrative expenses such as salaries to doctors of hospital, salaries to teachers of school etc. Do they include consultants, resource persons, volunteers, cadres? May not be.

Instalment releases subject to 75% utilization proof of the previous instalment(s) and field inquiry is almost saying nothing with a plan can be taken up. If application of renewal is not made by expiry date, the funds cannot be used by the organization till the renewal or re-registration. The delay may mean starving without funds for the period without renewal. The rules also seek information of change of one or more key members and the effectiveness is only after Ministry's approval. The Act also seeks the Aadhar number and identification documents for all the office bearers, directors, or other key functionaries.

One-by-one, we are losing the truth authorities. Revelations have lost. Holy Books. Prize winners. People in high positions. In power, in knowledge, in wealth, in spirituality etc. Mass Media. Books.

What is the way? Can we go only by the rumours, gossip, stories, messages? Can we only trust our own intuitive feelings? How do we know Truth? How do we know facts? How do we know integrity? How do we know rational logic? How do we remain rational and logical? Who will teach us? Can we learn on our own? May be 10,000 hours will help us, if we invest into this.

Tolerance. It includes accepting facts as facts and people can have differing opinions. The problem is how we figure out the fact from the opinion. It does not include moral imperative behaviour – not to kill, steal, deceive, lie etc. Tolerance includes patience toward a practice or opinion we disagree with; reality is beyond opinion and violation of universal non-negotiables is not tolerated; debate; freedom, free exchange of ideas and self-determination; respect to all, with differing opinions, practices, etc.; engagement to know the truth; consistency; culture of dialogue; grace to respect the context.

Let us seek harmony in difference. Cultural diversity. Human diversity. Faith diversity. Let us give this right to others and seek this from others for us. Let us uphold the rule of law and social justice to the poor, vulnerable and marginalized.

Let us be open and receptive. Let us suspend judgment if that helps. Let us be curious, instead. Let us be rational with facts and evidence, not otherwise.

Here again, being kind helps. Being lovingly kind. Being kind is a way to seek grace, 'kripa'. By surrendering to the will of N and U, with kindness to all 'life', 'alife' 'non-life', with clear hope, firm faith, resolute promise, and forever love. Let us not forget to be kind to ourselves.

Therefore, let us seek the instruments of truth, integrity, and logic. Let us seek curiosity. Let us know the ways of Nature, Universe. Let us know the ways of life, living, leading, learning, and loving. Let us know we are here with a limited time and a set of purposes. Let us know the death is inevitable. Only the triggers vary.

Let us seek tolerance. Let us be kind. Lovingly kind. Let us be giving. Let us be flowing. Because we are In N. With N. For 7L.

Join us in the world of yoga of truth and tolerance, tolerating diversity in relationships, life and ways of living, leading, learning and loving for co-usefulness together in situ – nijakriyayoga for 7L. 16112020

194. Entrepreneurial DNA

We know for many of us life is an enterprise. Family is an enterprise. Team is an enterprise. Local Government is an enterprise. India Inc itself is an enterprise. Most Institutions striving to be self-reliant are enterprises. All are not new. Not all are equally adept. Margins are not similar. Volumes are not similar. Today's demand may not be there tomorrow. Possibilities may vary from area to area, tribal to rural to urban. However, all of us have the same values: Hope (useful), Faith (capacity), Promise (reliable, long-term), LOVE (Care – practice, discipline, concentration). Most of us withstand unsteady income flows. Most of us work with a portfolio of works, working hybrid. Most of us use FFF – fish, fishing, metafishing – all 3 metaapproach.

Enterprises are wedded to purpose, not activities. They need company. They come together. They partner. Some of us more entrepreneurial than others. Entrepreneurship is learnt with interning with senior/best practitioner entrepreneurs. The mentoring, inspiration, troubleshooting, role models help. When the crunch comes? Air, Water, Food-Nutrition-Health, Clothing, Shelter, Engagement, Entertainment matter. The Crunch has come. Through Bigger Crises – Air, Water, Soil, Energy.... Climate window is small, 10-15 years minimum, may be 30 years maximum. Blurring TRUE – Tribal-Rural-Urban-Emerging. Pacing up VUCA – Volatile-Uncertain-Complex-Ambiguous. Confirmed paradox – Ours not in demand; whatever we want, no/less supply, high rate.

Some of us be with an enterprise, a portfolio. Some of us keep closing, changing, adding 'enterprises. Some keep expanding the portfolio. Some of us are conservative, traditional, ethnic. Some of us are able to take the new technology to support. Some of us work with totally new enterprises in new ways. Some of us make them hybrid, with risk spread across. We use our resources. We borrow. We seek equity. Sweat equity. Angel investment. Venture Capital. Crowdfunding. We partner. We collaborate. We sell into future. We aggregate. We come together as a collective of enterprises or start a collective enterprise. We initiate, work with supplementary and complementary ventures.

Further, we have enterprises that provide services to us in education, health, care etc., based on the emerging ways of life. Women, as mothers, partners, have established them as better entrepreneurs.

Many teachers have. Many doctors have. Women have proved better entrepreneurial owners, co-founders, proprietors, partners. But the numbers of other enterprises with women in the lead are still small. Women in the entrepreneurial teams make a huge difference and yet, we do not have many women members. Particularly in socially responsible enterprises. Can we have more and more PVM – poor, vulnerable, and marginalized – taking the lead? They can do better than the others, if they get break, and get going. We need ecosystems in favour of PVM entrepreneurs. In favour of socially responsible enterprises. And the enterprise collectives.

Do we have an ecosystem that helps in taking the Producer Organizations forward, beyond the rhetoric? Dairy Cooperatives, Producer Companies on scale may be the notable exception. 10000 FPOs can they be really vibrant? Will they be In the hands of their member farmers? How long do they need to be nurtured? Do we have an idea of the portfolio of works in the FPO? Will they do all the activities of the value-chain up to the consumer? Will they just be aggregators? Will they extract entire nutrition out of the farms to the world outside? Why do we not call cooperatives in farm sector as FPOs? Is not 5000-10000 number wrong, because many producer organizations, informal and formal, are not counted in this? What is the status of these 5000-10000 NABARD-SFAC FPOs? Why can't they work with multiple commodities? Are we thinking 150 million Farmers in FPOs? At least a lakh of them? Can we think of their federal structures at sub-district, district, state, and national levels? We need local value-chain centrality, local consumption, nutrition centrality. Why can't we look at women SHG Federations as FPOs?

Can we establish the business models, a number of them, that can be worked with various communities and farmers' organizations can be taken forward? Let us be enterprising. Let us continue. Let us be, continue, stretch, extend as life-friendly entrepreneurs in N, with N. For 7L.

Join us in the world of yoga of active living in, flowing with, leading coexisting useful enterprises – outsaahikayoga for 7L. 20112020

195. Being a Lifeworker

If we are not evolving from incidents, interactions, reactions, we are not in experience. Mere watching and observations may not give us experience. Thoughts, words, and actions give us the experience, to keep making decisions, most often 'right'. Hours of struggle take us to make a meaningful 'successes. 10,000 hours! Action, reflection, plan – as a daily habit. This accrues as experience that takes us through inner awareness, awakening, lasting happiness.

Ahimsa. Can we be non-violent? Can we seek peace for all of us, all life? We need to stitch together partial truths towards whole truth, the elephant. Once we accept this, we need to sit and discuss openly. As we appreciate larger truth, we become less violent. This includes justice, less hate, more love to all, more care, life dignity to all, non-injury (physical, mental, emotional), being with nature. May not include self-defence. In any case, force is the last resort. Protests, Persuasion, non-cooperation, multitude of deliberate non-violent actions have to be exhausted before the last resort.

Therefore, can we not work to reduce gender-violence, violence against women? 1 in 3 too huge a proportion, to be ignored. Across the stages of life-cycle – pre-birth, infancy, childhood, adolescence, adulthood, elderly. Women have to fight. Various ways and forms of violence. In the marriage or outside. Includes trafficking. Includes force by state, genocides, wars. Men have to join the women in the fight.

These are the areas we fail mostly. You feel stupid. Inadequate. Your learning and formal training is inadequate. They make us go to fundamentals – Who am I? Why am I here? What is life? What is Universe? How can we be so selfish, so helpless, so inadequate? So less useful? Yet, we need to emerge out of these fundamental questions and get into actions. I am sure, our actions are, will be relevant.

I felt humbled to introduce my evolution as a Development Practitioner, Lifeworker in Development Practice. In Visionary Gurukul Alumni(VGA) link. A group of alumni of various Gurukulams (schools and junior colleges) in Telugu states. Kanneganti Rama Rao in the lead. It reminded the efforts earlier – Sagurwa, a group of alumni, earlier and existing associates/teachers of Gurukulams with Shri Marri Srinivasareddy as Chair. Humble effort remained at the budding level. With Sir's death, Sagurwa remained inactive. May be Sagurwa efforts flow into VGA itself. Also, SAGA initiated Pragna Gurukulam at Siddipet. Sarvail Alumni team taken charge and is going on. Alumni Associations of individual Gurukulams are also going strong in their own ways for establishing alumni's identity-solidarity, support to students and gurukulam, and paying back. These include Sarvail, Tadikonda, Kodigenahalli associations, APRJC Sagar Pariwar.

23 November, Sarvail enters 50th year of its founding. By PV Narasimha Rao. Sarvail is the first Gurukulam of Teulgu States. Tadikonda, Kodigenahalli followed. Sagar subsequently in 3 years or so. I happened to be alumnus from Sarvail and Sagar. Call letter to write entrance came in and went to dustbin, and my headmaster discovered and passed it to my family, I could write the entrance, did well, and joined Sarvail. Sarvail ensured National Talent Search Scholarship and Mathematical Olympiad. Some stroke of luck, partly to do with NTS, Mathematical Olympiad. I got invited to APRJC to join late. From APRJC, to NIT (REC) Warangal. As a student doing well academically, and extraversion, got into dilemmas of life, influenced by Gurukulams and the ecosystem at NITW. I had to buy more than a year to explore and figure out. See around. Talk to various practitioners. Chose Development among Development, Journalism and Services. Chose IRMA vs Tata Institute. Given my analytical orientation. IRMA and immediately following work with Dr Kurien, Dairy Board, Collectives, Market Intervention Operation in Oils-Oilseeds, Brains-Trust, Bharat Darshan eating peanuts and digital mapping have firmly put me in Development.

The work with tribal communities, 1000 nights in the field, SR Sankaran, Kovel Foundation of the tribal NTFP collectors, Commons, Participation with Robert Chambers, and Payback at Naandi confirmed as a Development lifeworker. Akshara emerged. 'livelihoods' emerged. Yoga'kshemam' started flowing out. Integrated TRUE Livelihoods Framework has been articulated. LEAPs, Value-chains, Interventions for poor-vulnerable-marginalized have been demonstrated and templated. Being referred as Livelihoods People. Piloted/Supported Gurukulam,

Sakthi, Kshetra, Professionals' Collective, and other 10+ Livelihoods Support Organizations. Became Social Impacts' Portfolio Social Entrepreneur. Leader. Scaling up applying leadership-management concepts, tools, skills, technology to Development-Livelihoods has been an important aspect of work.

It appears, in hindsight, I had been preparing for a task of consequence, to work with women, self-help, livelihoods in Society for Elimination of Rural Poverty (Velugu, Indira Kranti Patham in combined AP). As a co-lead in 2000. 15 million women, with 25+ layers of work. Took to more states, West Bengal, TN, Bihar, so on to 10+ states. Kerala's Kudumbashree is happening in parallel. By 2009/10, India is ready to go national. National Rural Livelihoods Mission came in 2011. Contributed its Framework for Implementation, a live dynamic document, to service 100 million rural poor, with Rs.3000 billion over 20 years. After the framework, UN put me in NRLM as its co-lead of core NRLM and lead its capacity building. NRLM as of now organized 70 million. Meanwhile, National Urban Livelihoods Mission came in in the same lines as NRLM. Together they organized 100 million women into groups and their federal entities. The communitized architecture includes about 30,000 professionals, 100,000+ community resource persons, 5+ million animators – community cadres, leaders – with competence, passion, accountability.

National Mission for Elders is in consideration at Government and Civil Society circles. Association with Civil Society and Collectives of/for PVM runs deeper over many years now.

Mentoring work includes Visioning, Planning, Leadership Support, Systems support, Communitization support to 10+ large programmes, 100+ organizations, enterprises, 10000+ Professionals, 100,000+ Resource Persons at various levels, in various themes. Experimented with 3-month to 2-year Programmes in Livelihoods Management. Practitioner-academic work includes mentoring 7+ institutes/University-centres and facilitating learning to 1000+ students long-term.

For the last four years, the focus is on Natural Farming – Global Movements at Local levels, starting in AP. Inching towards 150M Farm and Farmworker Families nationally. And outside. In parallel, mentoring LPRD-PVM HR and Organizations continues. Moving in the direction of N-living, leading, time freedom.

Development Sector has huge scope, being the largest employer. Variety of forms, methods, practices, in Government and outside, Missions, Programs, Projects, Community Collectives, Support Organizations, Networks, CSRs, Donors, Movements, Social Enterprises etc., are part of it. May include Business, Politics too. Education, Health, Livelihoods, Poverty-Vulnerability, Climate etc. Participation, Inclusion, Integration, Collectivization, Communitization form part of the core concepts. Maslow is modified here. Key principles include Elephant; 7 Fish; FFF; Purpose; Social Animals; First – Existing, KST, Least Cost, Local. Rights are part of it. Care Rights.

Sector is transcending Livelihoods to Living-Life; Management to Leadership; Employment to Self-emp-enterprises, Identity◇ Freedom, ◇ N Living-Farming, Landscapes, GNH, Investments (rather than extraction), Work Hybrid, Portfolio. Meta Local Usefulness Together, in sync with Nature. Trusteeship for NextGen. Public Life, Accountability. Bird-worm views. Hare-Tortoise teams.

Development work is in our DNA of all of us. Hope, Faith, Promise, Love are our fundamental values. Our mothers have. Our teachers have. Our friends have.

Development work could be a destination. Longer innings. Can we give at least 10,000 hours? Can we give at least one-part of three-part 1000 moons? Retiring early and coming into this work can be more fulfilling, can give more happiness. In a variety of ways. Modes. Tenures. Our expertise, experience can help. We become more open, transparent, and 'pure'. Do not forget to be fit and have stamina. Go for immersion, internship. Be ready for life of anti-status quo, like a mother; like a teacher. Licenses (from reputed) help – institute, internship with a senior, fellowship in an organization.

Please join the movement for local useful coexistence, with portfolio of works and freedom. Live simple LIFE. Spend time with various hues of Nature, Life, People. Be the leader, giving 10,000+ hours.

Basic human need is happiness, and it is possible through knowledge, consciousness and awakening and actions resulting from these. All existence is coexistence. Local useful coexistence. This has to be lived. Non-life, alife, life – there is evolution (at atom level). There is development, 'growth' (at cell level) within life. There is a progression in awakening. Then one reaches this state of awakening – human consciousness and live with it – through experience, thoughts, behaviour and work. This is sukh, shanti, santosh, aanand, in four levels of living at individual, family, society, nature levels. No extraction. No exploitation. The existing order is in harmony. If that is disturbed, it would get that set right in due course, with a new equilibrium, following definite natural life laws and directions. We experience them.

Since we do not understand ourselves, we do not understand others. We invest in ourselves to become and be human. Coexisting human. There is order in other life. We are not in the order. We ourselves are not in the order. There is no order within each one of us. These order(s) need to be restored. Coexistence is the way. This comes about by understanding, and resultant thoughts, words and actions. We internalize within – thoughts, words, behaviour, emotion, work, realization, resulting in comfort. We invest in relationships, resulting in peace. We trust in the society, resulting in happiness. We coexist in sync with nature, to get aanand. We become human and live our innate values: steadfastness, courage, generosity, kindness, grace, compassion, love, truth, justice, order in living. There are several shades of work by the soul, mind, intellect, heart, senses, et al – Atma itself, surrounded by buddhi, by chitta, by vritti, by mind.

If we understand ourselves, we start adhering to life laws that include knowledge, love, kindness, simplicity, righteousness. Usefulness and coexistence locally.

Let us pause, meditate, reflect as a habit. Let us be local, be useful, coexist, in N, with N. For 7L.

Join us in the world of yoga of lifework living, flowing, leading local useful coexistence – saha-abhyaasayoga for 7L.
23112020

196. Kurien's Magic

While we say practice 7R, including read, write, arithmetic, can we somehow stop valuing people around this? Is it not a crime not to do this? Is it possible? Then what will be the alternative portfolio of indices of 'valuing'?

Dr Verghese Kurien's centenary year starts. Is he getting Bharat Ratna? In any case, a Viswa Ratna.

Dr VK was a master. Relentless pursuit is the primary astra. Portfolio Entrepreneur. 4-tier dairy institutions. Vidya Dairy. Cattle feed factories. Dairy Board. IRMA. 3-tier oilseeds cooperatives. Indian Immunologicals. Bidaj Farm. IDMC. HPCL. Sabarmati Salt. Tribhuvandas Foundation. NTGCF-FES. Aanandaalaya.

His mantra: faith in farmers, cadres and professionals; lifelong associations – highest weightage to loyalty, integrity, willing to work; if not ok, no delay in firing; low/no initial overheads, fixed costs; establishing a workable routine, with a management committee; shared vision and values; lasting partnerships.

I remember: One-page notes for approval. Fewer meetings, shorter meetings, with less number of participants. Out-of-the box interactions with young professionals. Lateral thinking sessions. Knack with numbers. Insistence on agreed quality. Choosing the leaders.

His birthday is considered milk day. Operation Floods came and we became milk self-sufficient. Significant contribution to poverty reduction. Philosophical Extension to more products, services, and geographies. Producers and Farmers' Organizations can be in various hues. How can we say only the organizations registered with MoA&FW are Farmer Producers' Organizations? What about existing dairy and other commodity cooperatives? PACS? Producer Companies? MACS? Their federal entities? Informal groups?

And these so-called deregulations can benefit marginal and small farmers only when collectivisation, aggregation and local value-addition in their various hues, including the existing, is facilitated. 150 million farmer-farm worker families would need some 100,000s of collectives-collective enterprises. A robust architecture(s) are needed for this. We need animators. We need professionals. We need leadership, management and technical institutes. 2020-30 should be a decade of people's collectives. Interest subvention has to be universalized for them. India can budget a mere Rs.10,000 per family for this purpose. Rs.1.5 lakh Crore or Rs.1500 Billion over 10 years. Rs.15,000 Crore a year, about 1% of National Budget. We may need more 'instruments' that support the poor-vulnerable-marginalized and their institutions. Zero interest subvention? Angel investment, venture capital? Zero tax, or tax holiday? Professionals? National Mission? Political Will?

Kurien's Magic will unfold again. May be two decades of magic. May be 'Kuriens', the Arjuns and Ekalavyas of Kurien take charge and do the magic.

Please join the Kurien's movements of animation and facilitation of collectivization, enterprises, communitization for and in local value-chains. Local useful coexistence, portfolio of works and freedom. For Simple Happy Life, with splendid hues, spontaneous emotions, moments of Nature, People, Life.

Give the life. Life gives us, splendid 10,000+ hours, in N, with N. For 7L. 26112020

197. Natural Amrit

Soil. Earth. Living Soil. 3-state system. Soil Profile, Texture, Matrix; Chemistry and Biology. Soil Organic Matter. Humus. Life sustainer. Soil Health ensures Life's Health, Planet's Health.

65/9.6//1.5/0.15M. COVID, fear of wave 2 aggression. Vaccines have been trickling in. Russia, UK – yes. Others – in some weeks. May be less efficient. May be side effects. Outreach may take several months. All may not required. Affordable, or free vaccines is what we are looking for. Economy in Q3 may still see negative growth. Wave 2 will decide Q4. Let us also get ready for hybrid ways of working. Let us be in and with Nature, even while working, more often. We have a duty – to our succeeding generations – to develop and conserve N. If protected, it maintains delicate ecological balance and enables people to enjoy a quality of life, guaranteed under Article 21.

Our experience and knowledge gathered over time, make us limiting and rigid not to learn. Children are opposite of this. Imagination can be infinite and therefore, more powerful. Can we remain childlike? Can we keep imagining possibilities, rather than forecasting based on past, past trends? Of course, with Hope, Faith, Promise, Love. Passion, sincerity, stamina, strength, energy, time follow. Follow in plenty. For our results in future. For our future selves.

Imagining and action has to be now. This cannot be postponed. We have more time, energy, resources, motivation now than in future. Now is the time to do. We cannot burden our future selves with more work, more changes, more unfulfilled items on the plate. Today's plate can be big. Why not? Let us meditate, reflect, imagine, plan and do now. Now onwards. Like Rajnikanth. Jumping in. Into honest, transparent, corruption-free spiritual politics. To play his part.

Gitanjali, TIME's Kid of the Year, first-ever, starts playing her part even before she reaches 15. Impacting in multiple ways through – observe, brainstorm, research, build and communicate – just focusing on one, however small it is, that excites. If I can do, we can do. You can do.

We knew, studied – roads before preparing and mobilizing tribal communities, can only push them inside. Only outsiders benefit from them. By the same token, unless we have prepared, mobilized and organized farming community into their tiered collectives-federations, the acts, reforms, will not help them but the outsiders, traders, corporates.

Can't we formalize MSP by saying none can buy farmers' produce below the MSP?

Entrepreneurs par excellence, farmers on strike for a week now. Not good for anyone. Please be sensitive and resolve in their favour. 'Nothing about us without us' has to be followed ab initio.

If Amul can happen in milk, it can happen in natural farming too. Amul started its journey in 1946 (14 December). Today, it is a brand of 3.6 million milk farmers. Its turnover is Rs.400 Billion and is gearing for 1000 Billion in the next 4-5 years. It is a symbol of milk producers of India. It is a result of non-interfering political will, extraordinary leadership team, 3-4 tier institutional architecture, supporting academic institution, and facilitating institutional network.

If we can guarantee some of these, an NF Amul(s) will be real. Federal Farm Family, Farmworker Family Organizations. Cooperatives, MACs, Companies. SHG Federations. Partnership Firms. Or a new Act(s) Organizations. Give a decade. Actually 1.5 decades. Remember Amul took 4-5 decades. Test them but after that, trust some 12 professionals to get going, with clear mandate. No interference, but all the support. Political, bureaucratic, policy. Communities are ready. Consumers are ready. Digital world is waiting. Women's self-help movement is ready to spearhead. Need is there. World is watching. Unlike then.

Floods will come. Flows will happen. Price bands will happen. Futures will happen. Vested interests will yield. Infrastructures will happen. Portfolio of support institutions will happen. It is a Rs. 25000-50000 Billion Turnover NF economy. A mere 1% is Rs.250-500 Billion. A 5% is 1000+ Billion. Equal to Amul.

Of course, 10,000 new FPOs plan will not suffice. Existing FPOs need support too. We need to consider all 'farmers' organizations as FPOs. That will be a shift in policy in government. Some advocacy here. In Government(s), Banks, MSMEs, Start-up hubs etc.

Further. We need to go global. Local globally. Natural locally everywhere. New paradigm. New Leadership. Consumption, Nutrition, Health, Immunity, farming ways, value-addition, living ways, livelihoods, enterprises, values, aspirations, destinations. Destinies.

Please join the movements towards Amrit, NF-Amul. Animating, facilitating collectives, collective enterprises, farmer-enterprises. Local for local. Local value-addition. Local value-chains. Direct producer-consumer links. Producer groups to consumer groups. Consumers pre-booking from producers.

Physically. Digitally. 1000 Movements for Million Million. Communitized Movements.

Amrit is local useful coexistence. With portfolio of freedoms. Simple and Happy. Life. Hues. Emotions. Moments. In Nature. With People. For 'Life'. 10,000+ hours for Amrit, in N, with N. For 7L.

Join us in the world of yoga of sri-amrit giving local useful coexistence lifework – sudhayoga for 7L. 03122020

198. Our New Roadmaps

Sanjoy Ghose is in our thoughts and in our works. An inspiration now and generations to come. IRMAN by choice. Co-founder, URMUL Trust at Lunkaransar in Thar. URMUL Organizations – Setu, Seemant, Jyoti, Khejdi, Marusthali Bunkar Vikas Samiti etc. Some 10 years later, Sanjoy left the work in the safe hands, and moved on. To found CHARKHA. Then to Majuli. To bicycle his way into the hearts of people who worked with him, people who knew him. His work, vision drives many of us now, in future. An inspiration for NextGens.

My doctor friend, MBV Prasad talks about ‘mixopathy’. Ayurveda is an excellent system of holistic healthcare. Read “Ayurveda Lifestyle Wisdom” by Acharya Shunya. Ayurveda is an excellent way to maintain the body and prevent disease, with discipline (routine, practices, diet) and restraint. But, we moved on to ignore the enormous repair and regenerative capacity our body is endowed with naturally. Most alternative therapies are built on ‘natural healing’. Majority of the ailments are due to our lifestyle choices and can be corrected by simple lifestyle changes. Once the disease manifests fully in the form of a major structural abnormality, it requires surgery.

A surgeon is good or incompetent does not depend on the degree he/she holds, but the training he/she has received, hand eye coordination and knowledge of tissue handling. Holistic Medicine and alternative therapies need to part of the mainstream medical education. These include: Yoga, Meditation, Music therapy, Hypnotherapy etc.

It is important that we prevent disease by holistic healthcare, health practices, health ecosystem, healthy nutrition-immunity diet. Only as a last resort, one should be going for ‘treatment’, but as early as possible.

Let us drink water as soon as we wake up. Let the sun come in. Let us go in the sun. Everyday. Sooner the better. If we are keen on tea or coffee, let us go ahead. Can we skip sugar, milk? Can we go green? Let us have a good nutritious breakfast every day. Without fail. But not sugars. If ‘proper’ breakfast is not there, go for some quick fruits, salads, nuts, curd etc. Let us catch up on some physical stretches every day. 30 minutes. In the morning to the extent feasible. Yoga, Limb movements. Suryanamaskar. Cycle, Jog, Walk. Down the stairs and up the stairs. Take time to warm up. Leisurely. Do not start on ‘heavy’ or ‘stress’ work very early in the morning. Read a book. Listen to Music. Talk to children. Catch up on ‘things’ in the world. Let us eat multiple times but in fixed times. And let us be sure to sleep well. Not oversleep.

Can we be away from corrupt? Can we say no to corruption? Everywhere. In all its avatars. Forms and Scales.

Timnit Gebru leaves Google. Uses Twitter to announce that. Says Google has forced her out. For asking to be cautious and ethical in the work. Language Models tend to be embedding biases – less sensitive, more homogenization, more elitist. The large datasets are likely to be less audited. Less documented. Making it riskier. Maybe they go towards manipulating ‘language’. To fool people. Machine translations can be misdirected leading to dangers.

Can we work for human rights, freedom? To all. Can we appreciate that we are all created equal? Can we appreciate that we are endowed with unalienable rights – life, liberty, equity, justice, security, dignity, pursuit of happiness, decent work? Our natural rights?

Farmers seek repeal. Government is willing to amend. Farmers want MSP law. Government is willing to assure. ‘Reform’ without ‘Collectivization, Organization and Strengthening’ is useful to others in the value-chain. So sequence is an issue.

Divakar brings some data from Punjab – C grade grain becomes B grade grain; Some weigh bridges more empty weight and less full weight; 30,000+ registered adtiyas with 300,000 subagents, for 1500 farming villages – 200+ middlemen per village. A Rs.8 lakh Crore business in total.

If MSP is not there, if there are no purchases when prices below MSP, then the markets will not be fair to farmers. Prices may turn out to be less remunerative. MSP Operations and APMCs have this role to play. This is not withstanding their less effectiveness and efficiency. Farmers are no doubt entrepreneurs, but they take calculated risks, try to minimise it as much as possible. If water is there, they go for crops that give assured returns. Why not? Incidentally, most suicides are by cash crop farmers, not by irrigated crop farmers. By the same token, farmers prefer money now rather than later; money for sure, rather than higher value realization in due course. It is an effort in building this trust, the way AMUL has done, for example. Even, Amul is paying daily, and annual bonus, a certainty.

Total subsidies in the country for farmers may be some Rs.3000 Billion/year. Rs.15,000/farmer. Is it high? Can't we move to giving it directly to farmers? Rather than indirect subsidies.

It is still not clear why these laws do not permit aggrieved farmers approach the courts. Can a farmer read the 'fine print' and sign contracts? Will the banks, PACS, etc., meet the farmers' farm and other credit needs fully? If not, where do they go? Governments cannot abdicate their responsibility to support farmers, build infrastructure for them etc.

What is happening? Are dreams being sold? Are we being sold? Let new road maps emerge in consultations with farmers widely.

In any case, please join the Sri movements locally. Physically. Digitally. Towards animating, facilitating collectives, collective enterprises, farmer-enterprises. Localized, customized, collectivized, communitized movements. For local useful coexistence. In Nature. For Sri. For Amrit, in N, with N. For 7L.

Join us in the world of yoga of elixir of local useful coexistence lifework – sriyoga for 7L. 07122020

199. Silence

Let us make empowering comparisons. If at all we are so tempted to compare. Can we be away from being inactive? Can we be away from disempowering norms? Can we remember and appreciate that we are born free, equal? Can we try and keep ourselves that way? In possibilities, opportunities, justice, responsibilities. In living, relationships, learning, love. In realizing our potential and purpose. In handing over this world as a better place to NextGen, as we disappear.

Farmers stand firm. Government does not budge. Who will blink first?

Mountains, Mountain Ranges are calling. Arunachalam. Nilgiris. Vindhyas. Himalayas. Everest increased its height by 86cm, now at 8848.86m. A quarter of the Earth's land mass is mountainous. Traditional mountain societies rely on riskier agriculture. Tourism is picking up. 80% of the people here are poor. Most of the rivers have their sources in mountains. Half the water needs of humanity comes from mountains. Mountains and rivers are 'sacred' across religions. Mount Kailash sacred in multiple religions. Mount Everest is tallest measured above sea level. Nanga Parbat is probably the tallest mountain on land above the surrounding terrain. Mauna Kea is the tallest mountain from the base (10203m).

Arunachalam's call points us to our innermost self. Complete surrender. Silence. Master is within us, silently guiding. Silence is the initiation. Silence is the Grace. All other forms – look, touch, dialogue, teaching – are secondary. Self-enquiry is the path. Guru, in various forms, hues, ways, appears when we are ready. Most often, from within. Through reflection, reflective analysis, meditation. We need to listen in. See in. We need to see out into vastness. Into the rivers. Into Seas. Into Mountains. Into Panchabhutas. Into visible and invisible life, alife, non-life. Into the thoughts. External pushes into internal. Internal pulls. Both work on us. Slowly, or suddenly, 'we' cease to exist. This can be only through complete total surrender. Or going after the source, and therefore merging in the innermost. Either way, we are there. And guidance flows. Always with us. We need to start finding it.

Can we be seek silence? Can we be in silence? Can we dig deep within? Can we go deep inside the elephant? Can we listen to knowers of the elephant? Can we explore the universe? Can we humble ourselves? In the high mountains, thick forests, mighty rivers, high water falls, roaring seas and oceans, singing streams, chirping birds, singing nightingales, talking parrots, flying eagles, hardworking ants, silent rocks, wildlife, dancing peacocks, invisible insects, microbes, plants, diversity, dependencies, interdependencies, books, stories, songs, films, pictures, sketches, art forms, livelihoods, living on the edge, pathless paths, sleepless nights, penniless days, flowing thoughts.

We have ten thousand hours each, hundred lifeworkers, hundred thousand coworkers, online, offline, in groups, on road, in situ, ex-situ, directly, indirectly.

More moments of silence. Movements of silence. Silent movements. Flowing movements. Physical. Digital. Animating. Facilitating. Enterprising. Localized, customized, collectivized, communitized. For local useful coexistence. In Nature. For Life, in N, with N. For 7L.

Join us in the world of yoga of silent liberation through local useful coexistence lifework – nissabdakripayoga for 7L. 11122020

200. Mamaekam

Swathi Gadepally is our inspiring Human, with special potential, despite her special needs. A core part of the 'livelihoods' team. She counts her blessings, and these include a support systems around her. She keeps going forward towards realizing her full potential, inspiring many of us.

MBV brings home the point that our psyche has become such that we tend to find fault with others, for everything. This is true in healthcare too. Therefore, we need a system of reporting all untoward incidents, investigating and taking appropriate action, including compensating where warranted.

Farmers still stand firm. Farmers have started to lose lives to cold. A saint commits suicide. Government is yet to blink.

Ananthanarayana Sharma takes me to Dr Kamla Choudhary. Founding 'mother' of IIM Ahmedabad(IIMA). A social psychologist by qualification. A friend, colleague of Vikram Sarabhai. Probably they were in love. A researcher at Harvard Business School(**HBS**). Coordinator of Programs at IIMA, de-facto Director, during 1962-65, recruiting first faculty, convening faculty meetings, liaising with HBS, and Ford Foundation, marketing the Institute. She could not become Director. Ravi Mathai without a doctoral degree became the Director. Kamla has co-designed 5-10 week 3-tiered Programme in Management Development (3TP), the first program from IIMA before the PGP. Incidentally, Dr Verghese Kurien was a participant of the first 3TP of IIMA.

She moved from Academics to work in Ford Foundation. She co-worked towards establish IRMA and taught 'Organizations' at IRMA. Later she moved to lead National Wastelands Development Board. She served on United Nations Panel of Eminent Persons for the World Summit for Sustainable Development. IIMA names a Dormitory after her. SEWA named a restaurant as Kamla Café.

In Development: Spirituality and Sustainability, Kamla takes us to Chief of Seattle: "How can you buy or sell the sky, the warmth of the land? The idea is strange to us. How do you own the freshness of the air and the sparkle of the water, how can you buy them?.... Every part of this Earth is sacred to my people. Every shining pine needle, every sandy shore, every mist in the dark woods, every clearing and humming insect is holy in the memory and experience of my people. The sap that courses through the trees carries the memory of the red man..... Whatever befalls the Earth befalls the sons of the earth. man did not weave the web of life; he is merely a strand in it. Whatever he does to the web, he does it to himself."

She takes us to Gandhi: "...people's deep reservoir of spirituality under their chronic illiteracy and poverty... communicate with the inner beings of the people...Any knowledge system that does not build on collective wisdom of the past is bound to fail. ...We can never build on the ashes of people's accumulated experience and wisdom nor trample on their self-respect....A unity of the concern for physical livelihood but also spiritual and cultural continuity."

Development processes encompass spiritual and material aspects. Transcending growth. Towards working on vulnerability. Towards de-marginalization. Transcending economics. Transcending jobs to entrepreneurship. Individual to individual and collective hybrid. Transcending livelihoods, to living and life. Transcending management to leadership, servant leadership. Personal transformation goes hand in hand with social changes. Interdependent and interconnected spiritual, cultural, social and economic aspects, changes. We need to be holistic and consistent with the spiritual traditions of people at large. Sustainability has to be woven into the depths of this. Linked to NextGens. Strands in the web of life. Flowing in the rivers of life.

We do not know the elephant fully. Inside the elephant. The whole of the elephant. We do not even know what we do not know. We do not even sense (see, hear, feel, taste, smell....) fully clearly. We do not even know how to appreciate, interpret, and act. We do not even know using the instruments, tools and guides. We do not even know

many of these instruments. Only deep inside inquiry, extensive outbound exploration can take us forward. Only servant leadership. Only intense relationships. Only unlearning and learning processes. Only the mentor. Only the love. Only the living. Only the life. At least one of them, anyone of them can take us forward.

We can only lead, manage, control, plan, track...only our effort. Direction of effort. Nothing else. Focusing on our effort is empowering. Motivating. Wisdom is in this. We need to flow, navigate with flexibility. Letting thoughts flow. Letting expectations happen. Civilizations did not last. Empires did not. Structures do not. Institutions do not. Our lives do not. What last are our shared stories. Our experience of living, leading, learning, loving. Thinking, analysing, synthesizing, articulating. In a variety of ways. Media. That is the purpose. That is the destination.

Stories and experiences of effort of ten thousand hours. Let us share. Silently, without much ado. Flowing silent movements. Localized, customized, collectivized, communitized efforts. For local useful coexistence in N, becoming one with N. For 7L.

Join us in the world of yoga of liberation through sharing of local useful coexistence lifework – mamaekam yoga for 7L. 16122020

201. Second IRMA

Govt of AP and IRMA go for IRMA Campus 2 within the premises of AP Centre for Advanced Research on Livestock (APCARL) at Pulivendula, Kadapa, AP. To offer certificate courses from 2021 itself. Diploma courses from 2022. The foundation day is planned on 24 December. GoAP has budgeted Rs.84 Crore for this IRMA Campus infrastructure. IRMA mentors the IRMA-AP Campus. IRMA ecosystem would be taken there, I guess.

However, there is a need for investing in a core team for 2-3 years to get the ethos, philosophy, spirit, culture etc., apart from the initial but long-term faculty and associates for other aspects. Like IIMA initial team – Vikram Sarabhai, Kamla Chaudhary, Ravi Mathai et al; like IRMA initial team – Verghese Kurien himself, Kamla Chaudhary, Ravi Mathai, KSR Murthy, Sreekant Sambrani et al. There are more institutes in the space – XSRM, DMI, IIFM, IIRM, NIRD, KSRM.... We need to take lessons from them and integrate into this. One of the key ethos has been 'Horizontal Control'. This will make a huge difference in IRMA-AP achieving 'the excellence' and usefulness a la IRMA.

The initial core team, the horizontal control management, the core faculty and the course structure, philosophy, culture, pedagogy – these make or mar the second campus. Eligibility and the admission processes have to be robust for taking the most suitable. It is important that the course has focus on local usefulness, enterprises, collectives, communitization. It has to discuss private, community, civil society and public institutions. It has to transcend management to leadership. It is possible to have livelihoods-poverty reduction-social development centrality. The course itself has to be intense and rigorous, with practice-centric. 40-50% of the time has to be in the field – Fieldwork, Internship, Projects. An initial orientation, pre-course would help. Compulsory non-credit courses could be there. A mega-project – from design to grounding – could be included. Preparing for real life and job readiness should be driven home. Core Faculty need to be full-time resident. Most of them need to be Practitioner-Academics rather than just Academics. Faculty has to be learning facilitators rather than teachers. Case method may be the dominant way. Simulation Games and exercises. Hybrid-classwork with online-offline. 20% of 600 sessions/year have to be interactions with practitioners on ground, and eminent lifeworkers. 1:10 student-faculty ratio will be critical. Library, e-library are a must. Let us start small and placements will happen, if we have the quality from day zero.

It is possible to co-locate Global Centre for Agroecology Research and Learning with IRMA-AP.

Let us mentor more of them. North-east needs one. North-west needs one. Let us have rural management centres in IIMs, IITs, Central Universities.

We can only flow. As the flow dictates. Flowing itself is empowering. Flowing thoughts, learning, analyses, syntheses, articulations. Flowing actions, expectations. Flowing stories, experiences. Intense and not routine. Flowing 7L. Flowing local useful coexistence in N, becoming one with N. For 7L. The purpose, destination.

Join us in the world of yoga of liberation through flowing local useful coexistence lifework – pravaahayoga for 7L. 20122020

202. A Million for India 100

Let us celebrate our freedom and choices we can exercise. Because we are better-off. Our wellbeing is above the survival levels. We can access our rights and entitlements. Fairly routinely. We have the capacity. We have the meta-capacity to know the capacity needed, get access to capacity augmentation, and get capacitated. We have invisible solidarity. Brotherhood. Collegiality. Networks. Relationships. And of course, some identity.

Let us celebrate. We have air. Oxygen included. Water, tasty, soft with some salts. Food, adequately with nutrients and micro-nutrients. Several times a day, variety. Coffee, Tea, 'green' drinks, juices. With spirit and without spirit. Clothes, suited to weather. Shelter, protective enough. Mobility. Exercise.

Entertainment. Engagement. Relationships. Varying intensities, maturities. Virtuous cycles. More certain tomorrows. More things to satisfy our 'fine' and esoteric tastes. Travel. Literature. Architecture. Walks, runs. Parties. Events. Adventure. Experiences. Costly avocations. Let me try-outs.

Life. Living. Flows of well-lived life. Lives filled with experiences that can be examined and shared as fully as possible. These touch our innermost depths. Stir our souls. Push our bodies. Challenge our intellect. Help us to realize our full potential(s). Genuinely. Appreciating and transcending our flaws. Getting liberated through figuring our original deeper beauty in the flow. In the fights, battles, jerks, bruises, hurts, starts-stops-starts. In the shouts, cries, laughs, smiles. In charms, attractions, inspirations.

Some of us, a few of us, have all this. Let us go next. Let us work to guarantee some basic minimum, whatever we think it is, may be Constitution has broadly hinted, Supreme Court might have said in the passing, Human Rights Declarations might have a mention, Human Development Report (HDRs) and Human Development Index(HDIs) may have an inkling, to most of us, on this earth. Can we do? Can we work towards it? Can we try and plan, and work to realize?

Let us try. India Plan. For India 100. We have committed to ourselves that we develop an India Plan, may be for the next 25 years. A comprehensive plan. To be developed in 2021, investing in some 10,000 person-hours. One Million may have to work for realizing it. At various levels. In the field. In various hues. Professions. In technical support.

It appears that we are going towards simultaneous state and union elections, in 2022. We need to be ready, at least 9-months before such eventuality, by all means.

