

First Edition

February 2025

Published

By

Livelihoods Team

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G Muralidhar

Muralidhar identifies himself as a life worker and his 30 years of work bears a testimony to it. Through his work at NDDB, GCC, SERP, NRLM, NIRD, and by mentoring several developmental organisations, development professionals, grass root institutions and individuals, he acquired in depth, diverse experience and knowledge portfolio, with pan India outreach. Being an alumnus of NIT Warangal and IRMA, he brought in significant technical and management perspectives to people centred development.

One of Muralidhar's core contributions to development sector includes his extensive work with Community Based Organisations. As a State Advisor-Livelihoods, SERP, and as Lead, Capacity Building in NRLM, he created functional architecture for CBOs. His pivotal role in designing and penning down the framework for NRLM helped replicate institutions of women across the country. Muralidhar nurtured thousands of people's institutions with belief in the capacities and wisdom of poor, strength of collective action and the process of communitisation, thus ensuring their success. Muralidhar played a



key role in promoting organisations like Kovel Foundation, CCN Network, Akshara, and NAANDI Foundation. He helped carve new vision for various organisations from charity mode to development mode, most recent being Help Age India. Through Akshara Livelihoods, he is enriching and spreading new livelihoods thinking and practice of TRUE (Tribal, Rural, Urban and Emerging) livelihoods, provides Visioning, Strategic Management Support, Monitoring and Learning, Training and Consulting services across the country.

As an academician, trainer and mentor, Muralidhar reached out to hundreds of students, development professionals, engaged in mentoring mentors at all levels and continues to do so. Presently, as member of Academic Committee, he is actively involved in curriculum and course improvement of PGDRDM, NIRD.

Presently, Muralidhar gives his time to developing framework, designing strategy, rendering technical support and facilitating implementation of Zero Budget Natural farming in the state of Andhra Pradesh. Through this, he is creating footprints in the agricultural sector of the state by institutionalising climate resilient natural farming.

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

Let us go towards

Truth

Light

**Liberation, and
therefore bliss**

Inspiration

Mahatma Gandhi, Father of the Nation, was one of the earliest livelihoods thinkers in the previous century. Gandhian livelihoods thought inspired many and continues to inspire many of us.

The three principles, part of Gandhi's essential philosophical underpinning and livelihoods thought, adopted from Ruskin

Bond's Unto This Last, are:

- The good of the individual is contained in the good of all.
- All works have the same value, as all have the same right of earning their livelihood from their work.
- A life of labour is a life worth living.

These principles led to his famous Sarvodaya, Swadeshi and Satyagraha.

For Gandhi, Sarvodaya and Antyodaya, well-being of every individual and well-being of the last individual, was an important concern and a philosophical position. Society must strive for the economic, social, spiritual and physical well-being of all, not just the majority. He favoured a holistic approach to individual well-being, and a total approach to community well-being.

Gandhi advocated Swadeshi, local self-sufficiency - the locus of power situated in the village or neighbourhood unit. There should be equitable distribution of resources and communities must become self-sustaining through reliance on local products. People, by making goods for local consumption, become interdependent within each locality. Small local industries help each individual to be gainfully employed and live a self-sufficient fulfilled life. For him, Swadeshi means - buy local, be proud of local, support local, uphold and live local, and decentralised local interdependence and employment for all.

Satyagraha (non-violent direct action) is a way of life, not just absence of violence. Satyagrahi needs to be disciplined, entailing the important element of self-restraint in respect of all the sensory urges and consumptions. It also entails respect for all beings regardless of religious beliefs, caste, race or creed, and devotion to the values of truth, love and responsibility.

Gandhi knew "Earth has enough to satisfy everybody's need but not anybody's greed" and called for replacing greed with love. Gandhi is, now, a source of inspiration and a reference for those fighting against discrimination, oppression, war, environmental degradation, lack of freedom and human rights and for those fighting for a better world. Gandhi is, therefore no longer an individual, a symbol of all that is the best and the most enduring in the human tradition. And he is also a symbol of the alternative in all areas of life - livelihoods, growth, education, organization, etc. He is a man of the future, to be shaped for the survival of human race and progress on the path of evolution.

Gandhi strove to awaken the soul-force within himself and his fellowmen. Soul-force is the source of the greatest power, with unlimited potential. He was a living example of this conviction. His eleven vows (ahimsa et al - non-violence, truth, non-stealing, celibacy, non-possession, labour, controlled palate, fearlessness, equal respect for all religions, local self-reliance, and removal of untouchability) daily, his satyagraha, his constructive programs - meant to awaken the soul-force.

Gandhi advocated against seven “deadly sins”, based on natural principles[laws: wealth without work, pleasure without conscience, knowledge without character, commerce without morality (ethics), science without humanity, religion without sacrifice and politics without principles.

For Gandhi, “Real Swaraj will come ... by acquisition of capacity by all to resist authority when it is abused.” He worked to develop such capacity that involved individual’s transformation. Individual’s transformation and society’s transformation were not separate unrelated things for him. He emphasized : “A person cannot do right in one department whilst attempting to do wrong in another department. Life is one indivisible whole.”

Gandhi wrote: I will give you a talisman. Whenever you are in doubt or when the self becomes too much for you, apply the following test. Recall the face of the poorest and weakest man whom you have seen, and ask yourself if the step you contemplate is going to be of any use to him. Will he gain anything by it? Will it restore him to a control over his own life and destiny? ... Then you will find your doubt and your self melting away.

Today we face the spectres of global warming[climate change, and continued depletion of natural resources and diversity on Earth. The unbridled consumption on the part of some and the total deprivation of others is one of the results of 'development' and economic growth. What is the way out?

Gandhian Thought. Gandhigiri! It gives guidance in resisting destructive processes and building constructive ones from a position of inner moral strength. Evolving new[alternative livelihoods thought is inspired by his profound thinking and philosophy. No contradictions!

Gandhi inspires us as a person too. One gets charged with a feeling ‘if a Gandhi can do, why can’t I?’

Gandhi, born in middle class in an obscure princely State, was mediocre at studies, shy and nervous. He could not muster courage to speak in public. But he was a man with exceptional sincerity and truthfulness. Once any principle appealed to him, he immediately began to translate it in practice. He did not flinch from taking risks and did not mind confessing mistakes. He was ever-growing; hence he was often found inconsistent. He was not concerned with that.

In due course, he went on to lead India into freedom and became Mahatma. Einstein said – Generations to come, it may be, will scarce believe that such one as this ever in flesh and blood walked upon this earth. Martin Luther King Jr said – Gandhi is inescapable.

For any one immersed in the yoga of livelihoods thought, Gandhi is inescapable. He is and will remain our inspiration.

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 four volumes.

Volume I: Yogakshemam 1 to 127 - November 2007 to May 2018

Volume II: Yogakshemam 128 to 171 - June 2018 to September 2020

Volume III: Yogakshemam 172 to 280 – 04 October 2020 to 03 March 2023

Volume IV: Yogakshemam 281 to 335 – 16 March 2023 to 31 March 2024

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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281. Our Ways

It is 15 years of Akshara Livelihoods, giving their little to the world, in their own small ways. Livelihoods Lifeworkers in coexistence. In Notes, Books, Portal, Conversations, Journeys, and Cohorts. In discussing and moving to India 100. Via Hope, Faith, Promise, Love, and Coexistence. Keeping our inspirers and influencers in all our senses intact.

Does the art of loving, whose reality counts, pedagogy of the oppressed matter still? Are Collectives and Kurien still relevant? How do we support more and more young professionals? How do we engage with young minds and hearts across our remotest villages, informal settlements, universities, and the most privileged and underprivileged spaces? How can we expect communities to share their vulnerabilities without sharing ours? Are we missing looking inwards, internal transformation drawing on our experiences, practices and influences? How can we remain committed to persist with our very 'small' acts and actions of love? Let us be conscious that these 'small' things are seeding the biggest transformations, without us knowing fully.

Only a small % of enterprises have a decent life and most do not want to grow. Informal markets with local nuances are still the dominant. Want that supports 'small' enterprises with local nuances is 'our way'.

We see start-ups coming in hordes. Most are also disappearing very quickly. More and more people in general and women in particular are joining the start-up arena, as co-founders, co-investors, coaches, etc. Their nurturing instinct is mothering their start-ups and enterprises. Their templates are useful for all to work on. Let us try and learn some of these. Let the woman in each one of us take charge of nurturing and mothering.

Many organizations failed to scale because their HR models were not right; not able to get the right talent; not able to get rid of the dead wood; had poor cost management; lack of robust reliable tracking, control, information and financial systems; low/unclear performance allocation, traceability and accountability, etc.

We seem to be heading several disruptions in how we transact with the world. We need to be coming closer to nature as much as possible, as early as possible, and at the same time. Artificial intelligence, and virtual and augmented realities would change our transactional and customer relations landscape. Coding and call centres would change significantly. The Internet of things, IoT may front-end more automation, efficiencies, and faster pace. Blockchains may front-end as direct as possible transactions making value chains shorter and reducing intermediaries. Old ways may have to give way to new ways and we may see reduced life spans for enterprises unless they are extremely agile and adaptable. HR

numbers in enterprises may dramatically come down. Decentralized, hybridized work with work away from offices embedded in it may become a way.

AI – ChatGPT, how does it work. It is a “large language model” (LLM), finding the next word/token as the core, with syllogistic, computational logic, semantic and syntactic grammar, and machine learning tied up. Image recognition, 175 billion (in 400 layers) neural nets similar to the human brain (~100 billion neurons, with pulses at 1000 times a second), training them through exposure to examples; Art of Training incrementally, and memorization with variations; unsupervised automated learning, deep learning; reducing loss/cost functions with fixing the weights for these neural nets through Transformer and Paying Attention Architecture; Embeddings, Characterization and Tokens; and Reasonableness principle.

For example, my verbal track – speaking in classes, meetings, workshops, zooms, etc. – 10M words/year; letters, e-mail, WhatsApp, etc – 1Million words/year; reports, proposals, published notes, etc – 100,000 words/year. ChatGPT’s neural nets are at least 20,000 times larger. This is its power and is likely to go up.

Do we realize we are in the sixth and final era – the dark energy era?

While AP is waiting to notify its state natural farming policy, Tamil Nadu has gone ahead to release its organic farming policy.

Women are the backbone of the food systems. If we are working for its transformation, we need to work with them, we need to charge them and we need to let them have the agency for it. Women have the nurturing instinct.

Kutch Mahila Vikas Sanghatan KMVS fame Sushma Iyengar concludes: Women had deep locational and geological knowledge; deeper conviction to find sustainable solutions, and more gumption to counter government inefficiencies and corruption. Women’s sangathan serves as a space for collective action, reflection, and self-realisation. Without all these, with limited focus on economic well-being, has the soul gone off? Why can’t we facilitate men’s SHGs too?

Can we live on an average Indian income? Rs. 500 per day. Take out rent and related costs, amounting to a third. Rs. 350 a day. Can we live on the poverty level income? Rs. 100 a day. Let us understand and experience the reality on the ground.

Do we know how to ask a question to get an answer, appropriate, right answer? Do we ask – prashn, or pariprashn? Do we pariprashn – ask with absolute humility to know, to learn and to follow?

Are our biological processes optimized for laziness? Are we not targeting more free time? Our advanced countries are reducing work time, now to less than 30 hours a week. In many states in India, it is just 36-39 hours a week, and the Indian Government seeks 40-43 hours a week. Thus, laziness could be 'smartness'; 'efficiency'; high 'adrenaline'; high 'leverage'; coping with 'stress'; taking breaks to recharge; wandering for long-term goals; doing good for mental health; healing by time; and body, heart, mind and soul's ways of telling us to slow down. If we are perpetually lazy, we may have to dig deep. Time-to-time laziness is fine and needs to be embraced and taken in stride. Smarter decisions, innovations and peace are possible.

Can we make haste to succeed and go and be with nature, resonate with it, and spend time enjoying its passage? How do we remain in the present? By doing whatever comes our way and if not, closing our eyes and observing our breath? Exhalation and inhalation. Trying not to think, analyse, and fantasize. Keeping our focus back on breath, if we wander into the past or future. Soon, we will master this. Gradually, we need not observe the breath to be in the present. It becomes a habit. Meditation becomes a habit. We slip into mediation whenever we have nothing in the present.

We have an aura beyond our physical, mental, emotional and spiritual being. Our aura announces us and our intentions without saying a word, or doing an act. Our gut feelings, and instincts are often more right than logical and rational conclusions. If it does not sound/feel right, we need to be cautious. We need to triple-check. We need to ask our coexistential partners to check how they feel.

Our views and desires are not always conscious. Some are in our subconscious and unconscious. And therefore, we may have contradictory desires and views. For example, we may work hard to satisfy the desire for change (conscious) and repeatedly fail to satisfy the resistance to change (unconscious). Can we free ourselves from the psychological structures of the society we live in? Can we free ourselves? Can we draw our personality, and aspirations and compare them with what we are today? Can we articulate what we do in life if we have a guarantee that we succeed? Then, can we go after them, try and be joyous?

Yes, we can. Flowing in the present, with our role defined together is our way. The flow of N. For 7L.

Join us in the yoga of playing coexistence co-living co-action in nature –nityarangayoga for 7L.

16 March 2023

282. In the Nature's flows

Sobhakrit Ugadi. Sri Rama Navami.

PV Satheesh (78), Co-founder, Deccan Development Society rests. Sadgati. Putting the Farmer, Woman, and Dalit First. The original millet man. Development Communications expert by training. Legend of 'participation' 'agency' of Dalit woman farmers.

Social Stock Exchange comes into being as a separate segment within the existing stock exchange and helps for-profit social enterprises to raise funds from the public.

This is the Yogakshemam 282. The third e-volume is getting ready. Maybe it is time we print the combined volume. This March also marks the beginning of new arrangements and ways of working. Elections are around the corner in the Telugu states and General Elections are just one year away. Karnataka's opinion polls say it is Congress that is coming back there. Surat court sentences Rahul with a two-year jail term. He loses his MP seat. Meanwhile, they are appealing in High Court/Supreme Court.

Natural Farming is entering a new portfolio. Consolidation, Systems Change, Seeding, and Greening of the Models. Hyderabad Office, Hyderabad Team is coming up. Academy is gearing up for a 4-year, 240 Credit Natural Farming course. A practice-centric course. A course that offers earning while learning. With a 1:5 Teacher-Student ratio. Mentors to get certified. Students train and get the cadre certified. They transform 50 farmers while studying itself.

A geometric progression of intense apprenticeship takes off for master trainers and mentors towards becoming an A-grade NF farmer with incomes of Rs.10,000-25,000 per month. In turn, each one takes 5 apprentices in Y1, and each apprentice takes 5 apprentices in Y2 and so on. $1+1*5+5*5+25*5$ by Y4, and they would be nurtured for 3 more years. In a typical village, if we live a champion A-grade farmer, she would have enrolled 80% of farm families into A-grade NF practice in 4 years and would have fully transformed in 7 years. A model under greening now.

More farms, more villages, more states, and more countries across the globe are looking at us. We are gearing up to meet their expectations in one way or the other. Portfolios of ways forward. Triggers for the way forward. With the power of hope, trust and faith, promise, love and coexistence. With the agency of women, marginalized and youth working its way up to augment people's health and the planet's health. Inside each one of us, there is a woman, a superwoman with a nurturing instinct that needs to be rekindled. This needs to be mobilized and to acquire its agency - on the self, on the plate, on the household, on the farm, in the

group, in the village, in the organizations, over the value chain, on the carbon-eco-credits, in the bazaar for fair share and with the governments for accessing their rights and entitlements.

We have champion farmers in this. We have SHGs and federations in this. We have enterprises and entrepreneurs. We have models. We have videos. Platforms. 99% of NF people are from the community. We also have 'chemical' farming graduates transformed into NF Practicing Natural Farming Fellows and Associates. We have migrated back new NF farmers and farmer entrepreneurs. We have Young Professionals. We want Young Executive Leaders in the NF movement. First cohort would take off in the next 2 months. We want community, civil society, academic, media, public servants, political-spiritual leaders joining this. We want consumers. We want children asking for it. We want local value-chains and enterprises.

Can we transcend being 'realistic' into being 'reasonable'? Can we be intoxicated with passion, vision, and possibilities? Can we get fired up? Can we have the freedom for all of these? Can we understand and appreciate the consequences and cost of inaction? Consequences and cost of keeping quiet? Are we not making choices every minute? Can we be more deliberate here? Can we be more conscious choice makers? Can we remember that we are only trustees of the present? Can we move on without getting stuck? Can we be, live, farm and consume in harmony with nature?

Yes, we can. We should. Being and flowing in nature, playing our roles in the present is the portfolio of ways forward. The flow of N. For 7L.

Join us in the yoga of being in coexistence, co-living, co-action naturally in nature – sakritiyoga for 7L.

29 March 2023

283. Drop-by-Drop

Mahavir. Hanuman. Ramzan. Akshaya Tritiya.

Karnataka is going for polls. Many states are getting ready for polls soon. The country itself is getting ready for polls in a year.

Can we stop worrying about – what our leaders have studied? How they made money and how are they making lots of money? What are their business models? Whether the state and national statistics are true? How do these leaders remain so confident? Why do the voters not care about pending cases? Why do candidates give money to voters for votes? Why does the expenditure of candidates always remain more or less within the norms set? Political manifestos and poll promises are just ‘pieces’ to attract votes and nothing more, more or less? How can the commitments be more than the possible budgets? Lip services? Double tongues? Whispers and rumours? Sentiments? Sympathies? Investigations? Court cases? False, or Real? Unearthed scams? Real and not-so-real bids to buy public assets and companies? Campaigns? Companies to engineer and manage?

AI is inching forward. GPT – Generative Pretrained Transformers – more and more are coming. Large Language Models are emerging. The Internet of Things is also rapidly evolving. A guess is 40 billion IoT devices in use, :). Are we heading towards predicting human behaviour more accurately? Pre-crime guesses? Are we moving towards rendering humans superfluous? Really? Are we moving towards learning models going through ‘corruption’? Are we seeing profound risks to humanity and society? Are we seeing the disappearance of anonymity? Are we losing control of our personal data? Is our data safe with the state? Are we the losers or gainers in the end? Is 1984 around?

Civil Society is gearing up with reduced foreign contributions and increasing local CSR. Corpus and long-term grants are casualties. A small duration grant is the way forward. At odds with the requirement on the ground–building institutions, interventions that build communities, and change behaviours. This leads to significant uncertainty at the cutting edge. It affects the design, approach and quality. Leadership works to manage and raise funds, rather than the real work. If the raised funds are not made available to do the work, the problems get compounded. What are the alternatives? If governments control and steer the use of raised funds for the commitments they made wrongly, the mess around can be extremely painful to interventions designed with care and diligence. Possibilities include termination. Can we seek funds with a broad open agenda or for a clearly defined purpose with sets of activities, timelines, budget break-ups, etc.? Can a resource-raising team alone

suffice? Or how do we make the entire team/ organization/network take responsibility for this?

Do we have high energy levels? Information alone will not suffice. We need energy too. We need its application for an agenda. We need intensity. We need persistence. Tenacity. Can we direct, and redirect high-energy beings, their intelligence, their actions, and their agenda?

When we plan and act, we need a goal, an end in mind. With a clear focus on the path, process, direction, and means. In action, we need not worry about the results. We have no right, so to speak. Then, we do not suffer disappointment and frustration. The reward and fulfillment are in the path itself. In the flow. Minute-by-minute. Step-by-step. If we are not happy on the path, then, are we not on the wrong path?

Do we worry about what others think of us? Are we not losing our authentic selves? Are we alienating ourselves from our real selves? Are we focusing on items we have no power to control? Are we becoming less empowered? Therefore, can we have ethical and human values integrated into our lives? Sense of accountability and responsibility? Empathy, and Compassion? Inclusion, diversity, and justice? Can we try, make an effort with intent, and practice? Can we live?

Can we act on the plan? Can we see the results without expectation and attachment?

Yes, we can. We live. Co-exist, lead, learn, and love. Offering hope with faith. Delivering promise with love. In the flow of nature. The flow of N. For 7L.

Join us in the yoga of flowing in coexistence co-living co-action naturally in nature – sravantiyoga for 7L.

16 April 2023

284. Our creative peaks

Hyderabad now hosts the tallest Ambedkar statue. 125ft. Vijayawada is getting ready to host one more soon.

Statistics say that we are the most populous country in the world now, followed by China. 144 Crore population. The majority of them are working-age people. Probably with low education, high unemployment, and lack of job creation. Only 20% of techies produced every year get jobs. We have people with no jobs and we have jobs with no people.

Acharya Ravva Srihari rests – 22 April.

I also remember 'Joy' – Sanjoy Ghose.

Managing Director, Amul, Jayen posts on 1 May: This marks the beginning of the 33rd year with Amul. Amul's turnover is now more than Rs.72,000 Crore. India sets up a separate cooperation ministry – for saharak se samruddhi. More cooperatives to come. These include 2.0 lakh new dairy cooperatives. Natural Farming collectives will not be less in number in due course.

The Future of Jobs report confirms a net negative employment outlook globally. It offers scope for shaping the future of work for better employment prospects.

Ranjani Murthy indicates the beginning of gender-transformative programs, grounded on the principles of equity, non-intersectional discrimination, human rights, and justice.

A new 4-year Natural Farming course is on its way. 1:5 mentor-student ratio. 75% with 60% practice modules. History begins with the first mentors' pre-course. 30 April.

At 60, do we become more creative? Is it true that as we age, left and right brains become harmonious to expand our creative possibilities? How is it that a slower brain gains flexibility? Does our intellectual activity peak at 70? Is myelin in the brain increasing as we age and neurons getting signals faster (rather more rapidly) and making our abilities three times on average? Do we use 2 hemispheres of the brain at the same time after we cross 60? Do we, therefore, solve complex problems better and faster? Does our brain take low-energy paths quickly to arrive at the right options?

Neurons remain active and connections between them remain active if we engage in mental work. Can we move away from an overabundance of information? Can we lead a healthy life, & lifestyle? Can we be mobile? Can we be fully active? Can we keep learning new crafts, music, painting, and dancing? Can we meet and communicate with people? Can we continue to plan

for the future? Can we keep travelling? Can we 'participate' more? Then, our abilities keep growing to peak at 80 or so. Is life not a limitless portfolio of possibilities?

At our best, our creativity, intuition, intelligence, etc, just flow through us. Can we be clear that no world will stop for us? No one depends on us desperately. We are not indispensable. We are dispensable. Easily dispensable. Aren't we?

Can we be happy? Can we be successful? Can we be happy and successful? Can we be somebody socially and nobody personally at the same time? Can we remain unattached? Can we become a nobody? With nothing? Slave, Rishi, or a nobody with no attachments to achievements, possessions, etc., or a nobody with the recognition that we are truly nobodies? The world existed before us, much before, and will exist much after us. This realization humbles us. We are at once liberated to pursue and cherish life, living, leading, learning, and loving.

How can we continue the same things again and again, and expect different results, and different experiences? How can we be in auto mode? Is tenacity insanity? If our actions have the potential to get the desired results. But, why do we think this would happen? We need to have a rational basis for this. Yet, we would have surprises in our journey toward the end. Each surprise may take us to underestimate the effort for the journey or we underestimate ourselves, or we overestimate. Can we drop these expectations to be present fully and aware? Truthfully? Can we be ready to tackle whatever comes our way?

Yes, we can. Offering hope with faith. Promise with love. In coexistence. In the flow. The flow of N. For 7L.

Join us in the yoga of flowing for learning, doing and being in coexistence in the nature – veniyoga for 7L.

30 April 2023

285. Towards Fourth Score

Bees. The ambassadors of pollinators. Pollinators ensure abundance, variety and quality of human food, nutrition, medicines, fuels, fibres et al. They also signal emergent environmental risks and health of local ecosystems. Pollination links ecosystems with production systems and livelihoods. 25,000-30,000 species of bees, moths, flies, wasps, beetles, butterflies, birds, non-flying mammals etc., are part of abundance and diversity of pollinators. The loss of pollinators would lead to exponential biodiversity loss, endangering our ecosystems and diets. Pollination diversity minimizes climate change risks, and ensures/builds eco-resilience.

Biodiversity. The transition that is sought in action. To Action from Agreement to rebuild biodiversity. Variety of plants, animals, microorganisms; genetic diversity within species and diverse ecosystems. Habitat degradation, pollution, and climate crises are taking over a million species into the risk of extinction. Biodiversity depletion poses serious risks to ecosystems, societies and economies. Can we move to natural production and consumption patterns? Can we prioritize nature-based solutions? Can we support indigenous and local communities? Local value-chains?

Let us have Tea. Some Coffee too.

RBI withdraws Rs.2000 Notes. These account for some 10% of all the currency in the country. As a result, we hope some black money will lose currency. When money is hoarded, it is no longer currency. As a corollary, high denomination notes are not actually currency. They are a means to store. When stored, it decreases transactions, economic activities. With e-money transactions down to more than 50% population, notes, particularly high denomination, are becoming less relevant. Do we expect Rs.500 Notes also to go?

Getting close to entering into fourth score. First score was to acquire 3R skills and graduate through village school, gurukulams and a tech school. Second score was to explore, choose, get 'development practice' license at an r-management school and k-school and practise 10,000 hours, with collectives, enterprises, civil society, government and bi-lateral/multilateral projects/organizations, movements. Practice 7L – life, living, livelihoods, linkages, leading, learning and loving. Practice development management, leadership and mentoring. Third score was to become a lifeworker to continue practice, practice multiplicity and diversity and mentor taking 'more' and more into practice – 7L. Fourth score is to go beyond. To get into the 'unfinished' and the manifesto(s), payback, gratitude.

Let me commit to more discipline in writing. Weekly Yogakshemam. Weekly 'into the fourth score'. Weekly India 100. Should we go more frequently? More discipline in daily 7R practice.

