

# SAHAJA AGRICULTURAL PROJECT – ELEVATING AGRICULTURAL OUTPUT AND QUALITY USING NATURALLY OCCURRING VIBRATIONAL ENERGY FLOWS FROM REGULARLY MEDITATING YOGI FARMERS

---



## Acronym

SAP

## Main Theme:

Quantitative & qualitative enhancement of crop products

## Tags

organic india rural crop yields yoga meditation vibrations improved germination improved yields

## Total Budget

€ 0,00



, India, Asia

## Title

Sahaja Agricultural Project – elevating agricultural output and quality using naturally occurring vibrational energy flows from regularly meditating yogi farmers

## Summary

A large scale, systematic field experiment involving more than 100 farmers in rural areas of the state of Maharashtra in India was launched in 2011, giving rise to the SAP. The program is designed to help rural farmers in India harness the natural power of nature's vibrations through a meditation practice known as Sahaja Yoga to improve crop yields and quality.

The results of crops treated with vibrations compared to those not treated were surprising, such as a 43% increase in plant growth for sugar cane, a 20% increase in the sprouting potential of cotton seeds and a 50% increase in crop yield for sorghum.

Following the encouraging results, a 2nd phase of experiments was launched on a national level in India from 2012 onwards with more than 15000 farmers being introduced to SAP.

The project was managed by G. D. Pareek, ex Joint Director (Agronomy) Dept of Agriculture, Government of Rajasthan and H. K. Solanki, Asst Professor, National Institute of Rural Development, Jaipur Centre.

## From

June 2011

## To

## Country

India

## Partnership

	<b>Name</b>	<b>Main activities</b>	<b>Country</b>
Lead applicant	Shri Mataji Nirmala Devi Sahaja Yoga World Foundation (SMNDSYWF)	The objectives are of perpetuating, documenting and spreading all over the world, the knowledge of the teachings of Mrs. Srivastava Nirmala Chandrika Prasad, mostly known throughout the world as Shri Mataji Nirmala Devi, and of supporting, all over the world, the practice of meditation founded by Her, known as Sahaja Yoga. In order for these objectives to be fulfilled, the Foundation, among other things manages: <ul style="list-style-type: none"> <li>• a WORLD CENTRE in Cabella Ligure which has the purpose of:                             <ul style="list-style-type: none"> <li>o sharing the teachings of Shri Mataji Nirmala Devi, illustrating their value, their meaning and their importance for the spiritual evolution and well-being of humanity</li> <li>o collecting and disseminating information about Sahaja Yoga activities and programmes in various countries of the world</li> </ul> </li> <li>• an INTERNATIONAL SCHOOL for children in Cabella Ligure, inspired by the teachings of Shri Mataji Nirmala Devi and the practice of Sahaja Yoga meditation</li> </ul>	Italy
Initiative partner	HH Shri Mataji Nirmala Devi Sahaja Yoga Trust (SMNDSYT)	The National Sahaja Yoga Trust of India coordinates a network of Sahaja Yoga centres throughout India as well as activities carried out at a national or international level. Some of the main activities of trust include: <ol style="list-style-type: none"> <li>1. Coordination of National Sahaj Agricultural Project (also known as Sahaja Krishi)</li> <li>2. Coordination of a Sahaja Yoga Health Centre in India</li> <li>3. Coordination of a home for destitute women and children (Nirmal Prem)</li> <li>4. Coordination of Youth Personality and Cultural Development Program</li> <li>5. Coordination of Sahaja Yoga Meditation in School Education Program</li> <li>6. Coordination of Special Sahaja Yoga Mediation Program for Handicap, Orphanage, Security forces in India</li> </ol>	India

Initiative partner	CEL - CENTER FOR EVOLUTIONARY LEARNING ITALY (CEL ITALIA)	CEL ITALY is a non-profit organization of management professionals (academics, consultants, trainers and experienced managers) focused on management research and education. Our aspiration is to contribute to the sustainable development of communities worldwide by identifying and employing the most effective training and consulting approaches to further personal development processes in entrepreneurs, managers and employees, working in private, social or public organizations active in those communities. We firmly believe that enlightened individuals generate enlightened decisions, practices and initiatives within their organizations, to benefit of all concerned stakeholders. This is achieved through an innovative approach to evolutionary (transformative) change, which fuses whole-person transformation with leading-edge organisational change management.	Italy
--------------------	---	---	-------

By

Antony Visconti

## Step 1: Fast lane to the main idea

The SAP program is a zero cost solution which lets rural farmers with limited resources in India improve agricultural yields using the power of silent meditation and the vibrational energy this produces. By harnessing this flow of vibrational energy through the attention of a spiritually engaged farmer (i.e. a yogi), key agricultural elements such as soil, seed and water are purified, enhanced and made more resilient without relying on artificial additives or chemicals. The key components of the SAP program require that the farmers meditate every day to improve their state of balance and energy, and deepen the essence of their connection with nature on every level. By returning the farmer to a more integrated and 'human' part of the agricultural process in this simple way, the results can be startling, and more importantly the technique can be easily replicated in any country and culture.

