



E-ISSN: 2278-4136

P-ISSN: 2349-8234

JPP 2019; 8(6): 144-146

Received: 28-09-2019

Accepted: 30-10-2019

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## Yogic farming: A new cognitive fertilizer

**Dr. Parveen Kumar, Dr. D Namgyal and Dr. Kunzang Lamo**

### Abstract

Sustainability today is the need of the hour. To feed the ever increasing population with scarce resources and without causing any irreparable damage to the fragile ecosystem, we need to go for out of box solutions. Yogic agriculture represents a tectonic shift from the conventional chemical intensive food production systems to a more reliable, ecologically safe and environmentally sound food production system. It represents a unique form of farming that combines thought-based meditative practices with methods of organic agriculture and is bringing clear economic and social benefits to smallholder agrarian communities in India. It is based on the principle that in the same way as people can feel good or bad vibrations from one another; seeds will also react to thoughts exposed to them. The data collected from Kolhapur, Maharashtra revealed that tomato crop (Namdhari 2535 variety) grown by Yogic process gave energy equivalent to 27.47 Kilocalories and vitamin C equivalent to 14.9mg/100 grams. This was very high when compared to the tomatoes obtained by chemical process which gave energy equivalent to 19.50 Kilocalories and vitamin C equivalent to 6.05 mg/100 grams. Research findings from several field trials in India indicate that of the three treatments viz OFM-1 (Organic farming techniques), OFM-2 (organic + meditation) and CFM (Chemicals and fertilizers methods); OFM-2 i.e. organic + meditation has the greatest soil microbial population, the seeds germinate up to a week earlier.

**Keywords:** Yogic farming, cognitive fertilizer

### Introduction

No one can deny the fact that to feed the overgrowing population, the earth has to produce more. This is to be done with limited resources. Land is limited and similar is the case with other resources like water, soil and soil nutrients. The excessive and injudicious uses of chemical fertilizers have already shown the negative effects. As such our thrust is now more on the promoting chemical less agricultural practices. To achieve this organic agriculture is now being promoted all over the world. In India too organic farming is being promoted under the Parampragat Krishi Vikas Yojana (PKVY). Now those fighting for the cause of sustainable agriculture have gone a step further. They say organic farming is good but not good enough. They have advocated for yogic farming. The yogic farming they believe is sustainable which applies power of thought. Power of thought they believe can be a new fertilizer that can lead to food security.

Yogic Agriculture is a unique form of farming that combines thought-based meditative practices with methods of organic agriculture and is bringing clear economic and social benefits to smallholder agrarian communities in India. It is based on the principle that in the same way as people can feel good or bad vibrations from one another; seeds will also react to thoughts exposed to them. Farmers have to give seeds the power of positive thoughts through a higher state of consciousness through meditation. In the country it is also a research project carried out by the Rural Development Wing of the Brahma Kumaris. The Brahma Kumaris World Spiritual University (BKWSU) is an international non-governmental organization (NGO) of the UN, in General Consultative Status with the Economic and Social Council. It is also affiliated to the UN Department of Public Information and has Observer Status with the United Nations Framework Convention on Climate Change (UNFCCC).

Sustainable agriculture cannot be practiced in isolation or by taking an individualistic approach rather we have to take a whole systems approach that should incorporate indigenous knowledge with the resource conservation agricultural practices that links ecology, culture, economics and society. Sustainable Yogic Agriculture utilizes a systems-wide approach, recognizing all elements of farming: humans, animals and bird, flying and crawling insects, micro-organisms, seed, vegetation and surrounding ecosystems, and the natural elements of sun, soil, air, water and space so as to make viable farming communities.