Reading, writing, arithmetic-digital, meditation-reflection, unlearning-learning, practice and pursuit. Can we have more discipline, concentration, and practice to achieve 10,000 hours in 10-15 years, 2-3 hours a day, or 15-20 hours a week? Can we spend another 10,000 hours with the 'field'?

Are we mature? Maturity comes with time. Ability to handle situations with wisdom, patience and understanding. The signs of maturity include:

- 1 focus on big picture, without getting distracted with small and sundry tasks;
- 2 value to rest, relaxation, sleep, taking care of the bodies, health and wellbeing;
- 3 forgiving others and self;
- 4 open-minded, accepting different ideas, perspectives, beliefs and cultures, and learning;
- 5 respecting differences and diversity;
- 6 let relationships develop naturally and authentically;
- 7 accepting and processing emotions, heartaches;
- 8 less judgmental;
- 9 valuing silence over engaging in non-sensical battles, fights and arguments; and
- 10 finding joy and contentment within, rather than without.

Can we move there?

Yes, we can. In co-existence, with hope, faith, promise, love. For the flow. The flow of N. For 7L.

Join us in the yoga of 7R-7L in coexistence in nature – ekaagratayoga for 7L.

21 May 2023

286. Realizing discretionary potential

NTR 100. Nandamuri Taraka Rama Rao (28 May 1923 – 18 January 1996) legendary actor and epoch-making politician from Telugu land. 'Krsna', 'Rama'. Actor, Director, Screenwriter, Producer. 300 films. 3 times Chief Minister. Became Chief Minister within 9 months of starting a party. National Front. Versatile Personality. Voted 'Greatest Indian Actor of All Time' on the occasion of Centenary of Indian Cinema. Mayabazar, Malleeswari, and Nartanasala are some of the greatest films of Indian Cinema. He made a huge difference to the common man and his legacy continues.

It is also the sixtieth year of Jawahar Lal Nehru's punyatithi.

On 28 May, Prime Minister (not the President) inaugurates the New Parliament Building, the Central Vista. With a prostration to a symbolic 'just rule' Sengol (Semmai Kol). Sengol is installed/placed near the Speaker's Chair. Hope as it is stated – a testament to law, justice and just tradition(s), and, therefore, the Constitution. Hope it reminds the 'elected leader' that s/he is the servant of the people and dharma for their agency, well-being and prosperity. Hope it reminds us of the peaceful transition of power as per the results and processes. Hope it is a prostration to 'People of India'. A part of the opposition found the whole event worth boycotting.

Telangana, 9. Plans 21-day celebrations. Telangana, Rajasthan, MP, and Chattisgarh are going for elections this year. AP may follow suit. Strategies are being cooked, Resources are being mobilized, and preparations for elections are in full swing.

Not surprising: poll strategist becomes chief adviser (cabinet rank) to CM in Karnataka. Probably, he will help in implementing five 'guarantees' promised – griha Jyothi; griha Lakshmi; anna Bhagya; yuva Nidhi; unchita Prayana.

Government/NCERT is revising the curriculums. Syllabus rationalization. Darwin's Theory of Evolution goes out. Periodic Table goes out. Hope natural farming – food systems come in. Hope Climate change and resilience come in. Earth 'check-up' says – Earth is sick; we are crossing the tipping points; our planetary boundaries are in danger; recovery is possible if we change.

Government of India has tasked a working group on Indian AI to develop a regulatory framework. Data privacy and ownership are serious issues. AI powering and 'smartness' is galloping. Health monitoring is becoming more auto. More and more possibilities are emerging double quick. We may have auto meeting summary from zoom soon. Are we having an AI university soon in India?

Why are the seniors and juniors in conflict? Friendly conflicts, or subsurface animosity? More than disagreements? Sometimes not open and active. Some are responsible for results, outcomes and consequences, and, therefore, they measure these. Some others measure time spent, efforts put, and sincere inputs. While these are measured, one may not control resources, time, information and energy. One may be a slave to the 'controller', without access to/control on these. As a result, x and y get into disagreement, argument, conflict and fight. Frequently. Often. How does one give 'access', get 'access', or seize 'access'? When we agree to give our time, energy, knowledge and talent, we still retain our life, body, mind and soul for ourselves. Some people may not grant this to us readily, thinking that they are for sale wholesale. Can we be on the same page? Most of the time we work for people, work for ideas, seldom for the organizations or the boards. Often, unpleasant relationships let us leave work.

Do we not have generosity in plenty around? Do we not find our missions attractive to these? Do we engage the generous? Converse with them? Respectfully? If we have the desire and will. Do we, have it?

Do we plan it? Do we deploy resources? Do we review? Do we realize our full potential, including discretionary potential? Do we inspire for this?

Do we live beautifully and meaningfully? Yes, we can. If we live in the moment, balanced with values and direction in life. Towards a greater vision, purpose. In coexistence. For the flow. The flow of N. For 7L.

Join us in the yoga of usefulness in coexistence in the nature – kshanakshanayoga for 7L.

28 May 2023

287. **Leading out of comfort**

One more year to Coexistence.

Environment.

Milk Day. Milk provides nutrition and livelihoods. Milk is an important element in the balanced diets of the people. Its environmental footprint is reducing. 40% of the rural poor get a significant portion of their income from milk – dairying. Natural farming and living translates as natural food, fibre, shelter et al. It therefore may mean natural milk and so on.

Deadliest three train crash in Odisha took more than 300 lives (sadgati to them!) and 1000 more injured (speedy recovery!). Let the families get the strength to cope with all this. The Railway Minister, Ashwini Vaishnav, stays put at the accident site to supervise all that is needed. Yes, he did not resign. The Prime Minister did not take responsibility. Maybe, a technical fault, casualness or oversight of staff or some conspiracy or ‘terrorist act’.

Israr Qureshi et al are coming up with their edited book – ‘Social Entrepreneurship and Gandhian Thoughts in the Post-COVID World’ discussing nurturing resilient communities with examples of work with them – Seva Mandir, SEWA, Basix, PRADAN, Sarvodaya, Nai Talim etc. They discuss: 5 core principles – Ahimsa, Satyam, Aparigraha, Sarvodaya, Swaraj – manifesting in – Nai Talim, Community-driven development, People-centric economics, Trusteeship, Means-ends equivalence – through – Cultural temporality, Constructive work, communing, technoficing – catalysed by – Antyodaya Leaders, Sahayogi Mitr – and achieve resilient, self-reliant, sustaining peacefully, coexisting, and caring communities.

Are we seeing more resignations around than usual, now? Majority of the times – to escape toxicity at the workplace (read: work relationships, and work culture), leading to high stress levels, and huge dissatisfaction. Seeking better career prospects is a distant second, followed by mismatch in values. Not being useful and impactful is another trigger. Incidentally, remuneration is the last in the line.

We are born to succeed, to win, and to lead. If we plan, prepare and expect to do these. Do we know what we are trying to win or lead? Do we have a clue why we ‘get going’? Are we the best in what we do? Why not?

Do the formal sophisticated systems go against the informal systems benefiting the poor, vulnerable and marginalized? If we do not acknowledge the existence of informal systems with intelligence – knowledge, skills and tools. If we do not give them their share in the new formal system(s). Share of ownership, control and work. If we do not collectivize them. If we

do not let them come together. If we do not let their Self-Help Groups, federations and organizations get their due space and opportunity. If we do not augment their 'capital', and 'access'.

Should we not think big? Of Possibilities. No barriers, and constraints. Of having more skills, tools to be useful – to live and to earn a living. Are we ready for the crunch? Are we ready to be outside of the present comfort zone(s)? No one around us is stuck. They are changing their narratives to be more useful. Can we not do the same? Can we write/rewrite our self-narratives for these changes? Can we live the narratives so written? Can we embed small micro-steps into our day-to-day schedules? Can we take charge? Can we be ready spiritually, mentally, intellectually, relationally, emotionally, physically, and every way? Can we accept resulting uncertainties? Can we be ready to view any failures in the process as temporary? Can we start celebrating initial successes however modest they might be?

Yes, we can. If we coexist in the moment, with the values – hope, faith, promise, love and coexistence. In the flow in the direction of our life, our purpose. The flow of N. For 7L.

Join us in the yoga of micro-micro-usefulness in coexistence in nature – pragatiyoga for 7L.

04 June 2023

288. Living leading

Let us all be happy. We are in the pursuit of happiness and well-being. Individually, collectively, socially, spiritually and now through governance. Are we, really? Is it more than lip service? Gross value of production and services, life expectancy, poverty, inequality/inequity, planet protection, generosity, social support, freedom and corruption contribute to societal happiness and well-being. And, therefore, we need to work on and track these. Plus, a simple rating question – ‘how satisfied are we with life nowadays?’ can tell us how happy society is. The score (0-10) so generated is good enough as a score of happiness and well-being, apart from the values of parameters as above. Can we see life becoming life worthwhile? Can we transcend incomes/expenditures to happiness/well-being? Can we see happiness/well-being budgets across, to maximize well-being score(s)? Sarvodaya, Antyodaya? If we are at 4/10 today, how do we double it in the next 20 years?

We forget development is complex and takes several cycles. Can this be reduced to just some meetings, consultations, reports, logframes/results matrices, case studies, capacity building exercises and listed learnings? These transactions need to be in reports that Grant-makers need. Grantees somehow manage to write. To keep asking, up to the community, as if we have all the rights for this. Where is the issue, and where is the solution to this? How are the communities figuring these out?

The Digital India Act is expected soon, in place of the IT Act. It may include personal data protection, data governance, penal code for cyber crimes et al. There is a talk of regulating AI. Governance of superintelligence. Nationally and internationally. Already LLaMA (meta) is almost open source as against OpenAI et al. Is oversight, and regulation possible? Justiceable? Punishable? Would the internet ethic/code ‘No provider or user of an interactive computer service shall be treated as the publisher or speaker of any information provided by another information content provider’ remain?

Just 5 companies – Apple, Microsoft, Alphabet, Nvidia and Facebook – account for USD 9 Trillion. Only US and China’s GDP cross this figure. AI can make them bigger. Hope it is meaningful. No user harm.

As the AI progresses, the issue is no longer having vast amounts of data. It is going to be our ability to pay attention to what matters, ask the right questions, analyze well and discover meaningful insights. Can we be there? Can we truly care about useful impact to our world?

Can we be leaders, with a consistent micro-macro leadership frame, day-in and day-out? Inspire. Influence. Engage. Care. Open. Curious. Inquisitive. With no spotlight. For this, are we unlearning and learning? Are we revisiting learning with different and multiple lenses?

Are we asking questions and listening to responses, said and unsaid, between the lines? Not as interrogators but as listeners of the story(ies). Are we letting others ask questions? Challenging assumptions. Are we facilitating interactions, inter-teamwork, evolving circles? Do we get intentional non-expert perspectives?

Are we in the leadership journey for happiness, well-being and usefulness? Let us know the missions do not get resources and people. The leaders/champions of the missions get. Are we there? We may not get everything we desire. And many a time we get more than we expect/imagine. Therefore, can we remain humble? We are not the masters. Period. Yes?

Can we decide endogenously, with information we have now, within the bounds of our values and purposes? As we progress, and have more information we make changes. Can we live in the present? Can we be silent? Meditate silently, within or without, alone in a group. For seeking and understanding through all our senses, physical, mental and spiritual energies, rather than just meaning with intellect.

Yes, we can. If we are bound by the values – hope, faith, promise, love and coexistence. Leading the flow in the direction of our life purposes. The flow of N. For 7L.

Join us in the yoga of useful wellbeing in nature – sukhayoga for 7L.

11 June 2023

289. Collective intelligence

Badly delayed monsoon. Dryspell continues. Elders are succumbing. Cyclone Biparjoy made landfall in Gujarat on 16 June.

Gandhi Prize to Geeta Press!

16 June – Elders’ Abuse Awareness. A person moves into pre-elderly in her/his fifties, say 55. Elderly at 60. Nowadays, people retire only after they become elderly, those who have that ‘luxury’. Government servants are retiring at 60/61/62. Professors and Judges retire at 65/67. Political servants can go on till death. 75 is an indicative informal norm. Senior Citizenship status is theoretically from 60/65. Sahasra Chandra Darshan status from 82. Life expectancy at 60 is 79, and at 80, it is 89. The number itself is now 10% and growing. Precisely, we are a greying nation. 90% of elderly continue to work till their last days. However, most elderly in general and women in particular are becoming more and more invisible as they add days to their age, day-by-day. They get neglected. Their dignity is compromised most often. Many a time, they do not know/cannot access redressal if they are abused or if their rights and entitlements are denied. Banks deny loans. Insurance companies do not offer insurance. Many organisations do not enrol in knowledge-skill development.

How do we work? As an employee. Employer. Freelancer. Consultant with a portfolio of works. Board member/office-bearer. Owner/co-founder/trustee. Independent Director. Government – local, state, central. Private, Public Limited, Public Company. Partnership. Firm. Not for Profit Company, Society, Association, Trust, Foundation. Local, National, International. Bilaterals. Multilaterals. Hybrid Organization, Network of Organizations. Grantee, Grant. CSR. Charity. Private Foundation for Public good. Social Enterprise. Social Impact Organization. Academic organisation. Implementation. Support. What should we do? How do we choose? How do we navigate our way up?

Collective wisdom-intelligence. Wisdom-intelligence of the Universe. Sum total. Can we grow it? Can we share it? Can we amplify it? Can we transform it into a public good for larger good? Can we go towards Commons of Open Accesses, Co-creations, Connections, Discoveries, Technologies, Mechanisms, etc.? Can we nurture the values of hope, faith, promise, love and coexistence/co creation? Can we offer the agency to ourselves?

Most of us are in non-profit leadership, wherever we are. Do we have it within us? Do we have empathy? Do we think strategically? Are we authentic from deep within? Are we willing to articulate our vulnerabilities? Are we humble from within? Are we quick, double quick in responding? Are we understanding our people deeply? Their needs, and perspectives. Are we curious and agile to perceive changes and steer forward? Are we adaptable to embrace

change for being useful and impactful? Do we have business sense/acumen? Are we entrepreneurial, in relentless pursuit? Are we self-aware, critical of limitations and hidden strengths? Are we open, or open-minded? Do we have a sense of purpose, direction, focus, seizing ladders and tackling snakes? A sense of humour? A sense of culture, diversity, and inclusion? Tolerance, tenacity, perseverance, endurance and patience? Are we servant leaders?

Most work, to some work, to 'no' work. How do we move to leveraging? How do we move to critical but high impact works? Right work? Then, we do not get burnt out, lost, or frustrated. Can we keep moving in this direction, with a framework, plan, tools, skills and knowledge-wisdom? Can we become organized for high effectiveness and efficiency, in this direction? Can we reflect and track the direction daily, weekly, and periodically? For violation, compliance and improvement.

If the quality of our usefulness is good/great, do we need to articulate? Advertise? Will it not spread on its own? Do we not need to keep responding? Is the mediocrity within us seeking advertisement? Can we turn it around? How do we drive agenda, synergies then? Can we have conversations going? Can we have care going? Can we have life in harmony with nature, and the universe going? In harmony with our deepest values – hope, faith, promise, love, coexistence. In meaningful fulfilling usefulness. Experiential. Can we?

Yes, we can. If our values become our drives and drivers towards our life purposes. The flow of N. For 7L.

Join us in the yoga of inner consciousness in nature – saarathiyoga for 7L.

18 June 2023

290. Life skills

Monsoon reaches Hyderabad after a full fortnight delay. Finally. It arrives early in Delhi.

AMUL Advertiser for 50 years, Sylvester Da Cunha, Sadgati.

Yoga. Music – listen, play, sing. Walk, jog, dance, run, cycle, exercise. Diet, fast. Read, Write, Logic. Crosswords. Converse. Coexist.

Jagannath Rath Yatra. Bonalu.

Are we really part of nature? Are we interconnected? Can the ecosystem be fair to everyone? Can we achieve zero-emission levels? Can we achieve the well-being of producers and consumers ecologically? Mere rhetoric?

Do we need management education to manage our collectives, enterprises, projects, interventions, teams, organizations, and networks? A full 2-years? One year? Integrated 5-6 years? A sandwiched education of some 100 days followed by some 200-300 days of practice, twice or thrice? Can management, leadership and entrepreneurship be part of the school curriculum? Isn't it a must for all, like the 3R literacy, and digital literacy?

Should we be serving ourselves as the owners of the entities we work in? Or some owner-micromanager? Or some appointed chief of staff? Or some community of owners? Should we keep moving, chasing opportunities and possibilities, or should we be in one or a few jobs for long? Should we be in 'happening' places or should we be elsewhere far away from hustle and bustle? Can this guarantee ethical living, decent and reasonable quality of life? Do we get fair income as our owners get fair and better share of the market? Do we get satisfaction and happiness from being useful? Productive? Efficient? Effective? Do our owners get happiness from our work?

Does it occur to us that most of us, 80-90%, are entrepreneurs? Most of us in India, farmers, weavers, craftspersons, service providers, wage workers, etc. We pursue relentlessly, even if we do not have resources to invest adequately. We keep trying. This translates that we acutely need life, living, livelihood, literacy – management, leadership, enterprise literacy. Knowledge, Skills, Tools. Can our homes, schools, communities do this for us?

If we become literate as above, can we apply this literacy in action for betterment? – Making more people literate in this, making more people live better, making more people come together to make voices heard and heeded, making more marginalized to regain their agency, life and destiny. Are we committed? Are we committed to moving from restlessness to rest

with fulfilment? Are we committed to making a difference to this society, this planet, and this Universe? Are we aggressively aspirational and ambitious? And realising this commitment?

Can we let millions of flowers bloom? Can we let millions of households smile? Can we let millions of children become 'life literate'? Can we let a million villages become 'circular'? Can we let a million local value-chains be fair? Can we let millions out of margins, and have agency and own democratized forums, platforms and 'places'?

Emerging and expanding: Artificial Intelligence, Digital Assets, Tokenization. Are we getting literate in these? Are we having increased inequities in one more set of dimensions? Do they matter when the crunch comes?

Can we be free without losing productivity? Can we just live life, without worrying? Can we keep learning from our living? Can we see into ourselves? Can we be grateful as we're always heard and blessed?

Can we just love – not too much, and not too little? Can we give? Can we earn and give? Can we understand? Can we co-exist? Can we persevere? Can we raise and uplift? Can we mentor, to live and grow together? Can we build a legacy beyond us and now? Can we build a culture of coexistence?

Yes, we can. If we coexist to be mentees and mentors simultaneously and enterprisingly. The flow of N. For 7L.

Join us in the yoga of saardhakata in nature – sakhyayoga for 7L.

25 June 2023

291. Ways and means

Guru Purnima. Dispeller(s) of darkness/ignorance. Saasthang Namaskaar to all of you. Day of Krsnadvaipayana Vyasa; Buddha; Siva; Krsna; Guru/Teacher. Gurus/teachers make all the difference in our lives. Our value does not decrease based on someone's inability to see our worth. And a teacher sees more than what we see. A teacher can increase our value. A teacher can take us towards 'release'.

Political realignments. 15-part opposition coalition with Nitish as convener? BRS meets BJP and tones of communication change. Supriya Shule becomes working President of NCP, and NCP splits. Ajit Pawar joins Maharashtra Government. Congress attracts new faces into its fold. Sharmila may join Congress. BJP shuffles and announces new Chiefs for States. Kishan Reddy as Telangana Chief. Purandeshwari as AP Chief. A Union Cabinet reshuffle is on the cards. We also hear of changes in Governors soon. AAP-Congress play hide and seek.

Manipur continues to burn.

Narendra Modi refers to Amrit Kaal (75-100 years of Independence) as Kartavya Kaal. Amrit? Kartavya? Or both? PM meets the NRLM SHGs on the ground in Madhya Pradesh. SHGs have acquired political 'clout'. Have not they?

Can we see Natural Farming, Climate Change Resilience, decreasing/preventing environmental footprint, El Nino, farmer crises, water crises, energy crises, mounting fertilizer and electricity subsidies et al clearly articulated in the manifestos of the political parties? Can we see their promises getting converted into action plans in the manifestos? We also hope these manifesto items get actualized when they get into ruling.

Do we care to go for a talk only if we know the subject reasonably well? Will we not get exposed, if otherwise?

Should we write? Writing for ourselves, or to influence. All writing - isn't it the same? Presentation, report, paper, note, blog, etc.? At the abstraction level. We need to be precise, detailed but simple and concise. How do we balance? All writing is reading and all reading is writing, isn't it? Can we be useful when we write? Can we be honest? Can we continue to read, see, observe, analyse, reflect and so on?

Can we be strict, diligent, rigorous, harsh, disciplined, etc., without being abusive and vulgar? Can we be soft? Can we call out and punish the abusers? Can we discourage abuse in public and private places?

What do we do in the third/fourth deep-long transitions of our lives? May be around 40-50 and 60-65. To live our lives on our terms. Freedom to do what we like, love. To be in nature. To be useful more 'fully'. With confidence as long as life permits. To learn and grow. Can we do these? Can we be there? Can we follow our gut?

Do we need postmen as managers? Do we need just assignors and aggregators as managers? Don't we need value-addition from these? Can we have more manager-leaders and leader-manager-workers? Can we invest into our relationships? Professional, and social. By showing interest in others' opinions, deep-connect conversations, personal connect, asking questions/enquiry rather than telling.

Can we really appraise the performance and reward the potential/possibility that is hidden inside? As objectively as possible. As transparently as possible. As in time as possible. Can we see the potential peaks of contribution? Can we see the pleasantness of their contribution potential/possibilities? Can we see body, heart and mind working in tandem for this? Contributing to everything around us, to the universe. That is the only endeavour. Isn't it?

Happiness is never with the 'narrow' results. Not even with 'larger purpose results' It is in doing/working for these larger purposes. It is in being there. But, do we need to be perfectionists? Can we be good enough and on time? Can we do on scale, even if slightly less perfect?

Yes, we can. If we coexist conversing, connecting deeply heart, mind, and soul level. The flow of N. For 7L.

Join us in the yoga of ways and means in nature – pracharyayoga for 7L.

02 July 2023

292. Lasting portfolio

Heavy rains in North India. Deaths. Occasional drizzles in South India. Weather Man says it is not an El Nino effect. But the El Nino effect is still looming large.

Uniform Civil Code agenda comes to the front.

Will a RYSS-AMUL tie-up on Natural Farming Food Produce/Products possible? Will it benefit the producers and consumers? More tie-ups vs local linkages, mixed way? Direct producer-consumer linkages, local enterprises, local brands, and local value-chains?

National Mission on Natural Farming with Ministry of Agriculture and Farmers' Welfare is inching forward.

Cabinet may clear it this week. A Project Management Unit is also being positioned. Natural Farming Transformation may require something in the range of Rs. Four Lakh Crore (4000 Billion) over the next 10-15 years. The budget proposed now is not even 0.01% of that. A trickle up to begin with.

How do we see the NF value-chains emerging? Self to Group to Village to Local, mostly, and 10% items may go the way of long value-chains. Multiple commodities, processed/value-added locally. Increased fair share of the consumer rupee for the farmer/farmer entrepreneur. Add: eco-system and sustainability credits accrual to farmers.

How do we live, live better, and live happier? We need a home, and we need to be home early. We need skills for excellent levels of performance. Gossip does not help. We are not competing with our seniors, colleagues/associates and juniors. We need to save, and invest the savings. We need some 'small' entrepreneurial activities to keep going. We need to borrow only for investments. We need to be loyal and aligned to the work. We need to invest in relationships. We need transition to the fourth transition early. Earlier the better. @50 is not a bad idea. Portfolio in the fourth transition could be the best. A viable meaningful useful portfolio.

Hidden Persuaders? Dark Patterns? 'Value-add' deceptive practices? To buy, give or vote. Making us feel guilty otherwise. Fake scarcity. Fake urgency. Hidden Costs. Auto renewals. Pre-selection. Misleading. Difficult to cancel, et al. Can a regulation help? How? How is ambiguity handled? How to differentiate product positioning vs mal-intent to overcharge, abuse or defraud?

What do we seek, success or happiness? Can we see happiness as success? Can we help in happiness, team happiness, and team success? Can we nurture this? Can we celebrate? Can we acknowledge and appreciate the effort, team effort? The journey? The spirit?

Can we wait till the other completes the say/response? Can we offer opportunities, rather than constraints? Can we keep eye-contact while communicating? Can we remember and use the name to connect/interact? Can we start with zero expectations? Can we find ways and remain calm? Can we teach what we want to learn? Can we smile, keep smiling? Can we stand-up/sit-up straight? Can we tell why apart from what, when, where, who and how?

Can we articulate and commit our inner goals? Immediate, short-term and long-term? Can we prioritize? Can we have an action plan for the prioritized? Timelines? Can we commit time, energy, effort and resources for the same? Can we learn the art of mixing with care – the intellect with the emotions, business transactions with relationships? Can we make this work for us? Can we have the working of multiple enterprises with our inner networks of people and entities?

Yes, we can. If we coexist, connecting deeply. The flow of N. For 7L.

Join us in the yoga of intense being in nature – jaya-anandayoga for 7L.

09 July 2023

293. Collectively yours

Blessings from Ahangamage Tudor Ariyaratne (AT Ariyaratne), 91, founder, Sarvodaya Sramadana Movement, Sri Lanka.

This movement is a governance movement. It is active in 15000 (out of 38,000) villages. Awakening from self to Universe – Atmodaya, Kutumbodaya, Gramodaya, Nagarodaya, Deshodaya, Viswodaya. Its 5 steps – Psychological Infrastructure; social-educational infrastructure; basic human needs and institutions; income-job and self-sufficiency; and sharing with neighbouring villages. Gram Swaraj.

Sarvodaya Act has given a ‘constitutional’ status to the movement. Its wings/associated entities include Shantisena, and Development Finance.

