

# Techniques of Sahajagriculture

**National Sahajagriculture Mission, Sahajayoga National Trust, New Delhi**

With the blessings and guidance of Shree Mataji, Sahajagriculture techniques have been standardized by many Sahajayogi experts during their experiments on agricultural crops, tree crops, domestic animals and bee keeping etc. These techniques have been formulated for the use of farmers, officials and scientists of Agriculture, Horticulture, Forestry, Fisheries, Bee keeping etc. Further, these techniques prepared in simple ways along with photographs can also be used at family kitchen gardens. We can also improve the quality of drinking water used at home as well as rivers, canals and lakes etc.



**Fig. 1. Shree Mataji Nirmala Devi**



**Fig. 2. Shree Sakumbri Devi,  
a Goddess of Agriculture**

## **Guidelines before doing Sahajagriculture**

- Keep and treat photos of Shree Mataji very respectfully.
- Do Sahajayoga meditation twice a day regularly at home.
- Regularly attend weekly meditation at Sahajayoga Meditation Centre or on line (Fig. 3).
- Do foot soaking 1-2 times a day regularly.
- Use vibrated water at home.
- Participate in team working for the spread of Sahajayoga
- Maintain necessary items for the practicing Sahajagriculture.



**Fig. 3. Attending weekly meditation at Sahajayoga Meditation Centre is a must.**

### **Items required for doing Sahajagriculture**

1. Photograph of Shree Mataji
2. Red cotton cloth
3. Candle
4. Rose water
5. Kukum
6. Cotton or clean cloth to clean the photo
7. Five coconuts
8. One pot for keeping seeds/tubors
9. One pot or bucket for water
10. Small quantity of Seeds or tubers of the crop to be sown in the field

### **Vibrating seeds and water at home or field**

Whole Sahajyogi family or those family members practicing Sahajayoga meditation regularly and other Sahajyogi and Yogini in the neighbour hood or adjacent places must attend meditation programme at the residence of the farmer. Do this programme 1-2 days before sowing of crop.

Before start of the collective meditation, prepare 5 coconuts with Swastika and place them before the photo. Place some quantity of seeds (about 100-500 g) or tubers of the crop in a pot and place the pot before the photograph of the Shree Mataji. Also place another pot or bucket with water covering it fully. Place some flowers of the season before the photograph. After cleaning the photo with rose water, light the candle.

The collectivity humbly prays to Shri Mataji for bringing them in spiritual balance. After taking permission from Shree Mataji, take collective bandhan, chant 3 Mahamantra and Shree Ganesh mantra. They meditate for a while and putting the entire attention an Sahastrara, the farmers/collectivity have to pray as:

*“H.H. Shri Mataji we pray humbly at your lotus feet that the seeds/feeds/fertilizers, manure/planting material/water place at your divine lotus feet be vibrated with your divine love.”*

The farmers have to chant the “Shri Ganesh Atharwashirsh” and at the end Chant the mantra “Shri Shakhambhari Sakshat”. Take collective bandhan and give thanks to Shree Mataji for the blessings and bow before the photograph of Shree Mataji. Leave the pots of seeds, water and coconuts before the photograph for overnight vibration (Fig. 4, 5). Serve the sweets etc. to all attendees after completion of the meditation.



**Fig. 4. Placing pots of seeds and water before photograph.**



**Fig. 5. Placing pots of 5 Coconuts before photograph.**

In case, you have not given vibration of seeds etc. at home, it can be done in the crop field (Fig. 6).



**Fig. 6. Vibrating the seeds/water in the field.**

Next day, collect the seeds and mix up in rest of the remaining seeds of the crop to be sown. Similarly, collect the water from the pot and mix up it into a bucket full of water. Collectivity/farmers should take bandhan, give vibrations to the field (Fig. 7) chanting 1. Three Mahamantra, 2. Shree Ganesha Sakshat, 3. “Shri Ganesh Atharwashirsh” and 4. “Shri Shakhambhari Devi Sakshat” mantra. Pray Shree Ganesha to purify the field. Pray to Shri Shakhambhari Devi to improve the crop yield.