## Step 2: Main innovation developed

The SAP program is unique in that no fees are charged, and very little alteration to the conventional farming process is necessary. The meditation and channelling of energy is completely natural and easy to learn and master. Each day the farmer is required to sit down and meditate before the day's activity begin. The meditation involves reaching a state of mental silence (or thoughtless awareness) during which the brain activity is significantly reduced.

This technique is part of a meditation practice known as Sahaja Yoga Meditation which is practised in over 120 countries across the world. By achieving this gentle but powerful state of equilibrium, the farmer is able to use the natural vibrational energy flows to improve his life in many other ways, as well as improving the quality and quantity of his agricultural output. In essence the farmer starts to flow 'with' life, instead of battling 'against' it.

## Step 3: Background and context

In India most of the population is still living in villages with farming and animal husbandry as the main source of livelihood. While production and productivity in agriculture has almost stagnated over the recent past, SAP offers rural farmers the chance to take direct control of their crop and lives with no extra

financial burden. More than 15,000 small farmers in India have been exposed to the SAP program techniques, and in some regions entire villages have adopted the practice wholesale as a means of improving their lives and communities.

While Western agribusinesses rely exclusively on scientific solutions to manage output, the poor rural farmer in a developing country has no such financial resources, and so they are much more willing to learn new ideas, especially if they actually work and produce the results that are claimed. When your family relies on a farming output to survive, any decision of this sort is not whimsical, it is literally a matter of life and death.

## Step 4: Main results achieved

The SAP program has delivered clearly proven benefits to farmers all across India. In case study after case study, the improvements in crop yields, germination and quality of the output has at times reached 50% or more over conventional methods. And that's not counting the beneficial effects on the mental, emotional and physiological state of the farmers themselves. At a time when farmer suicides are still a sad feature of the landscape, this is very good news.

The full program is now currently being practised in over 17 states across the nation, and in Maharashtra alone there are 830 SAP centers in operation, supporting a vast network of small rural farmers.

In 2014 the Indian Council of Agricultural Research (ICAR) in New Delhi - the country's apex body for managing research and education in agriculture - has sanctioned two official research projects in Andhra Pradesh completely based on SAP techniques, in order to conduct a more in-depth evaluation for paddy field crops (e.g. rice).

---

### Sajaja Agriculture Project Experimental Results

The document presents a brief summary of the early experiments that led to the initiation of the Sahaja Agriculture Project, the main findings of the extensive field experiment carried out in Maharashtra in India in 2011 as well as the follow-up work done from 2012 to date.

---

### SAP 2011 Maharashtra Experiment PHOTO GALLERY

The document contains a photo gallery of various phases of the field experiment carried out in 2011 in Maharashtra, India giving rise to the Sahaja Agriculture Project

## Step 5: Main beneficiaries and needs addressed

The main beneficiaries are the farmers themselves both in terms of personal well-being as well as in the economic benefits obtained from a higher agricultural production achieved without the need of additional cash inputs, physical work, chemical additives or special tools. Also consumers benefit due to the higher nutritional quality of the products free of pollution.

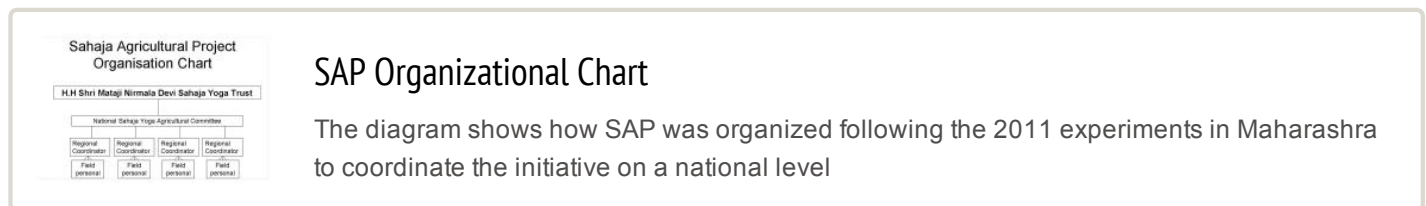
The benefits can be perceived by the entire local community. In Bhogpur village, just outside Haridwar, SAP techniques have been employed for a number of years by Jagpal Singh, a local dairy farmer. His adoption of the vibratory energy method of dairy production has resulted in such extraordinary effects that the whole village now uses SAP techniques for agricultural production. The vegetable and cattle feed size and quality is also much higher than in surrounding villages, and Jagpal's dairy has received an award from the local district for having the Highest Purity and Quality in the area.