This movement took inspiration from Sarvodaya in India. AT Ariyaratne received Gandhi Peace Prize. AT advocates losing self in the service of others and attempting to bring others to awakening. ‘I cannot awaken myself unless I help awaken others’.

Indo-German Global Academy for Agroecology Research and Learning (IGGAARL, The Academy) is getting ready to launch its 4-year unique (one of its kind in the world) Farmer Scientist Course, on 22 July 2023 at Pulivendula. Maybe BSc Hons (Natural Farming). About 1000 students are part of the first batch, to be mentored by about 200 mentors. Mentors will also get a PG Diploma. 25 Research and Learning Centres in the districts would offer off-line, online, in-the-field, in-situ instruction, practice and experiential learning. The course would have 250 Credits through 20 Modules, offered by 3000 instruction hours, and about 4000 practice-experiential learning hours. The students would earn while learning by being an A-grade farmer in year 1 itself. They emerge into high-end participatory researchers, trainers/learning facilitators, etc., transform their farms into living learning landscapes and their villages into climate resilient villages, run their own enterprises, lead collectives/collective enterprises and may become high-end learning facilitators to seed NF in AP, outside AP and outside India. Some of them may become mentors and faculty members too. They surely become the leaders/agents of the NF movement in the making, globally at local levels. The cadre and farmers trained by Farmer Scientists over 2 years would also get diploma/certificate.

Are we becoming slaves? Slaves of human beings, devices, and apps? How much storage do we need offline, and on cloud? How many sims do we need? How many devices do we need? Are we still reading printed books, magazines, newspapers, etc, or are we now with everything electronic?

Sweden enters NATO, may be reluctantly. Turkiye entered the EU as a result.

How much faking is, OK? How long can we fake? How do we deal with after-fake consequences?

Can we strive for significant usefulness? Can we learn? Do we have a sense of purpose? Can we get one? Can we be on the journey without regard for the ends? Can we live more fully? Can we grow more deeply? Can we turn inside? To see, reflect, appreciate and understand? Do we have the courage to do?

Can we go anywhere and everywhere on our own volition? Why do we need visas? Requests? Permissions? Are we not free? As we go within a country? Is not our universe our habitat? Everyone should be able to see the world, not just a few privileged. State should facilitate this. Isn't it? Poor, Marginalized, and Less educated included. Then, do we need passports? One card, will it not suffice? Why do we need a passport, Aadhaar, PAN card, voter card, and so on and so forth? Am I missing something?

Can we be one free humanity? Can we move around with no restrictions? Can we awaken ourselves, others along with us? Can we live in peace, happiness?

Yes, we can. If we coexist. The flow of N. For 7L.

Join us in the yoga of meditative being in the nature – sanghayoga for 7L.

16 July 2023

294. Garuda gamana

Manipur yet to come to normalcy.

Opposition parties, 26 of them, came together as INDIA. Yet, 38 parties are with NDA. INDIA's vote share is 37.5% and the current NDA's 43%. Still, INDIA is moving no-confidence motion. Is it playing into the hands of the ruling coalition, BJP and Modi?

Can INDIA gallop forward? Can NDA better 2019 track record?

Rains catch up with the South.

Low pressure adds up.

Unprecedented bouts of rains in many parts, with yellow, orange and red alerts, notwithstanding late/delayed monsoons. Climate change is hitting us. Increased carbon concentration, ocean acidification, increased global mean surface temperature, ocean heat content, sea-ice extent, glacier mass balance and sea-level rise. This is affecting most of the SDGs. This is also diverting direct efforts towards reducing poverty, malnutrition et al and improving access to clean water, sanitation et al. Climate change and health are fighting each other. 90% of India is in the 'danger' of heat-wave impacts. Floods are accounting for nearly 70% deaths from natural disasters. Health risks have dramatically increased.

Indo-German Global Academy for Agroecology Research and Learning (Academy) launched its first Farmer Scientist Course (FSC) in natural farming, may be a first of its kind in the world. A four-year course for practising natural farming to become a model farmer and a participatory Natural Farmer Scientist, a participatory learning facilitator, an entrepreneur and a climate-resilient village developer.

75% of the learning in FSC is through practical and experiential learning through their own field, own experiments, and conceptual inputs via classroom and digital learning. Apprenticeship-mentorship is the fulcrum of the FSC. Gradually, Farmer Scientists and their mentors evolve as leaders of the evolving NG global movement at local levels. The first classes have started for the first batch in regional centres across the state.

True Cost Accounting study of Natural Farming shows: Vis-à-vis chemical farming, NF has equal or higher yields, with crop diversity; lower costs and higher incomes. Further it contributes to fewer on-farm health risks, better health outcomes, stronger communities and agency of women and marginalised.

'If we find nobody matching us, then let us walk alone. There is no companionship with the immature' says Buddha. As the time we spend with people has a huge impact on our body, heart, mind, moods, and ways of thinking. Therefore, one of the easiest ways to change our lives is to change these people. We need to set the boundaries of influence to these people. If energies, mindsets do not match? We need to respect our time, energy, heart, mind and soul. We cannot disrespect and be sad. Sadness is contagious. Let us break the chains. Let us make new chains. New connections.

Incidentally, happiness is also contagious. Can we spread this contagious happiness? Relentlessly.

Leaders take the final call. Can we reverse this? Can we let the 'leader' go first? Can we be the leaders who take the lead? Can we give time? Can we give attention? Can we have an infused sense of purpose? Can we learn from civilization after civilization, decoding the messages the leader delivers? Can we deliver the message as simply as we can? Are we ready? Can we decode the messages the mentors are delivering to us? Can we deliver the messages to the mentees, when they are ready? Can we make out when they are ready? Can we make out when it is the time to conclude delivery is complete and it is time to move on and disappear? Can we be still with the values of hope, faith, promise, love and coexistence?

Can we move into the flow the leader is seeking us? Can we coexist in these flows? Can we be useful in this coexistence? In the back and forth of the transitions? Third and fourth transitions?

Yes, we can. If we flow, flow in sync. The flow of N. For 7L. Join us in the yoga of transformation to flying in nature – vihangayoga for 7L.

23 July 2023

295. Pipeelika netra

Food Systems include Production, Processing, Distribution and Consumption.

Further the food has to be safe and hygienic. They have to meet the needs of the current populations. They have to be sustainable, not compromising on meeting the needs of the future. International data says: 75% of India cannot afford healthy food, as against the global status of 42%. That is more than 1000 million Indians. A quarter of them are undernourished. It is double the global 9%. Local consumption, nutrition and value-chains of natural farming produce is a way. Maybe Natural Farming Food Systems meet these tests. It is the only hope.

Most Indians, by default, are entrepreneurs or otherwise, running one-person, family, small team/group enterprises, or working in them with co-entrepreneurial mind/responsibility. It can be product-related or service-related or a combination. Say 80%. Isn't self-employment all enterprising work? Farming, weaving, labour, rural/traditional occupations, service providers, etc. We are a Krishi-pradhan (enterprise-centric) country.

Even then, we think we are not entrepreneurs. Most educated people seek jobs in general. Government jobs in particular, followed by jobs in businesses.

Some slide towards working in non-business and non-government jobs. Maybe reluctantly. Maybe they have no option. Some of these then combine working in the business for the people. Some of these interfaces with the Government. Some find their way 'back' into business and/or government. Some join and run the enterprises, individual or collective or federal. Maybe they are finding their true calling, after 10-15 years of joining the workforce or later. We belong here in the first instance. We take a full cycle to come back.

We need to. We need to say yes to enterprise. Movement.

To the journey of the enterprise. To run it, if not found and run. To run all 'elements' of it – vision, plans, connections, communication, team, material, machines, money, etc. First orders, rejections, resource turnovers, handling the bottomless pit statuses, and tenacity, perseverance, persistence with no resources. Don't we have to nurture patiently? More of them? More nurturers?

Aren't we living in a universe that is infinite? Aren't we an extremely tiny speck there? Are our bodies mostly microbes with a small percent of human cells? Are our cells oscillating from matter to energy and back repetitively?

We do not know which is the truth at any particular instance. Yet some of us have ended up as part of a fraction of one percent of the world (or India). Predictable series of events and activities? Born into a family; went to school; passed out; got degrees; got jobs; and joined the 'club'. We may not feel we are here and 99% others could not make it.

Did we solve any real problem? Did we augment human knowledge? Did we create great enterprises? Did we make people around us happy? May not be anything. Strange! What is making the 99% remain there despite them being useful in meeting the needs of the world? Can we do something to take a decile of them into the 'club'?

Can we teach them the algorithm we 'mastered'? Can we work with this world to be a better place, with better life, health for all life, alife, and non-life? Can we increase more numbers into 'the clubs'? Can we have open minds thinking outside the boxes for unconventional ways? Can we be the stars?

Do we have anything as reality except the perceptions? W is M, or 3 or E, from our vantage points. Can we be tolerant of multiple perceptions? Can we see multiple perceptions? Can we work with them? Can we work with people with varied and multiple perceptions? Are we chained by expectations, conditionings, and assumptions? Do we test them? Do we try to break some of them?

Yes, we can. If we meditate and reflect. If we flow, flow in sync. The flow of N. For 7L.

Join us in the yoga of testing the chains in the nature – pareekshayoga for 7L.

30 July 2023

296. Amulya way

Gaddar (Gummadi Vittal Rao), 74 (8 Oct 1949 – 6 Aug 2023), expires. Marxian, Buddhist, Ambedkarite, Balladeer, and Jananaatyamandali. Lakhs of people of three generations inspired so far now reflect – silence takes charge. Maata, Paata, Aata, Chindu. Janamaata. Of the People, for the People, by the People. Marginalized and Vulnerable. Bhadram Koduko. Bandenka Bandi Katti. Podustunna Poddu Meeda Nadustunna Kaalama. Mammu ganna thallulaara Telangana pallelaara. Malleteegaku pandiri vole. Nee paadam meeda puttumachchanai. Lachuvammo. Madanasundari madanasundari. My friend, Chinaveerabhadru, reaffirms, his song is ‘Nobel’ level.

Rahul Gandhi gets a stay in the Supreme Court. Membership in Parliament restored!

Handlooms. Farmers-Farmworkers. Weavers-craftspersons-workers. Occupational groups. Service providers. All together, can we go the self-reliant way? Atmanirbhar swaraj way?

Moon Mission Chandrayaan 3 has entered the moon’s orbit at Perilune. It will be on the moon in a few days.

Can we achieve zero stubble-burning? This stubble can be a good mulch for going the natural farming way. Can we integrate the two?

Can we work on two ends – citizen end, and governance end? Producer-consumer end, and local-national-global governance end? Consumer, producer, value-adder, and service provider. Enterprises, Collectives, Civil Society, and Governments. Social responsibilities. Offline, offline and hybrid. In situ, ex situ, and transitions. Fairly. Yes, we have to. We have to be at it.

Climate change is here. Negative effects are severely felt. Rising temperatures. Weather variabilities and extreme events. Intense floods and droughts. Shifting ecosystem boundaries. Pests and diseases. Reducing yields, and nutrition. Reducing livestock productivity. Climate change impinges farming. Farming impinges on the climate. 25% of greenhouse gases are from farming. Can smart farming help? Maybe. Can we go for chemical free smart natural farming? Maybe this is the way out. Maybe we need AMULs of the small farmers as a company in this journey, to offer AMRITs to consumers. For producers to realize fairshare. We need both the AMULs – the largest FMCG in India, and the 2-3-4 tier cooperative federations of the small farm families. A partner. A brand. A collective. With agency in the hands of these small farm families in general and their women in particular. Time is running out; we need to hasten our ways. All of us.

Guru is someone who continuously punctures our ego, yet is our friend. When we are constantly in pursuit of security, we are in pursuit of death, because life is never secure. It doesn't matter what we do. Can we ask significant intelligent questions and answer these? Can we source the answers?

Guru wants to see and feel our personality traits. Qualifications and experience may not suffice. Listening, communication, and interpersonal skills? Confidence? Initiative? Flexibility? Problem solving, analytic, and creative? Trust, Loyalty, Confidentiality, and Integrity? Dedication, and passion? We transfer power over us to the Guru. If we get the right Guru, the power magnifies the Guru's great character. Then we know, the right Guru is there.

Friends are the reason we exist, live and thrive. How many friends do we have? Bonds beyond the bands? More than acquaintance, knowing, and associating? A stronger deeper interpersonal relationship (by choice) with a space separate from family et al. Transcending these many a time, they keep us alive. They stand the test of time. Least reciprocal expectations drive them. Most of us have our dominant portfolio of friends found during our second half of our first quarter of life. As we move towards the third quarter of life, the number may become small, but these relationships offer the highest levels of happiness, physical health and emotional wellbeing. A diverse portfolio. Friends – being there; listening; happy being around. We need to invest time and effort into them. Can we? Can we do – genuine liking, faith, disclosure, usefulness, sharing, and co-existence?

For friends, we may not seek closure. If we have to, because of a loss, can we try and express? Write? Give time and space to heal? Continue our busyness? Accept and allow the mourning process to take its course?

Yes, we can. If we reflect, meditate, coexist. If we flow in sync. The flow of N. For 7L.

Join us in the yoga of relationships in nature – punarjananeeyayga for 7L.

06 August 2023

297. Free on the ground

Zaheeruddin Ali Khan, Managing Editor, Siyasat, rests, within a day of Gaddar's resting.

Youth hold immense potential to drive change in the country and the world. They need 'education', learning skills and practical, practicable skills for making this change. They need counselling, guidance, nurturing and handholding support. They need to go through visioning to appreciate aspirations in sync with their potential, and realize.

What will help universalizing, saturating, deepening, and scaling NF? Donors and CSRs working in tandem? Strategically? Committee for agroecology transitions? Networks, Coalition, Collective, Confederation, Consumers, Service providers, value-adders, aggregators, platforms, farmers, farmworkers, and People's Movements?

It is already a year into Azadi ka Amrit Kaal. We need to hasten. To be sure that we the people have equal rights, duties, opportunities, decent livelihoods and enterprises, lives and destinies. We need to be 7R (read, write, arithmetic and digital, reflection, pursuit, practice et al) literate. We need to be conscious that we are a country of enterprises. Country of collectives. Country of local governments. Country of unitary and federal elements of governance. We need to include. We need to embrace pluralism. We need to communitize. We need to harmonize tradition with emerging science and technologies. We need to farm and live in harmony with nature and its ways. We need to have free and open access to Education and Health for All. 1000-day Nutrition to the child. We need to ensure these for every one of us in general and the GenNext, the children in particular. With Truth and Non-violence continuing to guide this pursuit. With hope, faith, promise, love and co-existence as our non-negotiable values. For the people, of the people, by the people. As we the people transcend to the family of the universe from the national limits and limitations.

Amrit Kaal Persona has come into being – Forming/Transforming/Reforming. Then the persona would have to reach Perform as visioned through a quick Norming and Storming. For the Vision of Amrit Pragati. Free from corruption, free from nepotism, free from appeasement. Prakriti, Swachchata, Satyam, Nyayam, Buddham, Dharmam, and Sangham.

Do we read and understand the Constitution? Do we embrace the values therein? Do we have strength with gratitude? Are we open-minded with faith in co-existence? Are we kind? Do we have the courage to advance humanity? Cultural diversity?

Did we see this – when foreigners ruled us, only our people have done the jobs of soldiering, policing, administering, taxing, exploiting, and actual ruling? Diluting/destroying education, economy, culture and practices et al? Are these still entrenched within? In our various social,

governance, bureaucratic, business, technology, and civil society establishments? Can we read and analyse our history with our lenses?

Do we see why these people did what they did, do what they do? Do we see this – we submit and grant power over us to others? Out of respect, need, fear, and greed? Can we see power and authority is what we grant to others? It flows upwards. It is not top down. Can we see this? Leaders, Managers think they have the power. It is granted to them by us. Can we see this?

When we have to choose, professionals from outside or professionals from within and community professionals, can we choose the latter? It is the only way for communitization, and local governance. Can we have faith in the people and their abilities? Can we see education, intelligence, and talent different from literacy and degrees? Can we only value the contribution, potential contribution, possibilities et al, rather than anything else? Can we figure out that education is taking away our courage and risk-taking ability?

Yes, we can. If we coexist. If we are on ground, staying, and walking. Night stays, works, animated discussions, and consultations. If we reflect, meditate. If we flow in sync. The flow of N. For 7L.

Join us in the yoga of being free in nature – swaabhaavikayoga for 7L.

13 August 2023

298. Practise leading relentlessly

Sadgati to Dr Bideswar Pathak, 80. Founder-Sulabh International. A legendary sanitation icon. Missionary Social Entrepreneur.

Manish Ranjan introduced me to 'Through the Broken Glass' by TN Seshan. An autobiography of a legend seeding the change in the landscape of electoral politics and processes.

Mental Health conditions – anxiety, depression, substance addictions, radical swinging moods, schizophrenia, eating disorders, OCD, stress disorders – are troubling at least 13% of the population. This is an area of work that requires attention. Can we see – COVID killed some 7-lakh people; Ukraine War has already killed 2 lakh and it continues; but Mental Health conditions are torturing 1000 times more people.

It is not enough to feel guilty, or to offer an apology. We need to change – change our behaviour. No one is coming to save us from the internal lapses and external challenges of our lives. Only we have to save ourselves. It is our responsibility. We have the power and abilities for the same. Therefore, can we set our goals as clearly as possible? Can we accept our accountability for ourselves, learning from mistakes, if any? Can we see and seek challenges and opportunities as vehicles of becoming better? Can we build an ecosystem around us for this 'we are in-charge' paradigm? Can we celebrate our progress in this direction, however small the progress may be, as often as possible? In essence, are we building our agency?

We know that we are born leaders. Of ourselves, our teams, our stakeholders and changes around us. We lose this 'ability' as we grow because we do not practise. For many of us, many a time, the ecosystem around us suppresses and takes away this ability. Ability to lead and influence without authority. Ability to lead with authority. Understanding people, behaviour, dynamics, culture, costs, economics, and resources, structures, systems and seeding. Can we know these leadership essentials and practise them, 10,000 hours and more? Emotional Intelligence; intra-personal competencies; managing self; interpersonal competencies; personal plans and adaptation; team structuring; teamwork and dynamics; mutual delegation and sharing; difficult conversations and conflicts; handling failures; coaching, nurturing and mentoring; relationships; influences without authority; conflict management; collaborative decision-making; psychological safety and security; confidentiality and loyalty; resilience; managing lows and troughs; space management; task allocation and sharing; setting and agreeing with shared agenda; taking role in forming, norming, storming, performing, transforming, reforming; and taking role in ending if required.

Successful delivery of tasks, getting the delivery done, managing a portfolio of tasks of team is not 'leading'. Teaming, building team capacity, deciding, nudging, taking chances, thinking, etc. Leading transcends all these. Possibilities are very high, the processes of A to B, will not help in B to C and so on.

Discovering ourselves and recording the discovery is an important foundational first step for us to become activists, animators, facilitators, managers, leaders in the livelihood-development arena. Unveiling a portfolio of things about ourselves. Social stripping; blindfold; personal vision – plan, ladders, snakes, steps, probability of realisation; river of life and book of life; our time an expenditure; and so on. Can we discover ourselves?

When we face and graduate out of the most difficult times, when we are evolving into higher selves, the road may seem lonely, but we are simply shedding the energies that no longer match the frequency of our destiny. We need to be in sync with the new possibility that is opening up. Previous performances cannot deter us to persist. Only the future possibilities, authentic possibilities, should drive us. We need to be engaged less with manipulative 'losers' overstating failures to be on our course. We need to be engaged more with Truth. Our Truth. Not what the groupthink. Can we?

Yes, we can. If we coexist. If we are engaged on the ground. If we do not stop leading ourselves. If we reflect, meditate. If we flow in sync. The flow of N. For 7L.

Join us in the yoga of continuing to lead our lives in nature – pravartanayoga for 7L.

20 August 2023

299. Practise portfolio

Most distinguished mathematician and statistician of India, CR Rao, 102, rests. He, with 39 Doctorates, was the recipient of the International Prize in Statistics (considered as Nobel Prize) in 2023. His discoveries include: Cramer-Rao bound, Rao-Blackwell theorem, Rao's Score Test. University of Hyderabad has established CR Rao Advanced Institute of Mathematics, Statistics and Computer Science. He excelled in creativity in both dimensions – new ideas/theory away from the existing paradigm that explains phenomena; discovery within the existing paradigm but of immense significance.

Chandrayan 3's lander Vikram lands on the south pole of the moon (at a point named Siva Sakthi) on 23 August at 1804 hrs IST, and deploys rover Pragyan and Pragyan walks on the moon. It would be there for 1 Lunar Day (14 Earth Days). LVM3 M4 was launched from SHAR Sriharikota on 14 July. The first photos confirm that the lunar surface is like the earth surface. India, first on the south pole; fourth on the moon.

Prodigy R Praggnanandhaa is the runner-up in FIDE world chess championships at 18, losing the final to World No. 1 Magnus Carlsen. He is now qualified for the Candidates 2024 to determine the challenger for World Champion, Ding Liren of China.

Remembered: Manibhai Desai and his Urulikanchan. One of the foremost disciples of Gandhi, Vinobha Bhave et al, who started out to work with India outside political space. BAIF, launched on 24 August 1967. BAIF became BAIF Development and Research Foundation, BDRF in some time. BAIF supplements Dairy Board-IRMA-AMUL work.

July 2023 was the warmest month on record for planet Earth. The leaf temperatures were highly close to the critical high-temperature thresholds of the world's tropical forest canopies. The studies confirm initial dysfunctionality of a percentage of tropical leaves. Climate change continuity may lead to the death of the canopies, biodiversity et al impacting climate regulation seriously. Tree carbon sequestering itself is coming down. Plants' evaporative cooling ability reduces. Tree mortality is increasing. The good news is that mitigation is possible, through avoiding high emissions, and deforestation.

Can we have more of us in Development Leadership? Development Practice? Livelihood Space? Poverty Reduction space? Poor-Vulnerable-Marginalized domain? Meditation-Reflection, Devotion-Dedication, Co-existence and living the values – hope, faith, promise, love and co-existence, constitute the essence of Development Practice. Culture, Celebrations, Events, Campaigns, Education, Training-Learning, and Apprenticeship. Models and role models. Beyond Fish and Fishing. Beyond Immersion-Induction-Graduation. Journey of practice that begins with Visioning-Ladders-Snakes-Steps, Practice and Pursuit. Relentless.

Authentic. 7R, transcending 3R. Inclusive – Sarvodaya, Sarvajanya, Bahujanaya, combined with Antyodaya – unto the last. Individual and Collective action – individual and collective enterprises. Communitization. Options-choices. In open, Transparent, Accountable approaches, ways and means. Ends include output-outcome-impact results, and changes in systems, policies, practices and norms. With less lapsing back, and more propelling forward. Can we? Can we have more of us?

Are we happy in our development practice? Can we take pride in our work? Can we be healthy, at the same time? Can we be sure of our well-being? Can we fight burning out? Can we remain fit physically, emotionally and mentally? Can we take care of ourselves? Into our fifties, sixties and seventies? Being useful without a burden and overbearing to our associates and communities of practice? Communities? If life and work are two sides of us, can we ignore one at the cost of the other? Can we have a portfolio of engagements and works? Can we work within our limitations, stretching to the hilt, inch-by-inch? Can these limitations be known to all our associates? And minimum needs? Can we keep revisiting, prioritizing, planning and progressing in tune?

Yes, we can. If we coexist. If we are living in space. Intensely. If we sharpen our saws of perception and intuition. If we reflect, meditate. If we flow in sync. The flow of N. For 7L.

Join us in the yoga of towards living fully in nature – Ishudiyoga for 7L.

27 August 2023

300. Connect intensely

Teaching is engagement with learners to enable their understanding and application of knowledge, (language, numbers, logic, analytical, conceptual and thinking) skills-tools, concepts, and processes. When we are on the path to – being responsible, organized, independent in work, collaborating, and taking proactive, self-regulated initiatives – we are learning. Teaching involves: working with knowledge, skills and dispositions. Individually, with others and in/with society. A teacher takes us to learning. A teacher creates a challenging but nurturing environment for the co-learners. A teacher learns together with learners. A teacher creates a learning community. A teacher is accessible and caring. A teacher sets high expectations and challenges. A teacher loves learning and learners. A teacher finds/creates leadership spaces for learners. A teacher is ‘alive’ and keeps shifting gears. A teacher lets co-learners take the lead. A teacher demonstrates high stamina, diligent homework, up-to-date general awareness of things going around while having a mastery of a specific learning area. A teacher is current, relevant, simple, participatory, and experiential. A teacher is human. A teacher takes the learners in the direction of the meta beyond fish, and fishing.

Teachers and Gurus made all the difference. Gurave namah. Krsnam vande Jagadgurum. Buddham vande Lokagurum. Most of our teachers who influenced us have transcended teaching to be Gurus. Guru points us a way towards essence, initiates and propels us to the road that takes us to essence, and wisdom. Guru makes us less ignorant. Guru enlightens us to possibilities. Guru takes us to struggle, discover and experience the means and ends. Guru challenges. Guru seeks inquiry. Guru shows pointer insights, processes, methods, skills, and tools. May not be a conclusion. May not be immediate answers and may not be endnotes. Guru’s attempt is to make more gurus. Teachers, mentors, leaders, and gurus are in the same continuum.

Rakhi. Raksha Bandhan.

IRMA has taken more than a year to make up its mind to start an IRMA Consulting. Now, should we wait? Can we not start a ‘Consulting IRMANS’? Can it be a multi-state collective? A division within an existing consulting company/LLP/firm? Can we have full-timers; freelancers on call, being in the pool; partners, advisers; and fully paid non-members? Can this be real in 2024? We have 116 days in 2023.

Andhra Pradesh got the Jaivik India award. Vijay sir got Dr MS Swaminathan Award for Environment Protection 2023 for his outstanding contribution to the cause of environment

protection. Natural farming movement is gaining momentum. Are we in third gear now? Is it still second gear?