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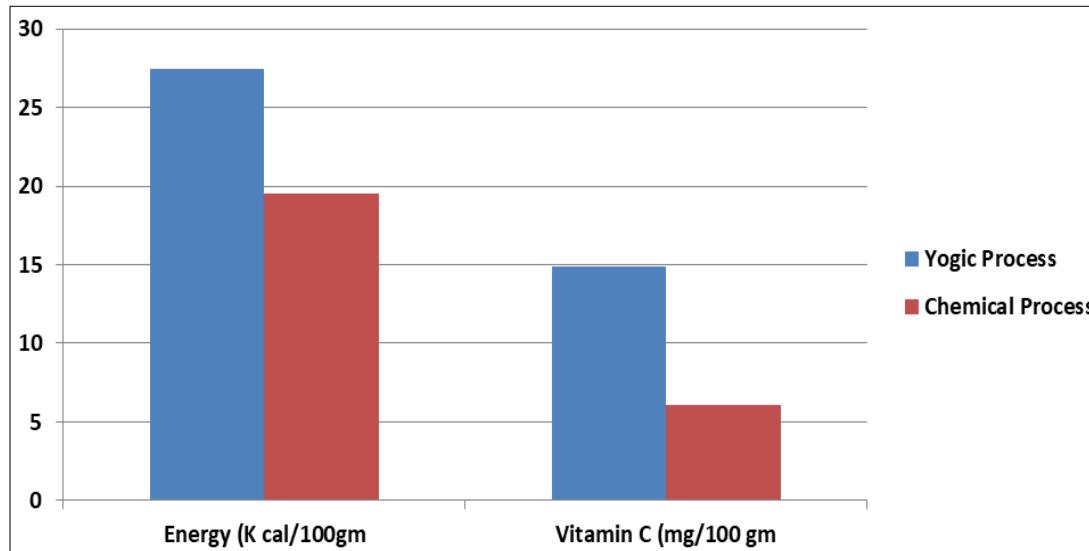
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## Yogic Methods

Positive thoughts have an impact on nature and even livestock and peoples' around. Nature reads our minds and power of thoughts can be effectively used in farm sector. The idea behind Yogic farming is to empower the seeds with the help of positive thinking. Seeds are placed in the Brahma Kumaris World Spiritual University (BKWSU) meditation centre where practiced meditators focus thoughts of peace, non-violence, love, strength and resilience on the seeds for up to a month before sowing [1]. Regular meditations are conducted remotely and in the fields with specific thought practices designed to support each phase of the crop growth cycle, from empowering seeds and seed germination, through sowing, irrigation and growth, to harvest and soil replenishment. With the help of Rajyog soil fertility can be enhanced and it also promotes the activity of soil microorganisms in the soil too. The Raj Yoga meditation of personal empowerment is an ancient technique in India. It can be promoted for better use in agriculture. Raj yoga is believed to be the prince of yoga. Its ultimate aim is the attainment of a higher state of consciousness through eight fold paths which include strict vegetarianism, relentless honesty, truthfulness, absolute freedom from all material discourses and abstention from sex

Presently, nearly one thousand farmers throughout India are combining organic farming with meditation, which is showing remarkable results. The data collected through field studies in Maharashtra suggest that the seed quality and the yields have improved (Fig.1). Sustainable Yogic Agriculture has resulted in lower cost of cultivation to farmers besides reducing the pressure on the environment. It has also improved farmers' emotional well-being and enhanced community resilience. The meditative practices have been designed for each phase of the agrarian cycle, from seed to harvest. Yogic farming has also a social aspect too. The increasing income further increases farmers' self-esteem reducing the frequency of farmer suicides and lessens the social violence in families and villages. The country's leading agricultural universities including Govind Vallabh Pant University of Agriculture and Technology, Pant Nagar and Sardar Krushna Dantewada Agricultural University Gujarat are working on sustainable yogic farming practices. A scientist in Annamalai University has found that there is impact of music on plant growth and foreign scientists have found proof of thoughts on seed germination. On Yogic farming Sunita Pande from the division of Agronomy in GBPUAT Agronomist also told of the positive results obtained by the research work being carried out on wheat that showed higher protein content.