Meanwhile, let us also try World Plan. Simultaneously. Starting with Global South.

Starting with the Animators, Facilitators, Volunteers, Entrepreneurs, Enterprises, Collectives, Institutions in the work of Livelihoods, Poverty-Vulnerability-Marginalization Reduction and Social Development. In their emotional, cultural, spiritual flows of health, wellbeing. In their healing. In their life, living. In their relationships, leadership. In their learning, love. In useful coexistence.

We can't control how other people receive our energy. Anything we do or say gets filtered through the lens(es) of whatever they are going through at the moment. Let us just keep doing our things, with as much integrity and love as possible.

Therefore, we can only flow. Flowing is the end. There is no other beyond the flow. Flowing local useful coexistence, in and one with N. For 7L.

Join us in the world of yoga of flow, in local useful coexistence – krsnaveniyoga for 7L. 27122020

203. Into 2021

Transit to 21, with Hope, Faith, Promise and Love, along with more resilience and agility. Towards living in nature. Towards improved life, human health, soil health and planet health. Let smiles be more 'pronounced'. But, no plastic smiles, please. Let us be cautious with no fear. Let us connect more intensely than ever, so that we drive away fears, and take control of our hearts, minds and lives. Let us see through facts and imaginations. Silence, meditation, listening in, observation and reflections help us in this. May be some intensely focused 'exploratory' travels along Himalayas and other hills, coasts, rivers. Let us make some of these into habits, daily habits, like food, sleep, no zero on any day. Let us explore the power of habit.

May be exploring survival vs lavishness, excesses, wastage; whether we are complicit in the crimes of inequity in some sense; embracing simplicity, sharing, giving; giving naturally, without seeking credit; slowing down; rejecting wealth display.

May be exploring golden ratio, divine golden ratio, divyank, 1.6180314; perfect objects of nature; human life; depths of when does the 'life' start and how does it end.

Let us be clutter free – in thoughts, in words, in actions, in material. Let us have less, let us be more.

Our identity stems from the conscious possession of our experiences. The continuity of self is established by memory. The integrity of our identity itself needs to be endorsed by our 'collective' but cultivated in our solitude. If we are clear that it is the intentions and capacities for choice define a person, what are our intentions and capacities, against this identity, self, person, mind and soul of ours?

Let us live with immunity-nutrition conscious diet. More fruits and vegetables in the year of fruits and vegetables. More eggs too.

Let us do, write and teach more; read, interact, learn, interpret for the first. Let me catch up with the missed out. Let 7R be a habit.

Let us work with Community Organizations, Collectives, Local Governments (GS, GP), Grassroots Civil Society. Let us have a team for building their vision, perspective, strat/action plans and tracking the progress on these plans.

We need more leaders with professional management-mentoring abilities, working for the poor-vulnerable-marginalized. We need more institutes for the same. We need more institutes these courses. IRMA, IRM-AP, DMI, XSRM, KSRM, NIRD are in this list. We give our two cents, if they want. Of course, IRMA will have the first right. Already, indication for IRMA Consulting has been made clearly. With more Alumni, and Fraternity. IRMA has to get back on this. Telangana and Hyderabad too have to respond. There is also a need to transcend Management to Leadership. Curriculums need to be tried, mentored. Leadership needs to be incorporated extensively. Leadership schools have to emerge. We need to work with more of them. Beginning with Disom School of Leadership.

Let us do servant-horizontal control management and leadership course. Let us get more leaders wedded to this. Wedded to useful coexistence. In and with N.

Let us plan for next 25 years. India 100. Plan to get a million for this India 100. Globe 2030/35/50.

For 80% of the people of India. For their food-nutrition-health security, immunity. For their literacy, education funnel. For their decent and dignified livelihoods and living. For their employment. For their collectives, enterprises, federal entities, forums, platforms, specialist institutions. For poor friendly infrastructure, policies, schemes, budget allocations/changes. Funds. Credit access. Interest subventions. Savings instruments. Equity. For rights, entitlements. Life, livelihood, employment, education, freedom, information, justice, access, opportunities. For

shares between local, state and union levels in caring for them. For enablers. For fighting the bottlenecks, constraints. In primary, secondary and tertiary sectors. For incentives, penalties. For appreciating emerging technologies, possibilities, opportunities. Transparency, accountability, democracy and Justice forums, platforms.

Let us work Hybrid, shake off CoVID inertia and start going to office and work. More flexible, ergonomic work space. More robust communication infrastructure. A dedicated associate team. Robust travel infra. Field associations across. 100 field-days, 30% time in the field. 1000 connect hours, including connect/reconnect with the core 24/25. Generic, geographic and thematic; engaging individuals, institutions, enterprises, organizations, forums/platforms; 1000 hours high-end consulting, apart from 2000 hours for NF. Progress on Frameworks, Notes, Classes and Conversations.

Let us account and keep track of our time, energy and other resources. Daily, Weekly, Monthly, Yearly. The way we do with money.

Let us have a time-energy-resource accounting systems. Can we rework the scheduling of the day, week? Can we see sunrise more often, close the day by mid-night as far as possible, maintain fixed food timings, but not later than 2000 hrs?

Can we account 15 hours a day or 100 hours a week or 5500 hours a year of waking, non-maintenance?

We are in hybrid for long time to come. Let us invest wisely. For sitting up straight and tall, relaxing the shoulders, with elbows in the side, not rounding the back, skipping wooden stools for sitting, short midwork stretches, being in co-workspaces a quarter of time.

Let us have work-stay space, 5000-10000 sft., as much as open as possible, 2-3 hours away from City/Airport. Office, conferencing, training, library, communication hub, team stay, stay for visitors, trainees, field experiments etc. 4-5 field stations across. In varied locales. Amongst tribal, forests, coastal, islands, river banks, river islands, lakes, Himalayas and other mountains, desert, dryland, north-east, north-west, madhya bharath etc.

There are some travels committed. Some invitations. Some planned. Himalayan track, Nadee end-to-end journey-parikrama, mountains, landscapes, crafts, LPRD-PVM harsh realities, indigenous communities, extra-ordinary and exciting community, local government, civil society field sites, experiments. One-by-one, can they be completed and ticked?

Can we initiate payback quickly? Dedicated volunteers, counselling sessions, tests, books, tuitions, scholarships, adoptions. Can we commit and deliver appropriate 4-12 Sessions a year in each alma mater? Online, offline on and off, visits, courses et al. For the interested from anywhere, can we offer several LPRD-PVM Management-Leadership Classes? E-classes. Faculty slots, on and off, dedicated, unique. Introductory, Orientation, Foundation, Immersion, Induction, Internship, Apprenticeship, Fellowship. 2-4 hrs/2-4 days/2-4 weeks/2-4 months/2-4 quarters/2-4 years. Mentoring mentors, lifeworkers.

Can we find a cohort of co-leaders, lifeworkers? Generic, geographic, thematic. Beginning with 25 to become 100+.

Can we build pools of professionals, resource persons, facilitators; community professionals, leaders, animators, resource persons? Beginning with 100/100, to become million plus. Linked them to Coexistence and its partners. Linked them to their 'aikya' forums.

Can we build a fund for small entrepreneurs, fellowships, equity investments? Can we leverage? Can we support LPRD-PVM shops? Can we be with PVM, 80% of India? Mostly self-employed, under employed, informally employed, casual labour. Farmers, weavers, craftspersons, tribal communities, nomadics, coastal communities, dalits, disabled, migrants, people with declining livelihoods, people with 'less certain tomorrow'. With their collectives, groups, teams, enterprises, platforms. Can we identify 100+ field stations in LPRD-PVM domain and work with them? Variety of them. Various elements of living, livelihoods value-chains.

Idiosyncratically, collectively. Across the arrows, capitals, contexts, interventions, dimensions and continuums?

Can 'livelihoods' become 'full' portal from now? With daily-weekly-regular updates, posts, stories, case studies, writes, classic books, articles, videos, pictures, literature, documents, notes, classes, conversations with senior practitioners, mentors, leaders, young and new et al. Daily writes, 100 Classes, 100 Videos, 100 Conversations. Linked to 6-digit connections, across 2-digit media, including you tube channels. Can we get ready to be a 'channel' too?

Let us access Gita, Gitanjali, Soundaryalahari, Bhartrihari, Thirukkural, Kabir, Vemana et al, translate, interpret and make them accessible byte-by-byte, note-by-note. This year, let us also give notes for use a la NF Naranpur Express, Writeshop, Immersion, Induction etc. Let us try commissioning livelihoods-living-leading-learning handbooks, fieldbooks too.

We already have: Livelihoods Lens, Livelihoods on Ground, Livelihoods Stories. Other Notes being pursued include: Frameworks – 7L Livelihoods, Leadership, Mentoring, Learning, Living in Nature, Gender; Krishi; Enterprises, Organizations, Collectives, Collective Enterprises; Collective Action; Development Practice; Volunteers-Social Responsibility; Vulnerable-Vulnerabilities; Education; Health; Commons, EFM Zones; Mobilization-Participation-Inclusion-Communitization.

Let us see whether we can begin to share our 'Notes-Flows-Inspirations-Conversations'. Let us make a small number of visioning facilitators' teams. Let us try and make visioning-realizing vision more a commonplace knowledge-tools-skills. Let us try and help in visioning LPRD-PVM entities, strategic planning and tracking the progress on the vision.

Let us work with education funnel seriously, may be in a small way. With teachers, schools, gurukulams, curriculum, pedagogy, teaching aids, books, videos, libraries, tuitions, counselling, tests, support talent search – mental ability, languages, mathematics, daily science, environment, civic life etc. Let us begin a National Talent Centre.

Mathematics Learning Unit. Let us also initiate work on Preventive, Community and Primary Health. We go forward on Living in Nature slowly. This year, our work in Natural Farming has to transcend AP, India, to be global. More states, more countries. Bhartiya Prakritik Krishi Padhati (BPKP) gets more funds, hopefully. AP has to reach all GPs. While consolidating its work with 500,000+ farmers, it has to reach million farms, with 200,000 lead farmers, 10,000 Community Resource Persons, 1000 Professionals. AP goes into natural integrated farming. Into landscapes in a small way. The NF Value-chains economy would exceed Rs.5000 Crore/year. The collectives start taking rooted. Platform(s) start becoming functional. Civil Society establishes its niche in this effort.

2021 should give 1-2 dedicated leadership hands. More funds from GoAP Budget. More neutral/positive inclination of status quoists. Leadership-management units to become 4 groups: CORE transformation, Models-resource GPs-Partnerships, HR-Learning, Data-Communications, Admin-Fin, Scaling-up; Global Centre for Agroecology Research, Knowledge and Learning, NF Digital Platforms; Value-chains (input-output) architecture, input-output NF digital platform; and Civil Society Support.

National Coalition for Natural Farming, NCNF, begins its journey as a national movement in a small way. Core secretariat comes in. Short-term and Long-term Governance gets 'established'. More sutras unveiled, with mobilizing more 'facilitators' of farmers into NF as the fundamental sutra. More partners take more responsibilities. More examples, more models, more initiatives, more nuances. Towards 2 million peer facilitators, champions. Towards transformed ecosystem(s) in NF's favour.

Of course, we progress further on Spiritual processes. We add plans for initiating processes to discover meaningful, useful portfolio of full potential, and work towards the same. We give our time, energy, resources. We pool up. We think, say, do. We just keep doing our things, with as much integrity and love as possible. We flow. We keep flowing. Flowing local useful coexistence, in and one with N. For 7L.

Join us in the world of yoga of 2021 and beyond, in local useful coexistence – triveniyoga for 7L. 01012021

204. Krishi Continuums

Let us appreciate we are enterprising entrepreneurs. Our farmers are entrepreneurs. The scale may be small, tiny. Yet they are entrepreneurs. They take risks. They pursue with limited resources. Relentlessly. In their own way, against odds.

Indian farming is in continuums. From barren, commercial, subsistence, integrated, natural regenerative, landscape..... Own land farming. Lease-out, lease-in. Share cropping. Conditional. Day labour, piece-meal, task-based labour. For cash, for kind, for drink. Irrigated – flood, controlled; dry. Monocrops, multiple crops, year round crops, multi-layer crops. Cash and non-cash. Horticulture is growing. Niche markets emerging. Agri-allied is picking up momentum. Dairying and livestock are not less profitable. Consumption patterns are changing. Consumers' demands are changing.

Some pre-sell, some sell on the land, work as bonded labour in their own lands, some sell at farm gate, some take to mandi, some give in the house of final buyer, some give it to a trader, some throw on the road and return, some give at factory gate, some store and sell later, some pool up others produce too, some add value-locally, and some brand and sell. Some e-sell. Some are insured. Some are not. For some crops. Government insures from some. Some grants from Government per person/family, per acre. For poor, for all. For land owners, for tenants too. Interest subvention. No interest. Huge interest, compounded. Minimum support prices for some crop. Purchases can be at lower prices. No ground logistics, infra. May be no plans, no readiness. Some linked to PDS. Some in theory.

Collectives emerging. Not effective. May not handle multiple crops. Some are called FPOs and some are not. Investments of a decade or so are not happening. Mandates, Investments a la Dairy Board are missing. Dairy is an exception. E-markets, platforms are offering promise. Promises have to be realized. Value-chain ownership has to be established for producers, or for service providers, or consumers, distributed all over.

Without solidarity, capacity, entitlements and ownership fixed, will the farmers and their collectives access the 'highways' announced in the farm bills? Should not we have to work on this, before we flag off the highways? Informal systems, methods – will they wither away?

Do not we need to rationalize income tax exemption to farm income? Large incomes cannot go tax free.

Meditation benefits. All of us. In our health, wellbeing, growth and performance. Let us meditate. Let us do it as a habit, like the food, sleep. Then it becomes foundation for all other concomitant results. Let us add reflection to it as a habit. Let us add reading, writing. Let us add being in the sun for a few minutes. Let us add watching 'nature', 'life', 'art'. Listening 'music'. Let us add doing some number work. Some crosswords. Some intense interactions. Blog, Vlog. Class, Conversation, Note. Using a planner-organizer. Taking notes. Keep experimenting. Keep re-visualizing and articulating as we receive more understanding, more facts, even if it means 180 degrees turn. Getting detached from our assumptions, conditioning, fears, failures and successes now. Letting them go. Coping with inconsistencies that arise as a result. Being with N as much as possible, as a habit. Let us start small. Let us keep committing. Let us not accept zero. With no expectations, with joy of practice, pursuit, doing. Let us bear with this how-much-ever frustrating it may be. Catching hold of fellow-flow-travellers helps.

Let us do yoga of namaskar. Let us bow to all life. Because it is life. No judgments based on the past. We transform into the state of giving. All life around conspires to 'cooperate'. Let us shake hands. Let us bond, band, coexist. Let us sync in harmony. Let us energize. Let us pool up. Let us complement. Let us keep flowing. Local useful coexistence, in N, with N. For 7L.

Join us in the world of yoga of local useful coexistence for Krishi – namaskarayoga for 7L. 07012021

205. Life Chooses Us

Ramarao, my genius friend, took me to self-employed communities, without monthly pay cheques. Money comes in its own rhythm. Seasonally. Mostly in kind, cash. The village community centred around farming, weaving, craft etc., as other service communities servicing the central community and paid annually in kind. Like barbers, washers, potters, carpenters/smiths, teachers, guards, couriers, history keepers, magicians, nomadic artists, funeral service providers, entertainers et al. All this linked to the rhythm of life. Most of the products for local consumption and small percentage to the world outside. This equation has got disturbed and we are in deep trouble. We need to get back. May be in a modified manner. We need to be with nature, celebrating its rhythms, in coexistence with it. We need to be together interdependent. With more crops. Layered crops. With more crop intensity. Without losing productivity, meeting nutrition diversity.

Can we think of budgets without deficits? Can we think of no debt financing the expenditure? Can we live within our modest means? Can we not limit our borrowings to a threshold level? Can there be controls not allowing us to borrow?

More in the line of many central services, is not it time to have a development service? Or more specialized services? As we have services for raising funds, we need services for meaningful spending. For livelihoods, poverty reduction, social development. For social impact. For collectives and enterprises. For education and health. For employment, self-employment and entrepreneurship. We also need to decentralize and transfer 'development and welfare' into the hands of local governments and people's self-help collectives. Is not it time we introduce a system where maximum to minimum is not more than 100? If minimum wage is Rs.250 per day, or Rs.5000 per month of 20-days, can the maximum pay be limited to Rs.500,000 a month, all inclusive, including all perks. In public and in private sectors. Can we not ensure that everyone in the country gets at least Rs.2500 per month as a universal basic grant for survival? With free 1000-day nutrition, education up to 18, health for all, care above 60?

Can we have a service or two committed to these?

Can we truly have minimal government and maximum governance? Can we minimize government? Can we minimize secretariats? Can we decentralize workforce across? Can we go hybrid work patterns?

Can we consider reforms in farming sector with due diligence based on the true nature of socio-economic cultural fabric, human-life-spoil-planet health, and enhancing the consumer rupee significantly in the hands of the producer? Can we shorten the value chains? Localize? Collectivize? Communitize? Can we offer 'survival' stipend? Can we keep the soil covered, 365-days, with multiple layered crops? Can we ensure doubling, tripling incomes to farmers? Can we offer decent life to them? Governance, Government is required for all this. Collectivized Communities in the forefront, with Civil Society helping.

Gita, my sister, shares her birthday with Narendra Nath (Vivekaananda). 111 years apart. Vivekaananda is an example of doing so much in such a short 39 years of 'life'. Ramakrishna Order began with 16 young men. Later, Ramakrishna Mission, a machinery to spread education and uplift the poor-vulnerable-marginalized. Without any resources in hand. Deep mediation on 'Vivekaananda' rock island at Kanyakumari gave the inner strength and the call. No-condition funds from friends started helping the 'call'. Series of stir-creating lectures set the order (and the Ramakrishna Math at Belur, 1898) going forward and the mission (founded on 1 May 1897) growing up. Celebrated devoted friends joined hands.

Vivekaananda argued that the religion and science are not contradictory to each other but are complementary. Religion seeks pursuit of supreme freedom, knowledge and happiness. He articulated 'spiritual humanism' taking all souls as part of divinity. He recommended intrinsic purity and oneness within, and without. He could combine Indian spirituality with Western humanism that includes freedom, equity and respect. He instilled the need for us to serve and take the poor out of poverty. In some sense, he is an integrator of ideologies of various 'groups' in India, Bharat.

He discussed the sameness and omnipresence of the soul of the universe, a sum total of all souls and loving the soul within and without.

Vivekaannada discussed and taught yoga, that included action (karma), devotion-purification (bhakti), knowledge (jnaana) and concentrated meditation, reflection for antaraatma (raja).

Meditation, reflection takes us forward. Keeping us at ease, and on course, steadfast. With stronger willpower. Daily practice, habit helps. No day without it. The questions to meditate and reflect, part from who am I, and why am I here, include – one key thing I need to focus, for significant impact; why our 'friends, believers' are not taking us/coming along; where do we increase our intensity; why are we not starting off, despite a firm decision; what can go wrong with what we are pursuing; why are we not getting results, strategies or methods; what do we change, if we have to start again.

Add giving to it. Giving may slow us down. Slowing down helps us to see clearly. To feel the beauty in everything around us. Making us to live more usefully and meaningfully in coexistence. Living pace higher than our natural rhythm is not OK and may not help us in leading, learning, loving and in our intense relationships.

It occurs many a time – the life we lived and are living, is not chosen by us. The life has chosen us. And we keep living it, thinking that we are choosing it in some sense. We drift into survival. Existence. Can we regain and retain this freedom, choice? Can we smile more? Can we appreciate lives around us more? Can we join the symphony of the universe with our instruments, in sync?

Let us sync in harmony. Let us join up. Let us be in symphony. Let us be in brindagaanam, flowing. Let us keep flowing. Local useful coexistence, in N, with N. For 7L.

Join us in the world of yoga of local useful coexistence – viswajaneenageetayoga for 7L. 12012021

206. Being in Sync

Farmers continue protests, while engaging with GoI in several rounds of talks. For repeal of three farm laws, now suspended till further orders. For Minimum Support Prices to all crops. For more appropriate reforms, for all poor-vulnerable-marginalized farmers, for multiple crops cropping patterns, for ecological sustainability, nutritional diversity, food sufficiency. For benchmark market regulation and support. For state to protect its farmers. Their existence.

The struggle is intensifying across. Supreme Court steps in, forms a panel, with 'pro'-reform members. Farmers say no to talking to the panel. Government says it is ready to suspend laws for 18 months.

Who rules, man or woman? Does it matter?

Let us sync in harmony with nature's dimensions. Let us be in nature's symphony. Let us be in sing in tandem. Let us hum. Keep humming. Let us keep flowing. In local useful coexistence, with N. For 7L.

Join us in the world of yoga of coexistence for local usefulness – jeevanakulayoga for 7L. 20012021

207. We Pull Ourselves

Visu is no more. Visweswara Rao Korla, 47 (20 May 1973 – 25 Jan 2021), a fit young gentleman, shocks us with his departure. Viral fever, Typhoid, Lung Infection, and may be CoVID. Survived by his wife, son and daughter. Accounts-ICT-Finance Professional. Girijan Corporation, Kovel, Naandi Foundation, Akshara, APMAS, CARE, Softforce, FANSA, India AAA, Saathi, Rythu Sadhikara Samstha.

25 January. We have been rudely shocked, limping back slowly. May take days and weeks. Visu was a teenager when he joined our lives, and became an integral part for over 28 years. It appears as if a part of us has been taken off. Not fair. I thought one day, he would mourn me and see, I am mourning him now. I am sure, as we take time to get back, RySS may have a huge void that would take a very long time to be filled.

Visu, we persist. We reflect. We pull ourselves together. Soon. We will let you feel proud of us.

In Auroville with Sri Aurobindo (Aurobindo Ghosh) in thoughts. Integral Yoga Founder-Practitioner. Founded Sri Aurobindo Ashram (1926), along with his spiritual collaborator, Mirra Alfassa (The Mother). His books include: The Life Divine, Synthesis of Yoga, Savitri (a legend and a symbol, an epic poem). He argues evolution/manifestation of matter into life, life into mind, mind into super mind. Thus evolution has a purpose, to link with the Sachchidaananda.

Auroville. City of Aurobindo, or the City of Dawn, founded (28 February 1968) by the Mother, along with delegates from 124 nations. An experimental universal township, to realize human unity. 20 square kilometres of barren wasteland, some 5000 acres, mostly in Tamilnadu, and a portion in Puduchcherri. About 10 km from Puduchcherri. Matrimandir (Peace Area) is the heart of Auroville. Inner chamber within Matrimandir is the place to find one's 'consciousness'. Four zones radiate from Matrimandir – Residential, Industrial, Cultural, and International, surrounded by Green Belt of farms, forests, gardens, communities. It includes a beach, Repos.

Auroville has been taken over by Government of India in 1980/88 through Auroville Foundation. Currently, Karan Singh chairs the same. About 3000 individuals are residents from about 55 countries. 50%+ of them from India. Another 3000-4000 are volunteers. Auroville works with surrounding villages through Auroville Village Action Trust. Auroville does not use paper and coin currency amongst the residents. Instead, it uses Auroid. Even visitors are provided with a temporary account/card (Auroid). Auroville residents contribute to the community monthly, by work, in kind or in money. Needy residents do get 'maintenanve' to meet simple basic needs of life. The system/economy is still evolving. Auroville's commercial units contribute 33% of their profits to the Central Fund. There are donations too. Some 5,000 people are also employed from the neighbourhood villages and outside.

A country within. A promising community. 50 years now. And still evolving. Another 50 years or more.

Can we stay for some 1000 days here in some time from now?

Remembered: Dr Michael Halse, the founding board member of National Dairy Development Board. Operation Flood I & II, Operation Goldenflow, IRMA, Tribhuvandas Foundation et al have the stamp of Michael Halse. He also supported coming of a restaurant – Three Musketeers – at Anand. Worked earlier with IIMA founding team. A master with numbers and words. K and H were a team in sync. I happen to bump into him in 1995-96 and interacted with him when he spent time again as a visiting fellow in IRMA.

Bill Gates and Melinda Gates released their 2021 Annual letter. They reminded us that CoVID has costed lives, sickened millions, thrust economy into a bad recession. Children lost school time. Workers are finding odd jobs. Stress and isolation are impacting mental health. People are missing out, skipping important moments of life. But hope is in the horizon – tests, treatments, vaccines – despite the new strains. The concern remained: people with less are faring worse than those with more. Pre-existing inequalities are growing deeper and more intense. Poor – poorer, vulnerable – more vulnerable, marginalized – more marginalized. Further, new poor-vulnerable-

marginalized are emerging. Numbers are increasing, manifold. Cost of CoVID is USD 28 Trillion. We cannot afford one more. Let us invest Billions to save Trillions.

Let us remain more ready. Ever ready to fight.

Gratitude is important. Practicing gratitude leads to happiness and increased wellbeing. We should not trust the ungrateful. We need to be grateful for the saving in future suffering. No gratitude takes us away from the joy of living, slows us down and may take us into 'illness'. Many a time, the problem is that we are stuck, unable to let go, unable to accept, unable to see clearly, unable to forgive. If we can do this, we would have peace, happiness. We would have more energy to focus on things that matter to us.

Can we remain grateful? Can we feel 'dhanyosmi'? Can we experience 'aham aanadah'? Can we experience 'aham kritajnah' gratitude? Can we be our whole in the present, 'aham sampratih'? Can we expand into universe 'aham naaraayanah'? Can we experience others as us, 'namah stey'? Can we live kindness, 'aham karunah'? We become graceworthy, by loving.

Let us sing, dance, float in the ocean of gratitude in sync with nature's ways, tunes, colours. Let us keep floating and flowing. In gratitude. For local useful coexistence, with N. For 7L.

Join us in the world of yoga of let go in coexistence for local usefulness – namaskarayoga for 7L. 27012021

208. Leading is Letting go

Farmers sit tight. Government appears to yield in bits and pieces, but want farmers to move back. After 60+ days, 150+ deaths, Several policemen injured, 10+ rounds of talks with Government, when farmers across India express solidarity with sitting-in farmers, a good number of Indians are with farmers, and care for them, when the 'world' expresses concern in their own ways, when government switches of internet services in the protest area for more than 72 days, when people started visiting them, it may be difficult for farmers to go back without 'the harvest'. More farmers are joining them. More farmers are joining in situ across the country. Some are walking. Some are fasting. Some are giving slogans. Some are messaging on social media.

True, 'a few' crossed the lakshman rekha. Is it an aberration, or engineering, or counter engineering? This can not be the reason for Government not going with farmers' requests, going for black outs, for barricades, for FIRs, for arrests at large.

We need reforms, yes. Can be more comprehensive with wider consultations, to increase incomes of the farmers to decent levels, with reduced risk, and basic incomes, to increase the larger portion of the consumer rupee, to increase the farm prices/incomes commensurate with increases in other secondary, tertiary sectors and organized employment, to protect/improve farmers and consumers' health, soil health and planet's health, to guarantee a minimum wage linked incomes, to review and transcend Minimum Support Prices to Crops to Minimum Support Incomes to farms, owned/leased/shared, to increased nutrition, nutrition diversity and biodiversity, to move to a regime of farmers collectivizing and fixing their own prices, et al.

If we can stall/repeal these laws and go for more comprehensive reforms, consulting the people for whose these reforms are a matter of life, deathlike life, suicides and deaths, then we are right. Till then, how much ever we justify these reforms, and whatever the sound rationale, we are wrong.

Listen in as directly as possible, not through emissaries. Go to fields and see. Do our leaders, servant leaders, cannot make them wait so long.

On the Martyrs' Day, Gandhi is in thoughts. He appeared lonely virtually too. Notwithstanding the statues, roads, temples.

A celebration. 11 Crore women are now in 1.02 Crore SHGs. We are vindicated. The momentum is still going up and ahead. SHG spirit is finding its way into local governments – SHG women (30000+) have become Sarpanches. SHGs federated. SHGs transcended Panchasutra into Livelihoods, Collective action, Social action. Savings and credit into augmenting livelihoods, living, lives. Rights, entitlements. CBOs have emerged as new civil society players. Pen and paper SHGs are going digital. SHGs transcended Management to Leadership, servant leadership. Our corporate, academic, civil society, bureaucratic and political leadership has to unlearn and learn. Quickly. Juggernaut is moving. As we cross infected: 100 million globally, 10 million in India. vaccinations began. With warriors first.

Economic Survey 2020-21 was tabled in Parliament. It opened a debate on V-shaped and K-shaped recoveries. Are we K? Will we catch up with the lost loss in GDP? From -7.7% to 11%. Inflation is up. Agriculture is affected less vis-à-vis other sectors. Yet food subsidy bill went up significantly. Industry has slowed down. Services remained resilient. Software services persisted. National Infrastructure pipeline of Rs.111 lakh crore was launched. Except for CoVID, health indicators improved. Out of pocket health expenses are high. Public health spending increase to 2.5% of GDP will reduce this dramatically.

2021-22 Budget based on six pillars – wellbeing, capital and infrastructure, inclusion, human capital, innovation, and 'Minimum Government Maximum Governance' – introduced needs more analysis.

Letting go. Can we persist with this thought, word, action? It is possible. It is more than talking. More than meditation. More than willpower. More than ignoring. More than distraction. It is letting be. It is accepting, forgiving, and moving on. But we need to practice. To let go of regret and guilt; traumatic experience limiting us; investing in something that is not important to us; searching endlessly for being right. To let go of wasting energy, in mechanical, frustrating living. Can we come out to let go? Letting go? Can we let go of punctured fragility, abused sensitivity, and be full of 'life' always, as far as possible, feasible, desirable?

Yes, incrementally. Item by item. Bit by bit. Thought, Emotion, Words, Acts, Persons, Spaces so on. The timeline has to be natural timeline. Rhythms have to be natural. 9 months are required. Work on ourselves takes time. Design itself takes time.

Relationships take time to mature. Maturity takes time. Mastering takes time. Pacing kills it. Direction has to be right. Intuition is right. Intuitive gut is right. Let us hasten slowly. Patiently. Lovingly. Being creative inwardly, meditating, reflecting, analysing, synthesizing, integrating, leading ourselves towards our potential lives.

Let us let go. Let us be creative inwardly. In sync with nature's ways, tunes, colours. Let us keep flowing, jumping, crossing, by-passing, breaking, tunnelling everything and anything that comes in the way creatively, lively, dynamically. For the flow of local useful coexistence, with N. For 7L.

Join us in the world of yoga of being creative inwardly for local useful coexistence – srijanayoga for 7L. 02022021

209. Leading Live

Tough times, harsh times. More things that trouble us, more things we have to cope with. The numbers are growing.

Then, how do we lead ourselves? Our people? How do we remain focused? How do we help our co-workers navigate these complex times with emotions – grief, stress, anxiety, loneliness, depression, frustration. Away from human touch. Losing touch at personal level. Many are not able to make the ends meet. Mental health is deteriorating for many. Not able to respond easily – fine – to a question, how are you doing. Not able to get to next level, without dealing with the answer – not fine, actually.”

Already, We are losing co-travellers in the flows of life. Now, amidst this, a young fit tee-totaller medically aware family member suddenly finds some blocks in the heart, goes for stent; a stent becomes three; stents fail; shifts to Extra Corporeal Membrane Oxygenation(ECMO); waiting for heart transplant; kidneys are giving up. What can we do, except trusting the people in whose hands we have ‘left’ him, with faith in his fighting spirit-ability?

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We hear authentic conversations and humility help. How do we articulate our vulnerabilities authentically and build from there? How do we become comfortable in doing so truthfully with ease? Management has to give way to leadership in a big way. No choice. For spaces to engage. In longer conversations. In organic evolution. We need to slow down. We need to listen. We need to show we are together in this. But, we can move on together. We can flow together. We may not be efficient. We can be effective. We can slowly take the artificial divide – personal life and professional life – out. It is life. It is as simple as that. The divide has to blur. It is possible only if we are willing to be transparent. Only if we are willing to go public most of the waking hours. Let us acknowledge that personal activities are part of the work activities and vice-versa. Relaxation is rejuvenating for the next work task.

Jeff Bezos is instructive: Take small number of decisions. But high quality. Listen to the Clients. Keep innovating. Be ready for 1 out of 100 efforts working. Meet with articulated agenda, but as briefly succinctly as possible.

Kurien always wanted a pager for any decision. Anything more is not OK.

Dairy Board came in 1965. Just three Chairmen. Fourth one is being found now. Its subsidiary, Mother Dairy is under serious fraud investigation. Some of this is linked its loans to IL&FS. More smoke, in more subsidiaries, reports press. Pained.

After difficult (Foreign Contribution Regulation)FCRA rules, GoI has made it mandatory for CSR implementing agencies to be registered by filing the form CSR-1 electronically with the Registrar, with effect from the 01 April 21. Someone has been suggesting least cumbersome entity to work with is the political party. Is it?

While the rich become richer, more visibly of late, it is important that rich go philanthropy as a mandate. True to this, philanthropic funds have quadrupled over a decade now. Ultra High Net Worth Individuals are showing the way of giving with responsibility, with openness to realize the logic of business to generate wealth and the logic of giving are not the same. Is AMAR – Actor-Methods-Activities-Recipients framework support in this differential logic? Will the foundations with professional teams help? Is the more aware philanthropist with empathy better? Is pooling up

useful? Is it important to implement directly? Fund Community Organizations? Civil Society Organizations? Individuals? Are the philanthropists accountable to society at large? Should they supplement 'state' or compliment or challenge or demonstrate, showcase, model? Should they support transformation, or acute needs, or rights and entitlements? Hardware, Software or wetware? Fish, Fishing or Metafishing? Universal, our people or vulnerable? Or particularly vulnerable? Now, or in sustainable way? Equitable way? Leveraging, or whole hog? Champions, Models to show way? Social or Hybrid enterprises?

Will we reduce and plan to cope with unintended consequences with more rigorous due diligence?

Vikas Anvesh Foundation suggests: bring critical but underfunded areas in focus, with continuous work; create an ecosystem that enables continuous learning and deeper understanding of issues; enable a vibrant civil society of community collectives and support organizations; leverage influence, networks, voice, expertise to support underfunded causes.

Can we have more humility around? Even in philanthropists?

Can we live better? Lead better? Learn better? Love better? Yes. If we manage our stress better. If we slow down a bit. If we recognize our limitations. If we are mindful of our breath. If we revisit our perspective of the situations. If we see from others' points of views. If we articulate. If we forgive others and ourselves. If we are kind. If we give hugs, get hugs. If we get touch, observe touch. If we rest enough – sleep, change activity, multiple activities. If we eat consistently. If we stick 2-3 values come what may.

Let us. Let us live better. Let us co-exist better. Usefully. Creatively. Locally. In sync with nature. Let us flow, come what. With N. For 7L.

Join us in the world of yoga of less stressful local useful coexistence – saarthakayoga for 7L. 15022021

210. Vision to Flow

It appears I am in serial disasters. Now, it is the turn of the father, being not well.

We know life is rarely predictable. We are also vulnerable to predictable future.

Because we do not want to act on these predicted surprises. As we are quintessential statusquoists. We underplay possibility of these surprises and live in a make believe world. Therefore, it is important that we know where we are as clearly as possible. It is fine even if we donot know precisely where we are headed.

This world needs leadership with morals, ethics but it is short supply. Formal authority is not enough. We also need earned moral authority. Moral leaders connect stronger with people. They build trust. They inspire. They create meaning for work, life, coexistence. They help us imagine better future. This translates as shares linked shared values, mission to margins, principles to profits, success to significance and vice-versa. Then, can we foster moral culture? Can we have moral, ethical capital? Capitalism? Equitable capitalism?

Will we transcend this moral crises, all across, across all aspects of our lives? We want our leaders to be moral, ethical. Will we become one? Can we be well-behaved? Can we do things only those that are good for the world at large? Can we build deep relations? Can we listen, and be open to unlearn, learn, relearn?

Can we realize the blurring boundaries between public and private lives, spheres? Can we know that we are interconnected and interdependent in our private and public lives? Can we display and articulate hope? Can we take our decisions in tune and sync with our purpose always, and can we articulate our purpose clearly? Can we revisit our assumptions again and again? Can we design, nurture, follow systems, processes, practices that uphold the culture of ethics? Truth. Standards. Value Accountability.

Let us be clear to use all the three methods to learn – reflect, imitate-model after, experience. Walk, talk, think, and act like the role model. It works. It helps.

Let us sleep well. Let us learn to sleep well. Let us get exhausted to get to sleep, and fall asleep immediately; let us sleep tight, not waking up in the middle of sleep, again and again; let us sleep enough so that we donot get up still feeling tired. Let us be aware if we are deprived and let us make it up soon. Duration is not the criticality. Quality is. Sleep improves the day, the thinking, the decision-making, relations, wellbeing. It brings in happiness, health and fulfilment. Sleep deep. It is possible for all of us. Take diet right. Have sleep hygiene. Relax. Turn off the mind. Meditate.

ON: Consult and Vision. Strategies, Road Maps, Architecture, Resources, Capacities, Activities. Timelines. Determined Committed Flowing together. For Natural living, livelihoods, farming, food, coexistence, flow.

Let us. Let us live better. Co-exist better. Sleep better. Meditate. Reflect. Flow. In nature. With N. For 7L.

Join us in the world of yoga of deep sleep for useful coexistence – yoganidrayoga for 7L. 26022021

211. Explore Our Worlds

Can we be butterflies? Can't we live our lives with dignity regardless of age, gender, ethnicity, caste, class, colour, height, weight et al? Can't we be true trustees of Next Gen on this planet, in this Universe? Can't we nurture and celebrate biodiversity, wild, marine, et al? Can't we have dignity in labour and equitable payments for our work, can't we have some minimum and maximum wage fixed, can't we fix maximum returns? Can't we be more sensitive to our peers and help people to harness their strengths and cope with their challenges/weaknesses?

Let us be safe and deal with risks – accidents, physical ill-health, mental ill-health, emotional ill-health, disasters, crises, hurts, day-to-day problems. Can we ban, can we quit smoking, drinking and substance abuse in this world? Why not?

Women make all the difference in the world. Let us celebrate their achievements in various, all spheres. Let us accelerate parity. Let there be dignity and justice, hope and faith, equity, equality, equal future and purity. Free from stigma, stereotypes, violence. Sustainability, peace with equal rights and opportunities to all. No decision space about us, without us. Leadership of Life, Care and Enterprises.

Let us have better sleep ◊ life ◊ planet. Let us be number friendly. Language friendly. Let us be natural, be friendly to air, water, food and consume naturally friendly air, water, food. Let us be simple. Let us have our rights to be this. Let us acknowledge interdependence and be thankful, grateful to the universe for our existence. Let us give.

Kodigena Halli, near Hindupur, is the third in the Gurukulams came in Telugu States, courtesy PV. It took more than 35 years to enter Kodigenahalli, after entering Sarvail in 1976, Tadikonda in 1986. Traditional mould modern temples. A blessed visit when the students are in evening prayer. Students are back after CoVID break. Classes are ON. Tadikonda and Kodigenahalli will celebrate their Golden Jubilees next year.

Vaccinations roll-out to general public. 60+ (45+ with comorbidities) to begin with. Farmers continue in the Delhi borders. Elections in 4 states and 1 UT is like mini General Election, with everyone putting their best foot forward and trying harder. Let us get ready and wait for May 2 results to have a leisurely analysis of the voter think.

Pandemic, as it moved from a sprint to a marathon, has many jobless. Many with less incomes. Savings of many reached zero or negative. Many want to leave jobs. More women are leaving jobs. More poorer women are leaving jobs. More seniors are leaving. As we may start with 30-40% women in the entry level, only less than 20% graduating through management, leadership. This proportion is coming down further, with increased extra hours every day. In the work world, the HR work norms have to be re-written. To get Diversity and Inclusion back. To get health of the HR back in full shape. To invest in the existing talent. In a big way. To mentor and sponsor forward. To fight microaggressions. To fight the 'only one' feel and reality. To have 'contract' that includes work life and life outside of work that feed each other.

Stunning observation I came across. Only 2% conversations end when the both parties want to end. 30% conversations end when one of the party wanted to end. In 10% conversations end, although they want to continue. In 31% conversations, one of the parties want to continue. However, in more than 50% conversations, both parties dragged for double the time of their intent. Are we generally stuck in prolonging conversations although we do not want? It appears we cannot figure out when to stop. Continued conversations, on the other hand, may offer new insights, novel perspectives or interesting facts of life.

What we think bad in the first instance may turn out to be a good thing in the hindsight later and vice-versa. We know very little about the incident and what it means to us in a short or a long while from now. Yet we project, imagine, guess and interpret and go through pain, emotions. May be, we are uncomfortable with uncertainty. We dismiss many possibilities and stick to 1-2 possibilities. If only we can be at ease with I do not know. Can we get into sleep, meditation, calming down through breathing, taking a pill? Can we brush aside all thoughts and rest fully? To get up freshly refreshed for another 24 hours or more?

Greg Anderson proposes that we always lived, live in a pluriverse, not universe, of many different real worlds. The world is ever changing depending on our psychology and understanding of the world(s). If only we are humble. If only we go to basics. Basics prior to unprecedented levels of damage upon minds, bodies, ecologies, environments, of ours, of our planet's life forms. Where life rights coexist with human rights. This brings in full security – food-nutrition, health, clothing, shelter, education et al.