How do we write proposals rightly? Are we within the scope of the proposal, for grant, loan, funding et al? Are we within the guidelines given? Have we read these guidelines in the first place? Is the format, and template, right? Is the structure, right? Are we eligible? Is it easy and simple to read? Is it brief? We cannot assume expertise or complete understanding of our work. Are we going through multiple and iterative checks? Including a reading by 'unconnected'? Are we including the profiles, brief but templated CVs? Likely impacts, beyond the direct results? With possible evidence. Are we diverse, and inclusive? How is the budget, and detailed budget? Within the permissible heads and limits? Are we writing after intensive homework? Can we, do it?

Are we missing the talent because we are not able to connect at transformational level? Can we stop missing?

Are we willing? To be seen truly, and authentically? To speak up to initiate change and inspire others? If opportunity comes up? To keep going? Despite all odds and resistance? To be open and listening in? Multiple and diverse voices? At the far-end, whispers into the ear, and intelligible/unsaid? To go even alone? If convinced? Are we at inner peace, with clear conscience? Reflecting on and watching our thoughts, words, deeds and plans daily? Thought to words, to actions, to habits, to character, to destiny. To realize our fullest potential? If figured out? Can we reflect and accelerate learning? Are we willing?

Yes, we can. If we coexist. If we live, learn, lead, and link. If we are open, bold in connecting life, and space intensely. If we reflect. If we flow in sync. The flow of N. For 7L.

Join us in the yoga of intense association for living fully in nature – guruyoga for 7L.

03 September 2023

301. In the change

Verghese Kurien is in our thoughts. 9th September is his day of resting. Farmers. Cooperatives. Technology. Leaders. Professionals, hand-in-hand. AMUL, Dairy Board, IRMA, and more. Milk, Edible oils, Fruits and vegetables. Integrated effort. Operation Flood, Operation Goldenflow. Market Intervention. GCMMF et al. National cooperative milk brands, and oil brands. NCDFI. HOGA. Mother Dairy.

NTR centenary gets a commemorative coin.

Suicide is not OK. We cannot end our lives. We cannot end our potential. Our possibilities. Impulses, stress, relationship issues, disorders, no hope situations – can we find ways to deal with them, rather than end our lives and possibilities? Million suicides a year, 10 million ends to possibilities – can we prevent them? Suicides of men are higher. Higher in elderly men, and in teens and young adult men and women. Pesticides/poisoning is the means of suicide in one-third cases. Attempted suicides are 10-20 times or more of the suicides. Self-harm is one step away from attempting suicide. Friends are the best shield we have against these – self-harm, attempting suicide or suicide. Can we create hope for all life to complete their lifetimes? Can we ensure that triggers of poverty, indebtedness, unemployment, exploitation, discrimination, inequities, etc., do not take life to go for self-harm, and suicide?

India alias Bharat has hosted the eighteenth G20 summit at New Delhi during 9-10 September. India has symbolically handed over the Presidency to Brazil. The transfer would be effective 1 December. African Union joined G20 as a permanent member. Global Biofuel Alliance has been launched. India-Middle-East-Europe Corridor has been agreed to be built. A consensus New Delhi Declaration has been adopted: One Earth, One Family, One Future (Vasudhaiva Kutumbakam). Declaration says: We live in harmony with our surrounding ecosystem. Together we have an opportunity to build a better future. Just energy transitions can improve jobs and livelihoods, and strengthen economic resilience. No country should have to choose between fighting poverty and fighting for our planet. We pursue development models that implement sustainable, inclusive and just transitions globally, while leaving no one behind. We urgently accelerate our actions to address development and climate challenges, promote Lifestyles for Sustainable Development (LiFE), and conserve biodiversity, forests and oceans. We promote sustainable, quality, healthy, safe and gainful employment. We close gender gaps and promote the full, equal, effective and meaningful participation of women in the economy as decision-makers. Today's era must not be of war.... we steer the world out of its current challenges and build a safer, stronger, more resilient, inclusive and healthier future for our people and planet.

NChandra Babu Naidu has been arrested on charges of Skill Development scam and taken into judicial custody for 14 days. Maybe, it is just the rule of law, and nothing else.

Are we moving forward – literacy, digital literacy, and AI literacy? Artificial Intelligence? Does it offer additional lenses to understand our world? Extra vision, extra sound spectrum, faster computation, reduced drudgery with automated work, logical-analytical intelligence to biological, psychological, emotional, intelligence, deep idiosyncratic and collective memory and intelligence, beyond human, may be universal – so on. Does it augment human experience to higher layers/levels? Can we be literate to use this towards these ends?

We are insignificant in terms of our time, place, size, contribution etc., as an individual, as a collective, and as a humanity. Can we realize this? Can we extinguish all that superficiality, arrogance, negativity and toxicity within us? Change is happening continuously. Status quo is turning around. Time moves. Life changes. Surroundings change. Power yields. Authority wilts. New interpretations come. Knowledge changes. Relevance changes. Culture, Traditions, and Habits change. Behaviours change. Body changes. Age increases. Emotions change. Thoughts change. Feelings change. Purpose changes. Vision changes. Portfolios change. Insights change. Structures change. Systems change. Energy levels change. Moods change. Ends change. Means change. Methods, Processes, Tools, Skills, and Information packets change. Can we realize this?

Yes, we can. If we coexist. If we live, learn, lead, link. If we reflect. If we flow in sync. The flow of N. For 7L.

Join us in the yoga of transformation for living fully in the nature – chitryoga for 7L.

10 September 2023

302. Svasty astu

Happy Ganesh. Time for a new transition. New leash. Renewed vision. Let us budget 10,000 hours net, see India, all across. All districts. 2% villages, panchayats. Have 1000+ Conversations. 10,000+ persons.

75 years of Telangana Liberation. Becoming part of Indian Union of States, Bharat.

Modi is now 73. Will he continue to be PM after he becomes 75?

Centenary year of Akkineni Nageswara Rao begins soon.

Sadgati Venkataswamy, 60. Sarvail School classmate.

Shocking. Too early. Durgesh Agrahari, 32, Head of Programs and Partnerships, SAY TREES, succumbed to heart attack. Sadgati.

India moves into new parliament building. Svasty astu visvasya.

Elections to 5 states may not get postponed. All are getting ready.

In essence, are we humans self-centered? Competitive? Or are we altruistic, cooperative, and community-minded? Caring? Are we not nurturers? Companions? Supporters? Carers? Are we more women, or more men? Are we not both? Do we acknowledge injustices first, if we want to achieve justice? Can we be fair families, fair communities, fair markets, and fair systems? For justice.

Do our loyalties and ambitions come in the way of fairness, and justice? Maybe. Possibilities are high. Can we be loyal to our values? Can we be ambitious in taking the public good to scale? Pragmatically ambitious. Can we be relentless? Can we be patient? Can we be long-term? Can we be strategic, so as to address a systemic gap, and root cause? Can we challenge the existing narratives that support extraction, exploitation, rather than health, well-being and nurturing? Can we connect prosperity to mutuality? Can we get over fixes of communications to provide time, space, and resources for new paradigm(s), worldview(s), transformative solidarity? For transformation to achieve viral proportions? Can we go ground up?

Can we continue to be nurturers? Healers? Can we be resilient – people, and organizations? Can we flatten overwork, burnout, and disrespect within? Can we talk, discuss and agree on living stipends, sustainable work hours and opportunities for being useful in our journeys?

Are we getting ready to realize our possibilities? Potential possibilities? Potential? Do we have it within us? Stamina for hardwork and hardships?

Do we realize, that we do not know much? Most of our information is third or fourth hand. Maybe misinformation. We acquire arrogance. We ignore our ignorance. And we seek less – Truth, True knowlede. Beyond Perception. From the known to the unknown to us to the stretching the known. From the experiential learning. From the practice. From the observations explained. To humbling us. To unlearning, relearning. Can we therefore, keep walking, keep listening, keep evolving? Even if we keep unlearning?

Can we answer – Who am I? Where am I? What is my purpose? A small dot in the age of the Universe. A tiny small speck in the size of the Universe. Millions of Galaxies, each with trillions of stars. Sun is one such star. Why can't we coexist? Why can't we be ready for togetherness, and oneness? Why can't we work, and act collectively? Why can't we be alone? Without being bored, tired, and frustrated? Why can't we transcend delegation to transfer with authority? Can we pursue co-existence, transfer and solitude simultaneously? Can we be proactive too? Can we be in nature? Can we reflect? Can we give dates and times for ourselves? Seriously. Recurringly. Can we?

Yes, we can. If we coexist. If we reflect. If we flow in sync. The flow of N. For 7L.

Join us in the yoga of firsthand loving, learning, and living fully in the nature – naaraayanayoga for 7L.

17 September 2023

303. **Krishi karma**

Parliament passes reservation of 33% seats in Parliament and Assemblies, effective, after Census conducted later. For Enhanced quality of governance, more inclusive and equitable society. 'Mother' to take charge.

Alzheimer's. A neurodegenerative disease. May lead to dementia, and reduced life expectancy significantly. More than 5-15 years. 50 million people are suffering this. Some 6-10% of the elders. Majority are women. Education, learning new knowledge-skills-tools, intellectual activities, cognitive exercises, reading-writing-number exercises, puzzles, playing chess et al, art and music, changing routines, intense social interactions, physical activities, seeking new experiences-activities, diets rich in antioxidants, omega-3 fatty acids, and brain-boosting nutrients that include vitamin E and B, adequate sleep, reduced stress and relaxed mind, meditation and reflection, yoga et al reduce the risk of AD. Improve our elders' wellbeing and our wellbeing.

World Peace. No violence. Is it possible? Can we find inner peace and happiness? In nature. Meditating, grateful, responsible. Transcending past. Loving ourselves. Decluttering. Practicing acceptance, contentment.

Can we, simple six-hole hollow pipes, be available to Krsna playing the tunes of usefulness, peace, wellbeing?

Let us commit to writing. 400 words, Page a day. 10,000 words, 20 pages a month. 1,00,000 words, 200 pages a year. Million words in the decade to come. Ten Books. Picture a day. 1-minute Video a day. Read: Book a day. Video a day. Visit a day. Conversation a day. Team Vision a week.

Swati Nayak receives World Food Prize Foundation's Borlaug Field Award for Research. She led disseminating more than 20 promising climate resilient bio-fortified rice varieties globally.

Let us go natural. Natural living. Natural farming. Multi-layer multiple throughout the year crops. No tilling.

Remembered Stephen Hawking, applied mathematician, theoretical physicist, cosmologist extra ordinary, for his resilient successful life, despite all odds. Recipient of Presidential Medal of Freedom. His book – A Brief History of Time, a best seller. Distinctions we look for include: Hawking Fellowship for STEM and social discourse, Hawking Lecture. "rather right

than rigorous” approach based on intuition. “We have this one life to appreciate the grand design of the universe”. Sum total of all souls.

India is an enterprise country. Krishi Pradhan. Individual, family, partner, group/team, collective, corporate enterprises outnumber country’s population manifold. Start-up ecosystem is adding more to these. Some successful and many unsuccessful. More than 100,000 by now, growing by 25,000 a year at least. Paradox comes back: needy sectors do not add more start-ups, and new start-ups are not needed in the sectors they are coming up. Capital, regulation, infrastructure, skills-abilities, right human resources, marketing, planning, mentoring, experience, knowledge – are the issues. Financing is largely by self, family, friends, well-wishers. Some competitions, schemes, incubators, accelerators, crowd funding, angel investors, venture capitalists do help. Networking, Social Media, Visibility are critical. Hybrids of young and experienced, women and men, logical and articulating, introverts and extroverts et al together, inclusive, sensitive, responsive, equitable, responsible could do the magic. Anyway, can we invest in enterprises, start-ups? We should. Here and now.

Can we value means, efforts? Fully? What takes us to success now may not take us forward. We miss focus, insights into new order and landscape(s). We lose in busyness. Humility, motivation. We put faith in what worked rather than what would work now, in future. We take chances without assessment. Can we continue to unlearn, persist and persevere? Can we let go? Can we refocus? Can we remain foolish and hungry?

Can we stop acting? Can we stop settings of interacting and working with poor? Can we stop pretending carrying loads and burdens? Can we stop saying and can we let let actions speak?

Leaders nurture people into leaders. Identify, Nurture. Resilience, Diversity, Sustainability, Legacy for future manifold. Can we be these? Can we be with these?

Yes, we can. If we coexist. If we flow in sync. The flow of N. For 7L.

Join us in the yoga of trying leading life in the nature – krishiyoga for 7L.

24 September 2023

304. 366 hours

Remembering Acharya Konda Lakshman Bapuji. Freedom fighter, separate Telangana core leader.

Ganesh Immersion Processions on eleventh day of installing Ganesh, coinciding with Ananta Padmanabha Chaturdashi.

Senior Namita Lal gets nominated for Septimius Best Asian Actress 2023 award. Junior Swati Nayak received the World Food Prize Foundation's Norman Borlaug Field Award.

Waheeda Rehman receives Dada Saheb Phalke Award.

Modi announces: National Turmeric Board, may be at Nizamabad; Sammakka Saralamma Central Tribal University in Mulugu.

Amidst all these, Padma Vibhushan Prof MS Swaminathan, 98 (b 7 August 1925), rested. A great soul with confirmed Sadgati. Architect of the Green Revolution moved to spearhead and articulate the Evergreen revolution. Father of economic ecology. Recipient of first World Food Prize. One of 20 most influential asians of the twentieth century, along with Gandhi, Tagore, Dalai Lama, and Mao. He advocated 50% plus costs as Minimum Support Prices. He worked for recognition of women as farmers. His legacy MSSRF is now chaired by his daughter Soumya. Contemporary and friend of Dr Kurien, Prof Swaminathan gave the degrees to our batch at IRMA. His daughter, Nitya, was our senior. His influencers include Gandhi, Vinoba, Ramana Maharshi, and Swami Vivekananda. His conclusion – “We should recognise that we live on this earth as guests of sunlight and green plants and of the farm families who convert them into food.” We need to add: microbes and other life to this.

Green revolution started with the invitation to Dr Norman Borlaug by MSS in 1961. Ford Foundation joined hands in importing wheat seeds for trying in Punjab. High yielding IR8 semi-dwarf rice adoption followed by IR36 development. Gradually, good results of Green Revolution ceased. By 1990, MSS accepted and started articulating Evergreen revolution. MSS Research Foundation changed leadership from Madhura to Soumya this year. MSSRF is a not-for-profit trust established in 1988, with the proceeds of World Food Prize received by MSS. Its outreach today exceeds 550,000 farm families and 250,000 fisherfolk families across 14 states.

NIRD Convocation for 191 students from 1-year and 2-year PG programs. Now, since 2008, some 1000 students in the Livelihoods-Poverty Reduction for the Poor-Vulnerable-Marginalized domain via Community Collectives, Civil Society and Government

Organizations/Missions. UGC Chair, Jagdeesh Kumar felt that reputed and strategic institutes like NIRD should become degree conferring institutes a la Deemed-to-be-Universities.

Transforming farm families into Natural Farming Practitioners. The need is urgent and it cannot wait. Governments have to take the onus. The gap funding has to come from other sources including philanthropy, CSR et al. This is for research, data, learning, innovation, policy, de-risking and technical support. For leveraging. For pilots. It is critical. It has to be patient and flexible.

We humans can be counted to do dumb things. Our stupidity is growing. We need to be aware and beware. Can we? Can we be humans with some intelligence?

Akshara Day. Gandhi, 154. Shastri, 99. Centenary celebrations start this year.

Printing 3 volumes of e-yogakshemam, 280+? Should we, can we?

Can we budget 366 hours to re-vision, strategize, plan and get ready for the next 10,000 hours and more? To unlearn/learn. To animate 7L. To meet and converse with people, leaders, mentors, animators, facilitators, groups, teams, collectives, and supporters. For amrit kaal to work and bring agency for the poor, vulnerable and marginalized. To see livelihoods as entry and go beyond. TRUE L plus. Development practice. Development leadership. Mentoring the mentors, leaders, entrepreneurs, and enterprise CXOs. Not-for-profit and for-profit portfolio(s) and enterprises. Notes, nodes and triggers. Notes around 3-scores of existences? Can we?

Yes, we can. If we coexist. If we flow. The flow of N. For 7L.

Join us in the yoga of maximizing living in nature – sikharayoga for 7L.

01 October 2023

305. Seven ways

Gandhi missed the Nobel Prize in 1948. Nobel Prize missed Gandhi. 1948 list was silent on Peace.

Hummus and Israel. Surgical strikes and retaliations. Promised land. UN settlement. Recognition to Palestina. What next?

Excel is enough if we want analytics. It can do everything we want, more or less. Try mastering excel.

Verra and Gold Standard Carbon Credit Programs allow carbon offsets. Do they offer the reasonable prices to the sequesters? Are they not unfair prices? Are the measurements authentic? Is it free-for-all voluntary market with no rules, really?

What are we concerned, food for all, or nutrition for all? Will the rice and wheat offer nutrition security? Will millets, multiple millets, take bigger proportion in our diets, in our cropping patterns? Some 6000 millet varieties! Can we avail lower GST for millets and millet products? Can we roughly include millets, a third, vegetables, a half, and balance proteins in our diets? Can we remain local, seasonal as much as possible? Can we add fruits and nuts between meals? Can we have meals only during the day? Can we drink water, 3-4 litres – 10-15 glasses a day – 200-300 ml every 60-90 minutes? Can we keep moving around? Getting up and walking around? Stretches?

Should we take control or should we exercise humility? Second sounds as the way. And it is truthful. We have cognitive limitations. We have debts to others intellectually. Our status is not a function of 'domination'. Our growth requires others' active help. Incidentally, humility is linked to learning, achievement, and reflective critical thinking, leading to open-mind and receptivity to differing perspectives. It lets us listen to others with different expertise and different lenses, tools and means. How can we avoid succumbing to arrogance stemming from position, power, and influence? How can we afford to be humble when we are in competition, intense cut throat competition? Do not we miss resources, possibilities, opportunities? How can we be uncertain, tentative, even if this is the true situation? Do we have an alternative if we are in global challenges, if we are here to build global movements, but to have humility? Can we keep listening? Because our understanding is limited. Our knowledge might be flawed and limited. It is not possible to know everything about the item we want to know. Our solution is no panacea. We need to work on the gaps. Humility means we are risking and it requires the courage to face these risks. We may lose ourselves. We have to go into unknown. We have to relearn. We have to explore inside, outside – knowing, being and doing. Principles versus customized application. Reinforced values – hope, faith,

promise, love, coexistence. With open pk+ok+ok+?. With unstopped digging deep, going beyond seeking responses to 7 whys, without 'asking'. This is the way of trust - humility. Intellectual humility.

Can we learn and practice humility? Yes. Let us poke holes in our ideas; let us list doubts about our work; let us identify gaps and seek ways to fill these gaps. Let us converse more. Let us be fully present in listening. Let us do more homework. Let us take time to react. Let us reflect. Let us see we might not understand this and might be wrong in our interpretation(s).

Can we plan our pathways forward? 366 hours for 10,000 hours. One year for the next 10-15 years into Amrt kaal. Manthan for Amrit in the Amrit kaal. Of the people, by the people, for the people. More democracy, collectivization, communitization, self-help, agency. For poor, vulnerable and marginalized. For livelihoods, poverty reduction and development. LPRD-PVM. For 7L. The Pathways include: (1) travel-converse (2) consult-be available - visioning, plans, capacities; (3) co-work, volunteer - link, influence, support - movements, networks, organizations, schools; (4) write-communicate - literature, framework(s), tools, resources, platforms, facilitators; (5) constituencies of concerned - cultivate, courses; (6) core - team(s), mentors of mentors, leaders, champions, support architecture, learning grounds, field stations; (7) continuity beyond?

Yes, we can. If we coexist. If we add more. If we flow. The flow of N. For 7L.

Join us in the yoga of walking around in the nature - saptayoga for 7L.

08 October 2023

306. Lead to give

After a million deaths and injuries, Russia, Ukraine and Zelensky are out of focus. Israel-Gaza come in.

Elections in five states come in.

Rural Women, Food and Poverty Eradication. Sequential triad.

Rural women. We are their children, their 'instruments'. Together with plants and other life, microbes and sun, they farm, feed and nurture us.

Women groups. Self-Help Groups and federations. Everywhere. More than a Crore of them. More than 10 Crore women in them. Majority linked to banks, with near 100% repayment rates. Hope it is not evergreening of loans. Hope interest subvention is not benefiting banks alone. Hope SHGs are accessing their rights and entitlements. Is it good enough? Is poverty, and vulnerability reduced? Is hunger less now? Global Hunger Index rank – is it 111/125 or is it less than 50? Are the risks and challenges managed, and tackled? Is fairshare of the value-chains, consumer rupee accruing to the producers, and service providers? Well-being improved? Agency improved? Maybe yes, partially. Are these institutions sensitive support systems? Are these truly member-owned? Are they self-regulated, self-supported, self-managed, and meeting the needs of the members?

Isn't Natural farming, food, and living the way forward for all? Can we go beyond survival? For celebrating life for many more years to come.

Natural farming can meet the food-nutrition needs of the planet, better than the alternatives. NF guarantees farmers' well-being, peoples' health, planet's health and cooling, and climate resilience. Chemical free, diverse-intense, reliable, affordable, and trustworthy nutrition to consumers. NF Practice is gaining momentum. Policy is slow to catch up. A la Galileo paradigm shift has matured into Copernicus high momentum and a global movement is in the making. 1% in the last 25 years to more than 50% in the next 25 years. Soil and tummy microbes in sync with local value-chains are getting grounded. Local linkages are emerging. Agency of women – body, home, farm, village, samaj, bazaar, sarkar — is getting enhanced. Communitization is coming to the centre stage. NF nine universal principles, NF Community saptasutra, customizable robust A, ATM, drought-proofing models, practitioner farmer-consumer et al stakeholder champions are driving this. Fairshare VCs and Eco-payments can be new triggers. Collectives, federal collectives, brands, platforms, linkages, and new ambassadors help. More budgets, professionals, participatory field research-knowledge, and

structural systems changes help in seeding, scaling and preventing lapsing back. NF is a new discipline. It needs more, most of us.

University Grants Commission's latest guidelines for Undergraduate courses seek mandatory 120 hours (4-credits, after fourth semester) of internship, and 360 hours (12 credits during eighth semester) of internship for honours, for enhancing employability and developing research aptitude, through active engagement in on-site experiential learning. This is to ensure job-readiness on completing the course.

Do we have substantive editing skills? Improving, enhancing the content, engagement, logic and structure for clarity, brevity, coherence, accuracy, relevance, balance and tone. Do we have copyediting skills? Do we have the ability to proofread in our teams? Checking spelling, grammar, punctuation, formatting, consistency in style and standards. Redundancies, duplications, and repetitions. Can we include more of them in our portfolio?

Are we seeing two sides – organization, and institution, in our entities? In balance. Economics vs identity; structure-systems vs purpose-values; what vs why and how; frameworks vs culture; controlling chaos vs thriving in ambiguity; success stories, case studies vs anecdotes, folklore; transactional vs emotional; rules, logos et al vs pathways, patterns et al. Dominant organization is suffocating to stakeholders. Institution-in-charge becomes a laissez-faire free-for-all club, loose association. This see-saw of balance takes us forward.

Can we give? Before giving, the heart rejoices. While giving, the heart is purified. After giving, the heart is content. Can we give? Mind can make a heaven out of hell, or a hell out of heaven. If we believe, then we can do now or eventually. And vice-versa. Therefore, can we watch our mind and thought patterns, and work to change them? Can we?

Yes, we can. If we coexist lovingly. If we flow. The flow of N. For 7L.

Join us in the yoga of living in nature – pradaanyoga for 7L.

15 October 2023

307. Sarvendriya in sync

Looking at natural farming models, Sunita Narain of Down-to-Earth says the business of science has lost the courage of imagination. Diverse variety of pelletised seeds planted before the monsoon are at work in 365-day green cover under natural farming. With least disturbance to the soil. Harvesting photosynthesis to the maximum extent possible, with higher water efficiency and lower water consumption. With local seeds, no chemical fertilisers and pesticides, and less water, costs are reduced, without the loss of crop productivity. Land productivity goes up. Crop intensity more than doubles. Land equivalence multiplies. Returns from land multiply, with risks minimized. Models, models with customized crop geometries, best practitioner peers, women Self-Help Groups and federations with women's agency, health and nutrition, and local value-chains with increased fairshare are taking the movement to scale. At their pace.

NITI Aayog begins 2047 Amrit Kaal visioning – Vikasit Bharat. For India and states. AP and Gujarat would be early states for visioning. One element in preliminary AP vision includes – national/global pioneer of resilient and sustainable use of land, soil and water – through natural farming. Arrived?

India, that is Bharat, celebrates Sarada Navaratri, Cultural nine nights – Garba-dandiya raas, Batukamma, Bommala Koluvu-Golu, Durga-Saraswati-Ayudha Puja. Upavaas. Tenth day is Vijayadasami, Dussehra, Dasara. With Sravana nakshatra. Victory of good over evil. Mahishasura mardan, Ram lila and Ravana samharam, Shami puja. Paalapitta darshanam. Seeing blue jay – Indian roller – bird. Alai-balai and exchange of shami leaves (as gold). Dasara – UNESCO's intangible cultural heritage of humanity. Harvest festival. Celebrations. Family get together and meetings with teachers-elders for greetings and blessings.

Democracy. Elections and handing powers to legislatures and executive. This is indirect and limited, once in a five-year exercise. The pressures of citizen collectives, media – social media, apart from feedback into consultations, and advocacy add. More layers and levels of democratic forms help. Government on ground with local democratic governance, and local governments with more direct democracy add critical institutions that augment, sustain, maintain democracy in the hands of the last – poor, vulnerable and marginalised. Can we let them do the miracles and magic of people taking their livelihoods, well-being, lives and destiny into their hands?