Place the 5 coconuts in 45 cm deep pits; 1 coconut in each of corner of the field and 1 in the centre of the field (Fig. 8). Place the coconut with eyes on the upward, chanting “Shree Ganesha sakshat” mantra and cover the pit with soil. The meditation and whole field vibration work can be done by the family, if 4-5 Sahajayogi are in the family, all doing meditation regularly.





**Fig. 7. Vibrating of the field by Sahaja farmers before sowing of crops.**



**Fig. 8. Placing coconut in each of 5 pits in the crop field.**

### **Sowing of seeds and irrigating the field**

The vibrated seeds/tubers are sown in the crop field. This field operation can be done by farmer or his labour. After sowing of the seeds, the field is irrigated as per needs of the crop. Now, spray the vibrated water from a bucket into the whole field chanting “Shree Ganesh sakhat” mantra. After germination of seeds or sprouting of tubers, field may be irrigated several times (about 4-10 times) during the growth of the crop. After each irrigation, we spray vibrated water from the bucket into the field. The farmer or his family gives vibration to the field chanting the “Shree Ganesh Sakshat” and “Shree Shakumbri Devi” sakshat mantras, praying them to purify the crop and improve the quality and yield of the crop. A photo of Shree Mataji laminated in a locket (Fig. 14) tied with a wire, can be placed inside the source of water like tube well etc.

We say “ Shree Mataji, this is your crop, your field. You are the doer and user. Please purify and improve the crop yield in the field”. A photograph of Shree Mataji laminated in a glass may be installed in the field at the time of sowing of seeds/tubers in the field (Fig. 13).



**Fig. 9. Spraying vibrated water in crop field 4-10 times during the crop season.**



**Fig. 10. Vibrating the crop by the farmers family during active growth**



Fig. 11. Vibrating the crop during seeds formation



Fig. 12. Vibrating the plant raised from tubers

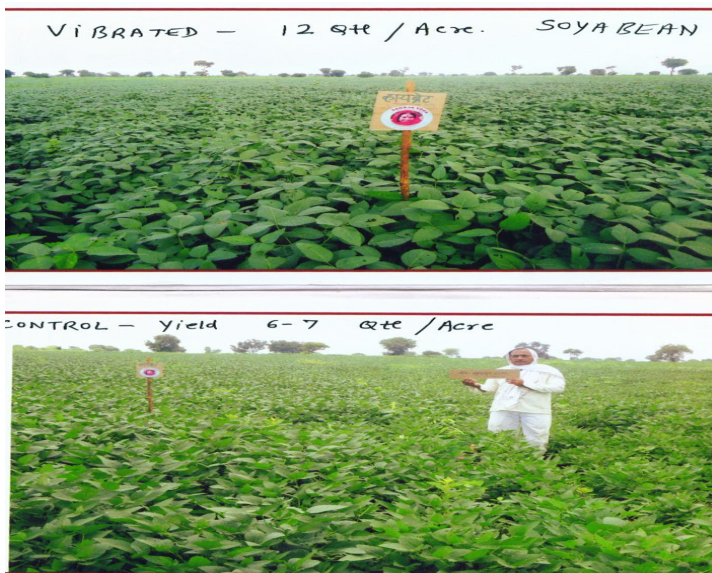


Fig. 13. Placing the tagged photograph of Shree Mataji in glass frame established in the crop field.



Fig. 14. Photograph of Shree mataji in a locket.

### Vibrating a kitchen garden

Same techniques of meditation, vibrating seeds/tubers and water and crop field are used in case of improving the quality and yield in a kitchen garden (Fig. 15). In case garden is small, then there is no need to place vibrated coconut in the kitchen garden (Fig. 16). Only use vibrated seeds/tubers and water for raising vegetables and flowers at home. A tagged photograph of Shree Mataji laminated in a glass (Fig. 13) may be installed in the kitchen garden.