Is rights only way? Do we really want a homogenized world? Do not we let various ways of being human thrive? Including the indigenous ways. Do not we restrain the 'modern' ways of being human predated the other ways? By being expansive and emancipatory on one hand. On the other hand, by acknowledging and appreciating interdependence and facilitating ways of coexistence. Here, we need to explore the indigenous worlds. For Natural living, livelihoods, farming, food, coexistence, flow.

Let us. Co-exist better. In our various ways. Of Interdependence. Acknowledging and appreciating. Keep flowing. In nature. With N. For 7L.

Join us in the world of yoga of exploring ways of useful coexistence – anweshayoga for 7L. 05032021

212. Seek Mentor(s)

Verizon's Sanyogita reinforces: front-end learning, follow interests, go to the need/need. But have the foundation of STEM – Science, Technology, Engineering, and Mathematics, along with Language Skills. Whatever discipline we take later, this foundation helps.

A Swedish 'Varieties of Democracy (V-Dem)' Research Institute raises a question, Is India heading in the direction of 'electoral democratic autocracy'? Do the citizenry, media, civil society feel less free? Are we getting more disciplined? Are we becoming less laissez-faire? Are we being watched more? Are we being scrutinized more? Are our lives becoming less private now? Are we on the path: restrict, control media, academia, civil society ◊ disrespect opponents ◊ spread selective information, disinformation, analytics ◊ dilute formal institutions ◊ electoral processes? Are we being lead up the garden path? Let us watch, let us prepare and be ready, and let us not get rude shocks and surprises.

Elections are hotting up in the 'mini' general elections. May not see great surprises. Telangana MLC Election Results are eagerly awaited. Local Body elections in AP may not throw up any challenges to the ruling dispensation yet.

Crowd mentality pushes us to think in certain ways, do certain things, and certain goals. It is easy. It is the path of least resistance. To move away from this involves asking tough questions, questioning beliefs and views; to walk our own paths swimming upstream. This may be the true living. But, it requires guts, courage. As we follow our own path, with time, we become grateful for this decision of living our way. Playing our tune. Singing our song. Dancing our steps.

If we are not already there, it is time we go there. It is time we do. It is time we live. It is time we dare.

It is not always true that we know what we want, what we need. Visionaries are needed to tell us. If Ford asked people what they wanted, they would have responded – faster horses.

Can we get Krsna? A good mentor, who knows us well; knows our potential; knows what is best for us, even if it is difficult choice now; steers us firmly to progress, if we surrender. If only we surrender. She has time, energy and patient in – questioning us, criticising us and pushing us.

Aparna confirms and informs us – community schools us, in values, in perspective, in culture, in attitudes. Community is the Krsna. Krsna, Krsna, Krsna. Jagadguru. Community is the Siva. Siva, Siva. Adiguru.

I have done Upavaas, Jaagaran for this Mahasivaratri. Can we do fasting more often? Can we do Jaagaran, more often? Can we keep our spines straight up every day? Week? Fortnight? Month? Can we experience the vast unbounded emptiness, nothingness? Can we move towards oneness with this universe, pluriverses? Can we dissolve ourselves into them? All-pervading, omnipresent vastness of existence. Can we seek the experience of this unboundedness, even for a small while now? And keep expanding this into eternity, slowly? Can we tap this opportunity and possibility? Can we move from wakefulness to awakening deep within?

Yes, we can. If we are with Community. If we co-exist. In our various ways. In our various interdependent ways. Keep flowing, with the mentor along. In nature. With N. For 7L.

Join us in the world of yoga of useful community of coexistence – hariharayoga for 7L. 11032021

213. Seek Happiness within

Deepa Krishnan brings this out – Balancing has come to the fore – usefulness versus individual surpluses, greed vs giving, flexibility (time, location, space et al) vs efficiency-effectiveness, nurturing-caring vs fighting.

The hardest thing that hit during this period – Gendered world makes the gendered brain. Old leadership frameworks are getting extinct. Co-leaders take us on top. We need to be agile as a team. We need to converse more. Democratically, inclusively. We need to cultivate the biology and chemistry of collaboration and commitment.

Rangarajan and Mahendra Dev think Farmers' Collectives – Producer Organizations can help small and marginal farmers(SMF). We cannot agree more. But, they take time to come, evolve and stay put, a la AMUL. The numbers of SMFs have increased to now beyond 85%. Their needs are small. They need to be 'aggregated' and serviced locally. We need them in large numbers. 150 million farmers would need 150,000 FPOs at the least. They need to get both women and men into them, working closely with their self-help architecture. They need handholding. They need leadership. They need executive leadership. They need professionals. They need custom capacity building and visioned road mapping and business planning and resources to service these plans. They need credit and interest subvention. They need to be local, yet on digital platforms. They need to link with consumers, consumer groups as directly as possible. Can we have producer-consumer coalitions?

Are we game with mentoring start-ups? Why not? There are many who have some 'resources' and willingness to have start-ups. They are looking for ideas. There are others who have the need(s) to do, but are not having the resources. Can we link these two? Can we help start the start-ups so that they get going, removing all the kinks, and demonstrate their efficacy so that some big sharks would like to take them over? It does not matter even if we succeed a decimal.

The subtlest insights that occur to us are to do with our inner thoughts, emotions and spirituality. Dr Ambedkar developed vows for 'Deeksha' include: following Buddha's principles and eight-fold path; equality of human beings; loving kindness for all living beings.

There is an intimate connection between body, mind and spirit. Emotional, spiritual and physical health are connected closely. The deepest satisfaction comes from our ability to live authentically, deeply, and intimately with others. If we neglect our emotional development, we run the risk of isolation. Taking it lightly takes us slowly through natural joy and lightness of being. If we see the need, see it as a deliberate process and we start 'action'.

We cannot force ourselves to think faster. Period. We also cannot slow our thinking. We can learn new methods for decision-making. We can develop mental models. We can develop our ability to focus. We may hurry up a bit. We may make others hurry up a bit. Speeding up, if it is not the 'natural' speed, results in future problems. We need to acquire our natural speed increases to a new normal. Making good decisions requires constant learning and verifying what we think we know. We need to think better. This we can do.

It is not easy to practice loving efforts and achieve meaningful results. Eating healthy. Meditating. Exercising. Changing ourselves. Cultivating a fulfilling relationship. Transforming ourselves, achieving meaningful results. Once we see them as such, we will not be suffering during the effort(s). We need to look for sensations, thoughts, emotions, feelings related to these efforts that we learn to enjoy. And relate with them.

Past is history. Let us not cling to it but rather learn from it. Rules are crafted under certain circumstances to a given context. With differing situations, and change of time, we need to interpret and implement them wisely, with changes if required. Then we can be more useful, than otherwise. Then we can be happy.

Happiness comes from within. We need to be in the present and mindful of the present moment. Let us not compare ourselves with others. Our stories and journeys are ours. No one else is responsible for our state of mind. We need

to forgive forget and let go. We need to be grateful. We need to show gratitude for our wellbeing. We need to be thankful for the life we have now. We need to have this as a daily habit. We need to sleep with gratitude and wake up. We need to declutter our thoughts, words, actions and surroundings. Can we seek happiness within? Can we practice within.

Yes, we can. If we coexist with happy community. In our various interdependent ways. Keep flowing, in nature, with N. For 7L.

Join us in the world of yoga of intrinsic happy useful coexistence – raasyoga for 7L. 20032021

214. Keep Choosing Moment by Moment

I teach. I should be allowed to teach. Whatever I am pleased, and in the manner I want. I should be allowed to experiment with ideas, methods and tools. There should be no interference. Then, I do my best. Is not it?

We are social beings. Network beings. Our day-to-day existence is in the networks. Relationships, referrals, inspirations, motivations, linkages. Can we connect? Can we remain connected? Can we have time for these then? Can we know choosing the relevant? Can we protect our individuality in the network flows, floods? Can we flow without getting drowned? Do we have the methods, instruments and tools required? Can the platforms, forums, rivers help? Timing? Costs, Returns?

Realization: Need and drive for achievement can be induced, augmented. But this has to start early. Childhood is the best. Young minds are better. Let us begin soon. Let us begin with young early.

Future of work includes flexi; mixed; office. Physical spaces, remote work. Core physical team slots, volunteer work flexi-bands. Can we hybridize in this manner? Without compromising safety and warmth? Without loss of Identity, Solidarity, Capacity, Teamwork, Culture, Wellbeing, Freedom? What tools, techniques, practices-processes, platforms, instruments help?

Can our work alone speak for itself? Can we afford to keep quiet? Will we be spontaneously noticed? Will our contributions be valued automatically? Do not we have to 'nudge' the world to discover us? How does this happen? Reflect, assess, take feedback, articulate what we are up to, may be with a set of plans; write – be in a 'channel' and flow – follow, share, post, blog, vlog; focus on quality, interested groups; value, value proposition – mutual give and take learning; technology, knowhow and timing; commit, be authentic, connect dots, emotions, images; share, ask, and respond.

We need trajectory triad – Progress bigger, larger, more significant, more complex, multiple functions-roles, higher; network, relationships, credibility, momentum for growth at this point of time; sustained results in ups and downs.

Happy people lived and live lives of variety. Different tasks, jobs, places, stories. These lead to fulfilling lives. As long as we can laugh, there is hope.

The best way to find ourselves (in happiness) is to lose ourselves in the service of others. Buddha tells us – the heart rejoices as we prepare to give; it gets purified, as we give; and it gets satisfied on giving. Serving larger cause(s) lets us stretch. Stretch our limitations and boundaries. Loosen the ego ties. It helps us to improve our wellbeing too. Giving and service is being generous with time, energy, money, and the ways of life, that help the 'life'. It is lifework, and life's work. With emotion. Emotion has the power to transform – take us into gutter or to the highest peak of consciousness.

In flows of tiny moments, drops, bits-bytes, choices. While 'big' choices, commitments, purposes, visions may matter, what matter more are these tiny moments, moment-after-moment. Are we choosing what we want in every now doing whatever? Cannot we?

Yes, we can. If we coexist happily with happy community in their ways of hues and colours. Keep flowing, in colours, in nature, with N. For 7L.

Join us in the world of yoga of useful dhul-happy coexistence – holiyoga for 7L. 29032021

215. Final 100,000 Wakeful Hours

The signals have been out: Slow down. Do not stretch. No multi-tasking effort. Limit meetings. Be on the feet, ambulating. Cut-off e-world as much as possible. Diversify. Be with people at large. Find young cohorts to work with. Younger teams can take charge. Have more conversations, for passing the stories, experience, lessons, slipped and missed, messages from 'legends' in vaanaprasth.

Yes, at best, I have some 250 months, 1000 weeks; 100000 wakeful hours, may be slower, but thoughtful, meaningful, useful, happy-joyous. May be bonus. May be spiritual. And a thousand of us, or a million of us, or its multiples of us. And N is with us, inside us, our minds, our thoughts, our dreams; our hearts, our affections. Deep inside, and all over us, all the time. If we let N care, N cares. And we live caressed by N, alternating inside, outside laptops.

Are we free? Are we free when we are hungry? Do not the poor need freedom, rights, entitlements delivered? Do we have right to express? interact? learn? teach? research? Within the bounds of right to privacy and local, national, universal integrity.

We need to bring 'knowledge output' accessible to all easily, free and open access/creative commons. We need more Alexandras and more Sci-Hubs. Let us share what we appreciated, made sense. Let us be available to review, edit. Let us have our 'associations'. As much as possible. We need to move out of the narrow bounds of controlled 'science, research, academic' writing. Still, we need to remain within unbiased independent quality check centric peer reviews, within the philosophical mooring – let thousand flowers bloom; and we do not have all methods, tools and details fully.

Came across a rare book: Somadeva's Kathasaritasaagara (The Ocean of Story, translated by NM Penzer). A smaller adaptation of legendary Gunaadya's Brihatkatha.

Lessons from Uruli Kanchan and Balkoba (Vinoba Bhave's brother) included: Practice, what you ask others to do; Cow milk is complete food – one can live on just cow milk and spinach for several days, weeks.

CoVID year(s) gave lessons of lifetime. Appropriate technology matters. It can be made appropriate, customized. Digital world is a reality to last a very long time to come. Digital literacy matters. Financial literacy matters. Liquidity, Cash, cashable liquidity in hand matters. Needs should be the priority. Wants can wait. We need to have portfolios, no solo dependencies – livelihoods, assets, activities, so on. Keep going matters. Some recurring activities in the portfolio help. Insurances help. Basics, Fundamentals, crunch items do not change.

We are experiencing isolation, restrictions, loneliness – probably the longest, most tiring kind, in our life time. We are foregoing social contact, and cognitive stimulation. We have continuous 'news' and 'uncertainties' leading to chronic stress, anxiety and depression, with serious effect on our brains. The way out may be, to be disconnected from social media and news. We need to be engaged otherwise fully. It is not easy. Otherwise, mental stress causes physiological responses altering blood sugar, pressure, chemistry, hormones, nutrient utilization etc. Brain itself suffers sharpness and ill-health, unless we work on this.

These include keep the brain active; explore; read different things; work on mental imageries; get out, even if it is for a brief while; walk, jog, run, cycle, seeing around; play learning games; try puzzles; number work; music; dance; write; craft; converse; teach and learn....

Also, eat whole foods, proteins, healthy fats. All natural. Sleep well. Do reflect, meditate, and stretch. More importantly try and be kind, understanding, compassionate.

On the natural farming, we are progressing. Across zones – tribal areas, drylands, uplands, irrigated drylands, irrigated plains in coast. Across principles – no chemicals, 365-day green cover, multiple-layered crops, local seeds,

seed-soil inoculants, aachchaadana, waaphasa, knowledge-based plant management, local value-chains. Input-value-addition-output architecture – processing, storage, transport. Nutrition. Towards Individual, Soil and Planet's Health. Towards increased nutrition-immunity, incomes with increased share of consumer rupee, improved livelihoods portfolio of dignity.

World is gearing up. AP's million farm families and farm worker families have begun moving. India's 2 million. World's 3 million. AP is moving with a mandate to universalize, all villages, all families, all farms, all practices in a decade. AP will reach all Gram Panchayats in a year. 10,000+ champions; 10,000+ educated young practitioners; 100,000+ lead farmers; 10,000+ NF Hubs; 10,000+ input centres; 1,000+ farmer-entrepreneurs, farmer producer organizations, SHG-VO enterprises; 10,000+ local custom models; 10,000+ producer-consumer links, anganwadi-school nutrition units; 100+ Bio-villages, 50+ Resource GPs, 25+ Fully reached out mandals, towards 'verified' source areas and Rs.10-100 Million local natural farming economies in 3-5 years. Communitized planning, capacity, extension, collective action, architecture, accountability, mobilization, tracking, verification, endorsement. Participatory community endorsed data, analytics.

Human beings, may be because of the relatively large brain size vis-a-vius their body size, transcended survival, to thriving to domination. Through data processing – quantity, speed, and complexity. This improves with use. With quality use. Quantity use. Otherwise, brain becomes dull and shrinks. Intoxicants let this happen too. Overuse wringly lets this happen. Age too leads to this end. The user of the brain is the mind. Mind has to be sharp, using the brain for enhancing intelligence, mental faculties, to observe, grasp, sense, interpret, connect dots, see patterns, reflect, intuit, project. This happens through seeing, listening, sensing, feeling, experiencing, reading, doing, planning various aspects, variety of aspects, in several circumstances. Space, time, nuance, depth, scale dimensions. In this, reading, conversing, reflecting, thinking, experiencing, responding widely are of critical significance. The cycle that is in operation here is – gather data-information widely-from-multiple-sources (screened sources), assimilate, absorb, reflect-think critically, contextualize, conceptualize, try and practice, write-speak-articulate, and so on. Variety. Starting early. Lifelong.

Are we aware of shortcomings? Our strengths can be our shortcomings and vice-versa. Patience-Passivity. Active-restless. Compassion-dominated. Calm-slow. Discipline-rigid. Spontaneity-inadequacy, for example. How do we have two opposing qualities coexisting within us, in a balanced manner? Can we list our top 2-3 great qualities – and see what opposite virtues we need to have? Can we plan to develop them to exist with our great qualities?

When we think of the suffering, pain and needs of the world, and help, the universe conspires with nature to care for us, strengthens us so that we do the world's work. Can we think and help others, other life, the world?

Yes, we can. If we coexist in the womb of N, on the laps of N, caressed by N in N's myriad ways. Keep flowing. For 7L.

Join us in the world of yoga of useful joyous coexistence – pariyoga for 7L. 06042021

216. Practice Beginner's Mind

An article on Stephen Hawking has urged us to see him as a preeminent scientist of our lifetimes, a brilliant man. Nothing else. We tend to think of him as omniscient, prophet. He is not these. Uncertainty is the centrality of the scientist's work. Much of knowledge that has been built-up over the years is still tentative, incomplete or even wrong. In essence, our purpose as 'scientists' is to reduce this uncertainty a little bit. We tend to be little less wrong, but tentative and conditional.

When the resource crunch hits us, we develop solutions that require less resources with equal or better results. Expenses rise to meet the budget available. Money always brings expensive solution possible. It may not be the best. Like the Russian's pencil, against the zero-gravity pen.

Most of us working from home, or away from offices, fields, relations, need to do some stretches. Try Surya namaskar. Try Janu Seersasana. Need to be silent at least one wakeful deliberate hour a day. Need to be in 'emptiness' at least some 10 minutes a day. Some physical energy consumption tasks.

My friend Srinivas introduced me to 'Zen: The Art of Simple Living' by Shunmyo Masuno. First thing is to energizing ourselves, starting with observing ourselves and making time for emptiness. Everyday. There is infinite potential within nothingness. Can we be with ourselves, without haste and impatience? May be 10 minutes. Can we wake up just 15 minutes early, everyday? Can we relish the morning air, morning sun? All our days are different. They are not identical. Can we discard what we do not need? Can we discard our attachments? Can we let go our assumptions? Can we reduce our possessions? Burdens? Can we be free? Can we laugh? Can we cry? Can we mourn fully? Can we organize our screens, tables, rooms, and our minds? Can we just have tea, coffee, with no other engagement? Food, Lying down, Sleep? Read, Write? Talk, Converse? Go to woods, and shout? Can we try barefoot?

Let us be grateful. Savour the sense of gratitude. Cherish being alive. Cherish life. Think sitting. Focus on breath. Exhale, Inhale. Slowly. Put two hands together. Listen inside.

Declutter. Arrange less and simply. Let us move into the luxury of not having things.

Be with nature. At least be in touch. See, stare sunrise, sunset, moon, sky, sea, river, forest, tree, flower, animal, bird, creature, ant. Let us hone our senses and experience. Let us also see the beauty of grey. Let us also know that there are many ways. It is not always either-or.

Know that there are many necessary non-essentials. Let us not get bothered with all of these. Be concerned with what are tangible. Do intangibles matter? Do not postpone doable activities. Let us try our best. Now is ours. Let us not fear change. Let us look for them. Small changes.

Let us serve. Let us practice to serve. Let us learn to practice. Let us care. Let us nurture. Let us demonstrate. Let us express our mind without words. Charisma does not require words. With Hope, Faith, Promise and Love.

Let us have a beginners' mind. With no, light expectations. Humble, flexible, coachable. Not frustrated easily. Ready to try new things. Curious. Because we do not know. Because we are scientists. Experimenters. When we appreciate, feel, think of the suffering, pain and needs of the world, and we want to serve, help, we need to be simply living. Living simple. With beginners's mind. Universe takes us to do its work of life, living, leading, learning and love. Can we unlearn, learn and practice to have beginner's mind, always?

Yes, we can. If we be with N, deep inside, all over, all nuanced elements, ways, and coexist with life. Keep flowing simply. For 7L.

Join us in the world of yoga of simple useful savoured joyous coexistence – santoshajeevanayoga for 7L. 14042021

217. Free to Stretch

Corona is making us to reflect on our livelihoods, lives and destinies. Our purposes. Kind of works we do. It is therefore important for organizations to do the same. Larger work needs to be realigned to larger purpose of this world, this Universe. Individuals then plug in, in their own ways. Let the individuals reflect, connect. Let them articulate with no risk. Oases of individual purposes may not work. Alignment with the larger purpose works. We need to stretch, flex. Individually and collectively, at various places.

Individually, we need to do stretching. Static stretching. 30-60 second stretches. Bending over, touching toes, lifting hands, lifting a leg, hip flex, back stretch with hands on hip, shoulder stretch, folding one leg, lifting the torso up, et al. Without pushing ourselves hard. We can also do dynamic stretching. We need to walk, jog, run, cycle too. At least one of them.

We need to mental stretching too. Quality sleep, with consistent wake-up time. Set routine. Calmed mind through yoga, reflection, meditation, prayer, satsang, breathing exercises, tight fist exercises. Subtler simple language. Compassion practice. Body movements. Being in nature. Reduced and select tele/e-content, diet. Portfolio of activities with joy. Investment in Relationships. Being grateful. Showing humility from deep within.

Brain is ever active and the boss of our mind and body. It needs of plenty of blood. Exercise gives this. Its active use needs micro-breaks, may be smaller than five minutes. Several times a day. It needs proteins, vitamins B and D. Sleep helps it. Novelty helps it to learn. Social connections make it healthier. It prefers interaction with diverse team members. It prefers focus. It needs optimism, positivity, seeing big picture and possibilities. It needs time in nature – water, trees, hills and valleys. At least 120 minutes a week. Then, we do not wear it out before its time.

We need to explore ourselves. Lessons from our own individual evolution, growth. Our impulses. The times and events that moulded us. Pool up candid feedback. Clarify our values. Our capabilities and frailties. Our opportunities, supports, friends, mentors. These slowly take us to our purpose and servant 'leadership' cornerstone. Our leadership style(s), gaps and opportunities. Therefore, leadership plans. Co-team(s). Initiate action to realize the Leadership plan. Towards True North. As an authentic leader.

Transiting to second but passionately preferred career early or retiring early is an option we can exercise. If we did not get into a lifeworkership already. We can do this as early as 40, and as late as 65 years. Early may mean, the next 'life' lasts as long as the early life. So big a window to pursue what we want. This is guaranteed if our 'spend budget' is basic minimum and small during this period, if we have a portfolio of investments (mutual funds, shares, investing company, real estate, gold, start-ups et al), if we have some 'passive' income, and if we have insurance covers. If we maintain good health. If we eat healthy. If we detox our bodies. If we meditate. Then, go the transition way, with full vigour, and joy. Some 1,00,000 hours and more. With no pressure. No slavery. Bonus results for life, keep trickling, streaming, flowing, flooding. Towards 'liberation'.

Let us not be disturbed by getting misunderstood and/or rejected. Most new ideas have to go through these. Let us evolve naturally, the way nature evolves. Genes from 'parents' and from 'environment'. We see this in bacteria. In grasses. May be in all life. Jiva and ajiva. This means genetic engineering is going on naturally. Are we figuring out? We learn on our own, even if the parent/teacher does not tell us.

If we have curiosity and interest in the world; we love learning; we are open minded with critical thinking abilities; we show 'common' practical sense; we show a modicum of analytical, emotional and social intelligence;

If we remain accessible to others; we show courage; we persevere and are diligent; we have integrity; we are kind and generous; we invest in relationships; we love teamwork; we are fair, just; we are servant leaders; we exercise self-control, prudence, discretion; we are humble;

If we appreciate beauty and excellence; we are grateful; we have hope, faith; we have a sense of purpose; we forgive; we cry, smile and laugh; we are passionate.

Let us appreciate having a few great friends. Need not be more. Definitely not the toxic ones. Let us cherish the freedom and make choices about the life's purposes. Let us get enlightened to grow and be better. Relationships happen around this in due course. Let us not hurry. Let us give. Give without expectation, whatsoever. Let us be grateful to the givers. Let us appreciate them, going out of our way. Even going back in time. Let us practice and talk only what we practice. Let us be proactive, thinking, reflecting, planning and working to realize the plans, again and again, even if it meant dealing with more rejections.

Can we transit to freer window? Can we evolve and learn in the ways of the nature? Can we invest in lasting relationships, around our life's purposes? Can we be proactive, even if we get rejected? Can we stretch more?

Yes, we can. If we start stretching in N, physically, emotionally, mentally. If we seek freedom and choose N, deep inside, all over. If coexist with jiva and ajiva, embedded in N. Stretch to keep flowing. For 7L.

Join us in the world of yoga of free proactive equitable useful joyous coexistence – jivaajivayoga for 7L. 24042021

218. Into us, Our Systems, Our Paradigms

We need sleep. Sound sleep. High quality sleep. Body need to rest. Darkness helps. Fixed timings help. Soothing sounds before sleep help. Supportive surface and 'sheets' help. Optimal temperature helps. Aroma helps. Empty stomach may not help. Physical work, exhausting work help. Meditation helps. We need plenty of sleep during COVID times.

HDR 2020 seeks global change movement with local and indigenous communities, culture, knowledge, actions, living landscapes, and ecosystems. 25% land in the world is still 'indigenous land'. 'Indigenous' reimage how we need to live together better. Their identities, survival, and prosperity are central to nature-centric living, farming and livelihoods stewardship. Capability for Collective continuance – to thrive well into the future – rooted in intra-inter relationships with life, non-life. Intergenerational journey and wellbeing.

Amidst this understanding, we see 'global agribusiness co-opting agroecology' as against the farmers and consumers. This may resist, postpone or prevent the changes in the structures, architectures, mechanisms and systems, our new paradigm seeks in essence. This includes subsidies going out for conventional farming. This includes coming in of local for local in a big way. Increased percent of consumer rupee/dollar. Food-Nutrition-Health Immunity security and sovereignty. For local – farmers, integrated farmers, farm workers, food workers and consumers. It is moving towards fundamental transformation, with more and more small changes in farming, living and consuming levels for better all life, soil and planet health. These are not some select 'smart' nuances at business level. It is not greening conventional farming. We need the intensified scaling deep, up, out and impact global movement at local levels. We have to rush.

Satellite data confirm that glaciers are melting faster, reflecting global increase in temperature. Some are disappearing entirely. Sea level is rising. It may accelerate further.

It is in this context, NF needs system changes for universalization, mainstreaming, and not slipping back. Change elements include fine-tuned theory of change, and narrative(s); unfallowing, crop intensity and diversity, integrated farming, landscape; direct benefit transfers for farmers to choose; women; consumers; customized models in local farming-living situations; digital space; input-output architecture; local input adequacy; local value addition; % of consumer rupee; community institutional architecture a la NF Amrit; Research-Knowledge-Learning centre-platforms; curriculums; colourful plates; NF policies at state, national levels; media, social media and dedicated channels; literature, cultural base, books, songs, films, folk lore.

Just heard: Rich Income Reliance man (Rs.75 Crore/year), Prakash Shah Jain and his wife, Nayana, have taken Sanyas. An appreciation: Monks wear clothes soiled with earth, to feel one with it. Simple living is embedded here. When are we realizing that we are poor as long as we are in the grip of money, position, glory et al?

Nitya Shanti brings this up. Do we need Gurus or Teachers? Or both? Or one combined into one? Can we be our teachers? Can we be our Gurus? Can we find teachers? Can we learn from them? Can we celebrate our teachers? Can we stretch more, even if we keep getting rejected? Can we find the Guru? Can we subject ourselves to questioning our ways, solutions, answers? Can we offer humility? Can we be open to be stripped and start the inner journey? Can we take the puncture of our ego? Can we take compassion and show compassion? Can we celebrate our life, our lives?

Yes, we can. If we exploring, unlearning and learning. If we start readying ourselves. Stretching physically, emotionally, mentally. If we relate intensely with N in, over and around, and all life. If we coexist, flowing in N. For 7L.

Join us in the world of yoga of celebrating useful coexistence – jivotsavayoga for 7L. 02052021

219. Leading in the Flow

Slowly, most people have lost their ability to do deep work. The ability to focus on cognitively demanding tasks without distractions has come down drastically. This results in lower efficiency, higher timelines and inferior results. CoVID situation has reinforced this. 40%+ time goes on distractions. Can we do something about this?

As remote/hybrid work and co-work space is emerging as the norm, flexible work hours, part-timing, job-sharing, volunteering are possibilities; digital technology-adoption, adaptation to digital possibilities, and data-cyber security have to be focussed on; mental health focus and upskilling to new work culture/patterns is important.

In this new work pattern, we need to switch to getting up and walking for 10-15 minutes every 60-90 minutes. While walking – can we have water? Tea-coffee? Can we call? Can we use dictaphone or voice-texting? Can we listen to 'audio' books? Songs? News? Can we plan the schedules, presentations, notes?

If we want to be with all nature-centric livelihoods, can we not work with weavers, craftspersons? Apart from farming. Livestock. Value-addition.

175-year long experiment (still going) reveals that crop break gives higher yields, with minimised pests and diseases; nitrogen application is not very helpful. Carbon in soils doubles with not using chemical fertilizers. Do we have to wait for such long years to draw conclusions?

We review ourselves. Looking back for the last five years and beyond. We need to go forward and quickly. No choice here. Window is small. First we need to achieve critical scale. How much is it? 1 Million farmers, 1 Million acres? 10% farmland? 10% farmers, 10% GPs? How do we work on various strands of work – Mobilization-Collectivization-Communitization; Food-Nutrition-Health-Immunity front-ending; Models-Peers-Learning Facilitation-Transformation; Tracking; Producer-Consumer Linkages; Digital-Learning-Value-chain Platforms; Information-analytics-communication; Research-Knowledge-Learning; Consumer Fora? How do we integrate? How do we scale-deep, impact, up and out?

Do not we need to intensify existing pathways and/or open more pathways? Educated young practitioners – EYPs, farmer-entrepreneurs – FEs, Natural Farming Interns(NFI), Natural Farming Fellows(NFF), Natural Farming Associates(NFA) of various hues – NFI, NFF, NFAs; Sapta Sutra SHGs-Federations – discussions, food, kitchen gardens, farming, inputs, funds and records; Accountability to SHG federations, local governments, Gram Sabha; SHG Federations as collectives, aggregators, service providers, and/or Farmer Producer Organizations, FPOs; NGOs, NGOs as innovators, Funds for NGOs; Saturating beginning with Tribal areas; Community Data, community-endorsed data, digital CRPs; Farmer-Cadre Connect centre(s), Call centres, participatory tracking-certification, independent assessments; learning-training architecture – in situ, classroom, videos, demonstrations, internalization, handholding, troubleshooting, Lead farmers-CRPs-Master Trainers, online-offline, self – NF action plan-farmbook/diary, fieldschools, handbooks; Change in curriculums, courses, books, NF Institutes, Academies, Universities; Literature, cultural forms; Input-local value-addition-output architecture, NF Amrit; Digital Platform(s); policy advocacy; scaling-deep, landscapes; scaling-up, scaling-out; research-architecture, partnerships, farmers as researchers, Global Centre for Agroecology Research and Learning; Changing the systems for scaling, internalization, sustainability, legacy.

All this meant change in the theory of change, may be 8-9 years in a location; may be complete transformation of the farm family into seed-to-seed non-chemical agroecology farmer is the minimum, and this may have to include 365 day cover, pre-monsoon, and multi-layered multiple crops; local consumption-NF Immunity may trigger NF transformation in a big way; focus may have to be on landless tenants, marginal and small farmers, and universalization of kitchen gardens, NF food and NF saturation; seeds-inputs-mini-input shops, collective action et al may help; slowing down is fine, numbers may need to be revised downwards for gradual uptake in a location while more locations can be reached faster; may be reflection-analysis-planning-tracking based on Farming Situations is useful and the way forward, resulting in FS-based protocols, PoPs, Videos etc.; may be community (SHG) centric

mobilisation-planning-information-tracking is not negotiable; more effective 1+20+40+80 model of improved training-trouble shooting-tracking architecture that included handbook, manual, farmer diary, NFAAP in text, e-form and v-forms; may be dedicated digital crp data architecture, strong data team, robust digital apps, databases and platform(s) help in building confidence at all levels; may be consumers pull up the scale; may be the policies, budgets, direct benefit transfers. May be the movements, explosions, pandemics, disasters, Elurus. May be the consenting leaders. Influencers.

In any case, we need to work with more and more partners, in more nuances, in more locations-themes and we need to hurry-up.

We need to hasten the world. With A4 sheet material (as Dr K insisted). A slide. A minute, 180 words. A 1-minute video-clip. A picture. A tweet. Can we articulate in short sentences? Do we have the art?

Can we be genuine? Genuine leaders? Can we simplify? Can we bring in simplicity? Can we show compassion? Can we carry teams together? Can we collaborate? Can we persist? Can we lead although we are not labelled as one? Can we lead ourselves? Can we reflect and keep planning ahead?

Can we find co-travellers on our 'journey' and connect? If we know our journey. Do we have the willpower? Do we practice willpower? Incrementally?

Yes, we can. If we keep flowing to explore, unlearn and learn. If we relate with life, traveling, intending traveling. We find co-travellers in our coexistence, flowing in N. For 7L.

Join us in the world of yoga of being in the flow of useful coexistence – jivayaanayoga for 7L. 07052021

220. Flow Liberates

Let us cut refined sugar out of our lives, as much as possible. It improves health and skin. Let us go for natural sugars including coconut, dates, honey etc.

Ramarao introduces 'writing documents', an authoritative document. Put the author's name and date/time. Start with an appropriate name and an outline – Abstract, Purpose and Scope. Introduction, Main, Conclusion. Headers, Expanded headers, a few lines under the sub-headers. Agree on a format, preferably open formats, amenable to cross platform tools. Say what we are going to say first, then say, them tell what we said. Be concise. Be brief. Use active verb. Be progressive in expanding the idea. Use bullets and lists liberally. Use bold and italics. Add examples and evidence.

Bill and Melinda Gates(BMG)give up staying together. They filed for divorce. They promise to work together on the BMG Foundation. We make money by fixing MRP far higher than the costs we incur. Otherwise, how can we become the richest? And a part of the surplus so generated is given as philanthropic charity. And we become the largest charity. And we get to control if we structure the foundation right. Of course, the entire charity funds are no where near what governments spend. The key is they fund with extraordinary discretion. In the Governments, it is more as an entitlement in some sense. It is possible, to converge charity funds and create impact(s) that can be comparable or more than governments, in select areas o work, activities, sub-components.

Natural Farming 2030/5. By 2025, we need to be moving on many of these – NF Foundation; 2 million champion farmers; 200,000 EYPs; 20,000 NFFs/NFAs; 2,000 YPs; NF Literature – stories, songs, case studies, conversations, Kits, Handbooks, PoPs, Videos, Pictures, Short Messages; NF Channel(s); NF Press/Media; NF Digital Platform(s); NF Amrit(s); NF Collectives, Enterprises, Entrepreneurs, Service Providers; NF Consumers; NF Research-Knowledge-Learning Centre(s); NF Advocacy; NF Institute(s); NF Curriculums – Schools, STEM, Leadership and Management Schools; NF Friends across; NF Volunteers; NF Budgets, Funds.

We discover that most things are related. Inner-related. Our moods affect our breathing and vice-versa. The chemicals in our brain and DNA shape our thoughts. Our thought patterns can physically change the brain and DNA. Our thinking and moods are affected by the music we hear, pictures we see, movies we watch, books we read, media we get exposed to, environment in which we live, food we eat and people we interact. Thus, our consciousness gets influenced by many things as above. Our minds are volatile. Our will power is fragile. Our worlds are distracting us. Then, how do we persevere? How do we have tenacity? How do we have self-control? How do we remain committed and continue to pursue? How do we positively stubborn? How do we honour our vision, our word? Can we pursue our important commitments, made to ourselves and the universe? Come what may. Can we invest enough time, energy, attention and resources for these?

Basava reminds: Kayakeva Kailasha – work in itself is liberation. Can we have self-discipline? Mindful. Aware. It helps in health, wellbeing, learning, relationships, aspirations etc. It can take us to our highest potential. Universe's highest potential.

Yes, we can. If we coexist in N, relating with 'life', non-life and flowing. For 7L.

Join us in the world of yoga of relentless flow of useful coexistence – kshamatagatiyoga for 7L. 19052021

221. Contradictions, Connects, Flows

Vaishkha Purnima. Buddha Purnima. The day of Siddhartha Gautama Buddha. His noble truths – there is suffering; suffering is caused; the suffering ends; and there is a way to end the suffering – disease, pathogen, health and cure. Self is a complex flow of physical and mental phenomena, and therefore a label for their connectedness. Atma, Anaatma. By becoming conscious of these, we release ourselves from our habits of mind, ignorance, appropriation, attachment, desire, aversion. Through developed ‘insight’ and/or practiced ‘meditation’. Following a middle path between indulgence and mortification. Between eternalism and annihilationism.

Buddha discusses six relationships – parents-children, teachers-students, spouses, friends, employer-workers, monks-followers – have to be intensely nurtured. Buddha offers eightfold path. Right view, resolve, speech, conduct/action, livelihood, effort, mindfulness and concentration/meditation/ekagrata/dhyaana/samaadhi, leading to right knowledge/insight and liberation/vimukti. Reach a Guru, Buddha, and surrender. Buddhān Saranam Gachchaami. Find the laws, Cosmos, Nature, and become one with them. Dharmān Saranam Gachchami. Gradually, practice and become eligible, and join the sangha. Sangham Saranam Gachchaami.

Buddha’s sangha started small but grew gradually to 60 to become champion monks. 4 months of retreat and 8 months of some sort of ‘campaign’. Slowly, it became an order. Then orders of men and women, following sapta sutra – regular meetings; discussions; training; respect to seniors; away from desires et al; aaraama life; mindfulness. Buddha left without naming any successor(s), but two abiding values – Dharma and Vinaya.

A French Virologist, Nobel Laureate Luc Montagnier says mass vaccination during the pandemic is creating the variants and leading to more deaths. May be a guess. May be a statement. May be it is antibody-dependent enhancement. Earlier he suspected SARS-CoV2 was man-made.

How do we go about discovering the potential – sampling with low risk experiments to discover what one loves doing; or early specialization in extremely narrow skill area without knowing why. The latter may hinder lateral thinking that connects disparate concepts-domains. This may also let us looking at every issue through the same lens, and amplify the bias(es). With artificial intelligence, automation, new technologies, it is possible that many of the narrow human skills go the way of algorithms. Therefore, can we prepare ourselves to be deep generalists?

The studies are repeatedly confirm the chemicals threaten life, life’s foundations. Diverse cover cropping and mulching reduce the need for chemicals. Therefore, NF is the way. NF conforms to all Agroecology Principles – diversity; knowledge co-creation; synergies; efficiency; recycling; resilience; human-social values; culture-food traditions; responsible governance; and circular-solidarity economy. It is also in sync with HLPE 13 principles – Recycling, Reduced and local inputs, soil health, animal health, biodiversity, synergy, economic diversification (portfolio), knowledge co-creation, social values-equity-diets, fairness-fair share, connectivity-short-local value-chains, land-resource governance, participation-inclusion.

NF Movement has to grow. The time is short. We need big shifts. Quick critical scale of farmer-farm worker families, farms, practices, customized models, champions; Substantial value-chain ownership and fair share; Ecosystem rewards to farmers; Viral knowledge; Farmer-Consumer movement; and Scaling-deep, up, out, impact, system(s), policy.

Came across: Gandhi’s two main activities with his hands – spinning, writing – writing letters, some 31000 in his lifetime. He inspired Ratnam from Rajahmundry to make total Swadeshi pen, ebonite, steel, silver and gold. Can we use one?

Quality sleep is a must for us. Bonus – freshness, de-stress, skin health, youthfulness. Get tired. Take a shower. Have some Switch-off lights and activity. Reflect-meditate. Reduce clothing on the body. Take a comfortable side, prone position. Can we understand our body, our emotions, our tones and tenors, our words, our thoughts? Can we understand the same for all around us? Can we bring more energy into our lives, more quality? Can we be fully aware

and handle our fears, our sadness, our anger? Can we share grief and let it flow out without 'violence'? Can we appreciate and support people around? Can we take in breakdown(s) to achieve breakthroughs? Can we spread happiness all around? Can we modulate, articulate truly deeply? Can we establish deep connect?

Can we discover we can flow bit-by-bit? Can we also realize sometimes we need to halt, pool up, and gush out? Deeper the attachments, connects, bonds, relations, habits et al, we need bytes, bigger bytes, GB/TB. Crashing is a way to clean up and renew afresh. Caterpillar has to go into pupa to come out as a butterfly. Carpet under the feet has to go off, to touch the soothing soil. Tears have to flow down to see clearly thereafter. Crises offer choices and freedom.

We are running several marathons in parallel. Different marathons. Different kind, differently wired. We may be together in many of these. May not be beginning-to-end, may not be from 1 to n. In some we will be solo – souls or slaves of lowest order; and in some soho – souls or slaves of highest order. Sometimes we know the rules of marathon. Sometimes we know the destinations. Sometimes we know timelines. Sometimes we know the co-participants. Many other times we do not know. We cannot know. In some, we come to know later. All these leave us confused, unhappy, frustrated, disappointed, angry. But we need to be flowing and there is no way out. Therefore, can we accept these realities and coexistence flows?

Let us cry. Let us talk. Let us celebrate. Let us appreciate. Let us forgive. Let us forget the faults and frailties. Let us meet. Let us fight. Friendly fights. Let us be intense. Let us smile, laugh. Let us be wise and be ready. Now. Let us be compassionate. Let us love. Let us lead. Let us be proactive. Let us integrate all our contradictions in our being to be, to live, to coexist, to flow. Can we?