Are we all not curious animals? Philosophical? Political? Design? Designing norms, institutions, cultural ethos et al. Are we generous enough to include all relevant stakeholders in? Are we making our institutions accessible to all of them? Are we liberal enough to add

more and more spaces for accessing their rights, entitlements, and meeting their needs for decent living and usefulness? Spaces for negotiations?

Are we learning? From our experiences and our mistakes? Can we see Murphy's law – anything that can go wrong will go wrong. We make incorrect choices and we get into Murphy. Can we write the problem 'clearly'? If we can, the problem is half solved. Kidlin's law at work. Gilbert is telling us that the biggest problem is no one tells us what to do. We are hired to find out what to do, how to do and deliver. Money will come if we put information and intelligence first everytime, Mr Walson. Should we decide, if we do not have to make a decision? Falkland says no. Can we unlearn?

We are dissatisfied when what we desire or expect is broken. We complain. Stress is built up in our heart, mind and body. In other peoples' hearts, minds and bodies. Then we complain more, without fixing the expectation-play first. More we complain explicitly or otherwise, the more stress accumulates. We feel we are victims or we become. We feel powerless and we enter a vicious cycle. We get stuck in an ever-growing vicious cycle. Increasing number of these cycles. The way out is an intelligent action and complaining may not be part of it. Into a virtuous cycle. Can we move into these new cycles?

Yes, we can. If we go in the way of hope, faith, promise, love, and coexistence. If we flow. The flow of N. For 7L.

Join us in the yoga of the virtuous cycle of being in harmony with nature – thriyoga for 7L.

22 October 2023

308. 20% life

Attorney General of India R Venkataramani said that citizens don't have the right to information under Article 19(1) (a) of the Constitution regarding political parties' source of funds. Venkataramani said, "There can be no general right to know anything and everything without being subjected to reasonable restrictions." Political parties are not public bodies but private clubs both in form (legal) and in spirit. There is a case to define a political party as a public entity and bring it under RTI.

Kaushik Basu concludes that limiting the tenure of the 'rulers' so that they do not turn into dictators and tyrants. Even if these leaders started with absolute genuine democratic intentions and resolve. They receive increasingly biased information and news. The information they want to hear/receive.

AMUL is stretching. Into Food space, beyond dairy. Natural chemical free food space. As an Indian Giant. Global Giant.

Exacerbating inequality is troubling. Pandemic has made it worse. 1% people have two-thirds of the wealth. How can this kind of extreme inequality be fine? Poverty-Vulnerability-Marginalization is increasing. Poor below poverty line may be decreasing notionally. Extreme poverty is wretched, in prosperity all around. Scarcity is not the reality for this world overall. It is only in parts, and corners. Ultra-poor are struggling to have decent survival. We need to be bold to fight this. Being bold with more social, business Collectives and Enterprises. Led by women, with their agency. Beyond charities. Welfare schemes. For Carbon-neutral, and carbon-positive living. Dare, we must, for change in the status quo. In the Governments. In the Local Governments. In the Businesses. In the Civil Society. In the people's institutions. For Local Value-chains, collectives and enterprises. For global movements at local levels.

Can we introduce ourselves well when we get a chance in a meeting? In a conference? In a chance encounter? Can we make a pitch? Elevator pitch? Maybe in a minute? 2-3 minutes? 1-2 slides? One para, and page? One case study of element(s) of realized vision?

Too many non-profits around. Only 0.1% of them are impactful to some extent. Funds are not flowing in. Too many for too little pie. Many are not fundable. Many are not known, and are not mappable to a work. Will these 0.1% do something? Can we do something about them? Can we double this number?

Who are we? What are our identities? Where are we headed? Members in a locality, state, nation, and planet? Creatures of the Universe? Souls? Groups, Teams, Alumni, and Clubs? Community, and Samaaj? Distributed community?

How do we spend our 168 hours a week? 8760 hours a year? If we live 1000 moons, and 700,000 hours in our lifetime? 300,000 in our sleep and maintenance. 150,000 in learning, unlearning, exploring, and preparing for our 'purpose' or agenda. 100,000 in social life, travel, etc. 150,000 in 3-5 transitions of our agenda. This is just about 20%. This may mean: 10-12 hour workdays; 60-70hour workweeks typically. When we are young, this could be 70-80 hour workweeks. This could be 70-80 hour workweeks in our final transitions, beyond 60/65.

What do we do? In our last transition, probably the longest may last 10-15 years. If the universe conspires, it could cross 20 years. 50,000-75,000 hours. For N-living. Lots of conversations, reflections, journeys, and classes across Bharat. Notes, Books, and e-books. Cohorts of students, young professionals, fellows, entrepreneurs, Resource Persons, organizations, collectives, and enterprises. 2047 Amrit Kaal India 100 plan and work. Consulting. Support in Frameworks, Visioning, Planning, Design/Structuring. Digital. Portal. Influencing to continue. 7L practice to continue. Usefulness to Universe to continue. Can this be done?

Yes, it can be done. If we are in hope, faith, promise, love, coexistence. If we flow. The flow of N. For 7L.

Join us in the yoga of usefulness in harmony with the nature – amritayoga for 7L.

29 October 2023

309. Slow 80%

N Raghunathan, co-founder and chief mentor at Vrutti, is now an Ashoka Fellow. Raghu works in the Livelihoods space. Raghini has joined as CEO in Vrutti.

National Cooperative Organics Limited (NCOL), a national multi-state cooperative that aims to provide access to markets and increase returns to farmers and their organizations, gets going. Flagging-off on 8 November. NDDB, NCDC, GCMF, NAFED, and NCCF are the promoters. NCOL intervenes at various stages of organic/natural farming products reaching the final consumers. These include: aggregation, processing-storage and related value-addition, produce to product conversion, and branding. Transformation, capacity building, technical support, market intelligence, certification-traceability-residue free testing, financing for these activities and working capital are expected to be in the portfolio of NCOL. Any collective can be a member. 2000+ members are already on board as members or seeking membership. Membership drive has begun earnestly.

A recent re-classification says 18-65 years is youth. Unemployment and underemployment of young persons is high. What causes these? Low literacy? Low quality and not-so-relevant education? Low suitable skills? With youth being not-ready-for-jobs? Weak English, Digital, and soft life skills? Available jobs versus aptitude of job seekers? Are we seeking to create jobs or are we seeking to equip job seekers for the existing job spaces? If India adds 2-3 million youth in the workforce every year, do we have these many jobs per year, by whatever be the names – jobber, freelancer, private and public servant, entrepreneur et al? Easy and not-so-qualitative higher education pushing unemployment? Long-term employment rate in vocational/skills training less than 10%?

Are we investing well? Higher education costs more than INR one million per person. Skill education budget is less than INR 0.1 million. If Higher education cannot give a job, will a skill education give it? Track record says a mere 10%. On the other hand, Natural Farming transformation costs even less than this. Most probably, it can give sustainable employment. Where is the budget? 120 million families – say 250 million youth in the country, and the budget – INR 5000 billion. Maybe over 10-15 years or 500 billion – 50,000 Crore a year. Mere 20% of the Fertilizer Subsidy in the country per year?

Shouldn't we invest more into building entrepreneurs? How can we forget that we are a Krishi Pradhan country? How do we move from founder-driven to team-driven? How do we build these teams? How do we hand over to the 'next'. It takes time – months to years. How do we raise resources and move to growing with surplus revenues? How do we find, engage, and enlist more investors? Not fake? How do we prepare for more and newer possibilities?

How do you retain the agility without diligence casualty? How do we remain cost effective, without losing investments into possibilities? How do we remain lean and yet support growth and scaling? How do we ensure 'support' does not take over the 'core'? How do we spin-off and yet bound to vision, values, and brand? How do we move from form-storm-norm-perform to transform and reform? How do we prevent bureaucracy, and aristocracy setting in?

We are all aware: security of life and livelihoods is decreasing; pace of life and livelihoods is increasing; top gear. A culture of restlessness, over stimulation and distraction. We have become more ambitious, and aggressive. Without investing in acquiring abilities. Our attention spans are coming down. We do not spend enough time to know, and understand. We fast forward. We do not read, listen, or observe. We do not stop. We skim. We run. We race. We gulp. We skip food. We skip water. We skip sleep. We consume 'adrenalin'. Toxins. Media. We do many tasks jumping from one task to the other in one second gaps – some even in micro-milli seconds gaps. We have no time, energy and interest for things that matter for our lives.

Can we pause? Declutter? Away from stimuli? Away from data dumps? Away from temporary thrills? Away from unnecessary activities? Can we retrieve some of our time, energy and interest and redirect them in the direction of meaning, and usefulness? Can we move from having to being? Meditate, reflect, and unlearn-learn? Read, and write? Time with people, and nature? Slow? Walk? Being useful?

Yes, we can. If we flow. The flow of N. For 7L.

Join us in the yoga of meaningful usefulness in harmony with nature – saathakayoga for 7L.

5 November 2023

310. Flow relays

Market affects us - producers, service providers and consumers. The bulk of the chain is pocketed by intermediaries for the 'value-added' in the chain. If they take fair compensation for the value-add, there is no complaint. Quite often this is not the case. This calls for producers going to the right in the chain, and/or consumers going to the left. Or their groups, collectives. If the chain is local, it is easy to do this.

Most of us entrepreneurs, leaders, resource managers. Relentless pursuing our visions, even if the resources are lacking. Time, energy, talent is in short supply. Can we have plans and can we be strategic seeing the progress of the plans? Can we communicate to realize the plans? Using media, including social media?

Meaningfully. Can we invest time for appreciating ladders and snakes that help/come in the way of our vision(s)? Can we invest time to create new ladders and to tackle the snakes? Daily. Can we invest time to reach out? Write plans and proposals? Articulating how did we reach here till now and how are we going forward? Do we have documentation, due diligence documentation? How do we sync activities-budgets?

How do we remain updated, up-to-date, on time? Ready? How do we drive our enterprises with the dreams, emotions of the world? Do we have some values, principles, non-negotiables to lead our lives? If we have, they characterize us. Can these principles include: natural, local, open? Beyond hope, faith, promise, love and coexistence? Do we recruit 'people' first and then inculcate the 'culture and values' or do we identify people appropriate for our 'culture and values' first and then rope them in? First can be costly and fruitless. Second may take lots of time in onboarding people. What do we do? Values come to us very early. We take longer, say 5-15 years, to acquire behavioural competencies. Changing values require huge effort, time and resources. And still we would not be sure. Merit, qualifications, experience in the past may not deliver the present and the future.

Present passion, commitment, plans for efforts, efforts, values deliver the present and may be the future.

If we are there in spirit, if we have spirit, we can acquire information, knowledge, tools, skills and other resources and we can deliver the future. We need to identify our associates, peers, partners, teams, organizations only by this yardstick. Is not it? Can we? Can we inculcate this spirit, if the values are right?

Can we discard the ones without this spirit if values are not right?

We need food, water, air for our bodies. Ideas, observations, analytics, emotions for our minds and hearts. Our internal wellbeing comes from what we see, watch, observe, listen, talk, smile, smell, touch, play, think, feel, read, analyze, write, reflect, emote et al. Therefore, can we choose these? Can we change our environment, ecosystem of being? Can we change what we consume through our senses? Including sixth and seventh senses.

This society, this world, disables many of us as we grow up. We need to live, thrive despite these disabilities, shortcomings. We start with what we have. Our abilities. Resources. Solving problems, challenges, limitations, disabilities, gaps is the next level issue. We would work on gaps. We would find supplements and complements to plug the gaps. We would go to the market to meet our gaps and needs. To make available to meet the gaps and needs of others around us. First we meet idiosyncratic mutual needs. Then, covariant collective needs. From collective resources. From aggregated individual resources. From sourced resources. Earned, exchanged, purchased. In the process, can we retain equity, trust, responsibility? Hope, faith, promise, love, care? Can we be one, at heart? In mind? As a team-group? Can we coexist from deep within? Can we live, learn, love, serve and lead?

Yes, we can. If we flow.

The flow of N. For 7L.

Join us in the yoga of one in many in harmony with the nature - krsnakrsnayoga for 7L.

12 November 2023

311. Pursue relentless

India's relentless defeatless campaign for Cricket (Men) World Cup 2023 ends on reaching the final.

Suicides in men is a concern. It is more in men. Life Expectancy is less for men. Emotional and mental health issues are more for men as they age.

India crosses the USD 4 Trillion GDP mark. We are the fifth largest economy. Very soon, we are expected to be third. Per capita economy is still nowhere near the first 25 ranks.

Managing Sustainable Transitions in Agriculture Workshop at IRMA during 16-18 November focused on Agroecology and Natural farming essentially. Dairy Board – AMUL – IRMA triad has brought up a workable triad – spearhead, collective, research and learning academy working in tandem. For natural farming also, this triad is required. Around a paradigm. In NF, the paradigm shift is farming by microbes for maximizing photosynthesis. And, there is an emergency, immediacy and urgency for it becoming viral. Spearheads are the RySS kind of organizations, positioning, handholding and nurturing cutting-edge best practitioner community resource persons. They democratize, localize, customize and communitize the transformation. Collectives with the agency of women and men in the small, marginal and landless tenant farm families need to take charge, prevent lapsing back and take it forward. Research, evidence, knowledge and learning landscapes form the third of the triad. This paradigm shift also brings apprenticeship to the centre of building capacity. It seeks natural living, beyond natural farming. It seeks local value-chains starting with local consumption-nutrition. It seeks payment to ecosystem services. It seeks movement, and revolution. Global movement at local levels.

Can we seek 80% Indian Food System becoming natural, 80% farmland becoming NF during the Amrt Kaal? Because there is no other way to be. We have not reached the 'no return' stage. Our lands are not yet 'no return' lands. Therefore, yes. Mumkin hai. We can do it. All of us have a role in achieving NF Amrt Swaraj Bombay Plan. A framework. This plan needs to be developed and we need to play our roles. Bhaarath has will. We and our institutions are ready. Collectives, local governments, state and national governments. Civil society organizations, and coalitions. Platforms, forums, and brands. Enterprises, individual and collective. Champions and best practitioners with models, modules, and tools. Teachers, students and schools with changed curriculums. Consumers, researchers, and media. Ecosystem. Campaign accelerator has to be pressed. No other way to be.

Going to IRMA takes us spiritually to VK. Dr Verghese Kurien, 102, his institution building, with a purpose, and the institutions built continue to inspire us.

Can we manage diabetes, a problem for one-third of the population, without needles, and without invasion?

Literature and analyses confirm that if we engage more in society, we would be happier and healthier. This would also make the economy bigger. Good relationships early and continued unlearning-learning take us towards better health and happiness later in old age. These relationships give us a sense of purpose and meaningful connection with each other and community and society at large. They decrease mortality rate, cognitive disabilities, functional disability, frailty, loneliness and depression, increase physical activity levels, while enhancing meaning and quality of life.

Can we see our mistakes? Can we admit them? Can we correct them? If we take this line, we get liberated emotionally, mentally and spiritually. We also become more kind and compassionate. These acts can save our lives, our relationships. These acts can allow us to grow, and flow. Therefore, can we?

Yes, we can. If we continue to live and flow. The flow of N. For 7L.

Join us in the yoga of keep walking in the lap of the nature – amrtkaalyog for 7L.

19 November 2023

312. Wise teams

Manoharan, 57 is in our thoughts everyday. He is our companion into eternity. Dr VK, 102, continues to mentor us.

Philanthropies have called for an increase in funding for regenerative and agroecological transitions in farm-food-fibre systems including crops, fodder, trees, livestock, fisheries, etc. Ten-fold increase. The estimated costs of global transitions is about USD 400 Billion/year. The current funding level is about USD 40 Billion/year. If we do this, 50% of food would be 'natural' by 2040, and most would be 'natural' by 2050. More stable yields, more crop resilience, more incomes to farmers, better nutrition, food security and enhanced biodiversity. On the other hand, global farm subsidies are about USD 600 Billion/year. 60% of these subsidies are considered harmful and work against these transitions. We are at a critical juncture. We cannot wait. We need deep workable collaborations at various levels, farmers, farm-food workers, consumers, researchers, learning facilitators, academies, universities, extension departments, collectives and other stakeholders.

In this context, COP 28 – 2023 United Nations Climate Change Conference or Conference of the Parties of the UNFCCC, is being held from 30 November until 12 December 2023 at Dubai. 197 Parties (countries) come together to agree on policies to limit impact associated with climate change including temperature rises.

We all want wisdom beyond knowledge, information and data, to guide us. Collective wisdom. Do we have such a thing called collective wisdom? Can we have convergence of deeper insights and perspectives? Based on experience, insights and expertise of the large number of perceptive and intuitive people. Do we have such people? Can we be these people? Can we have ways to unfold the wisdom from multiple perspectives, and intuitive opinions of multiple people? No single expert is better than this. Collective judgement is generally better than individual judgement. If we are able to pool up a group, or a team. Diverse rationality, independent thinking, and decentralized pools closer to the ground, and aggregation of locally acquired knowledge at higher levels take us to collective wisdom. PK+OK+OK+? People's knowledge (aggregated), Our knowledge (aggregated), Outside knowledge (aggregated), unexplored (?) takes us to collective wisdom. Diverse groups are more intelligent than the individuals, by and large. Together, we can do much. Can we be together, in thinking, analysing, planning, doing, tracking et al? As a team doing diverse things together.

People by and large are good, sincere. We want to do good. We want to achieve. We want to lead a good life. We want to live well. We want to have a decent livelihoods portfolio. We

want to link with the world, through their networks, and relationships. We want to lead ourselves, our followers, our teams, and our seniors. We want to learn. Unlearn, reflect, learn, and re-learn. We want to love, and care. We do not know how to go about this, yet. We struggle. We burn our time and resources to move on in these struggles. We succeed, we fail. We gain experience. We pick up courage to face the challenge(s). We figure out these challenges wrongly. ON wrong premise(s). We place deliberate or unintended blocks ourselves in our paths. We continue to struggle with these challenges. Can we see through this? Can we support ourselves and our associates in seeing these blocks and minimising them? For this, do we have 'leadership' within us? Can our leadership styles be in sync with the style of the team, and organization? Can the strategies, structures, and systems of our teams, and organizations do this? Should be doing. Can we help in this? Because we want to go far. We have to go together. Can we?

Do we have our vision, values and ways, and do we know as a team journeying together? Can we discuss what can go wrong, and plan ways to skip, jump, overcome, and kill these? Can we discuss what takes us there, and plans to latch on, use these? Can we build our teams? Are we credible in building our teams? Social teams? Purposeful teams? Reflective useful teams?

Yes, we can. If we continue to lead life, living, linking, learning and loving, and flowing. The flow of N. For 7L.

Join us in the yoga of leading lives in the lap of nature – manoharayoga for 7L.

26 November 2023

313. **Ekla chalo milke**

Our survival depends on soil and water, as 95% food originates from them. They bind our ecosystems together. Soils are being degraded. Water infiltration is being reduced and their availability is being reduced for all forms of life. Solutions are in sustainable soil management. Farming naturally. Living naturally. Increasing soil porosity, soil biodiversity, soil biology. Improving soil health. Contributing to sequestering carbon, nitrogen, water et al, into soils. Making farming and food systems nutrient-diverse, intense and resilient. Do we need a national soil act, amrt kaal soil road map? Do we incorporate these into the national food-fibre system road map? Do we offer fair and fair share value-chains for the producers and consumers? Do we offer trust to them that we are together in this journey?

Two young Grandmasters of Chess in the family – R Praggnanandhaa, and R Vaishali. Vaishali akka is on board recently. 1 in just 41 women GMs in the world. 1 in just 3 women GMs in India. More power to them.

Disabilities are diverse. There are continuums. Do we understand them and recognize them? One in six is having a disability, visible or invisible. It comes to one in three families. And, there are caregivers. In some sense, all of us are disabled on one count or the other. Some of us are blessed on one count or the other. Therefore, can we transcend inclusion and bring diversity, and offer an inclusive sensitive flexi-work ecosystem for learning – tapping these talents, supporting and strengthening talents – and contributing? Culture. Socially Responsible Culture. Accessibility embedded. In the mind, heart, and soul first. Can we?

One in six volunteers formally. Socially, informally, this can be thrice this. In some sense, all of us are volunteers sometime, somewhere, for some purpose or the other. Can we make it a habit? Can we take it to a routine; some hours a day/week/month, some days a week/month/year, and block time in a year, a dedicated year or more in a decade, and 180 days a year post 50? Maybe at no cost, maybe at actual logistics costs and nothing more, maybe at reduced 'wage'? For the people, causes are calling us. For basics – air, water, food, shelter, health, education et al. For ecosystem services. For agency, equity, inclusion, anti-marginalization. For peace. For solidarity, being together. For the universe. In crises and outside of them. All of us can do it. As little as 1% of our time, energy, and resources. This is Aksharashakti, volunteer force. Can we? Can we see volunteering as practice? With body, heart, emotions, energy and mind. Reward, recognition et al cannot be the drivers, but happiness, smiles and laughs, gratification, satisfaction, love, and life can be.

Can we build on what we have, what our strengths are, first? Can we earn our food, livelihood, living, and life? Can we play the game of life, third? Continue to play. Can we be and remain

humble? Our universe, our parents, teachers, friends, family et al. Can we ever repay them all, except by being grateful? Can we apply our mind, heart, soul and body in tandem for being better, every time? Can we persist, particularly when going gets tough? When there is impenetrable stiff resistance. Can we be open, without value-penalty? There are some universal values that make us, that define us, which cannot lose their place. Hope, faith, promise, love, and coexistence. Including integrity, kindness, and humility. No shortcuts, please. Can we go alone in the crowd, if it is right? Ekla chalo. Others join as the momentum on the idea picks up, and it becomes a movement. So for now, Ekla chalo, if required. Can we?

Yes, we can. If we keep walking, even if alone, and flowing. Others join in. In the flow of N. For 7L.

Join us in the yoga of leading living in the lap of nature and people – swechchaayoga for 7L.

03 December 2023

314. Potential sutra

Cyclone Michaung in AP and TN. Many farmers lost their crops. However, natural farming farms have withstood cyclone's high winds and heavy rains, demonstrating high resilience.

Vishnu Deo Sai, Dr Mohan Yadav, and Bhajan Lal Sharma would be new Chief Ministers in Chhattisgarh, Madhya Pradesh and Rajasthan respectively. Revanth Reddy took charge in Telangana. We understand India and the states due for Elections in 2024 are gearing up for elections in March 2024.

COP28 at Dubai progressed with half a million people in the conference and the surrounding blue zone. Loss and damage fund – will it be serving the poor countries? Do we agree to reduce emissions? And keep reducing. Do we get funds for these transformations? Can we get the subsidies reduced? Do we get a resounding yes to natural farming and land use at global level? At the level of individual nations? Will we get USD 3 trillion a year for these works? Do we get a global carbon market benefiting the sequesters? Does the shift away from fossil fuels transcend the rhetoric this time around? Human health is integral to sustainable climate futures – can this be appreciated fully?

Can we include 4 stages in the 4-year honours degree on natural farming (agriculture, or natural food system, or value-chain)? Stage 1 (50-60 Credits): establishing a natural farming farm on a decent 0.5-1 acre (0.2-9.4 ha) land, either on own or on leased land. With basic integration of animals and trees, local small enterprise(s). And soft skills – 3R, accounts, participatory research and learning, communication and self-development. A certificate could be offered, on successful completion. Stage 2 (50-60 Credits): establishing natural value-chain, enterprise, plate, food-system, with integrated animals and trees. Complete life cycle is experienced. Research, team/enterprise and leadership basics would be included. A diploma could be awarded. Stage 3 (50-60 Credits): Discussion on concepts, plans and models, and generating more practitioners/facilitators. Research output is expected. Project leadership would be discussed. Second Certificate is offered. Stage 4 (50-60 Credits): Integrated project to offer tested solution(s) is delivered. Third certificate and degree (honours) could be offered.

Leadership development is a big industry. Failure rate is very high. One of the reasons is sponsorship. Sponsoring for leadership will not make us leaders. If we need, we need to opt for it on our own. And we need to be triggered into thinking and acting on the thinking towards leading, serving. Tailored solutions will not work. We need to be triggered to work on our mindsets, personality, and worldviews. Models, frameworks, case studies, analytics etc., can come as add-ons. We need to be triggered to look for and measure changes and

results from the programs. We cannot assume sending to programs would result in changes. Customized in-situ/ex-situ programs trigger better movements towards higher results. Do we trigger the learnings to be used in practice on a day-to-day basis? Can we?

If we rely on committees and meetings, bring up irrelevant issues, fight over words, insist on perfection for unimportant tasks, et al, we are on sabotage drives. When we act stupid, say we do not understand even if we understand, we are on s-drive. When we act innocent, just stand by. When we fuel 'acts' just like that.

If we broadly know where are we, where do we want to go, what will take us there, and how do we do these – then we will be there, by working the detailed activity plan that includes timeline, responsibility, costs and support required; reviewing, replanning and working. Need not wait for the last detail. When we create structures around results, responsibilities, not around tasks, the flat structures deliver. We cannot be without structuring at the same time. Can we do that?

Comfort is what we want. Too much of it does not give us happiness. Happiness comes from inner peace and living our potential. We need to be comfortable with the uncomfortable. Let us be less protected, let us be free. Let us accept. Can we?

Yes, we can. If we are walking and living our potential, and flowing. In the flow of N. For 7L.

Join us in the yoga of comfortably uncomfortable with nature and people – sthithiyoga for 7L.

10 December 2023

315. Clear Yes

Winter solstice. Longest night of the year around. North door would be opened soon to see waking up Ranga. Sun would be coming down soon.

$10^3+9^3=12^3+1^3=1729$, the smallest number that can be expressed as sum of two cubes in two ways. The Ramanujan number.