**Fig. 15. Raising vegetables in kitchen garden at Home.**



**Fig. 16. Small kitchen garden at home.**

### **Securing crop from wild animals**

There are several types of wild animals like wild pig, neelgai, deers, monkeys etc., which eat or damage the crop during the season (Fig. 17, 18). Spray the vibrated water from bucket around the boundary of the crop field once in a month, hence 4-10 times in the season. A tagged photograph of Shree Mataji laminated in a glass may be installed in the crop field (Fig. 13).



**Fig. 17. Monkeys damaging a crop**



**Fig. 18. A pig damaging a crop**

### **Take photos of the crop**

In order to highlight the effect of vibration of sahayajoga meditation on the quality and yield, take the photos of vibrated and non-vibrated fields of same crop during different stages of the growth of the crop, if possible. Progressive farmers may take yield data of the crop with the guidance of the local university scientist.

### **Vibrating of Horticulture and Forestry crops**

The basic principles of techniques of vibrating the horticulture (Fig. 19) and Forestry (Fig. 20) crops remain the same as in case agricultural crops. The treatment method of effect of vibrations on trees is followed as in case of agricultural crops and for experiment purpose is planned as per direction of the local Forestry and horticulture scientist/expert. A photograph of Shree Mataji laminated in a glass may be installed in the tree nursery/plantation field.



**Fig. 19. Apple crop in Himachal Pradesh.**



**Fig. 20. Polar plantation for wood/paper production.**

### **Vibrating the animals**

The milking animals and horses etc. are given vibrated water and forage raised in a vibrated field (Fig. 21). Small amount of water and feed are placed in pots before the photos of Shree Mataji over night. The vibrated water and feeds are mixed in larger quantities of water and feed respectively and given to animals. Similarly, hens are fed vibrated water and feed in a poultry farm (Fig. 22). The domestic dogs, cats and birds are also given vibrated water and feed for their good health and higher productivity. The effects of vibrated water, forage and feed on the health and productivity are measured for experimental purpose by the animal and veterinary experts of local institute/university.



**Fig. 21. Milking cows given vibrated water and forage.**



**Fig. 22. Vibrated water and feed given to hen for egg production.**

### **Fisheries**

Put seed of fish and water in a bucket in front of photograph of Shree Mataji. Pray collectively for the good health and production of fish. Pour the seed of fish along with vibrated water in the pond (Fig. 23). Establish a tagged photograph (Fig. 13) of Shree Mataji near the pond. Give the collective vibration to the pond. Pour the vibrated water from time to time.





**Fig. 23. Fish production in artificial ponds**



**Fig. 24. Fish ready for market.**

### **Vermicompost/FYM/Composting**

Meditate briefly and vibrate the water and earth worms in front of photograph of Shree Mataji over night. Mix up the same in the remaining in higher amount for mass production of the vermicompost/FYM/Composting (Fig. 25-27). A a tagged photograph of Shree Mataji laminated in a glass may be installed at the site.



**Fig. 25. Preparation of vermicompost**



**Fig. 26. Earthworms doing composting**



**Fig. 27. Vermicompost ready for use.**

### **Bee keeping**

Mediate briefly and vibrate the water and feed before the photograph of Shree Mataji. Provide vibrated water and feed to bees used for honey production. Install a tagged photograph (Fig. 13) near the wooden boxes of the bees. Vibrate the bees in the wooden boxes frequently.



**Fig. 28. Bees keeping in boxes in a forest.**



**Fig. 29. Bees inside a box.**

### **Experts**

Sh. G. D. Pareek (Email: [gdpareek@yahoo.com](mailto:gdpareek@yahoo.com), Tel: 9828451514)

Prof. Virendra Singh (Email: [virendrasingh1961@yahoo.com](mailto:virendrasingh1961@yahoo.com), Tel: 7018420112)