Yes, we can. If we think, if we emote, if we listen and talk, if we reflect, meditate, if we think, talk and do, if we coexist with life, if we coexist in N, if we keep flowing. For 7L.

Join us in the world of yoga of integrating contradictions for flowing in useful coexistence – anekatayoga for 7L.
26052021

222. Kshama, Manthan, Amrit

Government is getting social media to comply to Indian laws. Latest one to fall in line, may be reluctantly, is twitter.

We need free, uncensored and democratic dissemination of health information to secure our health freedom.

India's poor are eating less. Eating less nutritious food. CoVID led them to a nutrition crisis. May be because of loss in employment and incomes, for a good majority. The GDP went down by 7.5% in 20-21. Savings wiped out. Loans were not available. All these led to nutrition loss, food insecurity. People started eating less. Nutrition quality, variety, quantity is less. Frequency is less. These trends continued post-CoVID wave 1, into wave 2. And may continue for many days to come. The situation is worse with poorer. PDS has been/is a silver lining. MGNREGS helps. Humanitarian help is useful. Not adequate. Cash transfers are required.

There is a connection between tasty, healthy, local foods and protecting and preserving agrobiodiversity that produces these foods. Traditional indigenous farmers. Women farmers. Let us nurture this.

120 Million smallholder farmers in India are getting ready to transit to regenerative farming, if we localize and customize practices and models. If we repurpose existing subsidies to chemical farming, towards regenerative farming. If we have 'activists, facilitators, champions' emerging and working with them. Then, we have more than adequate nutrition locally for all, with improved crop intensity, multiple layered crops, land productivity. Wellbeing of our farmers. Our health, animals' health, soil's health and planet's health. A cooler planet. Water savings. Energy savings.

Kurien's Centenary Year is in progress. Logo is released by IRMA. 'Cooperation' remembers Cooperator par excellence. Milk reminisces Milkman. Institutions Dairy Board et al. Brands Amul, Amulya, Dhara et al. Missions White Revolution, Operation Flood, Operation Goldenflow et al. Dairy Board.

Can we have Amrit, a la, Amul; NF a la Milk? Can we have Kurien's? Dairy Boards, IRMAs, Institutions, Support Organizations, Collectives, Value-chains, Brands, Missions, Resources, People, Entrepreneurs, Friends? In news: My friend, N Raghunathan, Catalyst Leader. An integrating impact accelerator. People's artist. Can we have more Raghus?

People are getting used to Work from Anywhere. Work Hybrid. Tribal, rural, semi-urban settings are not bad to work from. Nature-friendly, nature-centric locations are better still. Many a time, work efficiency is higher with smaller crowds working together. Virtual teams do work. How do we make HR Performance Management and Leadership Policy that could serve this? How do we 'encourage' this? How do we make 'decentralize' as the norm? Decentralized, networked hybrid organizations is the new way.

We see many start-ups starting. Many incubators are around. Let us remember we are a krishi, self-employed country. Enterprise is in our blood. Our DNA. We need to, and we can work on this. We need to guide them to pick up that matches their 'potential portfolio'. They need leadership-management orientation, and some tools of planning, tracking et al. Yet, ambitious aspirations have to be gradually built.

Let us read, write, solve puzzles, listen to music, do 'recitals', dance, cook, organize, clean-up, spend time in the 'nature', with 'life'.

Let us log what we do. Let us plan what we want to do. Daily, weekly, monthly, quarterly, annually, a block of years. Lists help. Calendaring, Digital Assistance help. Reminders help.

Came across: Epistemic confidence, social confidence. We may need both. But, more of the latter. Many a time, certainty and doubtlessness is a dampener too.

Forgive to get released. To be free. Accept what happened and let it go. Move from the event, incident. Talk it out. Can we?

Yes, we can. If we reflect, meditate, if we practice, if we think, talk, and do, if we articulate, if we listen, if we coexist with life, N, and flowing. For 7L.

Join us in the world of yoga of influence for forgiving and giving for useful coexistence – amritayoga for 7L. 06062021

223. Explore 'Us' and Our Levers

NF needs to appreciate the history and ways of how 'new conventional agriculture' established its roots and grew. Various lessons await us there for NF Movement(s) picking up momentum and speed. These included investments into knowledge-learning-research-innovations, technologies, education and curricula, regulation and standards, life and non-life, human-animal-plant and soil health, departments and organizations in government and outside, dedicated press-media-literature, civil society's intense involvement, co-opted NGO farm centres, felicitations and recognitions, processing and value-chain activities, state and national policies, farm-related off-farm enterprises, collectives and their federal collectives, stable producer-consumer local linkages, local markets – closed market systems, Minimum support prices, Public Distribution, ration, Mid-day Meals etc., adopting-adapting tools and technologies etc. Substantial state and national budgets should be there. In proportion to the possible NF economy.

NF farmers could be majority potentially and quickly. More than 50% India, for example. Most of the country would like to have chemical-free food and fibre. We would like to handover a better tomorrow and better planet to our 'owners, the next generation'. Therefore, it is a national-global interest. The economy could easily cross Rs. 30-40 lakh Crore (40,000B) per year conservatively. A mere 2-3% of this, Rs.1 lakh Crore (1,000B)/year could be the investment from 'state'. Less than Rs.10,000 a farm family/year.

Between investing to protect and repairing natural systems versus removing incentives for anti-nature work and subsidies for conventional farming, we may have to choose the latter. Two together can be the best. Can we also seek nature profiteers to pay full value of the benefits they took?

More examples help NF going scale. Vannuramma took her model to neighbour tribal community, and got praise from Prime Minister. Prajeet and Manga's 'do nothing' farming is one, with minimum cost and maximum nutrition premise. Their 3-acre farm gives Rs.40,000 a month. In 5 years, they trained 500 farmers, pro bono. 27-acre Organic Acre of Mrinal and Lakshay, with linking the processed and value-added product to the consumer make Rs.3.5 crore a year. Dilbir Foundation and Earth Store works with 20,000+ farmers in farming, adding value and linking to consumers. Sivaganesh's intercropped coconut farm makes Rs.13 lakh a year.

We need Million examples. Customized examples. Variety of them for various situations. At various levels. For various parts. In the next 5 years, 6 years. We need these thousands of flowers to bloom. We need to let them. Let us rush.

We need to do more in less time. With joy. We need to supplement and complement one another. We need to be a team, with each team member pursuing an agenda. Some need to spread, spread fast. Some scale up. Some scale deep. Some scale out. Some do off-line, some online. Some do models. Some do value-chains, value-chain elements. Some work on quality and some on quantity. Some integrate. Some replicate. Some connect, some inspire, some teach, and some train. Some write, some talk, some sing, some joke. Some communicate, some advocate. Some work to change thinking, systems, institutions. Some create them, build them. Whatever we do, let us not stretch beyond our 'limits'. Let us not lose ourselves.

We need the universe to conspire. It is ready if we are ready with the levers. Do we know the levers? Amrits, Collectives, Enterprises, Impacts, Systems, Knowledge-Learning Architecture, Champions, Professionals, Fellows, Entrepreneurs, Young Practitioners, Wise nature workers, Leadership Cohorts, Women and men, Community Groups, Sapta Sutra, Ready Inputs, Tracking, Traceability, Producer-consumer linkages, Value-addition, Value-chains, Platforms, Channels, Literature, Instruments, Curricula, Academics, Friends, Critics, Policies, Budgets, Leaders, Officers, Scientists, Microbes, Soils, Package of Practices, Saturation, Incomes, Costs, Food-Nutrition-Health-Immunity, Sustainability, Green House Gases, Cooling, Water savings, Energy savings, Direct Benefit Transfers, Minimum support prices, Movements, Missions, Civil Society et al, any of these, some of these, all of these, hybrids of these?

Let us explore, the levers. May be conceptual foresight arguments. May be trial and error. Let us explore. Let us explore and know 'who am I', what am I, where am I headed, how am I headed? Let us not fear. We have nothing to lose. We only climb up/down steps of going forward, flowing.

We talk of getting success and we never talk about coping with failure(s). Can we do this? When the fatigue hits, physical, emotional, relational, mental, and intellectual fatigue hits, how do we 'resurrect' ourselves? How do we build ourselves to realize and continue in happiness? How do we realize that happiness is an independent dimension, not linked to 'success' of material prosperity, power and professional specialized excellence, but to 'spirit', intensity, life, integrated generalism and usefulness at large? How do we live full life? Realizing deeper inner calls?

How do we move from achieving, reaching, acquiring, having to being, living, coexisting? Who will take us there? Is not the journeying, flowing our end? Experiencing, evolving, unlearning, learning, and realizing the deeper subtler inner calls? Is not it?

Yes, it is. If we reflect, meditate, practice, think, talk and do, listen and articulate, we flow, we coexist with life, N, and flow. For 7L.

Join us in the world of yoga of exploring who am I and influencing for useful coexistence – aatmagyanayoga for 7L.
15062021

224. Co-flow Forward

All of us are and have to be socially responsible. Individual personal social responsibility. Community social responsibility, is their *raison d'être*. State and State arms' social responsibility is a mandate bestowed by our constitution. Business/Corporate social responsibility is good for their business. Now section 135 of the companies' act mandates, a little. 2% of the surplus/profits. Should not it be, say 1-2% of the turnover? Then, how does CSR get delivered? Benefitting society at large – giving funds to a social/community entity, project, doing an activity by CSR department, running a CSR Foundation, supporting augmenting architecture for better 'development' work, getting studies commissioned towards informed advocacy, supporting schemes of the government, contributing to government-announced priority/support-charity funds et al. We hope the word 'responsibility' is active and not a reciprocal 'gesture'.

Is India getting tax on profits/incomes, commensurate with the incomes/profits shown by the corporates et al?

Third Wave may be around the corner. May not be intense, but may linger long.

We may have to continue to work from home, anywhere, hybrid. If coming back to office is insisted, we may see some of us leaving. % of people leaving is increasing. It appears people have settled on a lower 'aggressive aspiration levels' in sync with the focus on freelancing, portfolio of works, self-employment, working in a small team, expanding experience 'packets', better society-planet work et al. Survival, equity, usefulness are the drivers. On the other hand, some of us seem to take a chance to be aggressive, given the CoVID and post-CoVID contexts.

Interestingly rich are coping without loss of life quality. Poor are getting help in some sense. Not-so-poor are lost in between. Tiny pico-nano-micro group, team, family and individual enterprises have suffered dramatically. The surveys indicate more than half-of-them have to slow down, due to losses connected to low demand, decreased ability to deliver, team losses/sufferings, difficulty with working capital, keeping the team without remunerative work, and so on. GST has also troubled some of them. Getting the work from team members is tough. Burnout has hit many a team member, due to pandemic-induced workstyle, workload and stress. Savings haven been wiped out and looking for 'money' opportunities/options.

Outlook has changed and people are seeking alternative engagements. Detachment is striking many of us. People have discovered new talents and interests and they want to go with them. Some are looking for portfolio of works. One work may not be satisfying enough. Loyalty to a cause may be fine, but to an entity is coming down. In any case, Universe guides us, in its own ways.

Ved talks at IIMA incoming batch. His message: Can we encash our brands and build a social brand like AMUL? Can we dream BIG and take risks? Why not? Can we become outliers? Can we do something different? Can we impact lives of people, who need us, significantly? Can you volunteer and intern with social cause, very early? Can we be 'spiritual' as early as possible?

IRMA Alumni, we are a strong contingent of socially responsible beings, in their own ways. We are grateful. Can we pay back? Can we have more social entities/teams? Can we start a tribal-rural-urban-emerging, true leadership-management school, world class? Can we help in starting more? Can we have an online K100 academy? Can we be high-end consulting group in the domain? A la big 5. Can we establish a BrainsTrust or a Thinktank or two in this livelihoods, poverty reduction, collective action and social development space? Can we start a foundation, may be more of them, in this space? Can we build a Leadership Cohort(s) for the next 20-25 years or more?

Dementia, Alzheimers give us problems in dealing with time and space. We become more absent minded. We become clumsier. Then, we need a little, but often. Support. Kindness. Co-reflection. Memories.

How can we embrace and be comfortable with the 'uncomfortable' physical, emotional, mental? Can we see, think, feel everything as an opportunity to realize our true or real potential and 'grow'? Every fear, frustration, anxiety, stress should take us to what we learn from it. A lesson, opportunity, or blessing. Plan to tap them. Yes, we can. If we reflect, co-reflect, think forward, meditate, practice, plan and lead. If we co-flow with life, N. For 7L.

Join us in the world of yoga of life of gratitude and paying forward in useful coexistence – nijapravaahayoga for 7L.
25062021

225. Leap of Faith

An introductory webinar (6 July) to Walter Jehne's Master Class. 1000+ participated live. YouTube link is available. Idea is to build local, national, and global masterclass of 50-100 participants, may be for a year, with 2-3 webinars for larger audience, 10-12 sessions of 2-3 hours, sandwiched with homework and fieldwork in between. Conceptual underpinning with best practices and troubleshooting while adopting/adapting locally is embedded within. The principles of no chemicals, minimal-no tillage, pelletization and mulching, multi-layered multiple cropping 365 days including perennials, inoculant application, nutritional dietary diversity-biodiversity, customized to variety of farming situations, are discussed.

Pre-production to consumption value-chain processes, linkages, services, share and ownership are explored. The body of knowledge from the farm-plate practices forms the basic foundation for it to build and grow on. Photosynthesis and 'reverse photosynthesis' including respiration and germination is discussed. Microbes as the farmers is to be fully internalized. Women centrality is appreciated. Drudgery reduction technologies need is noted. Increased unfollowing, crop intensity and planet's health with carbon into soil, land productivity, water savings and harvesting, people's health, climate resilience, nutrition's security and farmers' well-being is scoped. Methods of statistical significance, research, knowledge-learning are also discussed. Transformation-Communitization-Collectivization are touched. Women self-help groups, federations and community organizations are taking charge. Offline, online learning Extension, Scaling-up globally-urgently, Local Value-chains, and Digital platformization are also discussed.

The masterclass will go into more depths of the above.

Need to have Janaandolan(s). Need to go into policy space. For NF to be everywhere, in all locations, all farms, all land, as soon as possible, and slipping back does not happen. The elements include: Budgets; existing subsidies as DBT; Gradual ban of chemicals, incentives for bio-villages, bio-areas, verified source areas; Government NF Policy Statements and positive repeated articulation; Changes in Extension Architecture, with peer extensionists; Agroecology courses; School to University Curriculum Changes; NF Focus in ICAR Institutions, dedicated institutions for NF; Dedicated Institute(s) for AE Learning, Management and Leadership; Diversity Nutrition discourse; Diverse Nutrition Packs in PDS; Natural Food Standards; Interest subvention for NF capital/funds; Amrit(s) a la Amul; Special dispensation for NF Collectives, Local Value-chain efforts; Investments into Champions, Entrepreneurs, Start-ups in this space; President-NITI Aayog-PM-CM Fellows, National Fellows; Recognition of 'champions'; Digital Platform(s); Technology, Drudgery Reduction Technology; Transition to NF costs in MGNREGS et al; Natural Resource Accounting System, Green Accounting, Carbon Accounting-crediting; Payments for Ecosystem Services; NF Social Marketing; CSR to NF; Philanthropies for NF; Recognition and articulation of the Urgency; NF as a spiritual, cultural, empowerment agenda.

Work and life are complementary integrated parts. The great amongst us are driven by a singular all-consuming agenda to love, to give and to be useful. All of us can be this, by our habits, and routine. Listening, reading, writing and reflecting-thinking daily; taking up challenging tasks; being physically, emotionally, mentally and spiritually healthy and fit – including walk-run-cycle, diet, sleep et al; being connected with admired leaders; planning the day/week/month ahead; keeping-writing the goals in front; taking bold and new actions even under unfamiliar areas; and having a powerful and inspiring purpose that drives.

ICICI's Orange Book takes me to the first of Hope, Faith, Promise and Love. Health and Happiness, Optimism, Planned Preparedness and Execution. Take Showers, Give Hugs, Eat Food, Play, Sleep, Be in Sunlight, Listen to Music, Be with Nature, Be thankful, Walk and Stretch, Smile and Laugh, Live the passion each day; Be optimistic, with reasonable caution – celebrate life and live, spend 50%-30%-20% – needs-wants-investments; Plan and be prepared – 90% plan and 10% performance; Stay fit, capable, skilled to execute, and execute with finesse.

Increased screen time, online learning, work hybrid is the way ahead for most of us. Post-CoVID we may persist with most of these. Young child has the attention span of 5 minutes. Adults are overgrown children living complicated

lives, hiding behind veils and masks. Of the three ways – Scare, bribe, play – the third may be better. How do we make living, leading, learning a play? Can we work with less than 5-minute span packs? Even a session of 120 minutes can have 20+ bytes of ‘discussion and learning’.

Ambedkar: without an inner transformation of the individual, social revolutions remain incomplete and unsustainable. We are interconnected, knowing ‘oneness’ of all existence, beyond our separate selves.

Can we be spiritual? Can we trust the Universe? The inner self? They join hands and conspire to do greater good. This makes us committed to Hope, Faith, Promise and Love. It makes us take a leap of faith. And therefore, Happy. We should be ever ready at any moment to sacrifice what we are for what we could become (as said by Charles Dickens). It may mean losing ourselves. Our identity. And we may have to overcome resistance and doubts, if we do not become what we think. We can be butterflies only if we shed our being as caterpillars. Of course, our core remains intact.

We can rise beyond our physical abilities, if we wish and work for; if we realize our true potential; if we harness the tools to transform ourselves, if we look at more dimensions. Guru helps.

We need to take the leap, the flight, for greater usefulness. Can we?

Yes, we can. If we listen to Universe and inner voice. If we feel, think, reflect, co-reflect. If we meditate, prepare, practice, plan, and lead. If we learn, live, flow in N. For 7L.

Join us in the world of yoga of life of greater useful coexistence – utplavayoga for 7L. 07072021

226. Let go, Listen, Coexist

Cabinet created Ministry of Cooperation. Will it be trustee of all forms of cooperation and collective action, and at various levels? As defined in Statement of Cooperative Identity – autonomous associations of persons united voluntarily to meet their economic, social, cultural and environmental needs and aspirations through a jointly owned and democratically-controlled enterprise, and their federal entities? Primary organizations under Cooperative Acts in the States, and Union? Their Unions, Federations, Fourth and Fifth tiers? Organizations under alternate Cooperative Act – Mutually Aided Cooperative Societies Act, Self-regulating Cooperatives Act et al? Producer Companies? Consumer Companies? Labour Unions? Informal self-help groups? Farmer Producer Organizations? Service Organizations? Consumer Organisations? Worker Organisations? Member-controlled Societies, Associations, Samities? Member-controlled Trusts, Foundations? Small number member private companies and partnerships?

Then, what about the models for commodities? Multi-commodities? Beyond dairy, savings-credit-banking? Multiple commodities with varying times of harvesting? Rotation? Mixing services and produce? Kind and cash? Member control with freedom from Government-Bureaucracy control, professionals and critical scale – are they not the hall marks of the functional collectives? Can it offer the treatment in various dimensions on par with or better than other economic actors?

Is it limited to multi-state organizations? Multi-state by membership or operations or market? Can it stir up the Cooperative movement(s), given that cooperation/collective action is a fundamental right? Will it revive the existing cooperatives? Will it make the cooperatives of integrated collective action entity working across the need spectrum of members? Will the cooperatives/collectives also be treated and supported as start-ups? Will social enterprises be as collectives? Why not? Is not it time have more and more women collectives, and on scale? And after creating conducive ecosystem, can the state leave the onus on the collective to follow principles and values for member control-benefit with equity, roping professionals, embracing technology, and space for leaders with interest and commitment?

Hope people have choices with voices for them therein.

Social Stock Exchange is on its way. The Technical Group has reviewed the 'proposal' and commented – eligibility for profit enterprises and not-for-profit organizations provided they have social impact as the primacy in their objectives. This is screened against the eligible activities, servicing the underserved or less privileged or low development regions at least 67%, in terms of revenue, expenditure or customer base. They can raise funds through Equity, Bonds, Social Impact Funds, Mutual Funds, Debts, Social Venture Funds with lower corpus and subscription amounts with grant provision, Multi-Organizational Funds etc. Capacity Building Fund for raising the ability of stakeholders should be there. Sustainability Reporting Standards, Social Impact Reporting and Social Auditors in a separate Sustainability Directorate.

United Nations (FAO, IFAD, UNICEF, WFP and WHO together) confirms that CoVID 19 has caused one of the biggest increases in World Hunger and Malnutrition in several decades. India is in the top 5 countries that got impacted severely. World over, 18% people are facing hunger. One in three is not having adequate food. Malnutrition went up. SDGs may be getting off-track already. This calls for push to Chemical free Natural Farming customized to local farming situations, Natural Local Diverse Foods and Short Local safer, fairer, more sustainable Value-chains. Social Protection Measures. Risk reduction Measures. Direct Benefit to the Poor and Vulnerable to face shocks and adversities. Working on Consumer behaviour.

Third wave may hit us anytime. Let us prevent it, reduce its intensity, its 'wavelength', its impact, collateral damage and suffering, and let us get ready to bounce back faster.

We observe data and experience from based on our natural, physical, social, mental, emotional 'position'. Then select data unorganized-organized and analyse, interpret and draw personal, social and cultural meanings, leading

to our assumptions and conclusions, slowly they becoming our beliefs, and actions based on these beliefs, and our reflections loop in, cycle in accordingly. The moot question is how do we break these loops and cycles?

We, generally, do not listen effectively. We need to try, practice, and listen. Great leaders are distinguished by their ability to listen. We need to be in the present, attentive, engaged, open, and flexible. Can we find time to listen? How do we get better at listening? Can we be better in the present in whatever we are doing? Can we stop dwelling in the past unless we planned to learn and make a plan for the present and the future? Can we let go the past, suffering past? Can we let go the anxieties about the future?

Yes, we can. If we let go the past, let go the anxieties of the future. If we become monks, half-monks. If we remain attached only to the present. If we are open to the signals of the Universe and inner voice. If we dedicate time-energy to feel, think, reflect, co-reflect. If we flow in the flow of N. For 7L.

Join us in the world of yoga of being in useful coexistence – nityayoga for 7L. 15072021

227. Be There, Get Ready

Sree Gurave namah. Gurus make all the difference in our transformation for being useful, realizing our true calling and potential and liberation. And we need to be ever grateful to them. Guru removes, reduces ignorance and darkness. Guru Purnima reminds us this. It is Krsna Dwaipayana Vyasa's janma thithi. It is also the day; it is believed that Adiyogi Siva gave 'yoga' to Saptarishis. It also points to the first sermon of Buddha, teaching Dharmachakrapravartana Sutra, leading to establishing Sangha. This also marks the 'residential' education, and solidarity of learners in their learning journey.

So many Gurus are there in our journey. For every significant turn, instance, a Guru has been there. They are all in our thoughts forever. Their thoughts intensified this, Guru Purnima. They have offered their deeply searched and realized wisdom to us selflessly. They have showed the meta-way that included seeing, hearing, sensing, pre-sensing, listening, feeling, thinking, reflecting, meditating, intuition, the sixth and seventh senses beyond the five senses; being in silence, being dispassionate, without attachment; and the humility, being humble, quitting arrogance, forgetting, and forgiving. They also showed us to become and ready for the Guru to appear and offer wisdom, capacity, intent, power to translate the intent and to act. They wait till we get ready watching us, subtly influencing us with love in we getting ready. Once we are ready, they have the ways, methods, tools, instruments, skills to offer what we have been getting ready for.

Gurus come in several forms, beings, instances. Our Saastaang Pranaams. Let us be grateful and be there.

Let us commit to work with the people in building their 3R (read, write, arithmetic)/7R (3R including IT plus unlearn-learn, reflect, practice, pursue) skills. Communication skills, Emotional skills, social skills and vocational skills. Life values, Life skills, Meta-skills. To be happy, to relish life and live, to be human, to love, and to coexist. To be with sunlight, rest/sleep, diet, exercise, confidence, and friends. This is the minimum. We can do. We have to do.

We can have high impact. We are leaders in improving ourselves, our teams, our organizations, our ecosystems. As high impact leaders, we attract and develop leaders. We are passionate about scale impact. About significance. Keep trying, proactively. Seek the potential and maximize the best from it. We invest in ourselves and our meta-growth-leadership. Invest in our co-leads to become leads. Build more leaders. Focus on leveraging strengths. Acknowledge, reward the leaders with more challenging leadership tasks. Spend and invest time with leads, 80/20 rule. Take leads out of their comfort zones, challenge them to stretch to reach their potential and give ever increasing responsibilities. Let the leads take the road to meaning, usefulness, and greatness.

Let us know that these leads need mentors, right mentors, to show and expand the vision, to see further and stretch the horizons, to uncover the blind spots and to discover the right/best paths. Let the leads find their mentors.

Purpose, Performance and Potential drive our why, how, and what. We need 'Hope, Faith, Promise and Love' embedded in us. These values are demonstrated through: Have Vision; Be a model; take Responsibility; Time actions with a sense of timing; respect and be respectful; empower; delegate; multiply, be together; make things happen, results; seek significance. Therefore, we invest time, effort, and patience; we persevere and keep trying, may be several years. And we have to. Since it is a long haul, we need to enjoy the run/walk. The path. Can we?

Yes, we can. If we let, go the anxieties of the future. If we become half-monks. If we remain detached. If we dedicate time-energy to purpose-usefulness-potential. If we flow with N. For 7L.

Join us in the world of yoga of impactful useful coexistence – mahatvayoga for 7L. 24072021

228. Limited to Unlimited

Various studies confirm: Its impacts are far reaching. It has enabled greater access to knowledge, participation, services and resources. Empowerment is palpably visible, with a clear bias with the poor and marginalized. Self-employment of women in work force increased. Incomes increased. Households are engendered significantly. Demonstrated better resilience to pandemics like CoVID, despite CoVID's devastating effect on the poor. Without NRLM, MGNREGS et al, it would have been far worse.

More targeted diversified livelihoods portfolio development helps. Customized reality mapping, planning and support helps. Transcending from microfinance to microenterprises, collective enterprises, and livelihoods portfolios is still the critical gap. NRETP, National Rural Economic Transformation Project, is expected to step into this, building on the base. Digital efforts help. Realizing saturated convergence helps. Facilitating architecture for fair share of the consumer rupee helps. Increases in Budgets help.

Can we move to focus on happiness rather than earning materially? Do we need expensive houses, cars, functions? Do we need savings for generations? Do we think that our children cannot earn to live on their own? Can't we spend time for ourselves, our redemption? Can we seek joy? Can we seek joy for all of us?

Can we use words carefully, as words leave a lasting impact? 'No offence but', 'with all due respect', 'I do not have time for this', so on.

Will we be comfortable that we are misfit in many social environments and groups? Will we be aware of this? Will we work, travel, observe, analyse, read, write, speak, meditate, love, with greater awareness? Let us appreciate that the best things in life are 'free'. And be with them. Then, we start living our own lives truly. We share the feelings that come from deep within our hearts, share the thoughts from the depths of our minds, and take actions emanating from our conscience.

Be aware that we are a bundle of contradictions, in thoughts, in feelings, in words and in actions. Some unconscious, semi-conscious. Let us be aware. Let us be aware that our brains have the capacity to change, neuroplasticity. It adapts to new circumstances temporarily to come back later as quickly as possible. To attain its equilibrium. Therefore, we need to get to the root, or core, and change it for good. Let us dig and probe deeply, to uproot.

Let us realize our problem is not our ego. Ego provides us a sense of identity of self. It has multi-dimensional selves within us – material, social, emotional, intellectual, spiritual. It has pushed us to our results, impacts, and reaching our potential and purpose, the reason for our existence. Then, we need to transcend it, or allow it to 'disappear' or drop off.

In the final days of their lives, most people regret that they have not lived the life they wanted to live. Can we live the life, the innerself wants us to live? The universe wants us to live? Can we take a blank sheet, slide, and write 'our ideal character' of personality, aspirations, thought patterns et al, if we have to create ourselves? What do we want to do, not bothered so much about 'success'? What would we do with some 100 million with us, if we are free?

Yes, we can. If we let go of the past. If we let go of the future doubts. If we practice listening to deep within and deep without. If we flow with N. For 7L.

Join us in the world of yoga of limitless useful coexistence – anantayoga for 7L. 02082021

229. Freedom to Potential

Vasuki, Director of Agriculture, gives a clarion call: let us heal our lives; let us heal our world; let us start farming.

Let us live in sync with nature. Nature heals herself and heals us.

Had a talk with Ram Aneja and SK on 14 August. Kurien is still relevant. Market Intervention helped farmers and consumers in a big way. It still can help. Collectives need to be autonomous. State Funding with control weakens the collective. State needs to fund without seeking control, without asking the collective to lose autonomy. Technology, Value-chain work, and Professionals can play important roles. Collectives, the spirit of Collectives, matter, not their particular form – Cooperative, MAC, Cooperative Association under Society's Act, or Trust Act, Informal Group, Union, Producer Company etc.

And apart from Collectives, we need to work with aspirational entrepreneurs. They need all our support. Designing and evolving a business model, with right flows, and expansion steps, needs all intensity and help.

In our co-existential pursuit, can we aspire and dream big enough to achieve our potential at various levels? Let us not be limited by artificial 'realistic' constraints. Let us not be pushed to mediocre levels, as a result. Let us not miss exciting possibilities. Can we stretch ourselves to visualize one such possibility and get intoxicated to drive towards it, come what may? Can we feel the fire and enjoy the freedom?

Yes, we can. If we practice listening to intensely within and without. If we flow with N. For 7L.

Join us in the world of yoga of freedom of useful coexistence – swaatantryayoga for 7L. 15082021

230. Amrita Freedom

India Plan 75◇ 100. Some agenda includes:

1. *Rs. 20 lakh Crore GDP, 1 million per capita/year*
2. *Knowledge workers, self-employed and entrepreneurs*
3. *Literacy, Digital Literacy, Financial Literacy; Banking Literacy*
4. *Teachers of high regard for all at 1:10 students*
5. *Basic minimum urban facilities (to be defined) for all*
6. *Doctors for all at 1:1000 population*
7. *Direct benefit, 25,000 a month to all; State to put Rs.10 Million per child as wealth*
8. *Free Education, Quality Education to All, up to 18; and at loan above 18*
9. *Work hours 35/week or 1500/year; portfolio of works*
10. *Work up to 80 years*
11. *Single Tax, Tax on Expenditure?*
12. *Freedom of Life, Living, Livelihoods; Association; Expression*
13. *Thriving Media*
14. *Reduced low-high wage structure, 1:100 (Rs.1000 a day and Rs.100,000 a day)*
15. *INR to be a global benchmark currency*
16. *No Foreign Development aid*
17. *75%+ families meet their half their FNH needs on their own*
18. *Life Expectancy crosses 80*
19. *Every adult, a member of a functional collective*
20. *365-day green cover agroecology everywhere, with chemical free produce for all*

We go to 100 of them in a month, and then we expand with clear plans.

The perfect human employs her mind as a mirror; it grasps nothing. It refuses nothing. It receives but does not keep. We need to transcend fear of missing out. If not, we need to seek out 'helping' professionals to help us cope with self-created misery, by embracing nonsense and inconsequential. Therefore, we need to free the conscious memory for greater capacity of intelligence and capabilities, and greater evolution.

Can we not attached to the ways of work, the processes, the methods, the tools, rather than and results? If we are not enjoying these, are we missing the woods?

Yes, we can. If we practice intensely within and without. If we flow with N. For 7L.

Join us in the world of yoga of freedom of useful coexistence – amritayoga for 7L. 29082021

231. In Freedom at Any Cost

India Plan 75 -> 100. India 2047 Vision, Values, Approaches, Institutions, Strategies, Methods. Let us unveil it soon and start working on it. At least from 15 August 2022. Could reach to 50.

1. *Happiness Focus*
2. *Hope, Faith, Promise and Love as dominant values, with inclusion, equity and sustainability driving*
3. *State moves to policies, regulation, and tracking*
4. *Reduced staffing in 'State'*
5. *Local Governments, Collectives, and Individuals takeup service provision and business.*
6. *Nature-sync simple-simplistic life for most of us, yogic, spiritual*
7. *Smaller units of governance, 100 states/UTs; 1500 districts; 15000 blocks; 500,000 GPs*
8. *10,000 to 100,000 self-reliant and may be self-sufficient local economy units of 5-50 GPs*
9. *90%+ workforce being engaged remuneratively locally*
10. *Substantial powers, responsibilities and budgets decentralized*
11. *Multi-stage Development Field stay/work/apprenticeship/internship for all*
12. *Rs. 20 lakh Crore GDP, 1 million per capita/year*
13. *Knowledge workers, self-employed and entrepreneurs*
14. *Literacy, Digital Literacy, Financial Literacy; Banking Literacy*
15. *Teachers of high regard for all at 1:10 students*
16. *Basic minimum urban facilities (to be defined) for all*
17. *Doctors for all at 1:1000 population*
18. *Direct benefit, 25,000 a month to all; State to put Rs.10 Million per child as wealth*
19. *Free Education, Quality Education to All, up to 18; and at loan above 18*
20. *Work hours 35/week or 1500/year; portfolio of works; portfolio of incomes*
21. *Work up to 80 years*
22. *No retirement age for teachers, doctors and LPRD facilitators/leaders*
23. *Single Tax, Tax on Expenditure?*
24. *Freedom of Life, Living, Livelihoods, Portfolio of Livelihoods; Association; Expression*
25. *Thriving Media*
26. *Reduced low-high wage structure, 1:100 (Rs.1000 a day and Rs.100,000 a day)*
27. *Returns limited to five times the interest rate*
28. *INR to be a global benchmark currency*
29. *No Foreign Development aid into India*
30. *75%+ families meet half their FNH needs on their own*
31. *50%+ families to be prosumer families*
32. *All families have own or rent-free shelter. At least 200 sft per capita.*

33. *Life Expectancy crosses 80*
34. *1000-day services, kits to all infants and mothers, including universal vaccinations*
35. *Walking space, cycling tracks, healing parks for all*
36. *Learning Centres, reading/e-reading rooms-libraries, at least one per 100 families*
37. *Every adult, a member of a functional collective*
38. *Every being, an active member of civil society*
39. *365 day green cover agroecology everywhere, with chemical free produce for all*
40. *Improved understanding of microbial world*
41. *Equitable Development Fund*
42. *Equity for Poor, Vulnerable and Marginalized*
43. *Access to senior citizen homes and universal access to geriatric care*
44. *Local and short value chains, local value-addition, with limited intermediate VC players*
45. *Increased proportion of consumer rupee to basic producer/service provider*
46. *Per capita/family Ceilings on farm, non-farm, housing real estate to functional levels*
47. *Self-sufficient Sustainable Energy*
48. *SDGs met*
49. *Referendums on key reforms*
50. *Destination to world students, workforce, and entrepreneurs*

We go to 100 of them in a week.

Then we go to plans to realize these. The portfolio of plans will be e-published for planning, support and action.

When freedom comes, accrues to us, how do we keep it? How do we let it not go because we do not know how to handle it? The behaviours, efforts, mindsets, processes that operated when we have no freedom, may not be the right ones. May be, we need to find new ones. It is, most often, we lose freedom. It is not that freedom is seized by others, relationships, habits, circumstances, events etc. We need to persist and persevere with keeping freedom.

In a debate, a loser benefits in terms of learning more than the winner. A strong counter may benefit the winner too. Can we have the conclusions like 'you are right, I am not wrong'?

We plan the way ahead as if we know the path/pathway for certain. Actually, we do not know. There are lots of surprises in our paths and pathways. Let us be ready for them, without underestimating the surprises or underestimating ourselves. We may sink into frustrations or we may be get into paralyses. Can we be out of these traps? Can we practice being fully present and aware? Resistance and opposition lets the other to grow, or else it would have faded away. Can we be restless to be more productive? Can we help the 'evil' to exhaust itself?

Yes, we can. If we persist with practice. If we keep flowing with N. For 7L.

Join us in the world of yoga of keeping freedom for useful coexistence – anantaswechchayoga for 7L. 24092021

232. In the Journeys

Artificial Intelligence is sweeping in. It includes machine learning, natural language processing, big data analytics, algorithms, and much more. It appears that AI disproportionately affects rights of vulnerable individuals and groups through augmented discrimination. AI may reduce employment significantly at various levels. AI may trigger profits without jobs. Unregulated use is the way now for AI. Can this change, with a clear human bias? Otherwise, we would be slowly taken to 'Big Boss' or to '1984'. Are we heading towards another divide – AI divide? Can we launch universal AI literacy programs, soon? We may try and succeed in avoiding intentional discrimination. What about unintentional? How do we discover in the first place? We know that AI, if deployed thoughtfully, technology can be a powerful force for good. If used without care, it can be cruel, dangerous, fatal etc.

Drones can also threaten our lives, our security. Drone strikes have become commonplace. Drone deliveries can be fatal. Their arbitrary use is very likely. With the leaps we make in technology, we also need to make leaps in our protective systems, our justice, and our laws.

How is our language? Can our language have less of avoidable ugliness? Can we have less of stale imageries? Can we be more precise and simpler? Can we be less vague? Can we use less meaningless words, just to fill-up? Therefore, can we write/speak simple – with no commonplace metaphors; with short and less words; in active voice; in local/everyday phrases? Let us be simple. Clearly. Also, can we avoid saying, we are smart; needless to say; no offence, but; we can't do this; not our fault; not fair; we don't care; you look ...; etc.

Women, or for that matter, any group (tribals, Dalits, Disabled...) is not homogenous. Hierarchies exist within. These need to be appreciated and taken into account while designing, planning, supporting, monitoring, tracking, and assessing. How do we keep the 'last' in the reckoning?

We need to slow down if we are missing meaningful sensations. We need to journey within. The infinite vastness outside is all within too and as awareness expands, we become one with the universe. Do we have the courage for this? When we seek results in future and sacrifice the present for the same, we become slaves of these. Instead, can we seek the journey) s? Journeys always remain in the present. We keep journeying. Can we?

Can we go on with Notes, Flows, Conversations, Cohorts? Can we pool up and pass on 'insights? Can we read 100+ books a year? Can we be with nature and people 100+ days a year? Can we 'walk' around? Can we write (text, diagrams, pictures, videos) often, daily? Million words? Every year, can we listen to 100+ individuals making a difference a year? 100+ entities? Can we be useful?

Yes, we can. If we persist with practice. If we keep simply flowing, not rushing, with N. For 7L.

Join us in the world of yoga of journeying at freewill for useful coexistence – prasthaanayoga for 7L. 29092021

233. 1% of Us

Items are getting added to the 50 of in India Plan 100. May need another week/fortnight. Then, we need to fine-tune, group/re-group, and make outlines of plans listening to the people living those items/ideas. We need to check the robustness, feasibility, sustainability and what it takes to realize these plans. Once that is done, we go for e-publishing the portfolio of these subplans for initiating action and support.

7 October, special incidence/occurrence: Date, Tithi and Nakshatra match, :). It may happen once in 10-12 years. This time, it is a perfect match. Universe is calling for a great transition/transformation.

Let us prepare and get ready for the roll-out, in various realms, moving from conceptual to decisive and deliberate practice. Deliberate conscious choices in parallel and sequentially. These call for series of decisions with resolve, determination. Determination emanates from passion, dedication, commitment. Publicly articulated. This is a function of the life's purpose of being useful to 'life' we are wedded to. The values of hope, faith, promise and love we are not willing to negotiate. Flowing with N, in N, for N is the approach that takes us there.

Learnt: Broadly, 90% of us are tools to be used; 9% of us, movers, and shakers, are seeking success individually or collaboratively to get wealth, power to dominate, overpower; and less than 1% of us are journeying in experiencing N in its various higher dimensions. These are transformational, seeking change at the core. Without losing usefulness. May not go with the status quo. Results may be visible much later. Can we not be these in the third realm? Do we have the courage to be there? Can we prepare and build our courage?

Yes, we can. If we are determined. If we are in satsang. If we persist with practice. If we flow. For 7L.

Join us in the world of yoga of making decisions for useful coexistence – nirnayayoga for 7L. 06102021

234. Parivartan Sankalp

Reinforced understanding dimensions from Dr K – Knowledge, Faith in the capacity, dedication, institutional architecture, technology, professionals, policy influence, political will.

Calls, from within, and without, are mounting for transition/transformation. They transform into avalanches themselves. Forced to flow along or willing to flow along is our choice. Universe knows to get us on its side if we do not yield on our own. Let us get ready. NIT Warangal's Distinguished alumnus public service 2019 reiterates the calls to transit and transform, and quickly.

Let us say no to Poverty, absolute poverty-hunger-marginalization. Let us say no to food-nutrition-health insecurity. Let us understand the poorest, most marginalized people, areas and livelihoods-vocations and work with/for them. Let us be inclusive and equitable. Let us appreciate changing patterns (of rain, precipitation, over shorter period and localized areas) and build sustainability, sustenance and resilience. Let us Let us re-sankalp.

Let us have a million collectives, a hundred million groups, a million entrepreneurs and enterprises, a million facilitators, a hundred million animators. Let us have will and policy hygiene for this. Let us go, be close to, and be in sync with nature. Let us build and mentor leaders, anchors, mentors, lifeworkers in '000s. Let us build their forum(s). Let us enrich and spread this life, living, learning, thinking, articulation, practice, linking, leading, and love. Let us have notes, conversations, journeys, stays, classes, cohorts, videos, forums. Let us work for India 100.