ICAR – Indian Council of Agricultural Research – plans to go the way of NEP – National Education Policy from 2025. It has also released the BSc (Hons) Natural Farming course curriculum. Many Universities started offering the course. The NF course in the Academy (IGGAARL) is broadly in sync in modules/subjects with a very high field practice emphasis – 70%+. I guess some universities will offer such field practice natural farming courses soon in the next 1-2 years.

It is becoming clear to all of us that natural farming/regenerative agriculture combines the triple targets of farmers' well-being, consumers' health, and soil-planet health, leading to cooling the planet and postponing the inevitable by decades, if not a few centuries. We need to invest. The planet needs to invest. The state needs to invest in this and cut conventional subsidies. Consumers need to show clear preference, demand, and invest. Producers need to respond and transform.

Are we seeing that digital technologies are making us more authoritarian, more 'creative imaginations and falsehoods' and increasing more surveillance? Are we seeing fossil fuels and plastic increasing pollution in the air, water and food, everywhere? Are we seeing climate change hitting us strongly day-by-day in heat and cold waves, rain bursts, glacier melts and ocean rises? While urban landscapes are bursting with crowds and yielded infrastructure, rural landscapes are lacking in infrastructure for decent living. After seeing all these, how can we keep quiet? How can we move into natural living? En masse. All life and living beings. A life included. With happy engagements, pursuits, journeys, and flows.

How do we ensure that we are heard? How do we ensure that our appreciation is considered? How do we ensure that our emerging participatory plans are budgeted and implemented? What will work? Politics? Think tanks? Movements? Campaigns? Hybrids?

Is Lakshminarayana right in starting a new party? When JP learnt it did not work. Maybe VVLN has discovered a new way of going forward. If not, then should it be an advocacy group? Silent citizen action support group? A Development Big 5? A collective facilitation group? An enterprise support group? A group mentoring mentors?

If we are not saying a clear yes, does it not mean no? Do we have to say 'no'? We are limited in resources – time, energy, space, money, power, and other resources. How do we take opportunities forward with these limited resources, unless we drop some things we have embarked upon? There is a constant flux of dropping and adding, as a result. This requires more focus, and more direction. And we cannot be making more and more decisions in a given short time at our disposal. We do not have the bandwidth for this. Will the 80-20 principle work? Will the ikigai work? Can we invest in ourselves to discover our highest contributor spaces of usefulness and our deepest inner urges? Can we see overlaps in these? And can we keep saying yes to these overlaps only? Can we pursue not considering all others? Can we pursue to devote time, energy, and space for this reflection, as often as possible? Solitude, reading, writing, solving puzzles, meditation, conversations with children, watching nature et al. Travelling. Resting enough. Sleeping right. Eating right. Taking enough water. Walking around. Moving frequently. Taking deep breaths often. Can we?

Yes, we can. If we are in nature, and flowing. In the flow of N. For 7L.

Join us in the yoga of living up to deeper inner urges in nature and with the people – srstiyoga for 7L.

17 December 2023

316. Keep flowing

Farmers' Day. Day of the majority of Indians. Should we go towards making them under a single digit percent, like in the west? Should we go towards making them better than the majority, in terms of well-being, prosperity, diversity, health, portfolio, hope, faith, and promise? Can we talk pro-sumption, payments for eco-stem services? Can we talk about self-sufficient families, villages, and local areas? Circularity, and Economics? Can we talk swaraj? For farm families, farmworker families, artisanal families, fisher families, dairy and livestock families, etc.

Do we need to model NF Food System and try sensitivity analysis of some identified key model parameters – say 100? Can we have a team on this? Is this a possibility? Why not?

Are we on track, in defining the ends, and carving out the means to reach these ends? Do we have clear specific, measurable, achievable, relevant, time-bound ends, and quantitative and qualitative indicators that act as proxies for these ends? That can be done with extremely limited datasets. Are we budgeting enough time, energy, efforts, capacities-abilities, independent partners, HR and funds? Plans and revisits for the same? For good quality robust data, data analysis, and synthesis? For good case studies representing the progress towards the ends? For engaging multiple key stakeholders from the beginning? For not ignoring the findings from observations and analytics so arrived.

15% of us are gig workers, and growing. Is it really possible for us to be free, and work whenever we want, wherever we want? Can we be gig workers, and have a decent living, multiple work portfolio with flexibility embedded, and high compensation? Can this be a career? Can we be transported upwards in this journey? Risks, uncertainties, how are they handled? Rarely any lasting relationships, and friendships? Long hours? Is it possible to hybridize gig work with human touch, face and orchestra? Maybe, if we rejig. If we build our abilities. If we pool ourselves into gig team(s). If we simplify our lives.

Greater the outward show, greater the inner poverty. Interesting – poor may not like to show.

Do we understand systems, especially public systems? From seeing how they work on the ground, how the idea gets processed to reach the ground. From planning to taking to the logical end to tracking, and dashboard. Do we know how to change these, when required? Facilitating changes in these? Do we know how to go about understanding, figuring out the changes required, influencing towards these changes, politicizing for these changes, triggering these changes, introducing change makers, visioning the changed systems, working for the changed system through available ladders, escaping the snakes, via an indicative activity mapping? Do we know how to campaign for changes in the structures,

mindsets, cultural practices, behaviours, allocating time, energy, talent and funds? Do we know how to build the movements for the change? And sustain, with extreme resistance and non-cooperation. Global movements at local levels. Can we make them happen in viral mode, deep, and scale?

Can we have a personal philosophy of usefulness? Sense of purpose, well-calibrated internal compass? Non-negotiable principles-values? Can we take the feed-forward from a short group that matters to us and values us, our direction at large? For pushing ourselves to the limits of our possibilities. Can we write our individual, collective end smart goals clearly, with indicators, activities that take us there? Can we set time, energy to: track, reflect, prepare, replan et al? Can we pursue diligently day-in day-out? Identifying the ladders and stitching them together. Crossing, skipping, escaping and killing the snakes. At work, in teams, at home, within ourselves. Giving the space to the emotions to express themselves but getting over them. Seeing the world around us, meditating, being in nature, watching the 'life' around us. They all tell us life goes on. Time goes on. We go on. We flow. There is no other way to be. Can we hasten slowly? Can we embrace the journey(s) towards these? Can we?

Yes, we can. If we do not stop. If we be, give, love. In the nature, and flowing. In the flow of N. For 7L.

Join us in the yoga of internal compass in nature and with the people – drikyoga for 7L.

24 December 2023

317. Next orbit

45²-1². 46*44. 1 short of 45². 23 years of Amrt Kaal ahead, founded on the 36 years of 'sector' life.

Transition into Amrt Kaal's Next Orbit. Amrt orbit. Amrt yaan. In the co-existential journey(s). More reflection-exploration-unlearning-learning-thinking time. In situ, ex-situ. More time with change, change makers, and influencers. In the space of vision-strategy-support. Mentoring. People-private-public governance. Saarvajanik, viswajanik meaningful and rewarding ikigai. For Amrt bharat. For Amrt Viswam. Vasudhasudha.

Natural nutrition-food, farming, living systems have to pace up. Diversification, and local value-chains included. Increases in crop intensity and land equivalent ratio included. Participatory natural assurance and certification. Robust and reliable labelling and branding. Local natural self-consumption, temples, PDS, schools, hostels, hospitals. Local individual-collective enterprises, local stalls, hotels, haats, rythu bazaars, direct producer-consumer linkages. Even if smaller ticket sizes. Support prices? No non-natural subsidies?

We are at the tipping point on climate front. Warming above 1.5 deg C risks further sea level rises, extreme weather effects, biodiversity losses, species extinction, food scarcity, worsening health and poverty across. Therefore, fossil fuel use and carbon emission has to reduce. Carbon sequestration and cooling the planet has to pace up. For this, NF universalization has to pace up. This is one cost-efficient and sure way. Fund flows for the same need to be faster and front-ended. Can soils and food systems be carbon sinks in this Amrt Kaal? Can we accelerate inclusion of and taking charge by women, and marginalized farming communities?

With 433 grams milk per capita per day, India's milk is about a quarter of the milk of the globe now. Isn't it time we move to 'desi', and desi hybrids? to reduce animal-based product consumption double quick? to reduce food waste? to reduce chemical usage in farming? to phase out fossil fuels from farm to plate?

We need to continue to be at it – collectivizing women and marginalized, layering 'living' onto it so that they remain in charge of their livelihoods, well-being, lives and destiny. We need to press upon building our 'agency' over our bodies, hearts-minds, homes, families, farms, groups, villages/neighbourhoods, samaaj, bazaar, and sarkaar.

Can we appreciate that we are not in control of where we headed or we end up, in actuality? Can we keep freeing our time to allow heart-mind-soul to wander, wonder, listen-in, listen-out, say-in, say-out? Can we appreciate work, quality, content, results, etc., have to be

produced, with endurance and diligence, and there are no shortcuts that help us really? We are not effective because of lack of knowledge, training and skills – as these can be easily acquired if one wants – but because of lack of appropriate mindset and behavioural competencies. And we need all help here. System control does not let us progress. We cannot get near to figuring this out, or accessing it, and influencing it. Many a time, training could be counter-productive.

Can we also transcend PQ to IQ to EQ to Social Q to Existential – Spiritual Q? for finding meaning, purpose, integrity and values in our lives. Can we build our Spiritual Capital? our self-awareness, humility, generosity, gratitude, joy around us, love, inner and outer peace, and meaningful usefulness? Can we meditate, reflect, think systems, see through interconnectedness? We need to be chosen, pulled and pushed to fall into the next orbit? Can we join hands, sarvendriyas, hearts, minds and souls to escape the current, and fall into the next right orbit(s)? Can we call in our pullers, pushers and mentors? Can we escape our consistent toxic influences – manipulation, nagging, drama, drains, jealousy, and boundary line violations? With tact, courage, tenacity.

We require feminine counsel, to remain less self-destructive and reduce fighting with and surrendering to nature. She saves us. Counsel helps us in raising our consciousness. Guru emerges before us as we get ready with our preparation. The moment we see one, we know. We surrender. We co-exist – live in harmony with existence, with awareness and completely. Each one of us is some 40 trillion cells – more than 80% microbes, and a fraction are human cells. Interconnected, integrated as a whole. As a group, team, community, and humanity, we need to be integrated in the same way. The spirit – healthy, developed – takes charge of this.

Yes, we can. If we build escape velocity. If we be, give, and love. In the flow of N. For 7L.

Join us in the yoga of possibility paths in nature and with the people – kakshyayoga for 7L.

29 December 2023

318. Team song

366-day LEAP year, a year of General Elections, is in progress. Manifestos? Election Promises, and Guarantees? Contesting Candidates? Ramaalayam at 'Rama Janmabhoomi' Ayodhya. Millions will light Sri Ram Jyothi. Are we hearing promises, demands for Krsnaalayam at 'Krsna Janmabhoomi'?

WASSAN establishes a Project Management Unit for National Mission for Natural Farming, Ministry of Agriculture and Farmers' Welfare.

2025 is the year of cooperatives. A billion co-operators and a million cooperatives. Inclusion and sustainability. Open and free membership/association. Fair share in surpluses. Autonomy. Solidarity. Democracy. Inter-cooperation. Can we collectivize? Cooperate? Be together for better lives and well-being for all? For the last person?

2024 takes – Yastras, Stays, Conversations, Essays, Cohorts, Fellowships, Apprenticeships, Visioning-Strategic, Field Stations, India 100 plan(s) – forward more vigorously! Relentlessly! Intensely! Restlessness is mounting. Team(s) are emerging. Coalitions, and Partnerships are emerging. Capital and Resources for seeding are getting aggregated. Can these be a set of small, large or hybrid entrepreneurial and support organizations? In a few existing or emerging formal, informal networks, forums, and platforms? More purposeful, meaningful, focused, but flexible, rather than the set of complex chaos, dynamics, and politics? Can we reach to be full trustees of core values of hope, faith, promise, love and coexistence? Increased reach-out and connection to the last person? Higher Quality that keeps our end customers coming back to us often, even for related but new services? Word of mouth spreading our 'usefulness'? Stamina to persist for getting into the next, next, next orbits? Letting it go with the existing, so that we go into the next, even if empty-handed? Can we establish a niche tailor-like, to be a trusted partner(s), to win the customers to stay with us for a lifetime, and their next generations? Can we be a collective?

A yaatra(s) to the people, to the people working with them, to the organizations that house them, to the governments that offer ecosystems for them. Next 10 years. 1000 days. 10,000 hours. We would be staying there. We would converse with them. We write. We would have cohorts doing the same. Of fellows, interns, apprentices. Of mentors.

A Field station(s), models for demonstration, evidence, research and learning. For building volunteers, learners, explorers, supporters, entrepreneurs, implementers, associates and co-walkers.

A collective(s) of high-end scaling mentors, leaders, entrepreneurs, talented and experienced professionals across various development themes, young executive leaders, fellows, interns, budding but passionate apprentices. For leading, supporting development, livelihoods, services, businesses, governance in the poverty-vulnerability reduction – prosperity of the poor domain. For studies, analytics, syntheses, and solutions.

A forum/platform(s) for unlearning and learning, mutual support, portfolios of interlocked development-livelihoods efforts. Technologies. Curriculums. Policy frameworks. Agency.

This exploration continues, with commitments being made in a small way, without becoming slaves, without losing essential flexibility. For an end that we always sought. Can we continue this transition? This exploration? Can we be into the next orbits?

Yes, we can. If we find hands and join. If we pool up ‘fuel’ for the escape velocity. If we be, give, and love. In the flow of N. For 7L.

Join us in the yoga of concentrating on the possibility in nature and people – dhaaranayoga for 7L.

07 January 2024

319. Krsna's plan

India's two-thirds are below 35 years. 12 January is the youth day, the janmatithi of Swami Vivekaananda. Feeling is life, the strength, the vitality, without which no amount of activity can reach our vision, our destination. India 2047 Amrt Kaal Vision and destination would be achieved by India's youth, if they feel for it. There is no reason to believe otherwise.

Raamaayana is the first kaavya, Mahabhaarata is the next (four times the size of Raamaayana), with 100,000 shlokas/verses. It has 18 parvas/books, and 100 sub-books overall. Adiparva to Svargaarohanaparva followed by an additional Harivamsaparva. It is largely about the 18-day Kurukshetra war, great war, preceded by the context and the story leading to war – Adi (beginning), Sabha (assembly), Vana (forest), Virata (agyaat -incognito), Udyoga (effort). Bhishma, Drona, Karna, Shalya – the war. Bhagavadgeeta is part of the first book of the kurukshetra war, Bhishma Parva. Sauptika (sleeping warriors) – extermination of all warriors except 10 – 7 on Pandava side, 3 on Kaurava side. Isn't this the grand plan of Krsna as an attempt towards the rule of people? Stree – the women – lamenting the dead. Shanti, Anusashana and Ashvamedhika – instructions on society, economics and politics. For the people. This includes peaceful world conquest, and Anugita. The last four sub-books focus on their last journeys – Dhritaraashtra et al, Yadavas, Pandavas. A final supplement on Hari – Krsna. Is Krsna next in line?

The NRLM system confirms 100 Million members in 90 lakh women self-help groups and 4.7 lakh village organizations across 2.7 lakh GPs, 7115 Blocks, 742 Districts and 34 States/Union Territories. 4.1 lakh Community Resource Persons work with them. 22 lakh elderly in 3 lakh elderly SHGs. Around 40 million members would be additional in urban areas across 35 lakh women SHGs. This is to say 1 in 10 of India are in women SHGs. 1 in 2 families of India are in women SHGs. On this mobilization, collective action and livelihood layers need to be added. Some 30+ are possible. Here we go!

100g-300g milk per capita is good, but we need to double up to catch the global consumption trend. We Indians are fond of milk and milk products. Demand is not the issue. More the merrier. Can we become a land of milk? Can we link the supply with the demand? Can we have natural milk and natural milk products?

The Himalayas are becoming snowless. Ecological fragility is on our face. Climate change is attacking. Winter Western Disturbances with moisture moving towards the Himalayas from the Mediterranean are decreasing in frequency and intensity. Now, they seem to be moving North towards the pole. Arctic ice is also melting. While summer occurrences are increasing, winter occurrences are decreasing, leading to lower winter precipitation and higher

summer rainfall. Winter temperatures are increasing in the Himalayas. These will accelerate Himalayan glacial melt. Forest fires multiply. What do we do?

Body language can reveal. Like we are interested; we are bored; I am not truthful, bluffing, making up a story; I am not comfortable, tense, at unease, insecure; I am happy, excited; I am comfortable, connected; I am feeling safe; I am open, willing et al. Can we observe and make notes? Can we try and avoid wrong body language signals?

Coexistence with hope, faith, promise, love requires practice. It requires love. Truth. Openness. Curiosity. Humility. Unhurtful. Forgiving and forgetting. Sensitivity and ignorance. Truthful sorrys. Presence. Give and take. Being right. It is ok not to be perfect every time. Unlearning and learning from all corners, directions, and situations. Follow-up^n. Can we reflect, review, plan, support, and follow-up? Can we feel it? Can we follow-up?

Yes, we can. That is our strength. That is our weakness. In following-up the possibilities are relentless. If we be, give, and love. In the flow of N. For 7L.

Join us in the yoga of relentless reflection, follow-up in nature and people – gamayayoga for 7L.

14 January 2024

320. Moving cart

Sun moved North. Uttarayan, Bhogi, Sankranti, Pongal, and Kanuma. It signals more increasing sunlight availability. It signals burning out the items that we do not need. It signals being there where you are required. The world needs to know that we would be there. The world has its ways to call us. Signal us. Rope us in. We only have to be there, ready, fully prepared physically, emotionally, mentally and spiritually. It conspires and takes us along. Gurus would appear before us. They need to confirm your vital details. Have them ready in verifiable forms. Get going.

Hyderabad Office for Natural Farming soon. N-ways.

Sharmila is the new PCC Chief, AP. It's an interesting election situation in AP. A play of four pillars.

Mental health status is deteriorating. More and more cases are surfacing. More and more people are coming out, seeking medical help. However, doctors available aren't even a quarter of the requirement. In this context, Empower Trust's Mahatma Gandhi Institute of Comprehensive Mental Health, opens a new hospital. It drops 'mental' from its name.

Rama gets a temple at his 'birthplace'. Pran Pratishtha is on 22 January. A new 'destination' has come up. It appears to improve some lives and livelihoods, maybe to a million families. It appears to grant some vote swing. Soon, Siva will find his 'temple' and so will Krsna. Will 'maryada' – dignity, respect, and right to live – return to our society? Return to all of us? Will our state guarantee this to us? Will it be justiciable? Will our culture bring and keep it going?

Increased GDP – 5 trillion Indian economy – is it our necessity and a sufficient condition for our prosperity and well-being? Is widening inequality not a concern? Can we be happy with reduced numbers of absolute poverty, defined as living below almost at survival levels? Shouldn't we look at minimum levels of dignified living, livelihoods, and well-being for all? Aren't we led by 'non-productive', not-so-productive returns on investments? returns from 'market' beyond essentials? Will they matter when the crunch comes? Isn't 10% telling us how 90% of us have to live, aspire, demand, supply, etc? Shouldn't be the other way? State pooling up and redistributing as transfers for 'welfare' – is it fine? Why can't we have more decentralized local ways? Why can't we democratize? Why can't we have small units of governance with maximum stretched flexibility, autonomy and freedom? A village level, and a subdistrict level? Why can't we be local and small? Small-scale is less harmful to nature, and is recuperative. Smallness is less dehumanizing, less disconnected. Smallness keeps the body, heart, mind, and soul going. Can we be small? Can we have many of us coexisting? Can we be in small groups, teams, associations, societies, cooperatives, and maybe networked

severally? Can we coexist in steel frames, bureaucratic regimes with millions of them together following a 'ritual', or 'strand'? Isn't it anti-nature?

How do we work and live, without taking remuneration? Can we have alternative ways? Can we try them? Is it a way in our third-fourth transitions? Can it be a way?

ASER study tells us about 14-18 years: about 90% of their houses have smartphones. Majority students are going for Arts and Humanities. Importantly, the majority cannot do class 3 maths, reading and writing. They may not understand the meaning of what they read, and write. They are not able to work with 'time', money, measurements, etc. No big difference here between the boys and girls. Can we do something here? Can we listen to the music and rhythm of the universe? Can we dance with this? Can we draw ourselves into our inner journeys? Can we work on our ways, flows on hope, faith, promise, love and coexistence? Can we build up ourselves participatorily, inclusively, collectively, and together severally?

Yes, we can. We are our strength. Life-skill-less us are our weakness. If we join in the movement of building ourselves, and our agency. If we coexist. In the flow of N. For 7L.

Join us in the yoga; in the habit of nudging ahead, readiness, in nature and people – udyamayayoga for 7L.

21 January 2024

321. Life agency

74 Years of Republic. It is the diamond jubilee year of the Republic of India, the Constitution of India. This is the day – we, the people of India, adopted, enacted and gave ourselves the Constitution that made India a sovereign socialist secular democratic republic and secured us Justice, Liberty, Equality, and Fraternity. Justice – social, economic and political; Liberty of thought, expression, belief, faith, and worship; Equality of status and of opportunity (and to promote among them all); Fraternity assuring the dignity of the individual and the unity and integrity of the Nation. This is also the Diamond Jubilee year of the Supreme Court of India.

Karpoori Thakur, 100, becomes a Bharat Ratna. Venkaiah Naidu, Chiranjeevi, Vyjayanthimala Bali, Padma Subramanyam, and Bindeshwar Pathak become Padma Vibhushans. Captain Vijaykanth, Justice Fathima Beevi, Togdan Rinpoche – Padma Bhushans now (posthumous). Mithun Chakraborty, Usha Uthup included. Sarbeshwar, Satyanarayana, Chellammal, Yanung, Sanjay, Parbati, Chami Murmu, Dukhu Majhi – Padmashrees in the farming domain. Kurella Vithalacharya, poet-writer, my father’s friend – a Padmashree now.

Rama is back at Ayodhya. Next – Siva at Gyan Vaapi? Krsna at Mathura? And more?

Nitish is sworn in again as Chief Minister of Bihar, realigning with BJP.

Mahender Reddy (Chair) and Amir Ullah Khan (member) joined Telangana Public Service Commission.

India’s farm landscape is 160 million ha. with 150 million farm families. Overlapping 80 million dairy farm families. 190 million tonnes of milk annually. The scientists have found the food that we eat, and the milk we drink, have lost nutritional value including essential micro-nutrients over time, by 50%; toxics have increased; High-yielding plants are not able to take up nutrients from soil. Together, we are at a higher risk of nutritional insecurity, micronutrient deficiency. Non-communicable diseases have increased by >25%. It would worsen in due course, unless we act upon it. Natural farming – chemical free 365-day green cover of multi-layered multiple crops with indigenous seeds, added with trees and animals embedded, is one sure way forward.

Power is an agency, with ability, willingness and space provided. Power is demonstrated in giving time, knowledge and other resources. In having pictures, references, ‘reserved’ spaces, etc. In breaking rules and saying sorry. In the positioning, seating, and using the language. In being political. In accessing the continuous feedback. Filtered feedback could be a power

trap. Playing politics could be a power trap. Can we have an Agency, without being into power trap?

Let us try and sleep well. Let us have the courage to sleep even if we do not know by the time it is time to be up. Without carrying work to sleep; as lightly dressed as possible; as clean as possible; with no phones, laptops, gadgets around; forgiving and forgetting as much anger, grudge as possible; being grateful today and till today; being at peace with ourselves as much as possible; with no/zero watt light.

Can we appreciate life is short? A tiny dot. Can we cut out negativity? Forget gossip(s)? Be more silent than saying words hurting others with/without our knowledge? Say goodbye to people who don't care? Spend time with people who are always there? Can we do this as much as possible? As often as possible. Can we be available to mentor and support others, even if we are not called mentors? Because we want to unlearn and learn. Can we take time, energy to find the right genuine mentees first? And set scopes, boundaries, expectations and frequencies of these evolving relationships, with reasonable space and flexibility within? As mentees, we need to surrender and take an anchor role in the relationship. It is not the other way. As mentors, we are not the doers. But, we give purposive, clear, specific, actionable, timely, constructive but polite and kind feedback, when sought. Satyam na apriyam. Priyam na asatyam. Critical in confidence. Mostly, these are life relationships, with increasingly free and independent mentees. If at all, they have to be ended gracefully.

Yes, we can. We are mentees and mentors rolled-into one. If we join in the movement of building our spirit, our agency. If we coexist. In the flow of N. For 7L.

Join us in the yoga of relating in nature and people –gurukulayoga for 7L.

28 January 2024

322. Extended off

Pouring Bharat Ratnas. LK Advani gets, after Karpuri Thakur. PV Narasimha Rao? Verghese Kurien? MS Swaminathan?

Kasi, Mathura are unveiling.

NDA has the edge nationally now. INDIA seems too far off from the 'possibilities'. AP may go the opposite way.

The Union Budget reiterates the 'mantra' – sabka saath, sabka vikaas, sabka vishwaas, sabka prayaas. With articulated focus on the poor, women, youth and farmers. Claimed 25 Crore people out of multi-dimensional poverty in last 10 years. 11.8 Crore farmers receive PM Kisan Sammaan Yojana benefit. 30 Crore Mudra Yojana loans to women. More Vande Bharat trains. More airports. Vikasit Bharat corpus of Rs. 75,000 Crore. No changes in direct and indirect rates including income tax rates, except some changes in income tax thresholds – no tax liability up to Rs. 7 lakh; presumptive tax threshold is raised to Rs. 75 lakh for professionals, Rs. 3 Crore for retail businesses. Corporate tax reduced to 22%. Overall, Union Budget Expenditure is about Rs. 47.7 lakh Crore, with 5.1% GDP as fiscal deficit.