## Step 6: Human resources involved in the project

The initial SAP team involved some 27 field workers, and a small management team of 7 agricultural and community experts. All the field personnel were and are volunteers who themselves have benefited from the meditation practice, and can give direct assistance when needed to the farmers who are starting out.

The management team has a mixed portfolio, including an ex director of the Rajasthan Dept of Agriculture, and an Asst Professor in the National Institute of Rural Development in Jaipur. The multi-disciplinary nature of the management and field personnel helps to deliver a strong breadth of experience to guide the farmers not just in the meditative arts, but also in terms of business and personal development.

There are currently around 36 agricultural coordinators with 10 field personnel in each region leading the on site programs across the active states, and a hand-picked 38 strong SAP committee which helps to oversee the whole program and ensure the maintenance of quality.



## Step 7: Main difficulty or obstacle

The main problem we have had in pushing for adoption of the SAP program has been to get the farmers to believe that doing something as unusual as meditating every day could actually deliver the benefits promised for their businesses. However through the use of local farmer fairs and other public opportunities, SAP personnel can usually demonstrate the power of the technique through statistical evidence and research data.

The great thing is that once a farmer in an area adopts the new system for himself and starts to benefit, word quickly spreads and other farmers become more willing to give it a try for themselves. In the early days it's also necessary to provide close support to meditating farmers to help them understand what they need to do, how to deepen their state of balance and crucially how to channel the vibrational energy properly.

## Step 8: Environmental impact

By using the completely natural techniques offered by the SAP program, farmers can immediately stop abusing their land with harsh chemical methods, and return to a more holistic farming alternative. This ecological approach is typically very difficult to maintain in the face of declining soil and water standards in rural areas, but because the vibrational energies being used are powerful rejuvenators, this problem disappears once the program starts working in earnest.

The net result is the SAP program offers a completely natural, zero cost and truly 'organic' alternative to the currently popular agricultural processes. For small scale, cash poor farmers this is a viable way out of the soil exploitation trap which many experience as they try to do more with less, while their land suffers. By encouraging the natural process, and demonstrating real improvements, these farmers finally have a way they can benefit and help the planet at the same time.

## Step 9: Sustainability, transferability and duplicability

The SAP program has now been running officially for nearly four years, and there were smaller regional initiatives running successfully even before that, and it's turning out to be a proven solution to many of the problems facing small farming communities around the world in every culture. The techniques behind the program have even been successfully replicated in other research projects as far afield as Austria and New Zealand and can be applied anywhere, anytime by anyone.

The full program is now currently being practised in over 17 states across the Indian nation, and in Maharastra alone there are 830 SAP centers in operation, supporting a vast network of small rural farmers.

Independent experiments conducted in different contexts and times, whilst showing variations in the absolute values of the benefits achieved, have all shown the same positive trends. In no case have negative effects been observed.

## Step 10: Dissemination

Promoting and spreading of any new initiative in a country with as little formalised communication infrastructure as India can pose a challenge at the best of times. In the case of the SAP program, it was necessary to employ a feet on the ground approach almost exclusively in the absence of rural communication channels such as television or radio.

In the event, it has proved to be a much stronger approach because it has allowed for personal face to face interaction as a part of the engagement process. This reinforces the impact of the data presented, and goes a long way towards convincing possibly sceptical farmers that the program works as promised. If

you meet someone who comes across as balanced and genuinely open hearted, it is easier to listen and evaluate their message properly.

In the event it has been these formal presentations at farmer's fairs and other scheduled presentations which have proved the most effective in driving adoption and acceptance of the SAP message.

---

## SAP Dissemination in India PHOTO GALLERY

Foto gallery showing various initiatives in India to help raise the awareness of the Sahaja Agriculture Project and it's potential benefits