Navaratri and Vijayadasami calls us to re-sankalp. Conquer/quell Kama (lust), Krodha (anger), Moha (attraction), Lobha (greed), Mada (hubris), Matsara (jealousy), Swartha (selfishness), Anyaya (injustice), Amaanavata (cruelty) and Ahankaara (ego). Get to a new equilibrium with consciousness and spirit in sync with N.

Krishnamurthi helps: Can we have leaders/mentors/lifeworkers sensitive? Sensitive to nature, sensitive to all the things that are happening around us, sensitive not only to what is happening outside us but also inside us? If we are not sensitive, if we are not aware, we cannot think clearly. Intelligence implies that we see the beauty of the earth, the beauty of the trees, the beauty of the skies, the lovely sunset, the stars, the beauty of subtlety. Are we gathering this intelligence? Do we have the intelligence that questions, tries to find out? Can we help our leaders/mentors to this quality of intelligence, which sees the beauty of the land, the dirt, the squalor, and is also aware of the inner happenings, how one thinks, how one observes the subtlety of thought? Can we do?

Tagore joins: Can we appreciate that the society's necessities are the simplest and the most universal? Can we help our leaders/mentors/lifeworkers realize the inner principle of the unity of all knowledge and all the activities of our spiritual and social being – the spirit of mutual help and the common sharing of benefits in the elemental necessities of life? Can we live and produce, beyond thinking, articulation and instruction?

Can we see and show the whole expanse of life, the beauty of it and the ugliness of it? The joy, the agony? Can we become and help others to become tremendous human beings? Healing the earth? Creating better futures? Can we learn walking around, listening, seeing, doing and practicing?

Can we be prudent? Can we be simple and moderate? Can we have patience, tolerance, courage, respect, compassion and generosity? Can we show integrity, humility? Can we think about us less, and think about the universe around us more? Can we be strong to stand up? Can we be aware, self-aware?

Can we have the purity of purpose, thought and focus of action? Can we try various means, tools, instruments for this? Can we garner solidarity and unity? Can we cope with and transcend contradictions within, limitless imperfections with us, and the conflicts within?

Living in the moment does not mean we do not have purpose. We are flowing with a purpose, governed by our values and direction. When we get splits in the flow, we make choices in the flows we go with. Can we do this? All of us lead and influence. All of us are led and get influenced. Can we have the purpose, values and direction set in us to make the choices of the flows and lead and influence the lives around us to make these choices?

Yes, we can. If we are in satsang. If we are getting ready for Guru. If we persist with practice. If we are in the flow. For 7L.

Join us in the world of yoga of sankalp for useful coexistence – sankalpasutrayoga for 7L. 16102021

235. A Little Better World

May all sentient beings be at peace, may no one suffer from illness,
May all see what is auspicious, may no one suffer. Om peace, peace, peace.

Living being is a sentient being – one who perceives and responds to one or more sensations of whatever kind – sight, hearing, touch, taste, or smell.

Is not the Universe a system? Is not this a systems thinking? Are we not looking for changes in this system(s)?

Are we not having systems within systems within systems? Atom, Molecule, Soil, Earth, a life, all life, Education, Health, Farming, Food, Nutrition, Water, Extension, Economy, Enterprise, Organization, Team, Government, State, Village, household – are not they systems, each one of them? Micro, meso, macro level systems? How micro we go, deep down? How macro we go, high up? Where do we draw boundaries?

For all of us in this world, a system we are looking for is that guarantees whatever matters the most to us, for a reasonably long period, say some 100 years or more. It should include all of us. Equitably. Without lapsing back. For fair share, with control in our hands. In the hands of the marginalized amongst us. With dignity. With ability. With power within individually and collectively. Universally. Democratically. In governance. In the marketplace.

Of course, there is a systems tension between today and tomorrow, future. And we need to move there. We need to figure out what paths take us there. What vehicles take us there. What fuels take us there. Drivers, Pilots, Leaders, Champions, Animators. Support architecture, systems. Coalitions, Partners. Timelines. Metrics.

We are in a hurry, knowing that Jatasya Hi Dhruvo Mrityu. Death is certain. Can we leave the world, a little, if not a lot, better? Is not this our religion? Our spirit? As exhorted by mentor-inspiration, Dr K. This is his centenary. Can we pay back? Can we give this Gurudakshina?

Let us look around. There are action examples to be replicated, scaled-up, out. Let us listen to thought leaders. There are thoughts to be converted into actions. Can we get out of indefinite multiplicity of wants? Can we go for swaraj(s) – decentralized local living? Can we go for decarbonization? Can we go for nature fully?

Can we work with myriad portfolios of livelihoods in the locale? Farm Families? Farmworkers? Weavers? Craftsmen? Occupational Groups? Vendors, Stall owners? Tribal Communities? Coastal Communities? Nomads? Migrants? Service Providers? From child to old person.

Individuals, Families, Groups, Communities. Community Organizations. Support Organizations. Enterprises, Business Organizations. Civil Society. Corporates. State, Government, Departments at various levels. 1000-day centres, Schools, Health facilities, Homes.

Are we not having it within us to go for this for our next generations to thrive better than us? We might be having it (syntropy) but might be dormant in most of us. It needs to wake up, fully wake up. Only we can wake it up. If we look inwards, in addition to looking outwards.

When we become one with the universe, after having lived our lives, we want our next generations to have better lives. Is not it? Is not this quest, action quest, our journey? And should we not be on it right away?

Yes, it is. Yes, we can. If we keep moving, towards nature and be there. If we are in satsang. If we go hybrid, inward and outward. If we persist with practice. If we are in the flow. For 7L.

Join us in the world of yoga of inner drive for useful coexistence – antahkaranayoga for 7L. 25102021

236. Towards Light

Now, we could quickly gather 100 pointers of work for India Plan 75à 100. India 2047 Vision, Values, Approaches, Institutions, Strategies, Methods. Let us unveil it soon and start working on it. At least from 15 August 2022. Here are the first cut 100 pointers –

1. Happiness Focus
2. Hope, Faith, Promise and Love as dominant values, with inclusion, equity and sustainability driving
3. State moves to policies, regulation, and tracking
4. Reduced staffing in 'State'
5. Local Governments, Collectives, and Individuals take up service provision and business
6. Nature-sync simple-simplistic life for most of us, yogic, spiritual
7. Smaller units of governance, 100 states/UTs; 1500 districts; 15000 blocks; 500,000 GPs
8. 10,000 to 100,000 self-reliant and may be self-sufficient local economy units of 5-50 GPs
9. 90%+ workforce being engaged remuneratively locally
10. Substantial powers, responsibilities and budgets decentralized.
11. Multi-stage Development Field stay/work/apprenticeship/internship for all
12. Rs. 20 lakh Crore GDP, 1 million per capita/year
13. Knowledge workers, self-employed and entrepreneurs
14. Literacy, Digital Literacy, Financial Literacy; Banking Literacy
15. Teachers of high regard for all at 1:10 students
16. Basic minimum urban facilities (to be defined) for all
17. Doctors for all at 1:1000 population
18. Direct benefit, 25,000 a month to all; State to put Rs.10 million per child as wealth
19. Free Education, Quality Education to All, up to 18; and at least above 18
20. Work hours 35/week or 1500/year; portfolio of works; portfolio of incomes
21. Work up to 80 years

22. No retirement age for teachers, doctors and LPRD facilitators/leaders
23. Single Tax, Tax on Expenditure?
24. Freedom of Life, Living, Livelihoods, Portfolio of Livelihoods; Association; Expression
25. Thriving Free Media
26. Reduced low-high wage structure, 1:100 (Rs.1000 a day and Rs.100,000 a day)
27. Returns limited to five times the interest rate
28. INR to be a global benchmark currency
29. No Foreign Development aid into India
30. 75%+ families meet half their FNH needs on their own
31. 50%+ families to be prosumer families
32. All families have own or rent-free shelter. At least 200 sft per capita.
33. Life Expectancy crosses 80 – sahasra chandra darshan
34. 1000-day services, kits to all infants and mothers, including universal vaccinations
35. Walking space, cycling tracks, healing parks for all
36. Learning Centres, reading/e-reading rooms-libraries, at least one per 100 families
37. Every adult, a member of a functional collective
38. Every being, an active member of civil society
39. 365-day green cover agroecology everywhere, with chemical free produce for all
40. Improved understanding of microbial world
41. Equitable Development Fund
42. Equity for Poor, Vulnerable and Marginalized
43. Access to senior citizen homes and universal access to geriatric care
44. Local and short value chains, local value-addition, with limited intermediate VC players
45. Increased proportion of consumer rupee to basic producer/service provider
46. Per capita/family Ceilings on farm, non-farm, housing real estate to functional levels

47. Self-sufficient Sustainable Energy
48. SDGs met; 2030 Commitments on Climate met
49. Referendums on key reforms
50. Destination to world students, workforce, and entrepreneurs
51. Privacy, with transparency in community-public life
52. Mandatory 1000-day community living and work for students
53. Mandatory community work for youth, as a citizen
54. Integrity every time everywhere?
55. Eldercare for all, eldercare homes for all who need
56. Cash dispensing ATM/BC in every village/GP
57. Internet broadband for all with no or small price
58. Mobile/Tablet/Laptop, email id, bank account for each one; savviness to use them
59. Residential education access to 50% students in schools and 100% beyond schools
60. Local Governments and Community Collectives take all things local into their fold
61. 3-4 in 100, to be leader-animators professionals in the service of the 100, accountable locally
62. Simple nature-centric life for all
63. Infant/childcare for all working mothers outside homes
64. Mediation, Stretches, Walk, Jog, Yoga by/for all who can do
65. Nature-Community-Spiritual Travel-Stay, at least 1000 days and nights, away from home
66. Renewable Sustainable Energy reliance
67. Local self-reliant economies, Gram Swaraj
68. Forests, Green Parks on 30%+ lands
69. No/near zero fallow land
70. Recycled waterflows
71. Thriving local artists and craftsmen, across '64' arts

72. All pervading rational thought and scientific temper, science clubs
73. Water harvesting in the basins, watersheds, spring sheds
74. Reduced or no private health expenditure, except for insurance premiums linked to taxes
75. Mental healthcare
76. Commons in the hands of the Communities, People's Collectives
77. Empowered wards/sub-wards/colonies
78. Functional associations/clubs of children, adolescents, youth, elders
79. Local Multi product/service and special purpose Consumer Collectives, stalls, outlets
80. Local uberized certified standard services, service providers
81. Free authentic knowledge access to all
82. Individual, Collective and Corporate Social responsibility in all walks, based on business
83. Institutionalized payback
84. Social sabbatical(s) to all
85. Happiness and wellbeing as a function in Government at all levels
86. Information, Education, Engagement, Employment, Entertainment as a right
87. Right to life to include agency to access and have 'life'
88. Mandatory Education to include Nature, Culture, Local Occupations, Arts, Skilling, Behaviour, Sports
89. Practice and Project Works in School and beyond
90. Leadership and Management education early in life
91. Apprenticeship in schooling
92. Daily/weekly local cultural fairs, in addition to markets
93. Food, Nutrition, Health and Health Management Education in schooling
94. Self-defence, self-care, self-reliance, combined with care and sensitivity for vulnerable, needy
95. Disaster preparedness
96. Informed choices for living, livelihoods, leading

97. Transcending survival level towards self-actualization

98. Fearless upright citizens, servant leaders

99. Universalized Self-help and Mutual help

100. Systems Changes for India 2047 and beyond

Now we revisit, refine, realign, hybridize these and make plans to realize them The portfolio of plans will be e-published for planning, support and action.

Neuroscience confirms that there is a constant interaction/struggle between emotion and deliberation (reason) in the brain and often emotion holds sway, notwithstanding willpower and rational conclusions. Some of us may go for the thrill of the hunt, the prospect of a reward/averting a risk, or the desire to take revenge/retaliate and some of us may go for the pleasure of the feast, the reward/averted risk/threat, or the actual revenge. Someone likes the chase, some other likes to reach the goal. It also confirms that our gut, and the unconscious impulses work quickly, swiftly, and powerfully, without our conscious realization. Start focusing on the gut, intuition, and impulses.

We are not doing well on the Global Hunger Index. National data is also more or less saying the same. Undernutrition – stunting, micronutrient deficiency – wasting and overweight are increasing.

Beneficiary is not a revenue-paying customer. Often donor is a paying customer. Therefore, non-profits are in two simultaneous businesses – program, raising funds. They need to run the programme and also raise funds. From individuals – by connecting to heart; seeking pay back; by seeking joining in ‘let us help ourselves’. From large donors for a large cause. From public schemes/sources. For alternative ways and innovations. Fee-based services to beneficiaries as part of large programmes. Resource re-cycling. Legal/ethical alternatives to market players. Larger/wider movements at local levels. And hybrids of these and more other ways. Can we facilitate this learning to our non-profit leaders?

We might be geniuses, all we know. In any of the 9 intelligences – natural, musical, logical (and numbers), existential (life), interpersonal (people), kinaesthetic (body), linguistic (words), intra-personal (self), spatial (spaces, picture). If we are creative/overthinking. If we talk to ourselves more often. If we are passionately more curious of how and why. If we are absent-minded now and then about basic things. If we are not in for ‘fashion’ and less ‘social’. If we read constantly – deeper and/or wider. If we enjoy stretching ourselves to the hilt, expanding our horizons, out of our comfort zones. If we suffer from social anxiety. If we struggle with some addiction or the other. We need to discover our zone(s) of genius and pursue. For our lasting happiness. Why not?

Lasting happiness is liberation. Kaivalya. It comes from a life in harmony with our deeper values, leading to a life of servant leadership. Our values give us the sense of this purpose, will, strength and energy. Can we have it?

Yes, we can. If we are awake to possibilities.

If we seek inside us. If we keep moving, towards nature and be there. If we go inward and outward. If we are in the flow of N. For 7L.

Join us in the world of yoga of inner light for useful coexistence – hridayayoga for 7L. 04112021

237. Aananda

Let the influencers and decision makers get enlightened and propelled to make universe-friendly decisions right now, and from now on. Including investments in that direction with double haste.

Do we understand the essence of the complex climate system/planet and appreciate the effects intended and unintended, over different timescales? Do we have the collective humility to approach towards this understanding and consequent action?

We heard Reminiscences of Dr Aneja and Reflections of Shiv on 13 November to draw lessons from the work of Dr Kurien's Dairy Board to the complex farming-food system(s). Dairy Board took more than three decades to achieve per capita self-sufficiency in milk, and to some extent temporarily in oilseeds/oils. Amul and other brands helped to achieve commanding share to influence the sector/value-chain in its entirety. IRMA was needed. Went beyond India to influence. The lessons are there for chemical free natural 365-day multi-layer multi-crop and integrated farming produce and landscapes that include all land and water, if we customize, contextualize, and apply. These include:

Can we build collectives for commanding share, say 10-30%? With the principle of capture the market first? Both inputs, outputs and local value-addition, as much as possible? For regular frequent engagement with the collectives? Price differential payments? Multi-tier hybrids – cooperatives, producer companies and companies, with membership for individuals, groups, institutions, and enterprises? Work with consumers? With metaskills, tools and learning? System Changes for inclusion, equity, sustainability, and lasting legacy? Grants and Loan as Capital? Funds for stabilization? Line of Credit?

Can we seek technologies, breakthroughs, research? In pace with technology? Minimum support returns? Insurance mechanisms? Reliable market intelligence? Linkages with other Commodities, between producers and consumers, and between areas? Engendering of the value-chains, pre-production to reaching the consumer? Partnering with various fair players? Products that meet consumer needs? Branding in a big way? Retail chains? With existing chains and new? National/planetary Information? National Grid(s)? Digital platforms, owned by producers? Other associate institutional architecture?

Can we have national associations for solidarity, advocacy? Global coalitions, collectives? Perception management efforts? Press, social media, web portals? Farmer, Consumer, Entrepreneurial Movements? More IRMAs? Certified Learning Platforms for them, for their passionate animators, facilitators, managers and leaders? Communitize?

Are cooperatives, mutual aided cooperatives, self-help groups and federations, producer companies, OK? Should we go for companies? LLPs? Should we have decentralized democratic autonomous transparent organizations run by voting for all 'change/plan proposals'?

Should we bring in true cost accounting to assess true and total impacts, incomes and costs to us and our planet? We need metrics of money and non-money. Then, we begin to look at addressal of poverty, hunger, inequity and inequality, climate crises in an integrated way.

Most of us are rich if we have the primary ability to create wealth. If we have the intelligence towards creating 'wealth'. Most of us are lucky if we are more relaxed and open. If we are able to see what is there – noticing chance opportunities and being open to new experiences; listening to intuition/gut instincts; positive expectations; reflecting on what is going well; resilient attitude.

Are we rich and lucky?

Love happens within us. And joy. It is possible that someone may stimulate them for us. The experience is ours, within us. Then, life around us becomes wonderful and we enjoy all life.

Nature talks to us, if we listen, if we are quiet if we speak a little. Our bodies talk and tell us through pain. If our heart and mind are not in harmony, we get emotional pain. We need to work on getting back our harmony within. Can we? Breath control helps. Praanayama helps.

We seek happiness beyond security and survival. We do not define it uniformly. May be this is a state of existence we feel vitality, passion, exuberance, will, force, movement, excitement, activity, impetus, etc. This is urgent, active, and compelling. Stilled and silenced mind is imperative for happiness. Happiness is a function of emotions, through our daily existence. It comes in little packs. Various forms of nature usher in these packs. What we see, what we listen, what we touch, what we feel, what we think, what we say, what we do – all of these offer these little packs.

This is living liberation. It comes from a life of harmony, in the body, in heart and mind, and in thought-word-action. Can we have it?

Yes, we can. If we are open and awake to possibilities

If we keep moving, in the nature. If we are in the flow of N. For 7L.

Join us in the world of yoga of love and joy for useful coexistence – aanandayayoga for 7L. 15112021

238. Learning Krishi

Gurudev is reinforced: Eka. Alone. Get going alone. Ekla Chalo Re. Jodi Tor Dak Shune Keu Na Ase Ekla Chalo Re. If no one responds, let us go alone. Let us keep walking. Others join in slowly. Keep speaking. Others lend voice soon. Let us be the burning light. More lights to join slowly. Be in the communion with the Universe. Universe joins in soon.

The panel discussion brought in some lessons to scaling agriculture and food systems of the future from Operation Flood. These include: living lab(s) of principles on scale; farming-in-harmony with nature as a changed paradigm, with scaling-up within the planetary boundaries; customizing locally embedded multiplier(s) in terms of institutional architecture-community animators-professionals; Market First; All or None; Fair prices to Consumers and Fair Share to Farmers; member-centric institutions; up-to-date/frontier Technologies plus indigenous practices; Digital Technology-Agri Stack-learning-Internet-IOT et al; demand-driven, local demand-driven; resilience – household, farm, market, climate; focus – smallholder, women, youth, collective action; training, skilling, finance, policy engagement; open to learning (PK+OK+OK+?) and practice, with ecosystem in play.

Let us plan for significant commanding share for people's collectives. Let us have local value-chains of multiple commodities/products from farms, integrated farms including trees, livestock, fish et al, with higher frequent engagement. For inputs, services, aggregation, value-addition and consumer connect. Let us have an institutional redesign that can include SHGs, Entrepreneurs and more tiers with services, formal and informal, individual and collectives in, for loans and equity too. Let us include faith, digital tracking, direct linkages, collaboration hybrids.

Sarvail Gurukulam is 50 years now (23 November). Golden Jubilee. Remembered the prayer:

OM Sahana Vavatu Sahanau Bhunaktu Saha Viryam Karavavahai |

Tejasvi Navaditamastu Ma Vidvishavahai OM Shanti Shanti Shantihi ||

Om, let us come and move together; let us relish together; let us think, speak and perform together with deep Concentration; let us learn together to emanate brilliance; let us be in sync, Om Peace, Peace, Peace.

We also had another daily prayer:

Om Asato Maa Sad-Gamaya | Tamaso Maa Jyotir-Gamaya |

Mrtyor-Maa Amrtam Gamaya | Om Shaantih Shaantih Shaantih || Let me go to reality (truth), light and realization. As the clock ticks 12 tonight, Dr Verghese Kurien completes 100 years. What a life! As IRMA celebrates Kurien Mahotsav (100 years of Dr Kurien), I remember IRMA convocation, where we invoke:

Sangachhadhwam Samvadadhvam | Samvo-manaansi Jaanataam.

Samaano Mantrah Samiti samaanee | Samaanam Manah sahachitta meshaam.

Samaanee va Aakootih Samaanaa Hridayaani vah | Samaanamastu vo Mano Yathaa vah Susahaasati.

Let there be one place, one assembly, one assembly of minds, one portfolio of thoughts, one resolve. Let there be harmony in our thoughts and aspirations; let there be one goal to which we march forward; let us be open-minded and work together; let our prayers be one, let us be together and in one 'sangha', with our minds in unison, striving to reduce disparity.

I remember meeting Dr Kurien, Anand, with an extraordinary influence on all that he purveyed, for years to come. Executive Chair of Dairy Board (a NDDDB-IDC merged institution responsible to Parliament), the 'life' Chair of IRMA, the Chairman of(Gujarat Cooperative Milk Marketing Federation) GCMMF which paid him remuneration. Chair, National Trees Growers Cooperative Federation (NTGCF), Tribhuvandas Foundation, HPCL, IDMC, Anandaalaya et al. This was in IRMA. I remember working in the core team of MIO, with K in lead. With the Brains-Trust in IRMA. Dr K has his life well spent, making the world a whole lot better than what it was when he started his work in 1946. Not just that, he has mentored many of us moving into this agenda of spending life well. Can we pay back, pay Gurudakshina to our mentor and the mentor of our mentors, by practicing and living a 'well spent life'? and mentoring many more into this?

Can we write down concrete goals towards this? Can we take concrete steps with deadlines towards manifesting these goals? Can we deep dive? Swim? Dip?

Yes, we can. If we are awake to possibilities. If we take a dip into them. If we flow and swim in them. If we practice and take a deep dive in them. If we do a Kurien.

If we are in the flow of N. For 7L.

Join us in the world of yoga of enterprise for useful coexistence – jivakrishiyoga for 7L. 25112021

239. Go With Our Whys

Soils sustain life. Soil provides “services” to all life on earth, year-round. Soil ecosystem services. Soil is a habitat to the world’s largest biodiversity including Fungi, bacteria, and fauna. Soil holds the nutrients plants need to survive and provides the physical structure for the roots and stems that helps hold plants up. Soil also provides regulating ecosystem services like regulating quality of air, water, other resources, including climate. We also get Provisioning ecosystem services from soils – food, clothes, shelter, medicines, health and nutrition. Cultural ecosystem services include paintings, landscapes, cultural underpinnings.

Can we really see the end to corruption in our systems, our lives? Political corruption? Legal corruption? Grand corruption? Systemic corruption? Petty corruption? Bribes, Frauds, Grafts, Extortion, Influence peddling, Abuse of discretion, nepotism regardless of merit?

Are we learning enough from the big milk man? Be on time, better still, be a bit early. Have a punishing regimen. 6.5 days a week, 14 hours a day. Keep the list of tasks to be done every day and track the progress. Be precise and simple. An A4 page for decision-making, however big it may be. A slide, without reduction in fonts and spacing. Think 20 steps ahead. See issue from multiple angles, dimensions. Eye for detail. Take time for basic courtesies. Reply to all letters/messages/emails, and promptly. Send thank you notes. Be in touch. Recount stories.

We know that teams/communities require being vibrant, live, without disruptions and inactions. Rules of participation/code of conduct may be written/coded, help. ‘No’s need to be articulated very clearly. Educate, Moderate and Punish as per the code. Think twice to deal with violations publicly. Be consistent. Be and lead by example. Expand leadership. Listen, reach out, respond, and communicate. Allow evolution and change, but through due diligence.

It is established now that people who strive for something significant personally, a la learning, craft, career, children, et al, are happier than those who do not have strong aspirations. Happy persons need a mission, agenda, project. A sense of purpose, direction, vision. Energy flows. Commitment directs. Engagement triggers. On a path, in a journey, in the flow. Life is more full. Growth is more deep.

Therefore, we need to find our why(s) and arrange our lives and live our lives around these. This is the most fundamental. And this living is the joy. Every day is a Joy-day. The whys may be the pathways for our true liberation in the pursuit of truth, our truth. Then flowing in one or more of these pathways matters the most. We would be readily and happily embrace death. This is the liberation, the kaivalya. Can we get ready?

jatasya hi dhruvo mrtyur | tasmad apariharye ‘rthe | na tvam socitum arhasi

For us who have taken this birth, death is certain. Therefore, it makes enormous sense to be ever ready to embrace death happily. With joy. Without lament. By flowing in the path of our why. Can we?

yatra yogeshvaraḥ kṛṣṇo yatra pārtho dhanur-dharaḥ tatra śhrīr vijayo bhūtir dhruvā nītir

If we master yoga to become ‘yogeshwar Krsna’ and if we master the knowledge-skills-tools to become ‘Dhanurdhara’, Sree, Vijaya, Bhuti, Niti (Fortune, Victory, Prosperity and Morality) towards liberation and kaivalya are guaranteed, for sure. Can we?

Yes, we can. If we are keen to know our whys. If we pursue these whys and possibilities to these whys. If we find the flow and flow. If we keep flowing with joy. If we are true to ourselves in the flow of N. For 7L.

Join us in the world of yoga of knowing and being in the whys for useful coexistence – sreeyoga for 7L. 09122021

240. Deeksha

All of us can be true development workers. The essential act of a development worker is LOVE. Love is an activity of giving, without any reciprocal expectation. Inability to give gives pain. To give, one needs to have power, capacity and will. Giving gives joy; boundless joy – like joy of feeding the child, caring for the sibling, giving love to her/him, submitting to God, achieving a goal, etc. Development comes on its own spontaneously. To realize this fully, one needs to internalize intertwined Care, Responsibility, Respect, and Knowledge.

Love is like an art to be learnt, requiring discipline, concentration, and patience. It means to listen and living life fully with merged personal and professional lives into one, as it happens to a painter, to a dancer, to a musician, etc.

A lover's main job is to give 'love'. Like a mother feeding the child. Like a driver driving. Loving heart/soul loves all. If it cannot love all, it may not be loving that one person either! It sees from the viewpoint of the loved, with necessary faith and trust in the loved. It desires the loved to grow, with a vision to reach their full potential for being useful and productive – like a mother's vision for the child that s/he grows into an adult. It does many a thing towards this. It has the power and ability to promise and deliver the promise, by acquiring those new powers/capacities required. It provides ambience for emergence of this potential to show up. It requires courage, risk and readiness displayed by a mother in child rearing, the courage and boldness displayed while we sleep.

It has faith in all life and shows respect for life, for every living being. It stands for fairness and justice, because it loves all waiting for love. Without rest.

A small boy from Gundrampally going through Sarvail Gurukulam has been blessed with initiation into a trajectory of metamorphosis into one such development lifeworker and mentoring many such development workers.

National Institute of Technology, Warangal, felicitated him as a Distinguished Alumnus (Public Service) for 2019, its Diamond Jubilee Year. Institute of Rural Management, Anand called him an Eminent IRMAN, in its 40 year celebrations. Development praxis got TRUE – Tribal Rural Urban Emerging – Livelihoods Framework, 100,000+ individuals, and 1000+ collectives/enterprises/organizations. On co-authoring Gol-approved Framework of implementation of Rs. 3.0 lakh Crore National Rural Livelihoods Mission 2011-29 taking 10 Crore poor women into self-help group architecture to take their livelihoods, lives and destiny into their hands, United Nations Development Program has placed his services for 5 years to build Mission's capacity across India. Currently, he is co-leading Community-managed Natural Farming, a global movement at local levels, going to scale. His Akshara Livelihoods, 'livelihoods' portal, 'yogakshemam', Conversations, Journeys, Cohorts and 7L Coexistence advocate individual and collective social responsibility for Nature-centric 7L – life, living, livelihoods, linkages, leadership, learning and love. From receiving otherwise "dustbined" test call letter, to Gurukulam's resident Gurus letting us blossom, it has been an initiation into miraculous metamorphosis. Through starting the day in the brahma muhurat, reciting Asatoma satgamaya, mastering 3Rs, Vignana Sarvasvam, Tulasi ganitham, literature; writing stories, poetry; music, exercises, chess, mental ability; Misak pens and prizes in full throttle curricular, co-curricular and extra-curricular activities; mess committee; lasting friendships and attachments – Gurukulam has given me the Deeksha.

A teacher (Sri Ramana Murthy) traced and took me to receive the prize from the Governor, when I got Mathematical Olympiad! Probably for the first time, a Telugu medium student could crack National Talent Search, when I got selected, thanks to conceptual grounding in Sarvail. When I missed joining APRJC Nagarjunasagar, Gurus – T Venka Reddy and M Srinivasa Reddy – could take all steps to be in APRJC later. Payback, seeded then, got nurtured in due course to be a lifeworker, with Hope, Faith, Promise and Love.

Now, Gurukulam is the way for boys and girls. More Gurukulams, Navodayas, Colleges, and Alumni with integrity and sensitivity everywhere being useful to society. Alumni Associations and Networks of Gurukulams like Sagurwa and Visionary Gurukulam Association are serving Alumni, Students, Gurus and Gurukulams.

In this context, we are working to open a Mental Ability Support Club (tentative name, to be finalized) in Sarvail. One more in APRJC, Nagarjunasagar, if it works out. The MASC agenda may include:

- A person or two to spend time every week anchoring MASC for 30-40 weeks.
- 100+ Mathematics and Logic, Mental Ability Books; 100+ Classics Telugu, Sanskrit, English
- Test a Month
- Exposure to traditional occupations, Apprenticeship in Communities/Devt. Organizations
- E-group/WhatsApp group

- Magazine, e-magazine, inhouse blogging
- Mentoring Potential Talent, Counselling, Visioning
- Extra-curricular/co-curricular/cultural events – 5 days a year; internals every month – Debate, Elocution, just a Minute, 20Q, Dumb Charades, Essay, Poetry, Story, Painting, Book Reading et al
- Competitions

Not losing enthusiasm and curiosity even in delays, setbacks, failures is the way for us. Standing up, dusting ourselves off, and get going again after falling. For unlearning, correcting, learning. Small successes have to be celebrated, without becoming arrogant. These let us to try, push ourselves to flow in, to keep flowing. Without the fear of falling from grace. Efforts, trials, tribulations are our flows, our ways. Lest we become fossilised, irrelevant, maybe nuisance, and get extinct. Can we be in our flows?

Yes, we can. If we get Deeksha to be in our whats and hows, knowing whys. If we pursue on the pathways of Deeksha. If we are true to ourselves in the Deeksha of the flow of N. For 7L.

Join us in the world of initiation into yoga of whats, hows, whys for useful coexistence – pranavayoga for 7L.
26122021

241. Plan and Flow

Are we in farming, food, fodder, and fibre system or are we in health system? Health of the soil, of plants and animals, of farm and farmer, of the farm family and farm community, of the consumers, all involved in the same interested, interlocking pattern of patterns? Therefore, can we see the future farm that is fertile, productive, healthful, conservative, beautiful, pleasant to live on? Healthy farm, healthy soil? A soil with a portfolio of diversity – season, layer, and crops?

Is not a healthy farm, a result of what a human mind can comprehend, make, maintain, vary in response to circumstances, and pay steady attention to? This is obviously variable from one farmer and farm to another. Let us appreciate so-called “inputs” are, from a different point of view, outputs – expenses. Any expenditure to a manufacturer should be held in suspicion. The good health of a farm depends on the farmer’s mind and physical work. A well-farmed farm includes the farmer, mind, and body both. Farmer and farm are one thing, an organism, with the integrity, the independence, and the benign dependence of an organism.

What is good for the water is good for the ground, what is good for the ground is good for the plants, what is good for the plants is good for animals, what is good for animals is good for people, what is good for people is good for the air, what is good for the air is good for the water. And vice versa. This calls for human solutions including farming and consuming in harmony with nature. In harmony with good character, cultural values, and moral law.

Sarvail Gurukulam is a model to the country, inspiring ‘Gurukulams’ across the country. Can we have a differential, flexible curriculum embedded herein? Matriculation, CBSE, ICSE, International? Cultural, linguistic diversity? Portfolio of learning modes? Life-learning, yoga, self-help, mutual help, self-care, life skills, digital skills? Experiential learning, learning by doing? Decision-making skills, tools? Meta learning, metaskills? Human values? Planet work? Leadership-entrepreneurship? Social responsibility – payback? Talent-ability support?

Let us take advantage of the hybrid work context. Can we stay and spend significant time in various habitats – Himalayas, hills, coasts, riverbanks/islands, forests, valleys, deserts, remote locations, wildlife sanctuaries, cultural spaces etc.? Can we start journeying across slowly? Kashmir to Kasi to Kanyakumari, Dwaraka to Jorhat, Jaisalmer to Puri, Islands, Borders, Villages, Learning Institutions, Spiritual-cultural centres, Civil society action areas, etc.?

We need to plan. India Plan 100 needs to be fleshed out, a bit more elaborately, and soon. With metrics and timelines. N 1000 leaders. We need ‘talks. Masterclasses. Meeting spaces. Work sessions. Co-life workers. Notes. Videos. Academic engagements. Mentoring interactions. Yatras. Examples. Conversations. Learning programmes. Fellowships, Internships, Apprentices. Immersions, inductions, orientations. Portals, websites, platforms. Action-reflections. Talent-ability support cells. Leadership-Enterprise development. Missions. Orders.

We need a plan, or a portfolio of plans, even if changed/updated with re-appreciation of reality and desires. Else, we need to work to the plan of someone else. Also, wish or hope is not a plan. Hope, Faith, Promise and Love has to result in a plan, and work. And we need to keep walking, moving. We cannot remain in a state of lacking purpose, with a feeling of powerlessness, confusion, demotivated, passive, and no meaning/use. Nor do we remain in a state of anxiety, stress, fear, and tightness. This means we cannot be attached too rigidly to the plan, allowing the flexibility with emerging reality situations, opportunities.

Can we? Quickly?

Yes, we can. If we listen within, in satsangs. If we reflect, together. If we get into our whats, hows, and whys of the flow of N. For 7L.

Join us in the world of planning and moving into yoga of flowing for useful coexistence – yojanayoga for 7L.
07012022

242. Kainkarya for Upayoga

Third wave, Omicron wave, is in. May be mild but rapidly mounting. 30% of the population soon gets hit – is a wild estimate making rounds. Booster dose gets going. Children start getting vaccination.

We are back to Pedda Panduga with vengeance. With very limited adherence to CoVID norms. Are we started caring less for the fears and get going 'whatever be the consequences, let us face' way?

Virat Kohli leaves Test Captaincy too (this makes it in all formats) and remains a player in all formats. New captain(s) in the horizon.

Elections to 5 States – UP, P, UK, Manipur, Goa. Code is in force, and 10 March is the results day. New captain(s) or just the new mandate tenures!

Working to initiate Leadership and Enterprises for Development, LE4D (physical and electronic) in NIT et al – let us invest Rs. 1 million in each to start with. It can be a Club of sorts. Students, Faculty and Alumni can enrol. We offer to be its mentors for 1-3 years – 30-40 days at Warangal/year. We stock 1000 Development/Social Classics – Books/e-books, Videos. We facilitate exposure visits. We facilitate 'village life' simulation exercise (a la Naranpur Express game). We facilitate 10-60-day work/apprentice visits to Development Works, Social Enterprises for interested students. We take 1-2 full courses on Development Leadership and Social Enterprises, offline and online. We facilitate Club to adopt a school, a health centre, a village/GP, a cooperative/collective, a craft etc. We facilitate Club to work with 100+ local enterprises. We facilitate Club members to take up 'social enterprises' and be with them for the next 3 years. We have Development Conversations with established 'leaders' or 'entrepreneurs' every fortnight. We have 2–3-day Development/Social Fest, Mela, Dialogue/Symposium, Portfolio of Competitions. We seek Research Papers/Cases. We can run campaigns etc.

Rahul David's unambiguous messages on Leadership: Let us be humble; Open to opportunities; Persist; Stretch; Harness diversity; Follow the dreams; Reflect and track ourselves.

This is the month of Thiruppavai. For Sarve Janah Sukhino Bhavantu. Without discrimination, like the rain. Let us surrender in thought, word and deed to this. The joy of the souls is the joy for the 'soul'. Let us enhance the joy. Satsang of the Universe, without any expectation in return. Joy flows. Joys flow. From Antaranga Kainkarya. Leading to outer services and joys. How can we be harsh, with anyone, if we have inner purity?

Charlie Chaplin tells us: We want to live by each other's happiness – not by each other's misery. The way of life can be free and beautiful. We need humanity, kindness, gentleness. Let us all unite to give us a chance to work to give youth a future, and old a security.

Should we slice and slice to understand? Should we bring things together, integrate and integrate to find a way forward? Should we do both? Should we do both at the same time, back and forth? Do we understand transformation of energy in its various forms and energy to material, in its various forms, and vice-versa? Reflection is the way. Self-reflection is the way. Dig deeper. Dive deeper. Figuring out the painful repetitions. Figuring out the knocks on the doors, may be windows too, and opening them. Slightly faster, by putting the foot on the accelerator, the reflection. Let us get rid of the recurring painful experiences, by reflection. Some people do not have these and let us learn from them. Some situations may not invite them and let us explore. Let us develop new ways of looking, analysing, thinking, responding, and doing.

Can we? Quickly?

Yes, we can. If we listen within. If we reflect, together. If we throw away all the axes so that we are free from grinding. If we sharpen our saws. If we start reflecting. What, how, and why. Of the flow of N. For 7L.

Join us in the world of getting tools and skills of moving into yoga of flowing for useful coexistence – antarangayoga for 7L. 15012022

243. Obstacles are the way

Third wave, Omicron wave, is peaking up. Election Campaigns are ON.

Jai Hind. As the unfurling of tricolour across the nooks and corners of India reminds us – it is 72 years of Republic for us the people, by ‘we the people’. Hope, Faith and Promise of – Democracy, Justice, Liberty, Equality and Fraternity – to all of us, working for all of us. Can we look inside, introspect, be better human beings of this republic, and can we look outside, join hands with others and contribute to us becoming a better republic, better India, better world? Better 2022, better twenties, better century?

GDP is getting back. We need to work on widening Inequities to contract. Oxfam reports: 100 Indians own the wealth equal to some 40% poor in India. CoVID adds 40 more billionaires, while doubling the number of poor. 84% households suffer decline in incomes. Can these numbers be reversed? What can be done? Income tax reforms in order. Why should Government give salaries and collect taxes from them again for these salaries – can’t they be tax-free? Do we really need so many tax exemption clauses? Do we need to tax societies, trusts, cooperatives? Why a nil tax return can’t be a simple one line, ‘no income that is taxable’?

We need to become nature centric. Our nutrition. Our consumption. Our farming. Our health. Our lives. We need to be hybrid. Technology with local rootedness. In many a sphere. Schooling in the mother tongue in the beginning. We need to payback. Maybe, useful payback is the only way.

Government of India announced Padma Awards. The awardees include CDS – Late Bipin Rawat; CoVID vaccine makers – Ellas, Cyprus; Tatas – N Chandrasekharan, Microsoft – Satya Nadella, Google – Sundar Pichai; Civil Servants – Guruprasad Mohapatra; Grassroots Innovator – Abdul Khader; Agriculture – Amai Mahalinga Naik, Socialwork – KV Rabiya; ‘Spiritual’ – Garikapati, Tulku Rinpoche, Sivananda, Brahmeshanand Acharya et al.

Andhra Pradesh finally moves to have more districts – 26 from existing 13 – Srikakulam, Vizianagaram, Manyam, Alluri Sitaramaraju, Visakhapatnam, Anakapalle, Kakinada, Konaseema, East Godavari (Rajamahendravaram), West Godavari (Bhimavaram), Eluru, Krishna, NTR, Guntur, Palnadu, Bapatla, Praskasam, PSR Nellore, Sri Balaji, Chittoor, Annamayya, Sri Sathya Sai, Ananthapuramu, Nandyala, Kurnool, YSR Kadapa. 12 new divisions are expected. Mandal and GP numbers may not go up as of now.

Do we understand persons? Do we understand grief? Do we understand the pain, suffering, poverty? Can a ‘condolences’ help? Can a ‘take care’ help? Can a ‘be strong’ help? Can a ‘sorry, :(’ help? Can we share more moments together? Can we listen? Can we tell the stories of life lived? Micro-interests? Little secrets? Notes?

We hear that the mass extinction (sixth in the last 450 million years) has already started. A human-driven extinction. We hear that world’s farms are breaking. 34% of farmland is degraded. Water is overdrawn. Half the population is lacking in healthy diets. Localized, customized, 365-day, multi-layered. multi-cropping patterns need to be adopted, in sync with changing climate change and soil changes. This has to be fast-paced, scaled-up, tracked and supported. How do we work in participatory movements? Listening in, accepting dissent is the first non-negotiable, followed by transparency and accountability. A structure, however informal, helps. Non-constraining non-limiting resources – people, their time, energy, and funds matter. As generic support, support for generic elements of the movement. Campaigns, collective voices are necessary complements. For larger participation, broader inclusion, demonstrated equity core. This is the same whether the movements are for serving ourselves, our development and/or our struggles for our rights and entitlements. Enlisting the range of people from different walks of life also helps. It amplifies the thoughts, voices, actions. Paving ways for mechanisms, systems for better and sustainable tomorrow is integral to the unsaid agenda of these movements. This includes freedom/right to live, associate and express. With dignity. Without fear, anxiety.