We are becoming more digital day-by-day. Faster internet. Cheaper smartphones. More. Machine Learning and AI use is increasing. Youth are the new consumers. Street corner shops persist, despite an increase in online purchases and deliveries at home. For reasons of higher personalized experience(s) and services, otherwise not possible. Some 1.5 million. Now, we see these shops become the last mile deliverers for big chains. Digital % is still single digit, but growing. Hybrid options are emerging. We need to be there, as consumers, as producers, value-adders and service providers. That is the way forward.

How are we doing as leaders? Are we introspective? Are we self-reflective? Are we aware of our snakes and ladders? Are we clear about our aspirations? Our team's aspirations? Do we have the compass? Can we convert these aspirations into actionable ends? Are we learning? Can we invest in learning? Can we seek, and take 'inputs' openly? Can we adjust our course with these inputs and insights? Can we work on what is there with us, with our teams? Can we celebrate our little victories? Patting ourselves? Do we have the courage to be leaders? Change, and growth leaders? Striving to become better versions of ourselves always, continuously? For brighter, higher, more useful ends.

Can we take time off? Extended. Maybe 100 days. Maybe a year. It helps us, the leaders. It helps the teams, organizations, networks, coalitions. We bounce back then. 60% of Indian professionals have burnout rates in India. This indicates to most of us. We are exhausted. We

are cognitively impaired. We are emotionally impaired. We are mentally distant. In our world, the not-for-profit world, the scope and pace of work keeps increasing. No matter what. Even if we increase the team size, and teams. The way out is taking a break. Sleep, rest, travel, meditate, and reflect. Beyond them, taking different lenses to see, tools to listen, observe, sense – inside, outside and around. Listening to our body, gut, heart, mind and soul. Listening to people, ecosystems and the universe. Seeing the leaders around, may be in other domains. Seeing the people's work, who were with us, worked with us, taught us, gave time, energy, passion, emotions to us, and so on. Can we do this? Can we get support for this? Can we have others, second in line, to step into taking the agenda in the interim? Can we get support and funds for this? Can we offer/ be offered a learning off/leave?

Can we sleep more, walk more, and drink more? Rest more? Fast more? Read more? Write more? Engage with people more?

Yes, we can. We can be in the crowd. Cloud. Nature. If we build our agency on our bodies, diets, guts, hearts, minds, souls, behaviours, families, teams, and systems. If we coexist in peace. In the flow of N. For 7L.

Join us in the yoga of behaving in nature and with the people – pravartanayoga for 7L.

04 February 2024

323. Working artists

Five Bharat Ratnas in the year. Karpuri Thakur, Lal Krishna Advani, PV Narasimha Rao, MS Swaminathan, Charan Singh. Taking the tally to 49. When will be the turn of Verghese Kurien, NTR, Jyothi Rao Phule? More heroes are around. Charan Singh – Chief Minister and Prime Minister. LK Advani – Bharat rathayaatri, ‘margadarshak’. Karpuri Thakur – Jananaayak, Chief Minister and Mentor to nextgen leaders.

PV was instrumental in the seeding of my three alma maters – Residential School, Sarvail – first of its kind in India – today there are 1000+ residential schools in Telugu states, and 600+ Navodaya Schools in the country; Residential Junior College, Nagarjuna Sagar – first in the list; NIT (REC), Warangal – first in the list. Polyglot (17 languages!), Scholar, Farmer, Advocate, Chief Minister and Prime Minister, PV is the true education crusader, land reforms, true Indian Economy Liberalization/reforms leader, dismantler of licence raj, father of nuclear program. He held: HR, Home Affairs, Defence, External Affairs, before becoming PM. Accidental Prime Minister, Monumental contributions.

Green, Evergreen Revolution MSS convocated me into ‘rural management’. 84 doctorates. 60+ awards. Fellow in 30 academies. Main architect of Green Revolution in India, along with another Bharat Ratna – C Subramaniam. Father of Economic Ecology. World Food Prize Winner. ICAR Head, Principal Secretary in Government of India, International Rice Research Institute Head. MS Swaminathan Foundation remains his legacy.

Chief Minister, Prime Minister Charan Singh was a peasant champion. Land reforms.

Loha purush Margadarshak Advani was rathayatri – Ram, Janaadesh, Swarna Jayanthi, Bharat Uday, Bharat Suraksha, Jan Chetna; Vajpayee’s Arjuna.

Teacher, Jananaayak Karpuri Thakur is the champion of the poor and marginalized. Strongman of Bihar. Mentor to active and successful nextgen leaders.

Climate crisis is looming large. Multiple crises, poly crises with interconnected challenges are facing the world. Can we actually mitigate these? Can we postpone them? Do we have the big picture before us? Do our political, bureaucratic, philanthropic, non-profit, business, technical, academic, media, and policy masters have it before them? Do the intersection workers have it? Can we listen to the communities? Can we see interconnections, intersections, relationships, and relationship overlaps? Can we see-hear the ‘butterfly flutters’, and ‘camera shutters’? Can we see the systems work and can we change the way they work? Can we have dialogues for this? Can we reach out, with this agenda to the world that needs changes? Can we change first and take the agenda forward? Can we move from

lip services to body, panchendriya(eye, ear, nose, tongue, skin), heart, mind, and soul actions? Thinking, feeling, and doing?

For this kind of agenda organization, how much is a good communications, and strategic communications budget? For an entity which is not a pure advocacy, policy entity. 10%, 20%? Will it be treated as investment into mobilizing resources? Or mobilizing the community into the programme, or both? Will communications, social media and other media visibility, posts, articles, et al. take us scaling our agenda? Or do they cause obstacles in our way? Do we see any benefit of engaging mainstream newspapers, magazines and channels? Does paid PR help? What kind of skills do our communications people have in their portfolio?

Documenting, communicating, communicating strategically is an art. Art is a matter of heart. It touches our being. Matters of heart need to be experienced. Are we artists? Can we be artists? Creative Communication artists?

Yes, we can. We are born artists. Born creative. If we build our agency of thinking, feeling and doing. For our sarvendriyas. For changing our behaviours, families, teams, and systems. In the flow of N. For 7L.

Join us in the yoga of creative engagement in nature and with the people – srjanayoga for 7L.

09 February 2024

324. Sleepwalk 7R

General Elections are round the corner. NDA has the clear edge nationally and in many a state. Opinion Polls project 320+ seats to BJP nationally. AP may go against YSRCP in Assembly and Lok Sabha. Telangana may go Congress way in majority Lok Sabha Seats.

Supreme Court declared Electoral bonds are unconstitutional. This may seek revealing the identities of donors. Interestingly, the parties are saying the electoral bonds constitute most or majority of total donations to them. While election expenditure by parties may be some Rs. 60,000 Crore, only a 30% is from electoral bonds. Per seat expenditure may be more than Rs. 100 Crore on an average, against the ceiling of Rs. 95 lakh. 100 times. Similar amounts in the Assembly Elections. Amount disclosed by the candidates is about Rs. 51 lakh on average. More than half of this is coming from the party sources. The parties have said they spent Rs. 5 Crore per seat, all parties together. The conclusion is that the main expenditure, say 90%, is by cash. How do we restrain this?

With visa-free access to 62 nations, India stands in 85th position.

Food systems work is multi-dimensional involving multiple departments, ministries, and domains. These include farming, fertilizers, power, water, finance, consumers, health, education et al. Moving from yield to calories, nutrition per hectare, per drop. Changes in private consumption, and public supplies. Resilience to climate, drought, floods, cyclones, pests, diseases. Shifts in nutrient balancing to co-existential living, life. Shifts in systems. Paradigm shift. Galileo to Copernicus.

Ms. Nigar Arpadarai, Azerbaijan, is the UN Climate Change High-Level Champion for COP 29. She joins hands with the Champion for COP 28. Together, they work with non-state actors contributing to achieving a net zero climate-resilient future. Greener, more prosperous, more resilient lives and livelihoods, for more than 4 billion people by 2030. Concrete action plans. Raising resources, partners.

We are a young nation but greying quickly. Getting sicker at the same time, with processed food getting centre stage. We want to be a developed nation by 2047, in this amrit kaal. By implication, we need a physically fit and mentally healthy population. Growing economy beyond 7%. Employment opportunities are a must in the living, farming, and food systems. Harnessing living and farming in harmony with nature. Climate resilience. Right energy transitions. Harnessing digital-mobile technology. Catching on to the fast-evolving artificial intelligence et al. Work with new algorithms to postpone the crunch, the threat to human survival, as much as possible, say 100-150-200 years.

I received a trigger to remember, and offer Guru Vandanam/Puja, this September-October. We are essentially their blessings in aggregate. Another trigger received – write small snippets, and poems. Third trigger – go for printing these Yogakshemams. Fourth – recount the life thus far, and life ahead with connected lives, relations, and reflections on the times. Fifth – interpretation of Gitanjali, and Gita, as if Krsna is not a God. Sixth – catch hold of Diamond Sutra, probably the oldest book. Guru is offering the triggers!

We Indians spend a lot of time reading, physical or digital. Maybe books, magazines, newspapers, chats. Yet some do not read anything. Can we convert this time reading into reading books? How many – page a day, book a week/month? Can we have every one of us read some 1000 books, and some 10,000 summaries, beyond the text books? Can we have plans? Plan and work to plan method. Can we have inspirers? Can we budget sleeping, walking, reading, planning, doing the plan, drinking water, diet? Daily, Monthly, Annually, Periodically. Can we surrender absolutely to this? With complete trust and devotion. Giving up all other 'practices', without any worries, anxieties, and fears.

Yes, we can. With discipline, practice. We can turn our creative energies towards usefulness. If we build our agency. For changing ourselves, eco systems. In the flow of N. For 7L.

Join us in the yoga of absolute devotion to collective intelligence of nature and people – pragyayoga for 7L.

14 February 2024

325. Exist in Coexistence

BJP seems to be there for the next 5 years. INDIA may become slightly stronger. South India may go alternative way(s), overall. Rama comes in. Siva is on its way. Krsna is reached in the water, and is surfacing now. Can we vote? Can we seek voters to vote? Can we ask eligible citizens to become voters? Can we ask leaders to tell us what they want to do for us?

NMNF is still finding its way in. PMPRANAM may become reality soon. NF is seeping into political manifestos. To support a majority of households. For these families, farming is a part of the portfolio of livelihoods. Five years ago, 85% earn less than Rs.10,000 per month from farming. 65% earn less than Rs.10,000 per month from all sources. Now, this Rs.10,000 might have become Rs.20,000. Do we get a national policy? State policies? Do we see committed budgets? Do Bharat Organics, AMUL scale? Will the Civil Society rise to it? Communities? Women?

Farmers are protesting for Minimum Support Prices. Debate has moved further from why to how and when. Higher rate – 50% more than cost of cultivation. Wider scope – more produce, fruits, dairy, poultry et al. Binding commitment. State procurement is not the issue. PDS can be expanded. Market intervention can be taken up. Deficit payments can be made.

AMUL-GCMMF is celebrating Golden Jubilee on 22 Feb. Prime Minister would grace the occasion, to see the fruition of Dr Kurien's vision. Will this take him to Bharat Ratna? Will AMUL become the largest brand in the world? Still being true to cooperative principles and farmer-centricity.

Guru Vandana of my childhood teachers in February. Can we have this again in September/October? Can we add all our Gurus to this? Gurukulams. Residential learning centers. My Universities.

Can we articulate, acknowledge, and be genuine, truthful about emotions, deep feelings, fears, unhappiness, vulnerabilities, struggles, and strengths? Away from fake, deep fake. Towards lightness, humanity, relations, solidarity, leadership emerging. Balance matters.

Can we be alone when required? Can we be in the team(s)? Can we lead the team(s)? Can we alternate, as required? Can we work with teams of teams? Can we work with paid, unpaid community, professional resources? Can we work across themes? across geographies? across layers? Can we talk less? Can we inspire ourselves? Can we motivate ourselves? Can we motivate our coexisters, and coworkers?

Can we coexist in nature, in the universe? With our entirety. With all our senses. Sixth sense and seventh sense included. With sarvendriyas, heart, mind and soul. We see, observe. We hear, listen. Songs, talks, whispers, tunes, hummings, trickles, roars. We smell. We talk, whisper, sing, dance, play, colour, draw, paint. Strings, reeds, percussion. We read, write, do arithmetic, reflect, meditate, think, practice, pursue. Sleep, walk, walk around, drink, fast, go silent. We cry. Tears of sorrow, joy. We walk – hand-in-hand, run, travel, go around, swim, work. We touch, caress, care, feel, experience every inch, every cell. We drink, eat, share. We share what we know, and what we have. Our lives, ourselves. Nurture ourselves. Transparent, we drop guard, surrender, shake-hold hands, hug. Give in, take in, love, heal, lead, be led, become one, remain one, for existing and changing in coexistence towards light, truth, and amrutam. Can we? And can we be grateful for all the 7L including life, love, we receive in coexistence? Can we repay, payback? With all the love we can possibly give. Can we be kind to all co-existence? Maybe this is the only thing that matters in the end. Seriously?

Yes, we can. With practice, we can build our agency. Our creative energies turn towards usefulness. Strategically. For changing ourselves, and our ecosystems, on scale. In the flow of N. For 7L.

Join us in the yoga of coexistence with life in nature – Sahayoga for 7L.

19 February 2024

326. Teams come

Notwithstanding yatras, walks, talks, real, unreal promises, manifestos, et al, Modi is winning this 18th edition of General Elections with absolute majority. 60% seats in Lok Sabha. We are about 150 Crore in India, and two-thirds of us, 18+ years, are voters. 100 Crore. 70%, which is not very bad, is the voting percentage. It is higher in rural areas. A typical candidate wins with 40% vote share. This translates as 28% in a constituency. Winning coalition/party, with 60% seats, would be getting 17% of votes of India. 83% of voters have alternative opinions. :). Opposition coalition would be getting, even in the worst drubbing, not less than 14%. Some 10% may be looking for a third alternative. Still, 60% voters of India are looking at alternatives beyond these and do not know how to express, how to fructify, so on and so forth.

A mere 5-10% voters of India are deciding who governs us. Interestingly, these are not the traditional vote banks of these coalitions. These are the floating voters. 5 Crore, maybe 10 Crore. Quite a proportion of them are young and new voters. Most others – rational voters, emotionally turned around voters; old but reluctant, not-so-interested voters, who may like to turn up; ‘managed’ voters, votes; ‘got influenced’ voters. This set needs to be worked on. A 5-year framework is needed for this. Smart, inclusive, collective hard work. Starting now. Our landscape, our reality is very different from the realities one generation ago. New needs, paradigms, crises, technologies, modes, media. Freedom, security, and individuality. Reduced attention spans. Increased paces. Local centricity. Restlessness. Quick and aggressive pursuit of aspirations, and viral results. Concerned yet no time to go the path all the way. Crumbling foundations and new ‘rooms’ of work. For more and more democracy. More. More spheres. More levels. Even if it appears redundant.

A new dispensation, Modi Next in 2029. Not me-too dispensation. New dispensations across various states. For setting Amrt Kaal new direction. Individual (per capita level) well-being, prosperity, education, employment – agency of the vulnerable, fragile and marginalized – individuals, communities, groups, areas, regions. Local, Customized, Communitized, Decentralized people’s rule. With agency – ability, intent and space. Climate and life resilience. Systems, rather than lobbies. Public accountable institutions at various levels. More compact workable size states, territories, regions, districts, blocks, panchayats, with mandates and budgets. Social, cultural, economic, literary, linguistic, and resource diversity intact in being federally together. One Nation. Policy dialogue, policy formulation dialogue culture intact. In the most populous country. In the soon would-be third largest economy. In the trusteeship of better Natural India to NextGen.

We are led, we serve, and we lead. We are leaders. Not all powerful. Not all-knowing. But open, honest, inclusive, resilient (not giving up), and kind. With all our imperfections and vulnerabilities. With hope, faith, promise, love and coexistence. Creative and risk-taking. Reflective, Teamplay, Active listening, unlearning-learning. Can we be? Can we appreciate our circles of control, influence, escape and concern? Can we plan and do things which we control, exert influence on items which we can help to change, avoid 'snakes', and accept that we have to live with, rather than worried, and stressed? Can we do CIAA (Control-Influence-Avoid-Accept)? Can we maximize making a difference? Can we focus on optimizing time and energy deployment? Can we lead ourselves, our lives, our resources, our teams, and our worlds?

We change because we want to change. Our behaviour changes because we want to change our behaviour. Nothing else matters. Can we change? Can we change ourselves to be led, serve and lead, usefully with humility? Inclusive? Diversity, Dialogue, and Team(s) intact? Can we?

Yes, we can. For change within, without, local multiple self-rule systems, on scale. In the flow of N. For 7L.

Join us in the yoga of change for coexistence in nature – brndayoga for 7L.

29 February 2024

327. Peoples' fields

India is in election mode. Code is a week away. Parties are finalizing final candidates for the contest. Alliances – strategic, holy, convenient, opportunistic, logistic, revenge, unholy – are evolving. Arrangements, and adjustments go on till the 'withdrawal'. Slogans, campaigns – saying nothing, or everything – are being unveiled. Voters are mulling over, preparing to vote, not-to-vote, whom-to-vote. Modi is in, in 2024. Nationally. The fight is for the regions-states now. The fight is for seeding 2029. Seeding multiple streams to bring Amrt Ganga down. Ganga of local, and federal ethos. Of decentralized economies, governance systems, and collectives. Of coexistence – inclusion, plurality, and diversity. Of shared well-being, prosperity. Of space and agency for realizing innate potential within us. Of shared trusteeship for the NextGen, to handover a better tomorrow to them.

Are NGOs still relevant? Do they have the agency – ability, willingness/intent and space? Community Organizations are expanding in the community-end and business spaces. Governments are taking more of the public services' space. FCRA agencies and amounts are dwindling. CSR is taken over by the companies themselves, their foundations, community entities and government units. In essence, civil society organizations are moving west, one-by-one, and day-by-day. Notwithstanding all this, some NGOs are standing taller, larger in the horizon. To mobilize, advocate, track, trigger, pilot, et al. To serve the unserved.

Do we still have doubts on living in harmony with nature? Why do we question moving towards natural farming? Directional. Moving in the context, local, and customized. Gradual. Iterative. Why don't we question continuing with conventional, non-natural farming? Once this is foregone, the question is how do we move on? How do we bring the primacy of farmer-led research on top, in the driver's seat? Can we let farmers decide using or not using local, traditional, resistant, high yielding, and hybrid varieties? Aren't we concerned with plot productivity and returns, rather than crop productivity? Crop intensity, land equivalent ratios, and water savings? Can't we increase the options and choices before the farmers? More data, data analysis, and commentaries may finetune these options as we get going. Let the fertilizers go the free market way and the crop neutral incentive per hectare may be given to farmers directly. Farmers can decide what they want based on the options and choices available. State may work to increase these options. There are many studies, and more may be in the pipeline. There are many farmers practising some of these options. Do these exact numbers matter to provide options before the farmers? Isn't it OK to produce for ourselves first? Surpluses can go to neighbours. More surpluses, if available, can go to distant buyers.

Isn't it important that the food miles come down? Don't we deserve a fair share in the consumer rupee? Shouldn't we be getting paid for the services we offer to ecosystems?

To begin with, natural farming works better with marginal and small farmers. It is their experiments and struggles that are propelling the NF movement. Their agency on the families, diets, farms, groups, villages, markets and governance is the driver. Where is the capital driving? Where are the linkages to distant markets? Isn't the agency of women going up? Aren't the women majority here?

Can we communicate clearly? Purpose, Vision, Values, and Vehicle. And track? How often do we revisit these? Can we prevent 'deform' after 'perform'? Not burnt out, not tired-frustrated, and not looking out. Reform, restructure, re-vision, and rebirth. Even if it is a bit traumatic. With hope, faith, promise, love, and coexistence in tact. We need to converse. On site. As individuals, teams, and meta-teams. Connected, inspired, included, and engaged. In smaller teams. Dynamic circles. Task Forces. Can we?

Can we reflect, and reorganize ourselves? Purging the unaligned? Can we make ourselves re-energized, and charged?

Yes, we can. With means, within, without. Scaled self-rule systems. In the flow of N. For 7L.

Join us in the yoga of means as end, coexistence in nature – antahgamanayoga for 7L.

04 March 2024

328. N way

Maha Sivaratri. 95% or more emptiness and darkness in this universe. Is this Siva? Is this Naaraayana? Nothingness is all pervading. From this nothingness, everything else comes. Towards truth, light and amrt. Well-being to dissolution. Siva and Sakthi coming together. Arthanareeshwara. Sounds of Damaruka. Taandava Dance. Joyous universe. Fasting, upavaas; Jaagaran. To peaks. New creations.

Women's Day. Nurturer, Sakthi. Miracle worker. Higher life span; stamina; emotional resilience, intelligence; governance and leadership acumen. Feminine in all life, alive, and non-life. Can we be gender inclusive? Can we include at decision and leadership levels? Can we consciously cultivate women leaders for future leadership? Can we make the workplace safe and demonstrate zero-tolerance for harassment? Can we also boost women in STEM – Science, Technology and Mathematics fields? Can we see remunerative employment-enterprise opportunities for more women, and women in teams? With skills, tools, equipment et al. Can we bring in safety and security in gig work? How do we professionalize gig work? Not looking as a step down. How do we make it entrepreneurial? How do we break or tailor the 'gender norms' and 'spaces'? Maybe as individuals, families, and as self-help groups? Is there a higher cost of converting a woman into a gig worker – entrepreneur? Can this be worked upon? Can we have access to risk taking funds/grants; maybe philanthropic?

Sudha Murthy is nominated to Rajya Sabha.

Do we need a support organization/entity to work with people's collectives? Can the collective itself go the whole hog? Can the community members put in the equity, share capital, small portion (less than one percent, say) of their returns, and turnovers? If they trust, if they want to own/co-own the collective. If they believe in the vision, commitment and possibilities. If they do so, agency happens. Abilities go up. Willingness goes up. Room for space is made. The members start having assets/more assets. Voice. Choices. Work at home, work from home; work-learning-conversation centres; combinations. Managers, and leaders from within. Creators, designers, and planners from within. Open to learn and spirit to live. Co-existential living. Can we do this?

Can we go the N way? N movement way. Of living, farming and governance. Local. Decentralized. Self-help. Self-reliance. Self-rule. With abilities, willingness and spaces. With Agency. On our bodies, diets, plates, families, learnings, homes, farms, groups, teams, villages, organizations, collectives, markets and governments on ground and otherwise. Can we grow in? To engage and be engaged, inspire and be inspired. Try, experiment, learn, adapt, and share. Collective and idiosyncratic intelligence and choices. Willingly. Customize, collectivise,

enterprise. Change our behaviours, our systems. Subtle triggers. Market, Health, and Nutrition. Climate change and resilience. Metalearning, metalearning-continuums. For these, do we need incentives, and how long? Why do we remain addicted? Why do we remain irrational? How do we infuse a new 'intoxication' of unlearning and behaviour change? Culture. Song, dance, and play. Literature, and story. Consciousness. Subtle Art. Coexisting artists.

Can we go N way? Life, living, livelihoods, linkages, leading, learning, love. Farming, consumption, nutrition. Governance, on ground and off ground. More democracy. More democratic forums, platforms. Rights, entitlements. Can we meet, converse with N people? Can we work with N cohorts? Can we partner with and mentor N systems, projects, entities, influencers? Can we coexist with N lifeworkers? Can we be with N?

Yes, we can. N is the way. There is no more time. We need to slip in. In the flow of N. For 7L.

Join us in the yoga of cleansing in nature – saagaramathanayoga for 7L.

07 March 2024

329. People move

Ravichandra Ashwin takes 9 wickets in his 100th Test. India wins the series with England, 4-1.

Electoral Bond details are coming out. Majority by BJP. Two new Election Commissioners are on their way in. More alliances are in making. Some are breaking. Some are realigning. Opinion Polls give out opinions. Indicative, random, calibrated, and manipulative.

NITI for States platform has been launched, for use at centre, state, district and block levels. Hope it will be credible. Relevant, and contextual. Collaborative. Comprehensive. Catalytic. Can this really become digital public infrastructure for good governance? Can AI help?

The news that is making rounds is that Reliance's Ananth Ambani engages with Radhika Merchant. Who's-who was there at JamNagar. Bill Gates too was there. The Prime Minister has time to talk to him for more than an hour. Met Naveen Patnaik. Met a variety of stakeholders. Saw Patel's statue – the Statue of Unity – the tallest statue anywhere.

Hunter-gatherers, nomads, have taken to agriculture. As we know today, agriculture has taken not less than 15,000-50,000 years to develop into an intensive fixed-field agriculture to support the 'consumers' without production on their own. And another 4,000 years to spread in the world. Domestication of trees, animals got added up. Deforestation started. Degeneration of ecosystems. Rivers changed their courses. Cities came. 'Civilization'. Elites started emerging. Temples became central. Populations burgeoned. Carrying capacities of local environments were breached. Most cities collapsed in a few generations. Migrations, and new cities. Conquering new territories, enslaving labour or workforce. Kingdoms emerged. Kings as demigods. Most women were brought into indoors. Constrained, silenced, and devalued. Malnourishment, injuries from work for non-elite, outside the city walls. Nomads outside were displaced, or absorbed. Agriculture on scale brought famines. Related suffering of high magnitude. Dying young. Got into traps, and progress traps. Fixes started failing. Complex solutions to problems to complex problems, more complex solutions and so on, leading to vulnerability to collapse. More conquests. Expansion of kingdoms. New nations expanded identities. Colonialism, capitalism, fossil economies and consumerism. Moved to industrial revolution/wave, from the agriculture wave. Then to bio-technology, and IT wave. Can we see the movement over thousands of years? Systematic taking over by the elite. Acceptance of inequity. Divine justice. Power rules the powerless. Can we see?

We have three types of leaders amongst us – those who stand in-front; those who stand behind; and those who stand next to. Visionary, transformative, servant, transactional and so on. For example, visionary leaders lead from the front, lead by example; servant leaders

lead from the back; and mentor-participatory leaders lead from the side. We combine these three types and go forward with this portfolio, changing style and mode, based on the need.