**Fig 1:** Tomato crop through Yogic and Chemical processes

As shown in Figure 1, data collected from Kolhapur, Maharashtra that the tomato crop (Namdhari 2535 variety) grown by Yogic process gave energy equivalent to 27.47 Kilocalories and vitamin C equivalent to 14.9mg/100 grams. This was very high when compared to the tomatoes obtained by chemical process which gave energy equivalent to 19.50 Kilocalories and vitamin C equivalent to 6.05 mg/100 grams. Research findings from several field trials in India indicate that of the three treatments viz OFM-1 (Organic farming techniques), OFM-2 (organic + meditation) and CFM (Chemicals and fertilizers methods); OFM-2 i.e. organic + meditation has the greatest soil microbial population, the seeds germinate up to a week earlier. Subsequent crops reveal higher amounts of iron, energy, protein and vitamins compared to OFM-I (organic) and CFM (chemical and Fertilizers). Local farmers have also reported that the Yogic process saves a total of Rs. 14769.00 (\$USD 330) per acre as compared to chemical farming, offering low-cost high-benefit methods for local communities [2].

## Principles of Yogic Agriculture

### Sakaash and the Amritvela

Giving sakaash (help through vibration) to the crop in the morning from 4 to 4:45 am i.e. Amritvela. It is believed that by sakaash Baba's powers are entering the seed and cover the seed with the power of purity. For this the seeds are deposited for at least 10 days in the meditation hall of a Raj yoga centre where daily group meditation are organized to charge the rooms with spiritual energy

### Dip of the finger

Take water in a vessel and keep your finger in it. It is assumed that the rays of the sun of knowledge are coming to us and reaching the water through medium of finger. Concentration in this single thought for minimum ten minutes. Sprinkle this water on crops. It will benefit more. Keeping the hands in fertilizer think that through the hands of mine the vibration of purity and supreme power are melting in the fertilizer. While broadcasting on the crop feel the supreme powers are also falling on the crops and all insects are running out.

### **Visualization**

Visualization of the seven colours of spectrum associated with seven spiritual attributes (for e. g peace, unity, harmony, brotherhood, integrity, clarity determination) charges the atmosphere and the seeds. Farmers meditate for a few minutes before sowing a kind of offering to the deity and at the same time to the earth to harmonize the energies of nature. The pure vibrations kill all the insects. The pure vibrations create a special type of energy in vegetation to face any virus or disease.

### **Jivamrit**

It is prepared by taking 10-15 kg cow dung of a pure local breed, 5-10 litre of cow urine, 2 kg black jiggery or 4 litre of sugarcane juice, 2 kg powder of any pulse, 1 kg jiv soil (i.e. soil from borders of farm or from dam site) and 200 litre of water. Keep them in a barrel for 2-7 days under shadow. Churn the mixture everyday with a wooden stick twice. Sprinkle it on one acre of land.

### **Special Thursday**

Every Thursday there is special meditation in the fields. Each element of nature is identified with a colour. The blue colour is identified with ether/sky, yellow with fire, orange with water and red with the earth. If there are any signs of crop being diseased healing meditation are given to plants. A flag is positioned at each corner of the field to symbolize that yogic practice was at work

While the concept of Yogic farming originated in India, it has now spread to Europe and other countries where it is practiced in a big way. Yogic farming has also been reported to reduce health hazards by providing highly nutritious food which controls the diseases. It minimizes expenditure and increases the production of crops and keeps the productive capacity of land intact. Food produced through yogic process is better in terms of both energy content and the quality. The yogic farming has also found favour with Sh. Radha Mohan Singh, Minister of Agriculture and Family welfare, Government of India. He is also in favour of raising the farmer's confidence through Rajyog so that he is able to face today's challenges like global warming and climate change. It will be promoted via Parampragat Krishi Vikas Yojana (PKVY). The ministry of Agriculture and Family welfare is also going to support this idea of yogic farming stating that Research work is being carried out in India and abroad in this regard. Our universities are also working on use of positive thoughts on agriculture. The UP government has also started an initiative in this direction.

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