All of us are born equal, equal with rights and entitlements to have better context, governance, education, and resources that ensure decent life, living, livelihoods, linkages, leadership, learning and love. Is it not? The situation on-ground is not guaranteeing this. But let us be clear – everything changes, and nothing remains without change. Time eats up, time makes up and time creates and erases. Even the body, health, abilities, vision, agenda, thoughts. Can we be conscious of this?

Hardships, sufferings make us ‘succeed’ towards extraordinary ends. In a relationship, in a business, in an activity, in mastery. If only we do not stop and push ourselves to the hilt. If only we are flexible. Then these sufferings lead us to smooth ‘walks. Obstacles are the way. Can we get going?

Yes, we can. If we do not give up. If we treat all life as we would like ourselves to be treated. If we listen within. If we listen in. If we cycle – plan, do/track, reflect, plan. What, how, with why. In the flow of N. For 7L.
Join us in the world of conscious getting into yoga of flowing for useful coexistence – chetanayoga for 7L. 25012022

244. In nature, step-by-step

Third wave appears taking a downward trend. Election Campaigns are peaking up.

Nirmala's budget presented on 1 February marks Azadi ka Amrit Mahotsav. She visualized that the next 25 years, referred to as Amrit Kaal, focus on inclusive growth, digitalization across, private-public co-investments for atmanirbhar Bharat and PM Gati Shakti National Master Plan. Privatization continues. Chemical-free natural farming, farming of millets, oilseeds and fruits and vegetables would be encouraged. Natural Farming aims to sustain agriculture production with eco-friendly processes in tune with nature to produce agricultural produce free of chemicals and restore soil fertility & soil organic matter. NF systems require less water and are climate friendly. A dedicated scheme, Bharatiya Prakritik Krishi Paddhati, BPKP, is promoting NF in a small way already. In the portfolio of small and marginal farmers, alternate sources such as livestock, fishery and wage labour have become significantly important, for nutrition and income security. Public-private value-chain services including hi-tech, digital, drones, etc. would be supported. University syllabi would be revised. Value-chain collectives (FPOs et al) and enterprises would be provided blended capital.

Five river linking projects have been finalized. The silver lining of the pandemic is some credit availability to 13 million MSMEs. National Skill Qualification Framework, NSQF, would be further aligned with the needs on the ground. Digital ecosystem for skills would come in soon. 200 channels to service every class in schooling 1-12 would be available. E-labs would be set up and e-content would be widely made available. A digital university would take charge of all this. National Digital Health Ecosystem including mental health would be rolled-out. New generation Anganwadis for nutrition, tap water to every household, housing for all are prioritized. Postal bank is becoming part of the core banking. Digital banking would be further accelerated with Digital Banking Units in districts. Trust-based governance would be encouraged. Single window clearances would be intensified. E-passports would be rolled-out. Urban planning for future, and EV ecosystem with battery swapping would be supported. One Nation-One Registration would be promoted. 5G auctions would be conducted. Digital rupee is being introduced. 50-year interest-free loans to states are being offered.

The size of the budget is about Rs.39 lakh crore, with 6.4% of GDP as fiscal deficit. No changes in tax regime are envisaged. Cooperatives and Corporates to be taxed at 15%. 3-year (out of 10 years) tax incentive continues to be available to start-ups started till 31 March 23. Digital asset transfer incomes would be taxed at 30%.

Zhou Daxin's THE SKY GETS DARK SLOWLY concludes – many of us, elderly, are completely unprepared for what we are to face when it comes to getting old and the road that lay ahead of us. These include:

The people by our side continue to grow smaller in number. We get the days of emptiness. We have to learn how to live alone, and to enjoy and embrace solitude.

We are cared less. We have to learn to contend withstanding quietly in one corner.

The road ahead is rocky and full of precarity. We may have to live with illness and ailments, to view them as friends, even. Getting appropriate, adequate exercise is our duty.

We need to prepare for a slow return to the infant state. Let us remember to be grateful for all the services we may get, by chance.

Let us be wise and careful with what we have and how we spend time, energy, and money.

We need to stay humble and let go of our attachments. We need to go with the flows of the nature and live with equanimity.

Let us smile at the little things in life that put balm in our hearts and let us continue to enjoy serenely the time that remains.

Let us not leave things for 'later' as 'afterwards' may be too late. The moment is now.

Let us be well and happy now.

Prof R Radhakrishna, 79 (b 10 Oct 1942, d 28 January 2022), Sadgati. Radhakrishna is recognized as one of the most influential applied economists of India. Radhakrishna is a prolific researcher, respected teacher, able academic administrator, and notable institution builder. He led a number of institutions in their formative years, including the Department of Economics of the Central University of Hyderabad, Centre for Economic and Social Studies, Hyderabad, Indira Gandhi Institute of Development Research, Mumbai, and Institute of Development Studies, AP, Visakhapatnam. He has also held many distinguished positions – Chairman, National Statistical Commission; Member

Secretary, ICSSR; Vice-Chancellor, Andhra University; Chairman, Madras Institute of Development Studies, among others. Radhakrishna Committee report on SGSY was the basis for formulating National Rural Livelihoods Mission. Thich Nhat Hanh, 95 (b 11 Oct 1926, d 22 January 2022), Nirvana. Nhat Hanh, Monk, Father of Mindfulness, co-founded the Order of Interbeing, with seven monks, including himself. Engaged Buddhism. Engaged Mindfulness. Only these 7 continued for the initial 10 years. The 14 precepts include:

- Let us not be bound to any doctrine, theory, or ideology, as absolute truth.
- Let us learn and practice non-attachment from views and be ready to learn throughout entire life;
- Let us not force others, by any means whatsoever, to adopt our views. By all means, practice dialogue;
- Let us find ways to be with the reality of suffering, including personal contact, visits, images, and sounds;
- Let us live simply and share time, energy, and material resources with those who are in need;
- Let us not maintain anger or hatred.
- Let us be in the present, being in touch with both inside and around us;
- Let us not utter words that can create discord, and make every effort to reconcile and resolve;
- Let us speak truthfully and constructively.
- Let us take a stand against oppression and injustice, and strive to change it without partisan conflicts;
- Let us live a vocation and have investments that are helpful to humans and nature, and not otherwise;
- Let us find whatever means possible to protect life;
- Let us not profit from human suffering or the suffering of other species on Earth; and
- Let us not ill-treat our bodies and let us preserve vital energies and happiness of all.
- The world needs our care, goodness, and peaceful action, now more than ever.

Of course, the journey is the joy. Step-by-step. Are we development lifeworkers or entrepreneurs, in the social realm? Is it business, social benefit, social change, or all of them? Processes or results or both? Quality, depth or quantity, breadth or all of these? Maximization of profit, scaling-up or sustainability or all of them? Services, Products, portfolios? Mobilizing and involving or taking the logical conclusion of letting them take lead as early as possible and take over fully? Volunteers, cadres, staff, or owners, leaders, advisers? Who is accountable to whom? Unlearning, learning? Default option(s) or choices? The teams, relationships? Are we joining them, or are they joining us, or are we moving one step towards each other? At the end of the day, it is our life, others have only a small part to play in it, if at all. And this small part may not be acknowledged often. Often the promised support does not materialize. State changes its avowed stance. Friends turn back. The near and dear may not like to own us really. Even then, are we ready? Can we be? Can we do?

Going through the journey is joyous for us at the same time, every moment. The so-called hardships, sufferings make the step of the journey more challenging yet purposeful, therefore joyous. Each step takes us towards 'success' in our endeavours of our journey in a relationship, in a business, in an activity, in practice. Each joyous step forward, flexible with next steps, leads us to the next joyous, probably obvious, step, as smoothly as it can. Let us keep going, walking, jogging, running, sprinting. Joyously. Can we?

Yes, we can. If we are mindful. If we respect life. If we are conscious of suffering around. If we listen within. If we keep flowing, step-by-step. Joyfully. With openness to what, how, with why. In the flow of N. For 7L.

Join us in the world of joyous yoga of flowing for useful non-violent coexistence – vaatsalyayoga for 7L. 02022022

245. Intersectional Justice

Elections – voting has begun in UP.

Rohit's India Team has begun well.

NABARD has launched a new programme 'JIVA' (meaning "a living being, or entity imbued with a life force") at 1500 hrs on 9 February, in virtual mode. JIVA builds on NABARD's earlier watershed and wadi programmes in the ecologically fragile and rainfed areas of the country covering 25 lakh hectares so far. It introduces agroecological approaches in Natural Resource Management (NRM) for stimulating a long-term, wider scale transformation of food and agriculture systems in these areas and for ensuring sustainability of interventions made so far.

Legend Lata Didi – (Hema) Lata Mangeshkar, 92 (b 28 Sep 1929, d 6 Feb 2022), succumbed to CoVID 19, is now immortal. Bharat Ratna, Nightingale of India. 36 languages, 80 years, 30,000-50,000 songs. Many immortal tunes. Ae Mere Watan Ki Logon; Ajeeb Daastan Hai Ye; Phir Jeeni Ki Tamanna; Pyar Kiya to Darna Kya; Allah Tero Naam; Prabhu Tero Naam; Aaj Phir Jeene Ki Tamanna Hai; Gata Rahe Mere dil; Satyam Shivam Sundaram; Wada Na Tod; Nidura Po Nidural Po (Telugu).

Apart from singing, she has been Music Director, Actor, Producer.

216 ft panchaloha open statue of Ramanuja, referred as Samataa Murthy, (Statue of Equality/Equity) has been erected by China Jeeyar with donations-at-large, at Sriram Nagar, Muchintal, Shamshabad-Hyderabad, and dedicated to the nation/humanity, by Narendra Modi on 5 February. A complimentary 120 kg gold statue is inside, in addition. It is Ramanuja's sahasrabdi. Ramanuja, Śrī Rāmānujāchārya, is also referred as: Udaiyavar, Yatirāja, Bhashyakaar, Godāgraj, Thiruppavai Jeeyar, Emberumānār and Lakshmana Muni. Ramanuja (1017-1137) is a most important Sri Vaishnavite who significantly influenced Bhakti Movement. Devotion to a personal God, whatever that means, is a means to spiritual liberation, the joy. This is vishishtadvaita of Ramanuja. Other two most influential vedantic philosophies include – advaita of Adi Sankara, and dvaita of Madhvacharya.

The Samata Murthy, we guess/hope, reminds us to have a resolve to fight for and bring positive discrimination and social justice to the fore for all the marginalized and oppressed, on one pretext or the other, amongst us. In the least, it will be a 45-acre tourist attraction near Hyderabad.

ICRISAT celebrates its 50 years of being and is gearing up for sustainable and diversified production systems in semi-arid areas, to augment food security and nutrition security, and biofuels.

Came across: Tribute to Prof MK Prasad of Kerala Sasthra Sahithya Parishad, who saved Silent Valley.

Government is proposing to amend NDDB Act. The amendments include appointing an additional expert from private dairy industry as a director; limiting the term of the office of Chairman to three years, or up to the age of 65 years, and not more than two terms; supporting beyond cooperatives and cooperative sector; requiring Government approval for forming subsidiaries and transfer of share capital; and binding to directions from Government. At least, the last clause takes it out of the basic character of institution of national importance. These call for a comprehensive revisit before going ahead with them.

Indifference of the powerful, rich and elite to the problems of others around is the cruelty we cannot live with.

We are seeing and want to see – moving from addressing practical and strategic gender needs including changes in gender norms, to strengthening negotiating power of women/marginalised women in household, community, market and the state. Lenses of intersectionality (facing intersecting oppression, and oppression within the oppression and without) included. This means we – constantly analyse the context of change from gender, intersectional and rights lenses; address oppression and marginalization with these 'gir' lenses, and move to 'gir' action plans; intervene to strengthen the rights holders individually, institutionally and others to respond and address shifting intersectionality, with 'gir' structures, metrics; have HR appropriately representing these identities at various levels including leadership, with 'gir' capacity and earmarked budgets for 'gir'. Let us appreciate that growth is not at the cost of inclusion, equity, and sustainability, that drive 'gir'.

University Grants Commission, UGC got a new Chairman – M Jagdish Kumar. He moved from IIT Madras, IIT Kharagpur, IIT Delhi, JNU (as VC) to UGC. Jagdish has to implement New Education Policy in Higher Education in the country from 2022 onwards. He has handed over charge at JNU to Santishree Dhulipudi Pandit. She, a JNU alumna, is the first woman VC of JNU.

We need to shift focus of our education at various levels, beginning with school education. Can we move away from focusing on excessive cut-throat competition? Can we get into joy of learning, choices of learning and freedom of learning? Can we get out of limited retention, reproduction learning and testing centrality? Can we have the learning beyond material, towards augmenting inner strength and expanding inner vistas of human excellence? Can we transcend data, information towards improving knowledge, wisdom – analysis, appreciation, understanding, logic, arguments? Can we transcend success at any cost and failure to excellence? Can we transcend mental and emotional conditioning to freedom to think, create and expand? Can we go beyond cognitive skills to life skills that include skills to manage one-self and relate with other world of life, non-life? Can we transcend individual/personal victories to social consciousness, equity, and actions? Can we transcend grabbing wealth to equitable wealth generation? Can we change this toxic ecosystem?

Can we remain excited, curious, and ever willing to explore and experiment? This is the essence and purpose of education.

Can we walk confidently alone, and are we ready for togetherness, with life? Solitude takes us to better relationships and better choices. Let us take time and space for being in nature and reflecting, as often, and as long, as we can. Let us also appreciate that success^x leads to failure and failure^y to success, and this goes on. Therefore, joy has to be and is in the effort, full effort. The paradox of success is that the very causes/reasons that make us succeed, become the causes of failure later on. We may miss the clarity of purpose. We may miss the need for change, given the changed/changing context. Failure gives us humility and should deepen our motivation. The challenge is to learn and persevere, in failure. To let go and refocus, in success. We need to be humble to accept the truth that we do not know enough, and keep unlearning, learning and relearning. Can we?

Can we be inclusive, equitable and sustainable as we grow, as we excel, as we succeed?

Yes, we can. If we accept our simple truth. If we practice reflection, solitude, humility. If we are mindful, respectful. If we are conscious of what, how, and why. In the flow of N. For 7L.

Join us in the world of joyous yoga of excellence for useful coexistence – jayayoga for 7L. 11022022

246. Let us live

Elections – voting continues. | Rohith's army continues to win.

NSE scam(s) involving Ravi Narain, Chitra Ramakrishna, Anand Subramanian and a mysterious formless yogi is under SEBI and CBI scanner. Incredible. Let us wait and see what emerges.

Sadgati – Bappi Lahiri (271152/150222), Disco Music synthesizer. Sadgati to Hamara Bajaj fame, grandson of Jammalal Bajaj, Rahul Bajaj (100638/120222). A very kind leader.

It is the Centenary of Shri Dharampal (190222/241006), Gandhian thinker, a Nishkaama karma practitioner. General Secretary, Association of Voluntary Agencies for Rural Development, AVARD. His seminal works include Indian Science and Technology in the 18th Century; Civil Disobedience and Indian Tradition; The Beautiful Tree: Indigenous Indian Education in the Eighteenth Century; and Bharatiya Chitta, Manas va Kala.

Can we speak, read, write Mother Language, Mother Tongue? Can we have access to learning through mother language? Can we preserve them? Can we preserve linguistic and cultural diversity? Can we be multi-lingual?

Bi-annual Sammakka Saralamma Jatara (Medaram Jatara) attracts 10M+ people, largest number after Kumbh Mela. The tribal warriors (goddesses and gods) who fought against Kakatiya king, Prataparudra, include Sammakka, her husband Pagididda Raju, daughter Saralamma, son-in-law Govinda Raju, son Jampanna. This year, the Jatara has been between 16-19 Feb. Medaram is some 250 km from Hyderabad.

Let us have breakfast. Good breakfast, the main meal of the day. Let us not skip it or let us not make it light. It should be balanced nutritionally. With more fruits and fibre. To be taken within an hour of waking up.

Should we have more All India Services, like India Rural Development Service, Dairy, Agriculture, etc.? Can we have some public organizations outside the purview of RTI, etc.? Should there be retirement age in governance (boards, advisory boards, committees, etc.) – can it be 70 or 75? Who should be on the Boards of Public Organizations? Definitely, professionals that meet the diverse advisory needs in line with the purpose and vision of the organizations, is it not?

How does greatness and the great person operate? By living, articulating and transferring values, purpose/mission, vision et al to others to continue after one leaves. By using good leadership (a la genius, drive, extreme hard work, communication, tenacity et al) for public benefit and larger good. By practicing high integrity. By recognizing greatness in others. By sticking to the agenda till the 'end', maybe till thrown out. By living on in the people they have touched, may not be so much in the institutions.

Can we capture the 'good news' and share? Our media? Our groups? We hear breakthrough in nuclear fusion. We hear creation of new material, stronger than steel, but as light as plastic. We hear likely breakthrough in antibiotic resistance. We understand Natural farming can be an effective carbon sequester with very low cost. Spinal cord implant could take care of 'paralysis' fully. Animal heart could be fitted to human being. Biodegradable surgical tape can be a gamechanger in surgery. Auto Drones can escape traffic and save lives.

Abundance of options, choices in activities, products, ideas. Content, Data, Information, Knowledge. Entertainment. We do not know how to choose. This may not be good life. More is no longer better. We need algorithm(s) to choose. Our two core resources – time and attention – are limited. More will take us to asking ourselves what the meaning of our life is often. How do we simplify all aspects of our life. Despite internal and peer resistance. We need to learn to grow out of missing new opportunity, possibility, treasure, memory, new relationship, et al, losing out an item we may need in future, clinging to a sunk cost (however large or small it may be), and so on. Can we? Can we be ok with less? Let us be sure less gives joy. Can we be ok with simple life? Let us be sure simple is joy itself. Can we be ok with present? Can we move on from the past? Can we flow in the present towards the future, rather than worrying about it? Let us walk. Let us smile. Let us laugh with abandon. Let us laugh at ourselves. Let us give. Let us give away. Let us empty our storage spaces. Let us delete all that we are not using. Let us get more space to the ones we have with us. Can we get?

Yes, we can. If we practice 3-4 values, come what. If we accept our reason for our existence, the purpose. If we try and practice having 'less' and being humble and 'simple' as a matter of habit. In the flow of N. For 7L.

Join us in the world of joyous yoga of less for useful coexistence – muulyayoga for 7L. 20022022

247. Give, forgive

Mahasivaratri. Upavaas, Jaagaran, Joyous 36 hours.

NRLM statistics now: 6967 Blocks across 34 states/UTs. 3.47 lakh community professionals. 8.14 Cr households in 75 lakh SHGs as part of 3.71 SHG Federations/Village Organizations. 33,000 Cluster Federations/Samakhyas.

No War Please. Stop the war, please. We lose money, reputation, quality of life, freedom. We lose loved ones. We lose ourselves. Stop the war, please. Let us have peace. Let us talk.

Can we learn and apply forgiving? Forgiving heals us. Can we be less negative to the ones who have hurt us, to begin with? Can we see that every life is unique, special? Can we show love in small ways in everyday encounters? Can we see meaning in what we endured? Can we practice forgiving? Can we forgive ourselves? Can we let go of the hurt? By will, by feel, cognitively, behaviourally, emotionally? Can we transcend forgetting? Can we transcend tolerating the situation? Can we develop a forgiving disposition? Can we transcend insecurity? To be happy in the present and change the future. To move towards wholeness. Completeness. For our health. For our relationships. For our souls. Let us make efforts to reduce making decisions. Decision fatigue depletes energy levels and increases stress.

Let us laugh. Laughter is natural and universal. When we laugh, our mind stops analysing, thoughtless and free from anxiety, greed, regret, etc. Laughter and meditation take us to the same state. Disconnected from our material, mental and emotional worlds. Let us laugh at ourselves. Let us get liberated. Let us grow. Let us serve. Let us give. The heart rejoices as we get ready to give. As we give, the heart gets purified. On giving, the heart is content. Let us purify our minds. Let us let go of our attachments. Let us reflect and meditate. Let us be joyous internally. Externally. Can we try being nobody, can we try going nowhere?

When we chase, we invest our resources, energy, time, and wellbeing in high intensity. If the chase is right, this investment may be worth it. Otherwise, we may regret it. Many a time, we may be unclear about what we are pursuing. We might be oozing high self-confidence, without any basis and reason. We might be too eager to act, as quickly as possible. We might miss out on a plan of action, a journey plan. A journey is our endeavour. With start point and end destination. Time. Route, Vehicle(s). Drivers. Team, Skills, Knowledge, Network etc.

Can we lead? Do we have integrity? agility? hard work? Do we have the capabilities? To envision, to plan, to detail, to raise resources and to deploy. Do we have some luck on our side? Luck is on our side if we have a well-thought, workable plan.

Yes, we can. If we practice. If we reduce decision load. If we let go. If we smile, joke, laugh. If we laugh at ourselves. If we prior plan and invest time, energy, resources. If we set the chase rightly. If we practice hope, faith, promise and love. If we see the meaning for our existence and set the purpose. In the flow of N. For 7L.

Join us in joyous yoga of giving and forgiving for useful coexistence and co-action – mahayoga for 7L. 28022022

248. Practice on Mind

Elections keep BJP ahead. Yogi continues. Is he a PM in the making? AAP sweeps Punjab. Bhagwant Mann will be the new CM.

N Chandrasekharan becomes Air India Chairman.

Non-PhD practitioners with high-quality experience can be professors of practice soon.

2020 World Wildlife Fund's Living Planet Report and the Zoological Society of London's Living Planet Index measure indicate that a sixth mass extinction event has been unleashed. IPCC Sixth Assessment report says – The rise in weather and climate extremes has led to some irreversible impacts as natural and human systems are pushed beyond their ability to adapt (high confidence). 50% of the world lives in contexts that are highly vulnerable to climate change. For 127 identified key risks, assessed mid- and long-term impacts are up to multiple times higher than currently observed. Soft limits to some human adaptations have been reached. Hard limits to adaptation have been reached in some ecosystems. Climate-resilient development is facilitated at all levels working with communities, civil society, educational bodies, scientific and other institutions, media, investors, and businesses; and by developing partnerships with traditionally marginalized groups, including women, youth, Indigenous Peoples, local communities, and ethnic minorities. Enabling political leadership, institutions, resources, including finance, as well as climate services, information and decision support tools help. Societal choices and actions implemented in the next decade determine the extent to which medium- and long-term pathways will deliver higher or lower climate-resilient development.

Households need a basket of products from the farm. Can the farmer or a group of farmers produce this variety and deliver it? Can the consumer take all his needs from one farm, or a group of farms?

Can we work at multiple scales, levels and points, the key capacities required for systems change? Do we have it in us? Do we work at four levels – deep-rooted foundational level – self-empowerment, intersectionality, personal community behavioural transformation – shifting mindsets, perceptions, cultural practices, habits and values; niche level, local level – initiatives, collaborations and innovations; regime level – structures, policies and institutions; landscape level – economic, environmental, narrative and cultural influences? Can we scale deep? Can we move the centre of gravity of power subtly? Can we build power in the margins through authentic connections between people and groups working in solidarity? Can we trigger Systems change movement(s)?

Can we initiate locally foundational work? Let us work with some 10-20 GPs, 10,000 families – natural farming, education, health, and enterprises.

We seem to forget/ignore nurturing talent and leading/managing people. Maybe, we do not have funds, time, energy and ability for the same. The well-being of the people working for people may not be a concern. For many of us – end matters, not the means. Is this right? It appears we are compromising on overall effectiveness and sustainable growth. Can we invest into this area?

Khalil Gibran is reminded: We are not half a being; we are a whole that exists to live a life. If we correct our minds, the rest of our life falls into place. Our mind shapes our life. The way we choose to see a certain event in our life determines what that event means to us, and therefore, its experience. If we believe in something, we get the motivation, power and gradually, success. If we do not believe, we may subconsciously work to fail. This calls for observing our minds and changing our thought patterns. This is a skill we need to have, acquire. Complaining and victim feeling is a vicious cycle. It does not take us forward. This cycle has to be broken. We need to move towards taking intelligent action. Or we need to simply accept the situation and get going, rather than going complaining vicious cycle. Can we?

Yes, we can. If we live life. If we practice. If we practice the skill of working on the mind. If we plan and invest time, energy, resources, and act intelligently. If we set the purpose. In the flow of N. For 7L. Join us in the yoga of practice working on mind for useful coexistence and co-action – abhyasayoga for 7L. 14032022

249. Happiness as Trigger

Our relentless Happiness Pursuit calls for cherishing goodness in the moment; working with a purpose; persisting/practicing resilience; and being kind.

Happiness, prosperity, thriving and wellbeing are fundamental human rights, aspirations, and goals. Can this be a way of living, being and being useful? Can we do things that make us, all of us, happy? Can we celebrate, share more? Can we be with and enjoy nature? Happiness is the experience of joy, contentment, positive wellbeing, combined with a sense that our lives are good, meaningful and worthwhile, and therefore includes emotions, moods, and feelings, but transcends them. Happiness is the productive realization of our potentialities with being one with the world and preserving our self-integrity simultaneously. Happiness is a function of choices too. Can we be happy with no reason, no trigger? Can we be blessed and achievers at the same time? Is collective happiness a possibility? Is happiness now and hereafter founded on earlier suffering? Do happiness and deeply satisfying life go hand-in-hand?

Happiness can be perceived and measured through perception studies. Interestingly, happiness perceptions are quite stable. Happiness comes from genetics, life circumstances, and self-control. It includes biological, personal, relational, institutional, cultural, and global dimensions. Nutrition, Rest, Emotions included.

Nature. Farm could generate and forward sell farm-related carbon credits in India, may be the first company to do so. The credits have been for – alternate wetting and drying, and crop residue management.

Hybrid work models are going to stay. It may increase the talent pool. It can be more inclusive. Can we be more appreciative of this? Can we have more tools for this? Can we have metrics of performance plan and progress? Can we learn to maintain/improve productivity? Can we reward performance and be competitive? Can we offer a sense of belonging? Can we have systems, resources for this?

Are we seeing the charity giving way to enterprises? Community institutions taking charge of development work? For-profit enterprises taking charge of serving the communities and individuals? Youth thinking of jobs and service provision opportunities? Grants seeking sustainability, leveraging, convergence and partnerships? Investments and loans for enterprises, social enterprises? Blurring difference between social enterprises and for-profit enterprises?

Can we realize and appreciate that everything in the universe is governed by cause-and-effect principle? Ab-initio, rather than when we are hit by the effect? Can we plan our actions with likely effects, consequences in mind? Can we stop acting by the triggers of greed, fear? Can we move away from gratification from these triggers? Can we submit from the trigger of love? Can we pay our respect and pray for the sake of it, rather than seeking 'demands' to be granted? Can we just flow, co-exist? Can we seek within us? Around us? Can we shed our excesses – wants, needs, thoughts, traits? Baggage acquired? Ourselves? Can we journey in these paths? For freedom?

Yes, we can. If we practice. If we practice seeking. If we explore possibilities. If we go around. If we spend time with nature and nature's life. If we go deep within. If we invest time, energy, resources for this. If we persist and pursue relentlessly. If we act intelligently. If we are happy. In the flow of N. For 7L.

Join us in the yoga of pursuing happiness in useful coexistence and co-action – aanandayoga for 7L. 27032022

250. Now is the time

Subhakrit Ugadi. Yugadi. Samvatsaradi. Gudi Padwa. Cheti Chand. Sajibu Nongma Panba. Nyepi. New Year around Summer Equinox.

Srirama Navami.

Chinaveerabhadhrudu retires and he is going to dedicate his time to writing, painting. And education, tribal development.

Crises – War continues. Globally, with food prices on the rise, food shortages on the horizon and natural gas likely to be scarce, fertilizer prices are spiralling up. This calls for going fertilizer freeways. Can we go without fertilizer subsidies but direct benefit transfers to farmers? Can we repurpose farm subsidies? Can we find alternatives?

In Pakistan, no-confidence against Imran wins and a new PM is on his way. Srilanka is in a crisis. Foreign debt increased, and money printing increased to cause an economic crisis. Dipped forex reserves, Food, essentials, power and fuel shortages and high inflation. Popular protests and uprising. Ministers resign. Central Bank Governor resigns. Emergency is declared. Rajpakse's Government loses majority.

HDFC is merging with HDFC Bank, making HDFC Bank the second largest bank in India.

AP goes in for having 26 districts, from the existing 13, with effect from 4 April. Visakha is an urban district now. Vijayawada is in NTR district. Tirupati becomes a district. Annamayya and Satya Sai are also in new districts. Tribal areas have two districts – Parvathipuram Manyam and Alluri Seetharamaraju. It would have been wise to have divided Alluri into two. Distances are too high. Delta gets several districts – East Godavari, West Godavari, Konaseema, Kakinada, Eluru, Krishna, Guntur and Bapatla. Drylands have Prakasam, Nandyal, Kurnool, Anantapur, Kadapa, Annamayya and Chittoor. Another 3-4 districts more would have reduced huge variations in population count, and internal distances to a reasonable level. A round of visit to all districts is warranted, I guess.

AP is also retiring more than half of its ministers and inducting new faces into the cabinet.

Traveling and listening to the ground, it is triggered again. Meeting people and organizations. Can we do this in the latter half of 22 and in 23?

IPCC urges climate action now. The areas of climate action include teleworking, colocation jobs and housing, digitizing work, smart and shared mobility with reduced demand for land, air, sea movement/traffic. Switching over to renewable energy. Halting deforestation and having more trees. Universalizing natural farming. Substantial Climate fund.

Can we see – progress of humanity as an unending quest for justice, equality, peace, protection of environment and all species and mutually cooperative social relationships, as Bharat Dogra puts it? Aren't we going the 'save the earth' way?

Do we understand Systems Change as a way? Embedded in the programme. Principles – understand needs and assets; engage multiple actors; map the systems and do together; distribute leadership; foster learning culture.

Let us dig deep and understand – as Sagari prods – should we talk only about local value-chains? Are we intervening wrongly in the local governance rights, ways of life, local decisions, and worldviews of people by talking about long value-chains? Do we not need free and prior informed consent? Do we not need Gram Sabha resolutions for these long value-chain markets? Whose data, whose produce, whose wellbeing, whose control and whose decisions? Over technology, data and markets.

Let us coexist usefully. Let us do our bit with utmost devotion and diligence. Let us pay back. Let us have no one in hunger, malnutrition. Let us have no one uninformed. Let them have informed choices.

We survived. We fought our battles. Countless tears, sleepless nights. Lots of soul searching. Let them give way to now. Now is the time to find our magic, find our voice, and find our reasons to keep going, to grow and to evolve. It is not the time to get too tired. Too late. Too old. Let us take small steps with all the love. One moment at a time. Blessed with a will and innate desire. Free. Can we?

Some come and some go. Flux. But some hang on, come what may. But many come into us with a purpose of triggering something within us and they disappear and move on. Do we move on? Do we hang on with ourselves first, while we ask hard questions, dig deep to become whole? Let us find ourselves and our joy in the tears, hurts and suffering in the struggle of finding.

Do we have the humility in us to see our mistakes? Do we have the courage to admit them? Do we have the wisdom to correct them? Can we say 'we are wrong, we are sorry, we have changed our mind'? Isn't this growth? Is it not truth, more than a fact, something that needs to be breathed and experienced?

Every one of us has a natural inclination – scientific, logical, spiritual and combinations of these. We may experiment and seek proof; we may seek reasoning and logical interpretation; we may seek experience within and without. Do we realize our inclinations and innate ways? Do we work accordingly?

Yes, we can. If we reflect. If we seek. If we explore. If we practice seeking. If we explore possibilities. If we go deep within. If we invest time, energy, and resources. If we practice seeking humility, courage and wisdom. In the flow of N. For 7L.

Join us in the yoga of finding ourselves in useful coexistence and co-action – antaragayoga for 7L. 09042022

251. Suphala

2022 can be a watershed year for us.

We need deep structural changes in societal attitudes, economic incentives, power relations and political processes, to transform farming and food systems. Complex adaptive systems without vast interests of clout. Alternative theories of change need to be articulated, catalysed, and facilitated. These are not so linear processes. Not-so-technical processes. We cannot plan like laying a road, building a vehicle, or taking a vehicle to reach a destination. These are processes of evolution, bit-by-bit, based on emerging opportunities and cracks in the vulnerabilities. Thus, we need to transcend outcome areas. We need to get to levers, capabilities, and capacity. We need instruments and processes of fair governance. We need skills to deal with trade-offs.

These levers include a complete portfolio of models for the context; behaviour change learning and practice by farmers, farmworkers and consumers, and their families; capacity and agency of women, marginalized, youth and children; institutions and enterprises with a commendable share in the value-chains and credits, for fair-share; policies, convergence, partnerships, networks and coalitions. They need to be moving on the paths of transparent accountable inclusion, equity and sustainability, for nutrition security, health, wellbeing, resilience and life. Individual, soil, landscape and planet.

This theory of change needs to be visualized, articulated, catalysed and facilitated. This needs support from those who can. For Policy changes. For Society-business-science interface and engagement. For pathway generation and moving on the pathways. Work with political, bureaucratic, academic, business, development, civil society and community leaders.

We are looking at five transitions. Living in nature. Healthy diet. Equitable livelihoods. Climate resilience and carbon-negativity. System resilience. All these as global movements with local actions. To disrupt existing and unsustainable systems regimes – attitudes, policies, power relations and market relations; and give birth to new more inclusive equitable sustainable systems regimes.

Yes, nudging is the way to amplify enablers and dampen constrainers. Strategic alliances needed to be built to help shift understandings, narratives, and power dynamics. With enormous patience and diligence. In the end, this is the work. Rest happens on its own. Donors have to chip in to support this ‘patient’ work of inspiring, leading and nudging across government, civil society and business. Invest in new institutions and institutional arrangements for systems analysis, engagement, dialogue, capacity, planning, policy, and action. The support is required for a framework to appreciate and analyse systems dynamics, unexpected changes, etc., and respond quickly when required.

People and Nature have to thrive together. No business leader ignores carbon agenda, livelihoods and justice. A brand can be superior to certification, and testimony to quality.

We need to move towards suphala sneham, transcending saphala sneham. This benefits individuals and the universe at large.

24 months. The world has changed more than what it has changed in the last 24 years. The pace will only increase. Are we ready to lead ourselves in this rapidly changing world? We need these mindsets and skills for this. Mindsets – Global? Servant? Explorer? Integrator? Skills – Coach? Futurist? Technology? Interpretation? Knowledge warrior? Do we have them? Can we quickly graduate to have these? Let us invest time, energy, effort, and practice.

Education should turn out true servants of the people and the universe. Can we read books of ourselves? We are the humankind. We are the life. We go through all the agonies, misery, love, pain, joy, and suffering. Can we be more purposeful? Can we be more deliberate about our choices, actions, words, and readings of reality? Can we be more strategic? How do we reduce or help others to reduce time, effort, and knowledge to complete a task? Can we live close to human people, nature? Can we live?

Let us appreciate that nothing is permanent. Let us not stress ourselves too much, however bad the situation is. It will change. Even if they are the bottomless pits. Can we? Can we let them go? The pain, suffering. Can we grow? Can we remain unattached to power, wealth, strength, beauty, youth, love, emotions, body, mind? Then, can we soar high? Can we have bliss?

Yes, we can. If we explore within, without. If we coexist. If we serve. If we practice. If we invest time, energy. If we practice letting go and detachment, and seek humility, courage, and wisdom. In the flow of N. For 7L.

Join us in the yoga of soaring in useful coexistence and co-action – vidhivikasitayoga for 7L. 20042022

252. Essentially

Vamsi is getting ready to marry soon. We are going back in time, some 30 years when we got married. The quintessential question is how do we keep the wedding processes simple and elegant? Can we have a physical set of functions, and live streamed too? Can we have less 'noise' and 'cacophony'? Can we have less commotion on stage(s)? Can we make it less 'complicated'? Can the processes have a lower 'time frame'? Can some processes be cut short? Without being rushed. Less travel? Less photoshoots? Can't the live stream obviate photography and video shooting disturbing the wedding process flows? Less number of photographers?

Can't we just have the essentials? do we need all of these – mangala snaanam, Gowri/Ganesh puja and Pradaanam, Kanyadaanam, Panigrahanam, 'na ati charaami' vows, sumuhurtham (cumin and jaggery – jeelakarra bellam on each other's head), change into madhuparakams, mangal sutra dhaarana, talambraalu and exchange of garlands et al, saptapadi with brahmamudi, seeing Arundhati nakshtra, and seeking blessings of the elders?

Since most guests are actually family or virtually family, they can feel at home. Can we make them feel more at home? As personal as possible. Can we invite electronically? Some subtle music? No hungama, plasticity, plastic, is it possible?

Is it possible to have some 100 hours of simple elegance? For reaching an understanding that let us be together, let us seek blessings and let us be graceful in accepting the wishes and blessings. Why not?

Gurudev Rabindranath Tagore will be 161 in a week. A versatile genius in writing, music, painting, etc. Shantinketan. Viswabharathi. A small book of 103 song offerings, Gitanjali, got him the Nobel prize.

"We have been made endless ... the little flutes lose their limits in joy ... we ask for a moment's indulgence to sit side by side"

"We live in the hope ... Our desires are many ... We have no sleep ... keep looking into the darkness ... for our paths ... let us rest with trust ..."

"Why do we ever miss the sight of the person whose breath touches us in our sleep ..."

"Our debts are large, our failures great, our shame secret and heavy ... our love keeps us free ... our free knowledge keeps us free ... let us surrender to our will with love ... new melodies break forth ... new tracks are revealed with their wonders ... the air is filling with the promise ... and smiles of love are all around ..."

"Our world is weaving words in our minds and our joy is adding music. We give ourselves to us in love and we feel the entire sweetness in us ... it is the innermost who awakens our being with her/his deep hidden touches ... All our desires ripen into fruits ... yet there is time." "Our whole bodies and our limbs have thrilled with its touch. If this is the end, let it come. Let us flow with our diverse strains, contradictions, flow into a single current and flow to a sea of silence ..." Let us keep flowing in the lap of the nature.

Gitanjali pushes us towards the most critical and essential transition of life. Vaanaprastha. Journeying into woods, hills, rivers, communities. Journeying into mentoring and sounding board roles. Can it be parivrajaka? Can it be focused outside of self? Can the diet be more fruits, raw? Can it be a spiritual pursuit/practice? Are we already one? In any case, we need to get ready. For the simple and elegant flows of life, despite diverse strains and contradictions.

We are already into this transition. Let us appreciate this and behave as per its sutra. Can we? Can we grow into them? Can we play the roles accordingly? Can we grow less and less detached? With power, wealth, strength, beauty, youth, love, emotions, body, mind?

Yes, we can. If we get ready and practice to let go. In the flow of N. For 7L.

Join us in the yoga of journeying into useful coexistence and co-action – prasthanayoga for 7L. 29042022

253. Next 10,000 hours

Is there a message? The laptop's motherboard dies and takes data along. A new and maybe, a better laptop is required. Cloud may have to be used for data storage. Anything else?

Sri Lanka crisis deepens. The cost of living has become unaffordable. An emergency is declared. Mahinda Rajapaksa resigns. National Government's idea is not agreed upon yet. Where is it heading? What is the way out?

George Monbiot says 'We depend on soil for 99% of our food. Yet, we scarcely know it.' Under one square metre of undisturbed ground, we might have several hundred thousand small animals living. 90% of the species to which they belong are not named yet. Soil is a biological structure, built by living creatures to secure their survival. Microbes stick mineral particles together with 'carbon cement', creating pores and passages for water, oxygen, and nutrients. These tiny clumps form the building blocks for the animals in the soils to construct bigger mazes. Interestingly, the soil is scaled fractally – a consistent structure. Bacteria, fungi, plants, and soil animals, working unconsciously together (maybe or may not be), build an intricate ramifying architecture that organizes itself spontaneously into coherent worlds. With 'chemical farming', microbes burn, pores cave in, passages collapse, and the soil becomes airless and compacted.

Plants release 11-40% of sugars they produce via photosynthesis into the ground (rhizosphere) deliberately, after turning some of these sugars into highly complex compounds. Apparently, this is done to create and manage their relationships with the bacteria that promote plants' growth. When a plant root pushes into a lump of soil and starts releasing 'sugars', it triggers an explosion of bacteria proliferating to form the densest microbial communities (maybe a billion, in a gram of rhizosphere); they unlock nutrients that the plant needs. Interestingly, the rhizosphere is like the external gut of the plant, akin to the human gut. Both prepare immune and defense systems for plants/humans. Water is overused and is running out. The land is suffering severe erosion. Climate breakdowns exacerbate the threats. Today, the average minimum distance of food travel is 2,200 km. We need to reverse this. And the window is now, a small window, 15-20 years. We need to be more resilient, more distributed, more diverse and more sustainable. By raising the number of plant species, all around the year. By growing perennials, in place of annuals. This is Regeneration, according to Monbiot.

India and Germany have agreed to cooperate on agroecology and sustainable management of natural resources with Germany intending to loan 300 million euros to India by 2025 under Indo-German financial and technical cooperation. Joint research, knowledge sharing and innovations between institutions and practitioners would be promoted. There would be joint research and learning academy. A working group would oversee its establishment and progress. Andhra Pradesh is getting ready for its launch soon.

