An Exercise in Oneness

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Link al recurso:  https://www.youtube.com/c/sadhguru

AN EXERCISE IN ONENESS
I have been an ardent follower of the mystic called Sadhguru in India and his views and small revelations about life have helped me through many circumstances. The search for answers for our existence led me to him and ever since I have seen him champion many causes which centre around the environment. He preaches oneness with our environment and how leading a life that is as close to natural food chains and life cycles as possible would lead to a more sustainable way of existence. I used to try and practise sustainability in my daily life as much as I could but the knowledge that Sadhguru offers on things like the importance of afforestation for the health of our rivers and the importance of taking care and rejuvenating our soil has been fascinating.

India is home to about 16% of the world population with only about 4% of fresh water resources and is grappling with large water scarcity in that almost half its population do not have access to clean piped water and the country is one of the largest extractors of groundwater in the world.

As a way to rejuvenate freshwater supplies Sadhguru’s movement Rally for Rivers showed how my home country of India would be affected by rapidly depleting river water and underground water supply and encouraged the solution to be planting large number of trees around the areas where rivers flow so that the trees hold the soil in place this leads to better retention of water in the soil, thereby resulting in a higher water table and fuller rivers. This not only keeps water scarcity at bay but is also a source of intra country transportation.

The current campaign which he is in the middle of is the Save Soil initiative. As of now 52% of the world’s soil has been degraded and we are heading towards more degradation in the next 20 years which will reduce the reduce the output of soil by approximately 40% and hence it is extremely important to rejuvenate the soil and contribute to the microorganisms that are within it so that we have the means to maintain the populations food security.

Hence in my time following Sadhguru I have acquired an intimate knowledge about how the earth we walk on affects our well being and our existence and that we must look to actively preserve our natural resources otherwise we may have no hope for our future generations.

Esta recomendación forma parte del Especial #1Planet4All
Fecha de creación
13 mayo, 2022