Can we stop doubting our abilities, direction, means and ends? Can we develop belief in ourselves, and our people? Can we see and articulate our strengths, our weaknesses to seed and nurture hope of possibilities? Aspirations? Can we manage our boundaries? Do we have a framework for going forward? Can we find our black swans? Can we extend our 'support'? Can we be with our drivers, real? Can we go the body way, heart way, mind way, and soul way? Macro way, Micro way, and micro-macro way?

Yes, we can. If we get going. If we go to the people, they take us. In the flow of N. For 7L.

Join us in the yoga of back to serving nature – sanghayoga for 7L.

11 March 2024

330. Enterprising freedom

Now illegal Electoral Bond details are in the public domain. Does it have any effect on election results? CAAA for non-muslim refugee migrants from Pakistan, Bangladesh, Afghanistan getting citizenship in India. Is it only fast-tracking, or something discriminatory here? Will it matter to voters anywhere?

Elections notification would be on 16 March: elections in April-May for Lok Sabha and 4 Assemblies. In 7 phases, and for 97 Crore voters. World's biggest election exercise. Model code of conduct with the notification till the elections end. Will we have better governance after the elections in our country, and our states?

Will Narendra Modi become the Prime Minister third time? Who will follow suit after he crosses 75? Will Naveen Patnaik become the longest serving Chief Minister in India?

Top 2000 companies in the world take work from 70 million people. Interestingly, two in five CEOs struggle within 18 months. One in three CEOs leaves in three years. Majority CEOs learn on the job. CEO or chief's critical roles include: setting the direction; aligning the organization; mobilizing the team to deliver; working with board; connecting with key stakeholders; and managing personal effectiveness-efficiency. The best chiefs are bold, keep thinking of the next steps for better tomorrow with a simpler but exciting vision; the best are seeking rigour and discipline even in the soft – culture, talent, people et al; the best are on dynamics of the team, rather than the mechanics – actions rather than the formal processes; the best are trying to help the board to help the organization; the best are thinking about the motivations of the stakeholders; and the best are focused on doing the best with the capabilities one has, rather than getting spread thin. Can we be the chiefs? Founder chiefs? Portfolio chiefs? Not-for-profit chiefs? Public organization chiefs? Can we be the best? Can we listen to our teams and others around us? Can we cope with the emerging pace? Decision-making. Can we cope with the new trends – sustainability, diversity, equity, inclusion et al? Can we cope with increased engagement, may be up to a third of the time, with the stakeholders of various hues? Can we cope with being brief, very brief but effective, elegant, and simple? Elegantly simple? Can we be responsive, and proactive? Can we have and offer flexi-hours, hybridwork ethos – managing, leading and practice hand-in-hand?

Can we see millions of people trapped in their lands, ecosystems, communities, and social groups? Denied justice that they deserve. Can we see intricate inextricable relationships among social, economic and ecological justices? Private rights and rights over commons? Local nutrition, fairshare in consumer rupee, fair payments for ecological services? Equity? Inclusion? Sustainability? Legacy to NextGen? Ecologically fragile and marginalized zones?

Tribal areas? Rural hinterlands? Dense urban centres? Air, water, food, shelter, energy, and climate? Literacy, health, justice. Communities-in-charge? Ownership, Leadership, Institutions, Animators, Facilitators, Communitization, Agency, and Systems change. Can we be with ourselves? Within, and without.

How do we improve our schools? Teachers, and Curriculums apart. Thermal, visual and acoustic comfort. Air, water, food, and hygiene. Ease of use. Eco-friendly. Energy self-sufficiency. How do we improve our villages? Our habitats? Can we? Can we do an Ashram – a Gurukulam, a school, a tuition centre, an academy, a leadership institute, or a university? Can we run a Kalanetha, a boutique of various weaves, crafts? A Natural, of foods? An Aksharam – a book house, a stationary store, and a publishing house? Can we move into 'freedom' as an independent researcher, surveyor, documenter, reporter, journalist, designer, tailor, tutor, volunteer teacher, counsellor, guide, mentor, guru, 'purohit', story teller, meditator, silent observer, letter writer, writer, blogger, local entrepreneur, cooperator, local representative, extension worker, and lifeworker? Can we be free?

Yes, we can. If we want to be free. Go to N. Go to people. Be there. In the flow of N. For 7L.

Join us in the yoga of back to nature – laahiriyoga for 7L.

14 March 2024

331. Flowing in the now

2024 Elections notified. 4 June is the day of results. Results seem almost clear? The focus should be towards 2029 and beyond. 2029 election and thereafter may be Jamili elections. Ram Nath Kovind Committee unanimously recommended Lok Sabha, Assembly elections together, followed by local government (bodies) elections within 3 months. This will be like the scenario in the first 20 years of our Republic. Implementing this recommendation may require a Constitutional Amendment. In any case, let us get ready. It is our time, isn't it?

Chemicals decrease/take away the taste quality too.

Local Natural Farming and Food Systems guarantee nutrition security, quality food and local jobs, apart from resilience of the community, and climate. Fairshare in consumer rupee, living wages and incomes, ecosystem service credits and guarantee quality of life, well-being to farmer and farmworker families. Community engagement becomes deeper and takes charge, with its enhanced agency for the smallholder families. Starting with women, we start gaining agency on our bodies, foods, families, farms, livelihoods, knowledge, groups, teams, institutions, relationships, villages, markets, governments, systems, cultures, futures, and destinies. Inclusion, equity, and justice. Climate change resilience, and coping. Postponement of extinction of the civilization by 2-3 generations, if not more.

Aren't we more artificial and less natural? Making more and more tools and instruments. Will the AI worsen this? How do we see the intersection of AI, mimicking our minds, and virtual reality, mimicking the world? Does it lead to human life immersed in human creation? Or is it just a bubble, a series of bubbles? Are we living in and continuing to live in artificiality(ies), and increasing day-by-day in our fabric of life, living et al? Isn't it augmenting our mental abilities? Are we not surrendering, transferring our creative abilities to the machines, to a significant extent? Are we losing originalities, and having unusual, may be uncomfortable, standardization(s) in what we 'consume'? Are we living in our thrisankus? Are we increasing new and more inequities? Can we retain our humanness, amidst all these?

For strong leaders-in-charge for a long time, data that reaches is biased increasingly. They believe that their actions are in the best interests of the people they lead or serve. They think they behave rational, but with biased data. Fully rational decisions one-by-one take to dynamic inconsistencies over time, cumulatively speaking. Can we think of limited tenures, change of places, organizations, agenda after a critical, and optimal tenure? Say 3 years, 5 years, 10 years, or 15 years.

Coexist, we must. Kindness, and consideration? Time together? Trust, intimate, and open? Support? Listening actively? In 'touch' of multiple dimensions? Co-plans? Celebrations? Availability? We, you and me, are one.

If we know ourselves, we can care for our resilient, balanced, spiritual and mental well-being and landscape, beyond the physical. What are we thinking, what are we feeling, where are we getting stuck in thoughts, where are we rigid, how are we making a difference to ourselves – seeking internal responses to these is the way to know ourselves. Can we go deeper, rather than suppressing? In our inward reflections. Can we make space for negative emotions? Can we take a solving approach rather than avoiding? Can we embrace failing, struggling, and making mistakes? Can we break away from recurring rumination? Can we assure ourselves of hope, faith, and inherent navigation abilities? Can we try self-care and well-being practice including therapies? Can we?

Yes, we can. If we coexist. We are free together, in action, devotion, and knowledge. In the flow of N. For 7L.

Join us in the yoga of yoga in nature – raadhikakrsnayoga for 7L.

[Click here for a compilation of Yogakshemam updates.](#)

17 March 2024

332. Tech yoga

APCNF now has an office in Hyderabad.

Toilet and tissue papers – some 30% use in the world – contain ‘forever chemicals’ used for converting wood into pulp. It also burdens the environment significantly. Can we use less? Can we use more recycled papers? Can we go for non-wood? Can we have paper from bamboo, sugarcane, straw et al? Can we move to using bidets? Why not?

Periodic labour force surveys are saying that there is an increase in female labour participation in the last five years, from some 20% to 40%. How do we increase these numbers? Majority of these are in the informal sector including farming, construction, working as helpers in domestic households, etc. How do we facilitate their diversification? Diversification is a must. How do we facilitate them into formal, and high skilled employment? How do we increase their wage returns, and incomes for them? How do we make these meaningful and satisfying? How do we catch them young and prepare them for these possibilities and opportunities? To realize their full potential. For inspiring them to will, for increasing their knowledge-skill-tool-resource ability, and for giving the space. Free to choose from options and choices.

How do we enable impact, social impact, useful at large social impact? At scale, with speed. Sustainably.

Do our team members, team members at large, know our purpose? Do we know how each one of us can work towards and contribute to the purpose? Do we have plans for the same? Do our plans really take us to our purpose? Do we have the abilities, willingness and space for the same? Do we put efforts to work the plan and deliver? Are we inspired enough for these efforts? Are we having models, and examples? Are we having ways to know our progress towards this end? Are we tracking ourselves? Are we correcting ourselves, and our journeys? Are we ‘incentivized’ and ‘motivated’ enough to be at it?

Technology is taking over every aspect of our lives. We remember almost nothing now, dependent on digital tools. We communicate digitally – mails, texts, videos, blogs etc. We buy online quite a lot starting with books, groceries, food, etc. We learn digitally. So on so forth. Our humanness and our digital behaviours are not hand-in-hand. At loggerheads. Our increasing digital addiction is at a huge cost to us. De-addiction may not be easy. But, we need to take a break. As often as possible. We need to go to N, as often as possible. She makes us familiar with ‘strange’. She makes us know our familiar world, woods, waters, from multiple lenses. She makes us notice things that are not present, in addition to noting life around us. She encourages bird’s view and worm’s view at the same time. She makes us appreciate that

our world is opaque to us; our world is rigid to us. We need to become porous, transparent and she is ready to help. She helps us to listen to the silence, apart from the low notes. She helps us to be qualitative, and quantitative at once. To see patterns and logic. To see and experience flows and cycles. To continue with a curious mind, creative heart and purposeful soul. Implicitly, explicitly.

Do we rest enough? We must. Variety of rests, breaks. Physical, mental, social, sensory, emotional, creative, and spiritual. These rests can come from change of work, deep sleep, meditation-relaxation, working out, walking, dancing, fast, slowing down, silence, music, hobbies, being alone, in the nature, with animals, playing with children, elderly, digital break, soft lighting, soothing sounds, non-violent space, humility practice, saying NO, expressing emotions, therapy, self-care, new people-places, and games. Can we rest fully, adequately?

Yes, we can. If we are in nature together. In the flow of N. For 7L.

Join us in the yoga of being and living in nature – brndaavanayoga for 7L.

21 March 2024

333. Unslaving bondages

Holi. Holi in, with N. Colours. Laughter, Love, Spring. Song, Dance. New beginning. Renewal. Success, Victory.

Better prompt leads to better output in AI. AI is growing. Can we learn, and master prompts? Prompt engineering?

Most poor, vulnerable and marginalized, particularly women, are in SHGs now. SHGs are ubiquitous; offer their members an identity; confirm solidarity; follow Panchasutra – meet, save, lend, repay, and record – in their own ways; access resources; take up works, services, programs, and resources for State; reinforce agency, with abilities and resources, willingness and spaces; are federated upwards, at higher levels – upto state level and beyond; are taking charge of their livelihoods, well-being, lives, and destinies. Taking their men along slowly.

How do we make education, schooling and beyond, more relevant for most of the people? How do we keep them in the life-long learning journey, with benefits continuing to accrue to them? Do the students and teachers have the agency for the same – abilities (data, knowledge, tools, skills, and resources), intent (willingness, motivation, and inspiration) and the space (time, architecture, scope, relevance, policy, choices, access et al)? We need more and more bright and competent hands in teaching. The ‘school’ should take us to 7L – life, living, livelihood, linking, leading, learning, love. In and with nature. Can we work towards this? Can we have more and more examples of this? Can we move beyond slogans? Can we add tools and skills to ourselves? Can we act, do and make these slogans real? Can we invest time, energy, and resources, for change? We must.

Can we increasingly go towards impacts, effects, results, rather than structures and activities? Can we not leave these structures, activities et al to the ‘agents’? Can we be more sensitive to and support evolution? Can we appreciate and understand employment including entrepreneurship, with reasonable returns? Can we improve the ‘returns’ for them? Can we also better their portfolios of works, and engagement?

Let us not look at the benefit of the transition in isolation. We need to see from the entire chain and associated – from the pre-transition area, transition area, and upto the post-transition area, till it reaches the logical end. People have to be involved in this appreciation, making choices and following-up.

Can we control our emotions, impulses, desires and behaviours? Can we resist instant gratification for a long-term meaningful end? Can we have self-discipline? Do we have will power? Do we have emotional, social and spiritual intelligence, apart from the analytical?

Even in food? In day-to-day living? Are we tough, sharp and strong, mentally? If we decide not-to-do a thing, can we stop doing it? And vice-versa. Can we do things which we hate, if we decide to do them? Can we have focus even in temptations and stressful situations? Can we perform fine despite our excited, and sad emotional contexts? Can we fast? Continually, to some rhythm?

We can change in governance only by voting. We need to gradually eliminate unsuitable leadership by our votes. Otherwise, we are no longer be in-charges of our lives. We may end up as 'idiots'. Politics is there in every aspect of our lives – family, society, culture, profession, business, religion, et al. Can we get ready?

Are we recruiting people for their past, not for future possibilities, and results? Can we reverse, chase, catch, hold on? Can we go for future vibrancy? Refresher? For improved relationships, resources, and new usefulness?

Can we be in the moment? In the flow? Can we maximize focus? Can we make choices relevant, important to us, taking control of our time, energies and priorities? Can we spend time with and mentor our teamers? One-on-one, away from meetings and firefightings? Can we enslave our tech tools? Silent, mute, and out-of-sight. Can we find ways to focus within the 'open', unplugging, and having breaks? Being, thinking, saying, and doing.

Yes, we can. If we at last wander into nature together. Often. In the flow of N. For 7L.

Join us in the yoga of living, and loving life in nature – abhyaasayoga for 7L.

24 March 2024

334. Shared existence

Good Friday. The Friday before Easter. The last supper followed by the day of crucifixion of Jesus. Day of sorrow, and fasting. Easter Sunday of Resurrection. The Holy week.

General Elections are underway. Now, the electioneering is more than work of parties, manifestos, contestants, leaders' campaigns, door-to-door canvassing. Promises, services now and later. Backend teams of election management have come in a big way to supplement these. Not as substitutes. Powered with technology, strategists, psephologists, advisors, speech writers, voter research and data analysts, social media messengers-campaigners, AI experts, campaign managers, digital marketers, deep fakers, whisperers et al. Officially itself, the amount on backend work is 25%. The costs may vary, from a mere Rs. one lakh per assembly candidate; Rs. 5 lakh per parliament constituency candidate to 100 times this. The chief/principal consultants may get paid in anything upwards to seven digits a month. The services can be for a minimum of 6-12 months. It is increasing to a full-time / full-term activity requirement for the aspirants, and incumbents.

Do the opinions of scholars of random policy research, advocacy, and opinion centres matter? Why do they make some statements and why do they step down, thereafter? Will caning the statements help the country? Will stepping down help the country? How can the statements of people far from the ground be more influential? Jargonized text, emotive narratives, suave presentations, jazzy graphics, and filtered data tables? What is development professionalism? Imitation of business? Are we not trapped in a paradigm which the poor, vulnerable and marginalized want to fight and transcend in the first place? Are we not getting coopted without our knowledge, or with our implicit or silent consent? Are we missing professionals with fearlessness, purity of the mind, devotion to the purpose, time and energy, generosity, self-control, simplicity-humility, adherence to basic values – hope, faith, promise, love, and coexistence?

Do we see excessive work loads; unreasonable timelines, deadlines, with quality suffering; work inequity; unclear communications; and insufficient managerial-leadership guidance? Can we do something about these? Can we bring well-being into our teams? Can we build leadership teams? Can we nurture an open, learning culture?

Can we appreciate – nature, earth, nextgen have rights? Interconnected. Affecting human rights and vice-versa. We have started seeing nature as a resource to be exploited, used, and are crushing nature rights. Inequity is acute – 1% owns 50%; 50% owns 5%. Inequity might be pushing us further on this resource paradigm. We have technology – taking control of us; democratizing us; reducing costs for us; hinting at changes in our consumption and behaviour;

reducing language barriers; taking analytics closer to all of us; offering choices; forcing patterns and trends. Printing came, we, a good number of us, survived and thrived. Industries came, we changed wholesale. Self-employed became employees. New ways of living emerged. Electricity came, bombs came, we survived and thrived. IT came, we coped with it. Now, new tech has come. We, most of us, may thrive too. With more time to live with this. Are we heading to a new paradigm of life, living, and livelihoods? New values? New ways? Are interconnectedness, and coexistence the new dominant values of our future? New end may be making sense of the world, interacting with it, and shaping the world simultaneously. New end may be redefining what it means to be us, humans? Communities, choices, connections, and creations.

Can we realize wisdom in the flow of our lives? Apparent contradictions, beyond rational logics we are used to. We are hunters and gatherers. It needs to find expression – hunting down some things and gathering some things. Can we? We are lovers, and can we live, link, lead, learn, and love? Can we keep loving, and giving?

Yes, we can. If we flow with nature and learn its ways. In the flow of N. For 7L.

Join us in the yoga of honouring nature rights living in nature – tanotiyoga for 7L.

28 March 2024

335. N1000 by 1000

Nitya receives Bharat Ratna on behalf of her father, late Dr MS Swaminathan.

Can people's statements fix up a crime? Do they serve as sufficient evidence?

Tea, Coffee are the beverages most consumed, after water. 5 Billion cups of tea a day. 2.5 Billion cups of coffee. WTC. India is the second largest producer of tea. China is the first. Productivity is coming down. Residues are increasing. Way out is customized climate resilient polycrop mosaic regenerative agriculture with increased biodiversity without chemical fertilizers and pesticides. Smallholders are the key in this transformation. Carbon-ecosystem credits should accrue to farm families, and fairly – fairshare and fair prices. And most, as much value-addition as possible locally.

All parties should be mandated to publish 'binding' manifestos. All these manifestos should be subjected to independent Feasibility, Viability, Sustainability, Productivity, Equity, and Cost-effectiveness tests before they are published/released. Can this happen? Can they reach voters? Can voters discern them and decide?

Development, Well-being, Happiness, and Freedom – can we have and take charge of this key integrated portfolio? For the poor-vulnerable and marginalized. Can we be there?

Can we see fixed duration – say 3, 5, 7, 10, 15 years — hiring as a norm in all positions of value – politics, bureaucracy, business, industry, and development? Then renewal? Is not life-long hire an outdated norm? Is it possible to hire the appropriate and suitable with ease and comfort, without compromises? Will this work? Can we make it work?

We may not control what is happening, what happens, what will happen. We can always control what we feel and do about what happens to us. We have the freedom. Freedom to choose and respond one way or the other. If we have a 'why' to live, we can always find 'how' to live. Let us get the 'why'. The purpose. The meaning. Even if it changes with time, we always have a 'why' to live. 'Why' drives us. 'Why' should drive us.

We provide knowledge, rather access to knowledge, or access to the tools of learning and accessing knowledge, skills and tools. And help people to apply and practice. Our differentiator, then, is the quality. Excellence. The culture of excellence. Anticipating needs. Offering exceeding expectations. Creating lifelong experiences, and memories of coexistence. Flows. Our values – hope, faith, promise, love, and coexistence – have to be lived. No concessions here. Participatory learning and apprenticeship mode has to be ON every minute. Behavioural competencies – Tenacity, Self-control, Strategic influencing, Concern

with impact – are a must. Unlearning-learning disposition matters. Data, Tools and Skills can always be taught very quickly. Can we make our services tailor-made, to the extent it works? With care and generosity. Can we lead by example?

Can we be available to our teams? How long? 24×7? Whenever they need us? Can we respond, within a set timeline, to all those who ‘knock’ on us? Can we have a culture of mutual availability? How about an N1000, or an N1M? Serving the world towards N. With 5 geographies, 10 verticals, 20 teams, coexistential hubs, 100 partners, 1000 professionals, champions, researchers, groups, collectives, networks, support organizations, 10000 empanelled associates, resource persons, learning facilitators, villages, enterprises, 100000 producers, prosumers, service providers, 1000000 consumers, experiencers, et al. With Rs. 10 Crore initial equity. Can we have it up in the next 1000-3000 days? Can we build an N-portfolio, living, farming, food system, movement, gurukulam, and learning platform-forum? Can we?

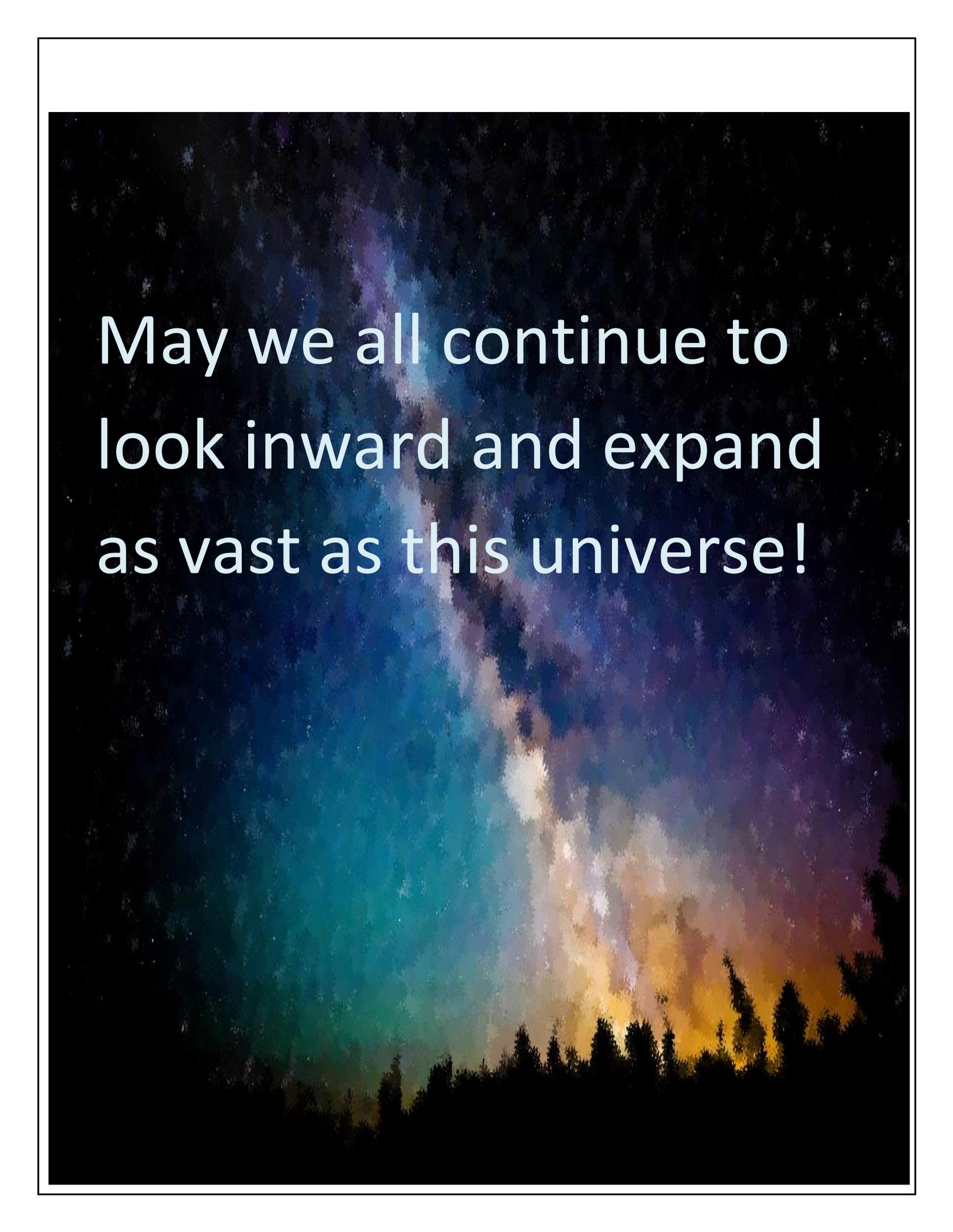
Yes, we can. If we ‘be’, flow with fellow floaters in nature. In the flow of N. For 7L.

Join us in the yoga of practice living on water, tea, coffee in nature – amrtajeevayoga for 7L.

31 March 2024

Walked/walking with us

G Muralidhar	P Mahesh
T Venkateshwarlu	V Murali
V Aravind Kumar	D Narasimha Reddy
M Bhavya	Naval Shaini
K Chayadevi	G Pulakeshi
S Laxman	M Nilendu
S Mahidhar Reddy	T Nirmala
K Ramesh	LB Prakash
G Swathi	M Raja Srinivas
S Himabindu	Ch Ramesh
T Vina	R Ratna Madhavi
V Ankith	G Ravindra
T Aparna Gayathri	Ramanjaneyulu
K Bharathi	S Rekha
G Bhargava	B Ramya
Bhima Shankar	B Sai Srinivas
Chandranshu Gupta	M Siddhardha
G Dayanandu	K Sridevi
Deepthi	P Soumya
Dharmendhar	R Swati
Glen Shewcheck	M Vijaybhasker
Ira Rambe	A Venkata Ramana
S Janaki	K Visweswar Rao
K Krishna Chaithanya	A Uma
P Kishore	
Krishna Murari	
M Lavanya	
P Madhavi	
B Madhusudhan	
P Madhusudhan	
G Madhu Vamsi	
ManjulaMansi Kaushik	



May we all continue to
look inward and expand
as vast as this universe!