Can we make one district grow into a 'natural' and 'sustainable' economy? Rs. 10,000 Crore – 100 Billion. In 5-6 years. Some 5-6 lakh families across 500 GPs, 10 towns and a city. 70% rural. Rs.20 Crore/year team can be in charge of this development of livelihoods portfolio. A team of 100 professionals and 1000 community professionals can do the trick. If we invest in the team, and Rs.500 Crore for augmenting livelihoods portfolios of people on a scale. We can develop a District Livelihoods Enhancement Action Plan (LEAP) in a year's time in a participatory and bottom-up manner in consultation with a variety of stakeholders. This builds on local LEAPs. This would involve local value-chains. Natural farming food systems. Plugging the gaps in existing value-chains for a fair share to producers. Self-employment, enterprises and collectives. District producers' companies may emerge. If there is a will, Yes.

Can we start the new 10,000 hours going forward with learning and action? 100-day a year travel connecting to the ground? Listening to changemakers on the ground? Listening to the kind? Being in nature? Listening and responding to the seekers? Reading, Writing? Conversing? Crafting, mentoring? Supporting? Yet remain detached? Deeksha(s)? Anytime, soon?

Yes, we can. If we start getting ready now. If we practice letting go. In the flow of N. For 7L.

Join us in the yoga of 10,000 hours towards useful coexistence and co-action – paramayoga for 7L. 09052022

254. Flowing Order

Congratulations. Indian Men's Badminton Team Makes History With First-Ever Gold in Thomas Cup. The team beat 14-time champions and holders in Indonesia.

Ranil Wickremesinghe becomes Prime Minister in Sri Lanka. What next? Can we learn to be 'less consumerist'? Can we get out of subsidies? Can we live in a culture without subsidies? Except, of course, education and basic health. Can we defeat poverty, rather than adjust to it?

Are we learning something from this?

A new Chief Minister in Tripura. Maink Saha replaces Biplab Dev. Getting ready for the 2023 elections?

Congress is also getting ready. All political parties are getting ready. India is getting ready. 2023 semifinals. 2024 finals. Maybe some advancement is possible.

Chintan shibir, Reflection and strategy conclave, at Udaipur is one of them. Strategies are fine. Will they become actions? One family, one ticket? 50% leadership below 50 years? One-person one-post? Padayatras connecting with people? Public insight committee, training institute, election management committee? Ready Rahul Gandhi? Ready leaders to fight?

Severe heatwave and peak temperatures all around India. Crossed 49 deg C. It is an 'orange' alert to avoid heat exposure, cover your head, stay indoors, and take plenty of water/fluids.

Buddha Purnima. Let us reflect, meditate and know the truth. Let us be Samanas. Let us be nobody. Let us conquer the world by inclusion. Let us plan. Let us travel. Let us search with a clean slate. Let us be together. Silent interaction goes on. Let us drop 'self' – the bundle of thoughts, emotions, ideas, opinions and beliefs. Let us not stay anywhere long. Let us keep moving on the path. Let us move towards becoming Buddha. Buddham Saranam Gachchaami. Dharmam Saranam Gachchaami. Sangham Saranam Gachchaami.

Let us awaken and be released. Let us live. Let us co-exist. Let us have sama Drishti, understanding; sankalpa, aspiration; vaacha, speech; pravarthana, conduct; aajiva, livelihood; vayama, effort; sati, mindfulness; and samadhi, concentration towards a higher state of consciousness.

Can we cut/skip processed foods, processed oils, fried foods, added/refined sugars, and sugar replacements? Can we increase probiotics like yogurts, prebiotics like beans-bananas, low/medium GI foods, healthy fats like nuts, fish, vitamins (B1, 6, 9, 12, A, C), minerals, micro-nutrients, spices like turmeric, and herbs?

When are we going to Kailash-Manasarovar? Can we touch Kailash? Can we embrace all existence, and celebrate life? Can we encourage questioning and make it clear that we all are seeking? Can we let all join in seeking and exploring? Can we take clear sides with the vulnerable and marginalized and seek justice? Can we work for Antyodaya, Sarvodaya? Can we accept what we are, as a core of the core? Can we work smoothly and effortlessly with all those we co-exist with, even if we do not accept them fully? Can we deposit our time, energy, effort, and emotions even if we do not withdraw now, or later? Can we recognize our advisors and be with them? Can we serve as advisors to the one who seeks, who needs truly? Can we reflect on our relationship spectrum, identify the relationship modes and relate accordingly? Can we reflect – on where are we in life? What/what variety do we need? What do we have? What do we need to do? Can we do this better, more efficiently, more effectively, faster, hearts full? Can we give the most to our co-travellers? Co-life?

Yes, we can. New 10,000 hours can take all these along. Co-travel. Co-existence. In nature. In conversations within and without. If we start now. If we let go. If we practice/rehearse. In the flow of N. For 7L.

Join us in the yoga of sankalp towards useful coexistence and co-action – ayuthayoga for 7L. 15052022

255. High energy hours

Vamsi's wedding with Prathyusha is fixed. 04 August 2022 at Hyderabad. Please block the date to join us and be with us and bless the young couple in beginning a new life together.

Congratulations. Nikhat Zareen from Hyderabad, IBA Women's World Boxing Champion.

C Narasimha Rao, Psycho-social analyst, Journalist, sadgati.

Australia gets a new Prime Minister. Anthony Albanese from Labour. He is joining QSSD – Quad summit. Kishida, Biden, Modi and Albanese would participate in the quadrilateral strategic security dialogue now on 24 May, probably against China. Just now, we have Davos meetings of World Economic Forum in progress during 22-26 May, on the theme: History at a Turning Point, Government Policies and Business Strategies. Hope some initiatives; education, skills and jobs to a billion; ESG metrics and disclosures towards stakeholder 'capitalism'; and trillion trees, forests and ecosystems may get a boost, as a result of these meetings.

Russia is surging ahead slowly, as the West keeps reassuring Ukraine. India maintains a neutral stand. Is it the beginning of a world war? Is it part of an attempt to globalize us, more vigorously, with or without our consent? A 20% world trying to conquer the remaining 80% world?

The Government of India cuts additional excise duty on petrol and diesel, by about 30%, maybe to curb inflation. Hope states follow suit. Isn't it time to take Petrol and Diesel under GST?

India is getting ready for electing its new President. All politics are gearing for the same. Strategizing. KCR gets going.

Can we combine the intuitive leaps and systematic follow-up? Rules, routines, and processes to yield patterns, insights and frameworks. Their coexistence leads to progress in life! Can we appreciate the long-term trends – technology changes, social changes, ecological changes? Can we benefit from these changes? Can we repel anti-life changes? Can we lead to fair coexistence? Justice? Flexibility and security? Health and wellbeing? Diversity, equity and inclusion? Learning culture? Can we live, learn, love and lead?

Biodiversity. Biological diversity, Natural diversity. Variety and variability of life on earth. Genetic variability, Species diversity and ecosystem diversity. This year, the theme is Building a sustainable future for everyone. Diversity and co-existence are two sides of the same coin. Can we coexist with diversity? Can we be in harmony with diversities of various kinds? Can we nurture diversity in 7L? life, living, livelihoods, linkages, leading, learning and love? Can we be conscious of variety, variability and idiosyncrasies and work with them, rather than working against them? Simply, can we coexist, flow in the river of life and write the book of life? Because we must.

Do we really want to live long? How long? Can we know how to spend this long life usefully? Do we know how to spend time? Hope we are not finding ways to kill time. It may mean, time is killing us. Can we have a moving body, and a still mind? Can we have both together? Can we have work and rest going in sync? None isn't good. Only one of them is not good either. Can we do that? Can we be? Can we combine doing and being? Can we dilute having focus? This enhances life, living, leading, and love. This reduces stress and burn-out. Can we assimilate nature's ways? Can we punctuate outbursts of energy with long spells of calmness? Sleep? Music? With nature? Can we have pauses in the speech? Can we spend time preparing for the outbursts? Can we spend time for renewal, and replenishment on a continuous, continual basis? Feelings? Relationships? Emotions? Can we pause in them? Pauses let us build, revisit perspective(s), meditate and reflect continually.

13 years to 2035. We have a total of 120,000 hours. Available hours – say, 50,000 hours. A quarter of them – can we have outburst hours of high efficiency and effectiveness – 12,500 hours. 25,000 hours can be pause hours. If we add 1 per 10 hours, we have 1,000+ high-energy givers, taking us to 10 million hours, a minimum. 10x times is possible. Can we try?

Yes, we can. We have effective, efficient 10,000 hours for coexisting co-travel in-nature usefulness. In conversations within and without. If we practice. In the flow of N. For 7L.

Join us in the yoga of tvaksh towards useful coexistence and co-action – arbudayoga for 7L. 22052022

256. Missing the beats

I recollect as we complete three decades (about 1565 weeks; 10957 days) of marriage, in a few days:

Vivaaham (paanigrahanam and saptapadi) is a lifelong commitment to pursue pleasure, progress, prosperity and joy – dharma, artha, kaama and moksha together. Begins with a promise – naa ati charaami, by the groom, followed by paanigrahanam, holding the hands, and saptapadi – first for life sustaining and nourishing food; second for physical, emotional, intellectual, and spiritual strength of body, character and being third for livelihood and prosperity; fourth for the happiness of family, community and the world; fifth for enterprise; sixth for life and completeness; and seventh for life-long friendship. Lokah samasthah sukhino bhavanthu. Sarvah mangalaani santhu. Om Santih, Santih, Santih.

World Hunger Day points out: a third of the world, 240 Crore people, is not meeting its people's food and hunger needs. Malnourished. Stunted. Starved. These include 50% of farmers. 60% of the world does not have access to healthy food. Local value-chains of Natural Farming can address this. Let us go global, locally.

Now that we have bitten the e-bullets, can we go all the way towards paperlessness with high effectiveness, efficiency, data capacity, and pace and low cost?

Rajya Sabha elections are going on. Candidates are being announced. Loyalties are counted. Presidential election politics are in the back of the mind. Chidambaram, Jairam Ramesh, Dr. K Lakshman, and R Krishnaiah are in.

Civil Services results this year have women on top. Maybe this is the trend. 180 IAS. 200 IPS. Shruti Sharma, Ankita Agarwal and Gamini Singla are the first three rankers. When are we having Development Service? Is not this Amrit Mahotsav right time for this? When are we removing the name Collector?

Nandamuri Taraka Rama Rao (28 May 1923 – 19 Jan 1996) enters his centenary year. Actor-Politician par excellence. Rama and Krishna for many in the Telugu States. 300+ films. Voted Greatest Indian Actor of All Time. Founder, Telugu Desam. Three-time Chief Minister of combined AP, for seven years. Chairman, National Front. His legacy and the mantle is being carried out: Telugu Desam, Chandrababu Naidu, Purandheswari, Balakrishna; Jr NTR, Kalyan Ram; Basavatarakam Indo-American Cancer Hospital; NTR National Award, NTR University of Health Sciences; NTR District; Self-reliant MACS Act in AP and similar Acts/Provisions outside; smaller Blocks – Mandals.

Can we be nice, kind? Can our leaders be nice, kind, caring, and loving? Can we be considerate? Can we be flexible, can we accommodate? Can we smile? Can we greet? Can we show appreciation? Can we listen? Can we offer support (without being asked)? Can we treat all with respect? Authentically.

Can we realize and appreciate that fear, anger, anxiety, etc., are temporary? Unless we want to, we remain untouched and unaffected by these in reality. We are not our emotions. We are not our fleeting thoughts. We are not transient feelings. We are beyond all of these. This understanding takes us to freedom and peace for coexistence. Can we get this?

Let us live fit, learning and doing till the end. Let us coexist and be useful. Let us be joyous. Fit naturally. Physically. Socially. Humanly. Emotionally. Spiritually. Can we? Can we get 1000(s) of us into this?

Yes, we can. We have more than ten million person-hours. High-energy hours. For coexisting co-living co-travel in-nature usefulness. In conversations, in notes, in steps within and without. In the flow of N. For 7L.

Join us in the yoga of missing the beat towards useful coexistence co-living co-action – layayoga for 7L. 30052022

257. Rewiring in 10,000 hours

Presidential election is announced. This time around, 4809 electors – Members of Parliament and Members of Legislative Assemblies in all States, NCT Delhi and UT Puducherry choose the President. Elections, if required will be on 18 July. The new President is expected to be sworn in on 25 July. Recent Rajya Sabha election results have brought an edge to the BJP-led coalition to ensure the election of its candidate as the new President of India.

Covid upsurge is noticed, and Government reiterates the five-fold strategy: test-track-treat-vaccinate-behave (Covid appropriate).

Prophet Muhammad (Muhammad ibn Abdullah) b 570 AD is believed to be the final prophet of God. God is one and submission to God is the right way of life.

Mithali Raj retires from all formats of international cricket.

People join people. Join visions. Leave people. Leave toxic cultures. High performers leave first. We know we are into toxic situations if the core values do not guide the work; if honest feedback is dustbined; if there is no freedom in performance; if blaming and punishment are the principal way; if there is increased absenteeism, illness, and high turnover; if overworking is always expected normally; if interactions are strained/straining; if gossips and cliques proliferate; if favoritism and politics rule; if bullying and aggression is the key way.

Can we prevent it? Yes. Can we cure it? Yes, but it takes a long time and committed authentic actions. Of course, we can choose not to join, if we know beforehand. We can get out of it and go into a new place and explore the culture there.

How are we getting paid more? How are we becoming rich? Is not there some kind of underpayment or overcharging built into it? Underpaying and overcharging the most people living on the edge of survival. The structuring is that a small proportion of people get paid higher amounts and taken into the club. How do we understand this? How do we juxtapose this with sparing some wealth for some people here and there and for the purposes we feel strongly about?

When everything inside us – thoughts, emotions, feelings – is seeking our attention, we pay attention to one of them or a portion of them, and it manifests. If we withdraw attention, it disappears. If we master this attention, we mastered our heart, mind and soul. We master ourselves. Let us keep checking and tracking where our attention is. Every now and then, say every 60 minutes.

Can we be less reactive? Can we be more in control? Even in frustrations and panic situations. Can we pull in more willpower and resources? Can we keep doing our bit no seek pleasure in external achievements and things? Can we move into internal joy with no diminishing returns? Can we get all psychological suffering removed? Can we remove inner conflicts, and work in tandem internally? Can we stop feeding negative thoughts and emotions, and can we resolve and switch them off very quickly? Can we stop getting bothered about what others think? Can we handle contradictions within and be more flexible to have contrasting and opposing truths, concepts, beliefs, and worldviews coexisting within us? Can we be at ease in concluding that we were wrong? Can we generate authentic thoughts, emotions and feelings from within? Can we stop getting into the spell of passing thoughts, emotions and feelings, and let them have no traces behind us? Can we have inner freedom?

Can we dedicate 10,000 hours to this practice? Meditation, Dhyana, Yoga. Losing ourselves. In oneness. Rewiring of the consciousness and brain. From counting to sensations, mantras, chakras, and love. Can we? Can we get 1000(s) of us into this?

Yes, we can. For coexisting in-nature usefulness. Within and without. In the flow of N. For 7L.

Join us in the yoga of rewiring towards useful coexistence co-living co-action – srujanayoga for 7L. 10062022

258. Let us be

The presidential election process progresses. Draupadi Murmu is the candidate from the ruling coalition. Yashwant Sinha is the challenger. If Draupadi wins, she will be the first tribal woman to be sworn in as President of India, on 25 July. Yashwant Sinha was an IAS officer, Vajpayee's Cabinet Minister and was in Trinamool of late.

Maharashtra is in crisis as Shivsainiks rebel. Uddhav Thackeray may have to quit soon. Eknath Shinde may become Chief Minister.

Agneepath to serve in Armed Forces – Army, Navy, Air Force – for 4 years has been announced. This year, the plan is to have 46,000 Agniveers. The upper age limit to join Agneepath is 23 years, but not less than 17.5 years. SSC or Plus 2 is the required qualification. For some duties, Non-Matrices are also fine. The pay per month is Rs.30,000 (year 1) – Rs.33,000 (year 2) – Rs.36,500 (year 3) –Rs.40,000 (year 4), with 70% of the pay in hand. Rs.11.71 lakh as Seva Nidhi Package on exit after 4 years. There will be reservations in various forces and departments to take Agniveers.

Cards will not store customers' data, as per RBI directive, effective from 1 July, if we get registration for tokenisation.

How can we innovate successfully? How do we change? Unless we aspire. Aspirational Vision and Plan linked to it. Unless we choose, even if it is risky. Taking a calculated risk. Unless we discover possibilities, alternatives, technologies, and models. For solving a critical problem, for enabling a solution, for generating money. Unless we evolve. Changes in models of delivery, the economics of the value chain, and profit streams. Apart from products and services. Unless we accelerate. Through empowering the people with cross-functional integration ability, network and resources, and the ability to assimilate and act quickly and swiftly. Unless we scale up rapidly. Quantity, quality and depth. By marshaling resources and capabilities. Unless we extend beyond. Collaborations, partnerships, coalitions, networks. Of and by choice. Unless we mobilize innovators and innovative behaviour. Stimulating, encouraging, supporting, rewarding, embedding, and making it part of the culture. Exploring, experimenting, trying, rebelling.

Are we getting into a trap? A trap of fakes and frauds? Can we know? May not. We can be weary. If we see unclear, vague and mysterious past – qualifications, credentials, hyperboles; If we see not practicing what is being talked about; If we see no open access, and access to the spirited – only rich and powerful hang around; if we are increasing wealth not-so-ethically; If we see using people, their skills, talents with little in return; If we see self-promotion and popularity; If we see not being free from jealousy and vengeance, deliberate retaliation; If we see the unreasonable fee, charges and exploitation; If we see great care of look, attire, image. If we practice reflection and discernment, we know intuitively the false one. Can we? Can we see the true one?

Yes, we can.

Can we see perception as a creation of the mind? Is not a world order a perception? Are we not getting brainwashed day in and day out by a concert group of actors? Can we resist the impulse that each and every thought is our own? Are the thoughts just appearing and disappearing? Are we our minds? Hearts? We can watch our minds with all their thoughts, feelings, memories, and imaginations. Therefore, they come and go on our screens. We are the observers. We have more space beyond our bodies, minds, and hearts. We are the beings. Are not we?

Yes, we are. Let us not be something else. Let us be.

Yes. For being in coexistence. In-nature usefulness. Within and without. In the flow of N. For 7L.

Join us in the yoga of being in useful coexistence co-living co-action – bhavayoga for 7L. 24062022

259. Team with stamina

Presidential election process progresses. Vice-Presidential election process starts.

Maharashtra – Eknath Shinde is the new Chief Minister. Deputy CM is Devendra Fadnavis.

Farmers. Doctors. Chartered Accountants. Let us be grateful to them.

SV Ramu (Ramu Sunkara), my classmate at Sagar, is the co-founder of Alan 'Al' which takes spoken language understanding for enterprises to build, deploy and manage voice experiences on their apps and IoT devices. His 'Qik' (for mobile video apps) was acquired by Microsoft in 2011 for USD 150 Million. His advice to entrepreneurs: pick the right team, and have the stamina to run the long run.

Mukesh Ambani started leadership transitions in the family. Akash Ambani becomes Chairman, Reliance Jio Infocomm. And Isha Ambani is slated to chair Jio Retail. Ananth Ambani – Reliance Petrochemicals. Mukesh Ambani will continue to chair Jio Platforms, the flagship company.

LinkedIn announced top voices in Social Impact in India – bringing positive change in society and benefiting millions of people. These include – Aanya Wig (Co-founder, Girl Up Rise); Anand Malligavad (Lake Conservationist); Ankita Mehra (Lead, Diversity and Inclusion, Careernet); Archana Soreng (Member, Youth Advisory Group on Climate Change, and Vasundhara); Atul Satija (Founder, The Nudge, Give India); Divyanshu Ganatra (Founder, Adventure Beyond Barriers Foundation); Jyotsna Siddharth (Director, Gender At Work India); Kalki Subramaniam (Transgender Rights Advocate, Artist and Author, co-founder, Sahodari Foundation); Osama Manzar (Founder, Digital Empowerment Foundation); Parmesg Shahani (LGBTQIA+ inclusion consultant); Raju Kendre (Founder, Eklavya India – for building grassroots leadership); Rewaj Chhetri (Founder, NE Origins); Shivya Nath (Sustainable Tourism Consultant); Tanmoy Goswami (Founding Editor, Sanity by Tanmoy – culture of mental health); Virali Modi (Speaker, Model, Influencer). They have cut the mark. Maybe more are there, but not identified.

Heard: The Abilene Paradox. The inability to manage agreement. It is not the inability to manage conflict. We as a group decide collectively on a course of action that is in contradiction to the preferences of many of the individuals in the group. This is so common in organizations. When the boss throws an idea, the group immediately agrees. No one wants to stand out as a lone voice. As a result, the group decides on 'yes' when 'no' would have been the correct and personal response of the majority. This defeats the very purpose of the organization, many a time. Can we see Abilene Paradox and protect ourselves from falling prey to this? If we have an endless number of individual minds who are weak, meek, submissive and impotent, we do not get a collective super-brain. It is not super whole. We only get the weak, meek, submissive and impotent collective mind. Can we assert or transform and assert our strong, independent, creative minds? We can and we should.

We come into this world alone. And we exit alone. In between, we cannot live alone. Scientists conclude that we humans are socially capable of effectively handling on average only about 500 people at any one time in our lives. Socially, personally and professionally. Is that the reason, why the habitations typically have 100-500 families? Philosophy (love of wisdom, with disciples) and ideology (system of ideas and ideals, with believers and followers) are two mechanisms that help us to relate with more than 500, even millions of strangers. Philosophies take us to civilizations that embrace everyone and everything without discrimination, constantly seeking answers, but slow development and realization. Ideologies take us to authority that gives no or limited rights to individuals, but probably unsustainable material progress. Can we choose philosophy over ideology? Can we offer philosophy over ideology? We can, but tortuous.

Death is certain. Therefore, can we just live a meaningful, healthy life of food, thoughts, words, and deeds? Can we live by feeling alive? Can we have work that gives dignity and meaning? Can we be in a community that supports one another materially, emotionally, intellectually and spiritually? Let us always be ready to embrace death at any time. Let us not wait to live a whole and meaningful life. Let us do it right now. We do not have to wait. We are not indispensable. The world will not wait for us to make up our minds. Now is the time.

Note is important. But let us also realize that pause is important. Silence is important. Let us pause. Contemplate. Be self-aware. Make a conscious choice. Let us respond, not react. Can we pause? Can we keep pausing, as often as we could, once in 15 minutes? Once in an hour? With power removed from the head, reasoning back in the mind, and justice and truth firmly entrenched. Can we?

Yes, we can. For being a team, loving coexistence. Being in-nature usefulness. In the flow of N. For 7L.

Join us in the yoga of relentless loving useful coexistence co-living co-action – jnanayoga for 7L. 30062022

260. Coexistential Stretch

We are now 141 Crore people in India.

Presidential campaigns progress. Draupadi is clearly ahead. Vice-Presidential candidates are getting announced. BJP candidate is clearly ahead. We have to wait and see how Venkaiah's services will be used. 'Political atmosphere is getting charged for state elections in several states in a year. Related transitions and turbulences. AIADMK truce breaks. EPS-OPS fight is ON. OPS has been expelled.

Srilanka is getting ready for a new dispensation. People could effectively force out Rajapakses. The Prime Minister has gone. President has gone. He left the country too. A new president is getting elected by Parliament. Till such time, an ad hoc President, Ranil Wickremesinghe is in charge. Hope new dispensation to come will take Srilanka towards 'normal' to begin with, and to good governance, peace and prosperity in due course.

UK is getting ready for a new Prime Minister to be elected.

Rains came late but with high vigour. Vigour of 3 decades ago. Hyderabad and Telangana, Maharashtra, Gujarat, et al affected intensely. Government has to declare a week of rain holidays. Godavari basin is in spate. Bhadrachalam is fully drowned.

Indo-German Global Academy for Agroecology Research and Learning (IGGAARL, Academy) is launched. 7 July 2022 at Pulivendula. It is expected to transform itself into a world-class Natural Farming University in the next 1-2 years. It builds NF farmer researchers/scientists, professionals, learning facilitators for Andhra Pradesh and outside, besides it being a natural farming participatory research centre with hubs, and grassroots learning/research landscapes, a global knowledge repository and a learning platform. NF annual congress, journal(s) and national/global research collaborations help in its achieving 'excellence' and 'significance'.

The window is small. We need to reform fast. We need to localize our food systems as quickly as possible. We need to reduce the food miles dramatically and quickly. We need to restore biodiversity. We need to have more forests everywhere. Natural farms, natural forests. We need to pay the farmers for natural farming and climate resilience work and caring for us, all of us. Carbon credits, eco-credits, SDG credits. We need to give a fair share in the value-chains to farmers, and farmer gods. We need policies, ecosystems, architecture, and systems to support this; we need consumers making demands and encouraging; we need changes in our behaviour for natural living and farming; we need movement(s) for this paradigm to scale, and not lapse back. We all need to let this happen. No other way.

We hear: Meditation helps us to deal better with stress, anxiety, fear, negative thoughts, loneliness, anger, regret, etc. It improves concentration, creativity, memory, emotional intelligence and importantly wellbeing. Is this true? How does it do? Through meditation, we learn to zoom in, zoom out, pause and change channels. In the heart, in the mind, and in life.

Are not we emotional beings? Social beings? Intellectual beings? Are we playing the intellectual card more than what our lives require really? Are we intellectualizing everything and de-emotionalizing most things? Are we taking emotions to trivial levels? Are we here to live and experience life or to understand it? Should not we be living and loving life? Are we throwing/taking away the joy of life? Are we not having a compulsive need to be social? Even if we are complete introverts. Therefore, are we not coexisters? Are we not seeking to be a community of sharing? Sharing hope, faith, promise, love, emotions, thoughts, dreams, fantasies, fears, problems, and challenges. Can we be friends? With others. With the Universe. With ourselves. In the 6000 thoughts a day, we have, can we converse with ourselves? Chat, whisper, argue, explain, fight. Can we stretch ourselves, body, heart, mind and soul? Can we discover ourselves? Can we discover our ways? Solutions?

Yes, we can. Being a community. Being a loving useful coexister. Being in-nature. In the flow of N. For 7L.

Join us in the stretch yoga of relentless loving useful coexistence co-living co-action – anubhootiyoga for 7L. 14072022

261. Resilient Focus

Draupadi Murmu was sworn in as 15th President on 25 July. First tribal president of India. Vice-presidential campaign is between Jagdeep Dhankad and Margaret Alva for the election on 6 August. Jagdeep Dhankad appears to be going through a formality.

Ranil Wickremesinghe is the new President of Srilanka, elected by its Parliament. Rajapakse's associate, Dinesh Gunawardena is appointed as the new Prime Minister.

Rishi Shunak is on the way to being the new prime minister of the UK.

Gurupurnima. Guru saakshaat parabrahma tasmai sree gurave namah. Gurus are in thoughts. Gratitude to all those who help us in getting the darkness out of the way. Vyasa's vedas. Buddha's first sermon. Buddha's sangha. Siva's yoga. Can we practice 'chaturmas'? 'yoganidra'? 'upavaasa'? retreat?

Can we learn and offer self-awareness, the ability to trust one's thoughts, feelings, motives, values et al, self-inquiry, reflection, realization, responsiveness, and the ability to resolve conflict within and without? Can we practice and offer to practice the hope, faith, promise, love, and coexistence value portfolio? Optimism, resilience? Do we have and demonstrate a sense of purpose? Passion in practice? Caring for the work? Value-criticality? Real relations? Moving forward focus on? Genuine sensitive heart?

Can we explore our lives, our experiences and discover? Can we reflect, with dedicated time set aside? Can we listen? Can we be flexible in our styles of work?

Can we have diets with less or no processed foods? Can we have more fibre? Can we have more fruits, whole grains, vegetables, legumes, and tubers? Can we aid the microbiome in our gut? Day-to-day existential habits need work now. Not later. Not in the future. Can we act now? Can we eat more 'fibre'? Can we start seeing more sunrises? Can we end our eating more and more before the sunsets?

Where are we? Solvers or facilitators? Can we move from offering fish, to teaching fishing, to teaching meta-fishing, beyond fishing? To discover/anticipate 'the problem', and the tools, skills, and resources required for this. To pursue acquiring these tools, skills et al. To employ/deploy to solve the problem(s).

Can we do our work? Can we acquire the ability to do our work? Can we learn not to be drawn to doing others' work? Particularly if they can do it if they have the ability, competence, skills, tools, knowledge, and resources to do it. Can we realize that we have no time for ourselves more often? Can we realize that being open doors does not mean allowing work to transfer unto ourselves? Can we realize that the reward for good work is more work? More of the same. How do we get out of these cycles?

Can we realize that whatever we desire intensely will manifest into form? Can we reclaim our internal power? Can we learn to govern ourselves? Can we learn to coexist? If we see recurring themes before us, we need to reflect and work on them. Let us listen to our intuitions and gut insights, and instincts. It helps.

Let us be thankful for being here now. Let us list what we did and what we could not. Who/what helped us. Who/what prevented us to fall. Their actions/methods. Let us list our experiences. Let us list persons in our lives. Their significance. Their contribution. Let us list our habits and hobbies. Let us list our smiles. The triggers for the smiles. Let us list the exciting surprises. Their interpretations. Can we?

Yes, we can. By being reflective. Being articulate about reflecting. Coexisting in-nature. In the flow of N. For 7L.

Join us in the yoga of grateful resilient loving useful coexistence co-living co-action – dhanyayoga for 7L. 25072022

262. Ankuraarpana

31 July marked the beginning of the rituals of the marriage of Vamsi and Pratyusha, over the next 7-8 days. Towards the beginning of their grihastaashram. It has begun with Ankuraarpana (pasupu, breaking/powdering turmeric). This is followed by preparations for Sangeet. Sangeet is scheduled on 1 August. 2 August, it is Gorintaaku (mehendi).

3 August, it is mangala snaanam, bridal making (haldi), snatakam (graduation), and Kaasi Yaatra, followed by preparing the groom for marriage (pelli koduku).

4 August, it is Ganesh Puja, Haarathi, Pradaanam to the bride, vara puja (washing the feet of the groom), accepting kanyaadaanam, pannigrahanam (holding hands), Jilakarra Bellam and Madhuparkam (Jeera+Jaggery on the heads of groom and bride, muhurtam), mangalasutra dharana (three knots), exchange of garlands, and blessings via akshintalu (turmeric coated rice), saptapadi (seven steps around fire), toe rings and black beads to the bride, seeing arundhati and vasistha stars (alcor and mizar) et al. It ends with traditional handover of the bride to the groom's family (appagintalu).

5 August, it is satyanaaraayana vratam, followed by a blessing reception (ashirvachanam) in the evening. 6 and 7 August mark the sixteenth-day events. 8 August is the concluding day.

Please plan and join the events of utsavam, vivaaham and aseervachanam during these 7-8 days. Best is to join all the days. Next best is to join for three days – 3-5 August. Third best is 4-5 August. If it has to be a day, choose 4 August, 3 August, or 5 August in that order.

RS Sodhi becomes President of the India Dairy Association. Congratulations.

Prime Minister calls for the Indian flag in each house, on every handle, and on social medial accounts for the Bharat Swatanrya Amrit Mahotsav, 15 August. Telangana Government wants to have 15-day celebrations and give flags to each household. India also remembers Pingali Venkayya, 146, the designer of the early tricolour of India.

Season of Sports. Chess Olympiad, for the first time ever in India, is going on at Chennai/Mamallapuram (alias Mahabalipuram), from 28 July to 10 August. 186 countries and 188 teams are participating. 162 women sub-teams are participating. XXII Commonwealth Games 2022 is going on at Birmingham from 28 July to 8 August. Cricket India is touring West Indies from 22 July to 7 August. India won ODI 3-0, and T-20 is tied 1-1 right now.

As Telangana formed 13 new mandals, Gundrampally made a bid for it to become a mandal. Meanwhile, West Bengal goes on to add 7 more districts. Now, we are 780 districts in India and more than 7200 blocks/ mandals. We need to move towards 50 states/UTs, 1000 districts, 10,000 rural blocks/mandals and 10,000 urban bodies, and 500,000 GPs and 500,000 urban wards in the next 5-10 years.

The west's 4 elements and the east's 5 elements differentiate the west and east's philosophies and thoughts. The fifth element is space. A space within and a space without. This is making the most differences – earlier and now – materially, intellectually, philosophically and spiritually. The harmony between the seen and the unseen. Between the tangible and intangible. Between the possible and the projection. For individuals, groups and societies. Resultant prosperity with this balance with spirituality, action portfolio with this balance with reflection and meditation, make us happy and at peace with ourselves and all of existence. Even if we do not know why. Can we balance?

We are hard-wired for comparison. With others, others' lives. It is not easy to get over this tendency. We can choose and redirect this to choose what we want to compare. Can we see meaningful things? Can we see inspirations? Can we see and look at our older selves? Can we see how are we better off from millions? Can we make the choices towards our empowerment?

Yes, we can. Being in coexistence. In balance. In reflection and meditation. In-nature. In the flow of N. For 7L.

Join us in the yoga of coexistence co-living co-action in balance – samaajayoga for 7L. 31072022

263. Amrit Kaal

President Draupadi Murmu speaks on 75 years of India's Independence. India's Journey of the next 25 years, Amrit Kaal. Start-up ecosystem; Digital India; New Education Policy; Home to all; Har Ghar Jal. Bharatiyata. New India.

Prime Minister speaks from the ramparts of the Red Fort. Grateful to great souls of freedom struggle(s) of centuries and building the country after independence. It is the beginning of Amrit Kaal. India is aspiring. India has re-awakened. World is looking at India. Amrit Sarovars in every district. Let us work for Panch Pran – five life forces, five vows – Developed India; Freedom from Slavery; Heritage and Legacy; Unity and Solidarity; and Responsible Citizens. Let us see 'life' all around. Let us see co-existence all around. Let us see the universe in life and life in the universe. Absolute truth is one manifested differently. Let us all be happy and healthy. Let there be equity and equality. Can we behave decently and use decent language? Particularly with women. Can we save energy? Water? Can we do natural farming? Can we be local? Can we come self-reliant, *aatma nirbhar*? Can we be innovative locally? Can we transform education, health and farming, aided by the Digital ecosystem? *Naari Shakti* will take us forward in the Amrit Kaal. *Yuva Shakti* will take us forward. Cooperative federalism will take us forward. Can we fight corruption? Can we fight nepotism? Can we move on the journey of Amrit Kaal, at full throttle?

One of our jobs as development lifeworker is to raise funds and resources. We can do this only if we look at the big picture, often. Only if we take a long view. Only if we anticipate unintended consequences, even in the unlikely of circumstances. This we can do only when we slip into the shoes of the resource provider. Into their journeys.

Can we commit to a no-zero approach? Can we commit to having no day which does not add to our goal, our ends? Can we have some 20 small little things that we need to keep doing?

We can control our effort, our mindset and our attention. Nothing else. Therefore, can we focus on what we can control? Isn't it empowering? Is that not wise? Is it not a way to skip frustration? Can we keep doing it? Can we be soft on expectations? Can we be more conservative on expectations? Can we be aggressive in planning, and conservative on expectations? Can we learn to manage expectations? Can we quickly switch gears if we do not have to burden ourselves with expectations? And move on to newer plans of aggression? If we can let go of thoughts. If we can meditate. Daily. At least three times a day. At least 10 minutes each time.

Can we take a break? Long-break? Some 100-500 hours? To reflect, to regain perspective, to achieve refocus. Can we be idle to be creative? Can we become free from the struggle to survive? Can we recharge our batteries? Can we chill, chill out? Can we spend time with friends and family? Leisurely? Can we delegate and be away, without worrying about what is happening?

Are we living in an artificial, man-made world? Are we living in a transactional world? Can we get more time with ourselves, our families and our friends? Maybe here, we have the 'natural' time and energy? Can we increase this? Can we seek solitude? Can we just watch, listen to and absorb the life around us? Can we increase time in nature, with nature, and time with 'life'? Can we rest and refresh? Can we sleep? Can we listen to children? Can we lie down under a shade? Can we chew some leaves and some fruit? Can we watch an ant? Spider? Bird? Plant? Can we see the divine within, without, around, all around? Can we listen to music? Can we read? Can we write? Can we play with words and numbers? Can we teach children? Can we try a new skill? A new tool?

Yes, we can. Being in amrit kaal. With life. In reflection and meditation. In-nature. In the flow of N. For 7L.

Join us in the yoga of coexistence co-living co-action with time and energy – *amritayoga* for 7L. 15082022

264. Good gets us Amrit

Sukhakarta Duhkhaharta Ganesh Chaturthi. Vinayaka Chavithi. Bhadrapada Shukla Chaturthi.

Sraavana Krishna (bahula) Asthami, Rohini Nakshatra is celebrated as Krsna Janmadinam.

Noida demolishes two illegally constructed Supertech towers, generating 55,000 MT of debris, at the instance of the Supreme Court's order after an 8-9 year-long legal battle. Supreme Court confirmed that the towers have been constructed on the site reserved for gardens.

Ghulam Nabi Azad leaves Congress, after being associated for about 50 years with it. Earlier Kapil Sibal left. Will this lead to an exodus? Will we have a new part in the offing? Will this lead to reflection and a new plan of action forward in Congress? Will this lead to new coalitions in the country? Will this strengthen BJP and NDA?

New Educational Policy 2020 talks about Early Childhood Care and Education, as the foundation of education for children. For physical and motor development; cognitive development; socio-emotional-ethical development; cultural/artistic development; communication development; early literacy and numeracy. This is like Gandhi's Nai Talim or Basic Education thoughts, towards becoming a complete human being. Life-centred education. 3Hs – development of Hand, Heart and Head, besides 3Rs – reading, writing and arithmetic. It is like the methods and processes of Maria Montessori. Education has to start with children very early.

It is 50 years since the launch of Gurukul education in Telugu states. Thanks to PV Narasimha Rao. The early birds of 1972 are retiring from their careers. Gurukulam has taken us through 18-hour days, some 300 days a year, all through the year, except when the students go home for some short vacations in winter, and in summer. Getting up in the brahma muhurtham, and retiring for the day just an hour before midnight. To make the students better as learners, and better as human beings. To live the values. Hope, Faith, Promise, Love, Modesty. To nurture character and talent in balance, side-by-side. To transcend individual living being towards social being. Towards a being in coexistence. Today, we have many travellers on the Gurukul path. Many of them made a difference in their lives, to the lives around them, to the communities, to the places, to the worlds around them. They are adding to the processes of building them, rebuilding them in their own ways. Silently, gracefully. Thanks to Gurukulams. From deep within, we are grateful, Gurukulams!

I hear: stigmagidrocalciferol – C29H46O, a form of Vitamin D, supports the breakdown of glucose with a minimum amount of insulin. It is biologically active and pure, without harming kidneys, liver, etc. With minimal or no contraindications. It accumulates in the muscle tissues/body. This means, after some time, we can stop using this intake too. Does it mean, we need to move away from increasing insulin in the body, we can increase the efficiency of insulin in the body? Is it available? What do the doctors say?

CoVID and now Ukraine War is pushing for changes in the way we live. Can we live with less fossil fuel use? Can we move close to nature? Can we live with less energy? Can we decrease our movements? Can we do more natural farming?

Perfect takes time. We can live with 'good' now, as we keep perfecting. Can we act early? Even if we are not fully prepared? Serendipity happens. Unexpectedly take the space and fill it. Luck offers opportunities. If we start moving in the direction of our 'ends'. Means manifest. Things start happening. The universe starts responding. Is it not?

Yes, it is. We are in amrit kaal, with full throttle. In-nature. To amrit. In the flow of N. For 7L.

Join us in the yoga of coexistence co-living co-action with time, and energy in nature – mangalayoga for 7L. 31082022

265. With People in situ

Ganesh Shobha Yatra is ON. Indian political system is gearing up for 2024 Elections. Remembering Gurus who made all the difference to our lives. Offering saasthang pranams. Sadgati:

GlasnostPerestroikaMikhailGorbachev;

Prof Abhijit Sen, economist, member – Planning Commission, member National Coalition on Natural Farming NCNF steeringcommittee;

Prof S Parasuraman, Director TISS for 15years till2018;
Cyrus Mistry in aroad accident;

QueenElizabeth2

Liz Truss takes charge as UK's Prime Minister, and Prince Charles is becoming King Charles 3 and enters Buckingham Palace. Prince William is the next inline.

Rahul Gandhi takes up Bharat (Jodo) Yatra, 150 days, 3500 km, Kanyakumari to Kashmir. Should not we all in public life some way or the other should do similar walks? Walking around, cycling around, going around. Transects. Physical, social, emotional, mental, spiritual. In situ. In time. Through Knowledge, Skills, Tools, Resources LEAPs. Internalizing realities with lenses of relevance and 'disruption'. Stories, ladders, snakes, conversations and observations with 5-6-7 senses. Can we do 1000 days, 10,000 hours, 100,000 km, most states/UTs, 100 districts/blocks/mandals across ecological zones/situations, 500 organizations and people who are making the difference, 1000 villages, 100,000 people in these villages, towns? Some 100-1000 of us? Next year, next 10 years? Can we plan to begin the first spell/round in the next 3-4 months?

We know. Democracy is the best if it does not degenerate. Then, we slip into non-democratic system. History tells us this. The way out is we need to be ready with more democratic ways, systems, models so that we go for more democracy, when it does show the signs of likely degeneration. Slightly earlier than this. Best democracy recognizes that each one is unique. Worthy of existence with dignity. With opportunities and space to realize potential. The leader works towards this. This could be tiring, but satisfying. The leader avoids easy ways of being popular. Avoids reaching into others' pockets. Avoids borrowing recklessly and irresponsibly. Can we identify a set of burning problems properly and genuinely? Can we get a feasible minimum viable solution to this? Can we get this solution liked by people? Maybe it is a new paradigm. Can we be the service providers? Can we engage people locally? Can we have decentralized solutions? Can we source resources for these? When we take competent, capable and sincere individuals to do things/take up responsibilities, can we prepare them for these responsibilities? Prepare them enough? Can we prepare our people to their new elevations? Can we assess whether they can handle the pressures and responsibilities of the elevations? Beforehand? Not after joining. What do we do? Slow down as we are getting grey and old, or speed up as time is running out? It is always now the time. The important and significant has to be now always. It cannot wait. How do we make this happen every moment? As intensely as possible. Love, gratitude are in this. They need to be continuously practiced from deep within and without. Not just for our happiness, comfort, and wellbeing. For the pain and discomfort and illbeing situation that triggers us to make choices for learning and growing out from these situations. We are grateful to the present for taking us to lessened suffering in the future. We are grateful to the past for being here and now. Can we? For gratitude is the sure way to joy. Yes, we can. We can be amrit givers and amrit takers. Amrit is in-nature. In the flow of N. For 7L. Join us in the yoga of amrit coexistence co-living co-action with time, energy in nature – janayoga for 7L. 09092022

266. Universe is waiting

Hyderabad Liberation. Telangana National Integration Day. | Engineers' Day. Viswakarma Diwas. | Modi's Janmadin.

Krishnam Raju (UVKR from Magalthur, Rebel Star, in about 200 films; Minister of State in Indian Cabinet) (20 Jan 1940 – 11 Sep 2022) succumbed to post-CoVID complications. Sadgati. 3 Nandi Awards, 5 Filmfare awards, and Lifetime Achievement Award.

One who imparts information is not an educator, teacher, or mentor. S/he does something else to do with learning, experimentation, discovery, building intelligence, integration et al. It includes pushing to possibilities, taking to edges and margins. They let us 'us', the human beings. They let us be 'ready' for a call, when that comes our way. No extra rush towards it. They let us unlearn, stripping us to levels where we become absolutely open and ready to receive. They let us be useful in our reckoning.

Let us lean on our gut, instinct. It is more reliable. Let us hone it. Let us go after our happiness/joy drivers. Let us not think about getting 100% prepared, 100% fit, 100% sure. Ayam Muhurtham Sumuhurtham Asthu. This is the right time. Let us get going wherever we are headed. With Vision. A Vision we believe fully. Universe conspires to make it work. If it is a Vision useful to the Universe, the Universe jumps in and takes it forward. More than the clear end, the direction matters. Let us get our direction right that takes us towards the Vision. Right direction is in: is it motivating enough? Is it inspiring? Is it troubling, suffocating if not on that road? Do we have some people from whom we get inspiration from moving in the same direction? And do we see light at the end of the tunnel, even if faintly?

Do we have something in us to take steps in this direction, although we know the direction? Are we having doubts, faith issues? Is it inertia? Postponing to a later stage could be a disaster and we miss wonderful opportunities for seeing the possibilities become true. We may miss seeing the brighter light. We may start seeing it as our karma. Karma does not come in the way of possibilities. Karma sets the Vision. Karma helps us to see the direction to the Vision. Karma takes us there to the light. Road, Map, Oar, Boat, Company, Knowledge, Skills, Tools, Stamina, and Resources to move to the light. Karma lets us invest our 10,000 hours, with our transferable knowledge, skills, tools and resources across the spectrum of domains. We can reach the light through the air, on the water, on the surface, deep within, or through 'instruments'. We reach or legacies will reach.

Krsna-Arjuna. Ramakrishna-Vivekananda. Gandhi-Gandhians. Jesus-12, Budhdha-Anandas, so on and so forth.

Human is Maanas/Maanav – being with a mind. Mind is logical, rational, and is required for us to survive, coexist and conform to expectations of the society. If we step out of the mind, be carefree, we are considered mad. If we fall below, we are mad. If we rise above, we are 'enlightened'. It is difficult to make out – mad or enlightened. Madness may be by accidental occurrence. Enlightenment is because of deliberate and conscious effort, deep within. Help in the form of a Guru may be useful. Guru appears when we are ready. Greed goes away. Compassion blooms. Kindness and love take charge. Humility drives. Amusement and forbearance take control. Slowly, we tend to become purer souls.

Let us involve 'unconnected'/'misfits in events to see, observe and note the undercurrents. We get 'unconnected' view. Misfit's abilities to observe and analyse are tested. Most slowly become cross-functional integrators and leaders, if we keep pushing them into these 'unconnected' slots. We have to step out or we have to ask our people to step out to see within, or step in to see without.

Our mind should grasp nothing and refuse nothing. It should receive but not keep. Fear of missing out is the leading cause of us getting addicted to staying connected and being connected, even after knowing that some of it is toxic and could be blocked. The refusal to burden the mind permits reflection, contemplation, meditation leading to focus and joy. We need to guard our mind from negative thoughts and negative people possessing us.

Do we have the capacity? Can we get out and see the situation from another's perspective? Because this is the only way to be a better friend, partner, professional et al. This is the only way to know our blind spots and biases. Can we practice this? Daily?

Do we have non-negotiables? Come what may, Tiger does not eat grass. What are the grasses we do not eat, come what may? Lies, Dishonesty, Non-usefulness, etc. Can we list these grasses?

Yes, we can. We do not have to eat 'grass' come what. Vision and light is there. We can go to the light. This is the time. Entire universe is ready. It is taking us there if we are in nature. In the flow of N. For 7L.

Join us in the yoga of saphala coexistence, co-living and co-action with time, energy in nature – dhruvayoga for 7L.

29092022

267. Let Universe take us

Nobel Prizes 2022 announced. Annie Ernaux gets for literature – for the courage and clinical acuity with which she uncovers the roots, estrangements, and collective restraints of personal memory. Ales Bialiatski, Memorial and Centre for Civil Liberties get for Peace – civil society in their home countries for peace and democracy. Economics went to Ben Bernanke, Douglas Diamond and Philip Dybvig for research on banks and financial crises.

Women Farmers | Girl Children | Food. Global Hunger Index says India is 107/121. Is it right? If right, what do we do?

Munugode Election Process starts. Himachal and Gujarat Elections are on their way.

Mulayam Singh Yadav (22 November 1939 – 10 October 2022) rests. Netaji had a hand in the history of UP and India.

Xi Peng is moving to be the most powerful in China, Unified China. In the UK, Liz Truss may have to leave.

Who is losing in Ukraine? Another Afghanistan in the making? Are we losing Ukraine? Are we waiting for regime change in Russia?

Do we plan: Long-term systems evolution and Vision (maybe 5-15 years) Strategic Plan (maybe 3-5 years) Tactical Plan (1-3 years) Annual Plan Quarterly Plan? Plan-track-reflect-replan?

Is not the greatness there in the worm doing its duty silently, steadily from moment to moment and hour to hour? Are we losing out because we are more known? Is familiarity breeding contempt? Are we overwhelming the resource providers by constant streaming of the messages? Is it not important that we spend time, listening to them and responding to their needs? Is it not important that we do not get into the trap of communicating all the time without saying much? Is it not important that our culture teaches servicing the community and other stakeholders? This may be beyond methods, technology, metrics, credentials of the staff, budget size et al.

Has age taught us to be more human, to be quicker to accept mistakes, to better balance multiple things happening together, and to be more open? Has age taught us that uncertainties fuel opportunities? I don't know offers many possibilities and I know there is just one, many a time. We know very little about various events in our lives.

Does life really come in our way? For living our values and pursuing our aspirations. Is it not that we do not prioritize? Do we forget? Do we get carried away by our 'busyness'? Can we be on our values and aspirations every day? Do we have daily reminders? Do we have alarms that call us back to pause, reflect and realign with what matters to us?

When we have the right to choose, do we generate options/choices? Do we know what choice is right? Is our chosen path giving peace? Is it helping us to realize our inner, and outer potential? There is no need for anyone else to put a stamp of approval. We do not need others' applause. We are our masters. Masters learn by reflection. By experience and practice. By learning from others. We get wisdom, knowledge, intelligence, skills, competencies and tools. Do we realize the use of role models? Do we realize, unlearning-learning calls for wearing other hats and others' hats? Walk, talk, think and act like the other person. Do we realize figuring out our ideal/real self can also be a good benchmark to work with?

Yes, we can. Our life, our living is all about this. Our livelihoods are all about this. Our levers, leads, and leadership are all about this. We need to unlearn and learn. We must love doing all this, in co-existence with all 'life'. Systems, Visions, Strategies, Tactics, and Actions take us to light. This is the way. N takes us to light. In the flow of N. For 7L.

Join us in the yoga of nitya coexistence co-living co-action with time, and energy in nature – nijayoga for 7L. 15102022

268. In a new Paradigm

This Deepaavali, UK gets a new Prime Minister, Rishi Sunak, 42, a Stanford MBA and a teetotaler. Youngest ever. An Asian Hindu. He could move to the top job in less than a decade-long political career. His spouse, Akshata Murthy, is the daughter of Sudha and Narayana Murthy.

Bharathi's Fieldworker Diary as compendium is getting ready for release soon.

Is it Deepaavali or Deepdanotsav? Atta Deepo Bhava – be your own light. Dhanteras, Narakachaturdasi, Deepaavali, Balipratipada, and Bhai Dooj, Viswakarma Puja. Krishna and Satya killed Naraka. Sita and Rama came back to Ayodhya. Buddha came for a visit to Kapilvastu. Deep Daan on Ashoka completing 64,000/84,000 Buddhist stupas. Health Day. Liberation of Mahavira. Bandi Chhor Divas. Lakshmi Puja. Ganesh Puja. Kali Puja. Kubera Puja. Hanuman Puja. Govardhan Puja. Kharif Harvest Celebration. Victory of light, knowledge and good. New Year. Exchanges of Sweets. Diwali shopping is not less than Rs.200,000 Crore. Firecrackers' sound and smoke, with very high sound and air pollution.

Munugode by-poll is in the limelight. Maybe a tightrope walk. A friend says, TRS has the edge. Let us keep our fingers crossed on the result and its consequences. Mallikarjun Kharge becomes the President of Congress. Whatever that means. Rahul Gandhi's Bharat Jodo progresses into Telangana. Some non-Congress party leaders/workers join the yatra here and there. Some non-political leaders and workers too.

Stress leads to weight gain. Allergies. Diet and Exercise may not be sufficient to control this. Do weight loss/ dietary supplements work? Is there something called brown fat? Brown adipose tissue levels? Do they keep the body temperature in balance? Can the metabolic rate increase and stay at higher levels? Are Perilla, White Korean Ginseng, Holy Basil (tulsi), Kudzu, Amur Bark Cork, Oleuropein from Olive oil, Quercetin, Propolis useful and safe? Do they increase metabolism and BAT levels, reduce weight, lower blood glucose levels, suppress appetite, enhance energy levels, strengthen immune system, and improve heart-brain functions?

Let us see relationships as customers. External and internal. We also have reciprocal of customers – suppliers, providers et al. We also service ourselves. Should we not look for a holistic 'customer' relationship, service, experience and satisfaction? How do we react to failures for correcting, recovery and making the relationship sustainable? What is the resolution time and process for this?

Our paradigm of life is a set of references of how, where, when, what, who, why. This paradigm is not always constructed by us, but handed over to us, and we simply accept and follow. Most often this is fragile and we cling to it to its bitter end. But, when we remain open to unlearn, learn and build a paradigm of reality and potential, we move towards a happy way forward. When we travel we discover other dimensions of realities and other realities, we transcend initial fears and we become wiser and stronger. We see subtle changes emerging in the realm. We see awakened individuals stirring up possibilities, upsetting the status quo. We see experiments taking shape in natural, physical, social, human, financial, economic, emotional, intellectual, spiritual spheres. Towards prosperity, wellbeing and happiness. These seek a cutting crowd mentality – crowd thinking, crowd doing, crowd goals. Against the default behaviour, the path of least resistance. Can we question strong beliefs and world views? Can we dare to walk our own path, swimming upstream? Can we sing our 'song', play our tune? Can we live truly? Can we take the road less travelled?

Yes, we can. For there lies our purpose of our life, our living, our leadership, our learning and our love. We need to do all these in co-existence with all 'life'. This is the way of N. The way of life. In the flow of N. For 7L.

Join us in the yoga of idiosyncratic existence within covariant coexistence co-living, co-action with time, energy in nature – outsahikayoga for 7L. 24102022

269. Searching within 'ourselves'

Morbi Cable Bridge collapse has taken 135 lives. Act of God, or Act of fraud?

Elon Musk takes ownership of Twitter with USD 44 Billion and becomes Chief Twit. Sacks the Board, Top Executives, and may be 75% HR soon. Twitter's Blue Tick may be charged.

Brazil chooses 77-year Lula da Silva, in a close contest, to be its President from 1 January.

Munugode is now ready to vote. HP and Gujarat elections would follow.

Bharat Jodo Yatra, walking-meeting-talking yatra, may position Rahul Gandhi as a serious politician. Mallikarjun Kharge, Rahul Gandhi – will they forge a formidable opposition coalition, if not a winning coalition?

Is the work world changing? Are we going to see more of us unemployed because we do not have employable skills? What are the must-have skills, apart from 3R – read, write and arithmetic? Emotional Intelligence, story telling, creative problem solving, first-principles (analytical) thinking, active learning, resilience, stress tolerance, flexibility? Do not the poor, vulnerable and marginalized have these in abundance? But what about these – Leaders and social influence, Technology use, Tech design, Ideation? How do we get infrastructure and investment for trying these? Are we creating a new wave of poverty and inequity augmentation? How do we get de-skilled and re-skilled to be employed, relevant, and useful? Are we expected to learn these skills on the job, through self-learning, online and assisted learning? Investment in learning by organizations is taking a beating. Therefore, immersion, induction, internship and fellowships are the ways of the future. Are we designing right then? The pace of learning has to go up. We cannot say we take our sweet time to learn. We need to hurry up. Now. 6 months is the limit, isn't it? The onus is on us to unlearn and learn, and not on our temporary employers.

What do we do? How are we useful? How are we maximising? How are we finding the pace and momentum? Is it enough that we give our time, energy, and resources to the issues we care about? Will more others follow? Is it the butterfly effect? How do we choose the issues and give at least 20% time dedicatedly to them? How can we slow down with increased effectiveness, efficiency, and impact? Can we give back significantly? Can we always have a vision, portfolio of strategies and plan(s)? If possible written, articulated, disseminated? Can we be sure that we love what we do? Can we be sure that we love whom the work touches? Can we be sure that we love people in our flow? Do we work with small numbers and do we work on a big scale? Even one can be fine? Can we do both, hybrid?

When the crunch comes we need air, water, food, shelter, entertainment etc. When the crunch comes, what takes us forward is coexistence. Coexists are always there, physical, or virtual. Maybe a shout away. For give and take. For sharing ups and downs, gains and losses. Life and death. For fights and fun. For living together, laughing together, linking together, serving and leading one another, learning together, loving together. Can we coexist with and touch more souls with steady outpourings? Can we walk, meet, hug and still be unobtrusive, silent?

If the heart rejoices as we prepare to give, if the heart purifies itself while giving, if the heart is satisfied on giving, can we keep giving? Can we stretch ourselves, our boundaries to give? Can we give more, in more ways, in more spaces?

Do we know who we are? This body of flesh, blood and bone? This mind of thoughts and feelings? Can we begin this enquiry? Deep inside. Meditation helps. Desperation helps. Intuition strikes and we need to follow the intuition. Can we?

Yes, we can. For knowing us deeply helps to live, lead, learn and love. We are part of the existence and we need to co-exist with all 'life'. This is the way. This is the flow. The flow of life, flow of N. For 7L.

Join us in the yoga of 'I' within 'us' for coexistence co-living co-action in nature – sodhanayoga for 7L. 31102022

270. Choice at every moment

Our father, Ganduri Satyanarayana's first Anniversary on Kaarthik Krishna Tritiya. on 11 November, at Gundrampally. Visited Mahatma Gandhi Gudi (Temple) and the temple offered Ashirvachanam.

Gandhian Ela R Bhat, 89, rested, leaving SEWA behind. A Padma Bhushan. Chair, Sabarmati Ashram Trust. Chancellor, Gujarat Vidyapith. Indira Gandhi Peace Prize awardee.

Pink slips to staff in many software organizations, including Meta.ASHA – Kisan Swaraj Sammelan is in progress at Mysuru discussing Natural farming agroecology.

Who has to determine our futures? We the People. All People. With knowledge, power and agency. With foresight tools. We need to vision our futures and make them. Together, being inclusive. It is a matter of justice. We cannot leave this to experts. Futures with shifted paradigms are different from projections. Generalists get these paradigm shift futures better than specialist experts. The best is having both together. Stories of futures have to be articulated. Have to be told. Have to be lived.

Tangible and not-so-tangible assets/capitals/resources include paper assets – money in the bank, cash in currency etc. Knowledge, skills, tools, etc. Mental abilities. Now, we are getting digital assets. Digital currencies, tokens. Fungible and non-fungible. Transactions in these assets are possible. Their custody can be in person, in digital exchange wallets, etc. Now, we see the emergence of digital banks. While this is progress, we see increasing inequities between the haves and have-nots. What can be done to tackle these?

We need to work with community collectives, and enterprises and support government and non-government organizations and individuals so that they take up activities that benefit their clients, and members. They need investments and funds for these. Philanthropies can extend leveraging, technical support grants to an extent for these. Some can give funds for the programmes too, maybe on a pilot/megapilot scale. However, they look for a promise to showcase models, approaches, learnings, etc. For tapping these funds, we need to have a concept, an example, and an articulation. A way to try and take it forward. Then, we need to have 'patience', to wait and respond to questions that may arise. We need to keep in touch. With not just one.

All non-government organizations are not development/livelihoods/poverty reduction support organizations. These organizations could be registered as a Society, a Trust, an SHG, a Firm, a Company, a Section 8 Company, a Producer Company, a Cooperative, a Trade Union, an LLP, and even a Political Party. It can be a mutual support organization or profit-making organization for itself and its members. It can be an organization that does not take the profits out of the organization. It may seek an Income tax payment waiver. Or contributions to it can offer income tax savings. It can do a variety of tasks. Maybe support, advocacy, or charity. Or implement programs. May fulfil social responsibility. May do business or a business of/with the poor and vulnerable. May do processing, production, value-addition or services. Maybe community-owned, government-owned, family-owned, concerned individuals-owned, corporate-owned, or hybrids. Some raise donations locally. Some receive foreign contributions. Some bid for projects. Some charge for services. Some raise cross-subsidies. Some do faith-based work. Some are in education; health; service delivery, etc. Some pool-up volunteers. Some serve specific communities, or specific areas. Some may work in specialized domains/sectors. How do we work this multitude?

Fakes look perfect. They need the art of flaunting exaggerated or fake realities. There is no need for perfection and the Genuine possess flaws. Imperfections provide character and meaning. Each one of us is different. Strong in parts and fragile in parts. Need the right amount of care and nurturing. We need some generic care plus specific care. Each one, each life, each community, each village, each area, each sector. Can we care? Now is a new beginning. Every now. Life is a stream of moments. A stream of choices. BIG may offer the skeleton/outline, it is the small moment-after-moment choices that make our journey. Can we make these choices? Can we have a framework to make these choices? As a matter of habit, or practice?

Yes, we can. We make choices day in and day out to live, lead, learn and love. Hope, Faith, Promise, Love and Co-existence are the frames to make choices to co-exist with all 'life'. The flow of life, the flow of N. For 7L.

Join us in the yoga of choices for coexistence co-living co-action in nature – ichchaayoga for 7L. 11112022

271. Possibilities to start

Superstar Krishna [Ghattamaneni Siva Rama Krishna Murthy, 31 May 1943 – 15 Nov 2022] rests. 350+ films.

Jammu University wants to have a rigorous PG in Rural Development Management, to produce professionals for Himalayan and other North-west states. Hope it succeeds.

We cannot be happy with examples of successful natural farmers with 365-day multiple green cover here and there. We need to have more of them, with most of the farmers in each village. At least the small and marginal farmers. On all of their farmlands. With deepened practices. They need to consume the produce, the diverse and nutritious. The surpluses can feed the local value-chains and beyond. Subsidies on chemicals for chemical farming should go. At least, they should be offered as direct benefit transfer to farmers so that they choose what to do with the amount. Best practitioners, farmer entrepreneurs and their enterprises, women collectives with agency are the keys of this transformational journey into the paradigm of natural farming and living with nature. The future for us, for the planet.

This is a movement in the making slowly. For a long-term impact on planetary scale. For a societal paradigm shift. Who will lead this? Where are they? Where are the leading agitators stirring the world's status quo is not quite right? Persistently, persuasively. Building collective action against the status quo at various levels and situations. Leading innovators? Making solutions, solution portfolios, solution examples customized. Validated, demonstrated on scale. Coalition of support for these solutions. Leading orchestrators? Spreading the solution(s), with its nuances for various hues, coherently. Sustained, expanded, deepened actions in multiple geographies and situations. Inspirers? Evanelegists? Angels? Supporters?

We need to be cautious in this becoming fragmented agitations with stalled solutions, having tunnel visions with negatives in other dimensions, and/or impractical on ground solutions, becoming a mission drift and mission dilution. Are we agile? Do we continually assess progress and changes in the environment? Do we channel our sources of power and motivations – personal, positional and relational? Do we realize that most of us may not be recognized? May not be acknowledged? Still, do we persist? For a long time, may be a lifetime?

Movements with Pace, Scale and Lasting changes are real and possible. Exponential significant sustainable change is possible. Simple acts, simple calls-to-action with incremental small shifts drive these. Are we simple and incremental? Are we having diverse sets of people, across various contexts, driving the central idea of change in their own ways? Are we harnessing collective energy of more and more large groups, communities? Are we sharing capabilities, infrastructure? Are we networks, coalitions? Are we having collaborative spaces? Platforms to partner and work together? Without dilution and drift. Are we working on nudging the ecosystem(s) to new ecosystem(s) for sustaining the change? Are we amplifying the benefits of the solutions to more and more people? In Community, Civil Society, State and Market? Are we bringing the people's agency back? For the people, it matters the most. Are we networking and pooling hands around our shared vision of the movement? Social, societal movement?

What do these leaders and co-leaders need? Learning, upskilling, and growing, to unleash higher potential? On an ongoing basis, in everyday work. Do they have time, access and mentoring for this? Do we have mentors for this? Movement within – upwards and laterally? How do we ensure these?

Do we talk too much? Do we talk too little? And do we talk not about the right things? We may do these often. Can we learn to do them more correctly? Can we mentor good number of people who deal with the world correctly, according to the world that is being dealt with. How do we open up open learning, self-learning, assisted learning? How do we mentor having balance of opposing qualities (like string vs flexible, creative vs disciplined, determined vs gentle et al)? Can we practice this balancing?

Everything in this Universe is continuum of energy and matter. Isn't it? Energy is non-judgmental. Can we embrace and channelise it for love? If we keep quiet, does it not mean anti-love? Can we weave gratitude into each of our interactions? Unforced, unrestrained giving in every interaction. Can we persist with beginner's mind? Does not

know much. Humble, coachable, flexible. Open. No baggage of the past. Can we 'let us see what happens'? Can we be ever ready for liberation?

Yes, we can. We begin every minute. To live, lead, learn and love. In the frame of Hope, Faith, Promise, Love and Co-existence. The flow of life, flow of N. For 7L.

Join us in the yoga of possibilities for coexistence co-living co-action in nature – drstiyoga for 7L. 22112022

272. Let us 'be'

GIZ Round Table on Indo-German AE Light House at New Delhi on 25 November. It released India Food System Vision 2030 Report. It says – Our current food production system is driving the degradation of the natural environment – soil, water and air quality, biodiversity loss and climate change – and dangerously undermining our future well-being. Food systems have huge implications on the livelihoods of a large number of people and hence consequences for inclusiveness as well. It has to be transformed to nourish everyone, producing in harmony with nature in an inclusive manner and equitably, and quickly.

Participated in CEOs' Conclave at IRMA on National Milk Day remembering Dr Verghese Kurien, 101. A life-long employee of farmers. Social entrepreneur, development worker, and institution builder with no parallel. My initial 3 years post-IRMA were in his teams. His mantra: integrity, and hard work for HR. Minimal overheads till stabilized. Moderated Social and Development Panel, of 14 persons. See live link <https://lnkd.in/d4H8kbnT>.

Some 100 days. New portfolio of engagement within and around Hyderabad as the base needs to be evolved.

Jammu University Department of Lifelong Learning inches forward on field/practice-centric Masters in Rural Development. New course would begin this month.

Natural Farming 2050 Foresight is heading toward conclusion shortly. Mainstreamed default option is natural farming, with lower unemployment and more certain food-nutrition security through local value chains, and agency of women and marginalized farm and farmworker families. Hills and Drylands constituting 50% arable land would lead this revolution. Millets, pulses, oilseeds, vegetables, and fruits, integrated with livestock would be front-runners. Following would be reversed.

We expect every one of us to be socially responsible. Corporates are not exempted from this. CSR has been around for a long time. CSR in 2013 Act is a straightforward framework. Instead of 2% of profits, 1% of turnovers could have been a better deal. As per CSR rules, we require just the project name, location, project holder, number of beneficiaries and a Funds Utilization Certificate. Project timeline is limited to 0+3 years. Everything else is part of the 'development work' per se, not peculiar to CSR.

Bharat Rural Livelihoods Foundation released Tribal Development Report 2022 (in 2 volumes). Tribal communities are probably the poorest communities in the harshest ecological regions. 257 are tribe districts. 90% of these districts account for 80% of the tribal population.

Complete digital B2B or P2C may appear ideal. The value-chain player is doing a 'holding', 'value-addition' and 'intelligence' operation/service and s/he needs to be rewarded fairly for such service. Therefore, we must see how we substitute P or C ends taking over these services. Are we conscious of these? Are we having the abilities, and skills for these? Are we having the resources for these?

What are we seeking? Hope we are not into seeking without knowing what we seek. Can we fully enjoy and experience the present, ignoring the undesirable as much as feasible?

How do we scale – more local, more young. Simplify the agenda and downsize the leadership.

Are we familiar with leadership vocabulary? Can we practice? Can we communicate effectively? Can we ensure a clear vision/plan reaching where it matters? Without corruption. Without us being confused. Without our other half not getting confused, not misinterpreting. In the environment and hygiene of communication. Do we do enough homework and preparation before we communicate? Can we prepare for likely questions? Can we avoid using phrases like – I know for sure; no offense, If I were you et al. Can we move to we/us/our? Can we be specific, rather than saying 'never'/'always'?

Are we conscious notwithstanding whether we are right or wrong – some would misunderstand, and some would appreciate? Particularly when we are at something that goes against the status quo. Here we need to reflect rather than going by limiting ourselves to what others say. Can we?

Yes, we can. We can be in the present fully. To live, lead, learn and love. The flow of life, flow of N. For 7L.

Join us in the yoga of conscious possibilities for coexistence, co-living, co-action in nature – jaagrtayoga for 7L.
02122022

273. Let us will

Dr Leo Varadkar, 43, takes charge as Taoiseach (Premier) in Ireland. Second time. His father was an Indian immigrant, and his mother was Irish. Elections – BJP sweeps Gujarat. Congress wrests Himachal. Munugode goes to TRS (now BRS). Most other bye-elections do not favour BJP. MC Delhi goes to AAP. The results may not be indicating 2024 trends. In any case, the battlelines are getting drawn for the 2023/24 elections.

TRS changes name to Bharat Rashtra Samithi, BRS, and flag.

Natural Mission on Natural Farming gets going part by part. The first part is Research and Knowledge component via ICAR institutes, Universities, and MANAGE; and implementation on the banks of River Ganga.

Draft Digital Personal Data Protection Bill is making rounds. After the Supreme Court ruling – Privacy is intrinsic to the right to life and liberty; the Right to Privacy is a fundamental right. Data storage needs to be localized. Hardware and devices need to be regulated. Approvals are required for each instance of data flow. Penalties for breaches are to be introduced. The right to withdraw consent may have to be given.

Global warming is already here. The world has warmed by 1.2 deg C. We need to cool things down. How can we contribute to the same? – live nature-centric; farm nature-centric; declutter; buy as little as possible; take public transport; drive around less; eat 'greens'; work on climate-positive projects; nudge. Cutting down trees, destroying healthy landscapes, doing 'plough-based' farming, burning fossil fuels, etc., have caused the warming up. To reverse warming up we need to be giving up. We need to be persuading many of us to keep giving up. We need to be taking action.

We need to accomplish and succeed. The question is – do we pursue external successes or inner victories? Should we not cultivate our minds for victories within? Better health and well-being come from these practices and victories – doesn't it? How do we go about them? Hope, Faith, Co-existence, Practice, Promise, Love and Surrender are the strands. Together. Hope and faith are the reason we exist. We live. Knowledge is augmented with co-existence and increased knowledge instills more hope and faith, and co-existence. Being in co-existence with knowledge (therefore, truth), we analyze, interpret, synthesize, and integrate it for offering promise and love (therefore, give, serve) dedicatedly. This is not easy but possible with practice. Practice with detachment. Detached attachment. Practice includes meditation, reflection, and contemplation. We are already the servant leaders of the sum total of all souls. We will be. We only need to appreciate and be conscious. And we lead ourselves – Bodily. Mentally. Emotionally. Grace joins and takes us forward. Be useful and the universe takes charge.

Eventually, Russia will win and take over devastated Ukraine. Maybe after a prolonged war. Over several years. Russia may become bigger. America may retain its hold. But some 20-30 Million suffer in Ukraine and vast numbers of the poor and middle class in Europe and Asia.

Clearly, negative thinking and irrational pessimism are very harmful. Defensive thinking is useless. Positive thinking without basis and irrational optimism can also be harmful. We need to be smart and balanced. Optimism with smartness and balance. Caution helps. Any situation will take it forward still. If we are at it. If we have the ability to see through and see the benefits, lessons, and opportunities. What helps here is willpower. Practiced self-control. Achievement, change we seek will come because of our willpower. Willpower gets stronger with its use— regular use. Life flows become easier. Resilience increases. Again, willpower requires a daily practice of small things like waking up without alarm on time, meditation, cutting down on junk and sugar, and not complaining or blaming. Keep committing and keep realizing. Small ticket items. The way to stronger willpower. Can we do this?

Yes, we can. We are what our will is. To live, lead, learn and love. The flow of life, the flow of N. For 7L.

Join us in the yoga of willing ways for coexistence co-living co-action in nature – nijaichchayoga for 7L. 15122022

274. Interconnected no matter what

Merry Christmas. Happy New Year. Vaikunta Ekadasi.

Winter Solstice. Srinivas Ramanujan's birthday. Mathematics Day.

Argentina takes the 2022 World FIFA Men's Football Cup at Qatar, on penalties. Lionel Messi, Kylian Mbappe, and Ronaldo are the acknowledged champion players. Messi got the Golden Ball, Mbappe – the Golden Boot, E Martinez – Golden Glove, and E Fernandez – Best young player.

Sadgati to Dr S Parasuraman (1952-2022), Director, Tata Institute of Social Sciences (2004-18). Pro-poor, pro-people. Making a difference. Producing about 1500 professionals a year, across 69 programs, 19 schools, 6 centres and 3 campuses. Will/can more development institutes go this way?

Jammu University, Department of Lifelong Learning, goes for field dominant Masters in Rural Development Management this year. It has just started. Hope they have the conviction and motivation to go all the way as designed. Hope more Universities seed more such courses in the country.

IRMA Consulting has to get seeded soon, to grow as the Consulting Entity in the Development Practice domain. Will IRMA take it forward? Will the competent development practitioner alumni come on board? Will it not make a huge difference to the sector/domain? Will it not add 'funds' to IRMA regularly, consistently, and substantially?

Life on Earth is closely linked to biology and ecology and this work is inexpensive, inclusive, and faster. It just wants time and energy. Let us give.

It is the time of book fairs/exhibitions. Hyderabad Book Fair just started. Books can be e-read but physical read continues to have its own charm and usefulness. Please continue to persist with physical read. Buy books. Give books. Raise reading rooms, libraries, particularly in the schools and villages. As much as possible in mother tongue. Most of us have to read the best 1000 books, however variedly they are arrived at. Preferably, in the first transition of life; first 20-25 years.

Whatever be our portfolio of business, profession or livelihoods, we need and we can benefit from the generic skills and abilities that include: fast reading; writing; arithmetic; memory; negotiating; selling; articulating; thinking; micro-processing, detailing; listening; ignoring; adopting; improving, nudging; walking away; time management; being positive; speaking before large gatherings; tenacity; investing money; self-control; self-analysis, reflection; learning to learn; understanding others; consistency; asking help; visioning; strategic influencing; concern with impact. All these within the contours of fundamental values/non-negotiables of Hope, Faith, Promise, Love and Co-existence. Can we take language, numbers, logic and biology to all?

Love is not an articulation; it is a behaviour—natural and continuous. Basic trigger is trust, even if it hurts once in a while. We need to balance self and others. We need love, care and friendship going hand-in-hand. This is the magic of co-existence. Everything is inter-related. All things. All beings. All things and beings. All matter, all energy. All matter and energy. Butterfly flutters and Amazon burns. Our moods affect our breath. Our breathing affects our moods. Moods are affected by food we eat, books we read, music we hear, pictures we see, movies we watch, people we interact with, etc. Brain chemicals and DNA shape our thoughts. Constant thought patterns can change the brain and DNA. It appears – our mind is volatile, will power fragile, and the world distracting, and so on. How do we pursue our vision and path steadily? Is it perseverance? Do we have it in us? No matter what. We need tiny and micro successes that keep adding up to move towards our vision, honouring ourselves, our words, and our lives. We need to invest time, energy, and resources for these tiny successes. Relentlessly. Endlessly. Can we?

Yes, we can. Everything in us inter-related. Everything around us is inter-related. We are inter-connected. To live, lead, learn and love. The flow of life, flow of N. For 7L. Join us in the yoga of no matter what ways for coexistence, co-living, and co-action in nature – sethuyoga for 7L. 25122022

275. Top 10,000 hours

Yoginder K Alagh (YK Alagh) (1939-2022) rests. Prof Alagh was the Chair of IRMA during 2006-12; Chancellor, Central University of Gujarat; Vice-Chancellor, JNU; co-founder, Centre for Environmental Planning and Technology (CEPT), Ahmedabad. He was also Rajya Sabha MP during 1996-2000 and Minister for Planning in the Government of India during 1996-98. He was the first Fellow of the Indian Society of Agricultural Economics.

The 'greatest' Pele (1940-2022), footballer (forward) with 1000+ goals, and three world cups, and Athlete of the Century rests too. Only Maradona and Messi may have come nearer to his level of performance/brilliance.

CoVID surges. Deaths surge. In China, and elsewhere. Its influence on India is expected to be minimal. Peak is envisaged towards the end of January. Let us be careful and watchful.

E-purchases are going up. It will touch 2 digits soon. Do the neighbourhood kirana/provision/retail/ buddy shops survive? Are we seeing a reduction in the length of the supply chain? Are we seeing the shops doubling up in buying the produce/products/services locally and aggregate on one hand, and retail the produce/products/services on the other? Are we going to see more input-output shops/enterprises? Are we also going to see more small local value-addition enterprises locally at the producer end or at the consumer end?

Gandhi famously said – It is not good for us to worship an individual. Only an ideal or a principle can be worshipped. Are we missing this point? Can we imagine any one of us knowing everything, seeing everything, thinking for everyone, doing anything and everything? Then, don't we need participatory bottom-up planning, tracking and decision-making processes? How do we build them? How do we build this culture? Even if this means a compromise on growth a bit and for a while? How do we see reality clearly and fully, and decide and act on that basis?

A thought: If numbers are there, infinite numbers are there, then a mind that contains them must be infinite. A mind that contains infinite numbers may have to be omnipotent. Since the numbers are eternal, this mind has to be eternal, independent of time. Infinite, omnipotent, eternal mind/intellect would mean divinity. God. If Mathematics is existing, God must be existing. If we know how to look for one, we find God everywhere. See Five Proofs of the Existence of God.

Let us see our commitments on our time (all else falls into 'time') in 2023 and beyond. They could be in three Blocks/Verticals (come what may agenda, committed to clients agenda, and emerging/opportunity agenda) and two Horizontals (learning, doing). We have 365 days and 14 hours a day coming to 5000 hours. Unfree B2 may take 300 days*8 hours=2400 hours for our living. If we are generous, we may make it 3000 hours. Can we put 1000 hours for free B1? Another 1000 hours for contoured B3? These B1 and B3 produce extraordinary results and consequences. Can we look at 1000 hours for H1 and 4000 hours for H2? H1 makes the action very efficient, effective and sustainable. If we do 10 years of 1000 hours of H1, we evolve into masters. In a chosen area/ portfolio.

For the next few years to come, B2 is the work towards N-movement. Can some clients populate this portfolio? B1 is co-existence – traveling/being on the ground, writing, teaching, visioning, mentoring, mathematics, education, paying back, etc. Reflection Notes. Frameworks and Conversations. Listening to a million voices. 1000 inspirers. 1000 enterprises, collectives, facilitating organizations, and schools. 1000 N-leaders. Cohorts. Becoming a top 5 level Development Consulting Practice team(s). 1000 locations, 1000 flowers. 1000 ways.

B3 is to be discovered, most probably in the N-area. Breakthroughs. Breakdowns. New narratives. New worldviews, paradigm shifts. H2 helps to do B123. But H1 takes us through doing B123 well, while redefining and nudging B123 as we go forward. Can we get on to H1, scope it, vision it, and plan it now? 10000 hours of H1?

Yes, we can. There is no other way out. Our abilities are limited to do only this. We need to unlearn and learn new. We fail only to learn and co-exist. To live, lead, learn and love. The flow of life, flow of N. For 7L.

Join us in the yoga of learning and living coexistence co-living co-action in nature – janagyanayoga for 7L. 31122022

276. 'Live' energy within us

Changes in Telangana: DGP Mahender Reddy retires and gives way to Anjani Kumar. Chief Secretary Somesh Kumar is replaced by Santhi Kumari.

Amul (GCMMF) replaces RS Sodhi with Jayen Mehta as interim MD. RS Sodhi served as MD for 12 years. GCMMF is a federation of 18 Dairy Unions in Gujarat. Kurien was the founder Chairman of GCMMF and served for 30 years.

Remembered: Swami Vivekananda. Youth day. Can we think of institutional architecture a la an order, as founded by Vivekananda?

Meghalaya approves and announces State Organic farming policy making organic certification easier. Bio Resources Development Centre is empanelled to give certification. Outlets will be set up for people to buy organic food.

Narender Kande joins in Natural Farming effort to support its communitization.

Vijay Kumar Sir talks about SHG Movement, NRLM and Natural Farming. Please listen in:

<https://www.youtube.com/watch?v=NODLReX7zqY>

A new organization comes into being. Centre for Research in Schemes and Policies (CRISP) is a organisation set up by a group of civil servants and those in public service, with more than three decades of experience, to give back to society, by helping in better designing/redesigning/evaluating and structuring of the implementation process of the schemes and policies. CRISP works with Central/State Governments, CSR funds, large NGOs which have large social impact. It started a 2-year Fellowship Programme to provide a platform for young talent to be of use in large-scale projects.

At 67, Bill Gates says he will not be slowing down anytime soon, and he will go full speed in giving back to society, to make the world more equitable. Help people who should not die, not die. Invest in Health, Education - 3R Mathematics. 6-9 Billion USD a year. CoVID, Ukraine War, Economy downturn are causing experience of loss of one kind or the other in a big way – loved ones, security and ways of life. 2023 and onwards can be better.

Can we support 'self-help, self-responsibility, self-administration' in our collectives? Will the New Ministry of Cooperation and National Cooperation Policy in the making help?

Are we heading from literacy, digital literacy to artificial intelligence, AI literacy needs and therefore heading in the direction of literacy inequities, digital inequities, and AI inequities? AI would play an increasingly important roles in many areas of our lives. Healthcare, Education, Transportation, Entertainment etc. It would address a wide range of global and local challenges. Though 'ethics' is a critical concern.

When there is a fight/war between the positives and negatives within us, only our will power and concentration takes us forward. Can we withdraw our senses for a while, getting into a shell, when it is required? May be through meditation and concentration. Do we churn our own minds and hearts for us to focus on a will? Do we entertain the will to attain 'goodness' nectar? Do we take in the suffering and pain before the nectar? Penance before the blessing? Pangs before the birth? Do we persist in the pain? Do we persist even if we get quick temptations and offers? Do we sidestep for some quick relief, and lose track?

Can we embrace every part of our experience? Can we integrate all the contradictions in our being? Can we live as a whole? Can we get rid of the dead energy within us? Or can we transform this into 'live' energy? Yes, we can. This is the only real way out. This is a possibility. This is our true potential. We need to co-exist, learn, love and lead. The flow of life, flow of N. For 7L.

Join us in the yoga of leading coexistence co-living co-action in nature – chalayoga for 7L.