conscious carma

A MAGAZINE FOR THE CONSCIOUSLY DRIVEN

CONSCIOUS CARMA

EARTH DAY SPECIAL



Image source: Pexels

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VOLUME 3 •ISSUE 3• MAR-APR 2023

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Poonam K Malhotra
Editor-in--Chief

Editor's Note

The temperatures are rising, the rains are devastating, natural calamities are increasing. They are all affecting the humans, the animals and the vegetation equally. However, all this havoc is caused by only the Humans.

Realising it and still not acting upon it, still not mending our ways is only going to worsen the situation each day.

Start with making little changes in your lifestyle and calculate the carbon footprint you have avoided. There are many apps available to calculate your carbon footprint. You will be amazed to notice how your small contribution is making an impact and will be motivated to become more Eco-sensitive.

Take this simple step today and be part of this noble cause of saving our Earth.

Meet our Team



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SAVE
MOTHER EARTH
22 April | Make everyday Earth Day

WORLD EARTH DAY 2023

Apr 22, 2023

THEME : INVEST IN OUR PLANET

A campaign Initiated by Conscious Carma to spread some environmental cheer this Earth Day





Going with the Theme of this year's World Earth Day, "Invest in our Planet", Conscious Carma picked up a few Earth Warriors who are doing commendable work to protect Earth, our one and only hope of survival.

From Start-ups to NGOs, who have contributed towards protecting and nurturing Earth through their businesses and activities were highlighted on our various platforms.

Applauding Good and encouraging others to do Good, that's the motto of Conscious Camra – India's only platform focusing on Sustainability & Responsibility.

INFORM, INSPIRE & INITIATE A CONSCIOUS LIFE

EARTH DAY special

EARTH WARRIORS

SOLE WEAVERS-

Weaving a different story



Handmade Luxury vegan women footwear

Initiative : Started in July 2021 by footwear fetish person, Shraddha Joshi, who found gaps in the vegan and customised footwear segment and decided to venture into the same. Sustainability and Responsibility are two words that come to mind when talking about Sole Weavers. This Indian Women's Footwear brand responsibly crafts luxury shoes for women in the traditional way of shoemaking, where every design is unique and exquisite. All footwear by them is vegan, eco-friendly, super soft and comfortable. They design to the needs of their customer by offering bespoke or customised footwear.



Sole Weavers works with artisans to handcraft luxury footwear and are providing employment to many craftsmen, thus continuing with the priceless shoe-making tradition of India. Their footwear is sustainable, made of natural materials like jute & cloth in addition to other vegan materials.

Impact : Sold over 110 pairs of vegan shoes in less than a year

Inspiration : Care for the Planet, People and Promote the priceless shoe-making tradition of India

Check out their exclusive designs at https:// www.soleweavers24.com/

A Conscious Carma Initiative

EARTH DAY special

EARTH WARRIORS

Dhyan Foundation

Journey of Spirit

NGO Dhyan Foundation

– Making an Impact in every part of Creation

Initiative :

Dhyan Foundation (DF) – a spiritual and charitable organization set up in 2002 is working across the globe to save animals from pain and cruelty. With its over 47 shelters spread all over the country, DF is the ONLY organization rehabilitating & caring for BSF rescued cattle. 70,000+ rescued and rehabilitated till date

DF has won many awards for its incredible work, Animal Welfare Protection Award 2021, the Dadasaheb Phalke Icon Award Films 2021, the **BEST NGO award by Goa State Leadership Awards 2019**, and many more prestigious awards.

Impact :

Rehabilitating over 70,000 cattle in 47 shelters across the World

Created more than 10,000 jobs for rural and tribal people

Upskilled and Employed 250 tribal and Adivasi women in Jharkhand

Turning wastelands into organic farms

Inspiration :

Inspired by their Guru, Yogi Ashwini, Dhyan Foundation is committed to the cause of spreading awareness about the authentic path of yog, as laid down by Sage Patanjali 4,500 years ago. The organisation is run solely by volunteers who are engaged day in and day out helping the creation, without any remuneration for their services. These volunteers hail from all walks of life - business magnates, journalists, doctors, designers, lawyers, scholars, home-makers and students, to name a few.

Which Countries Are Best Prepared For The Green Tech Transition?

by Anna Fleck

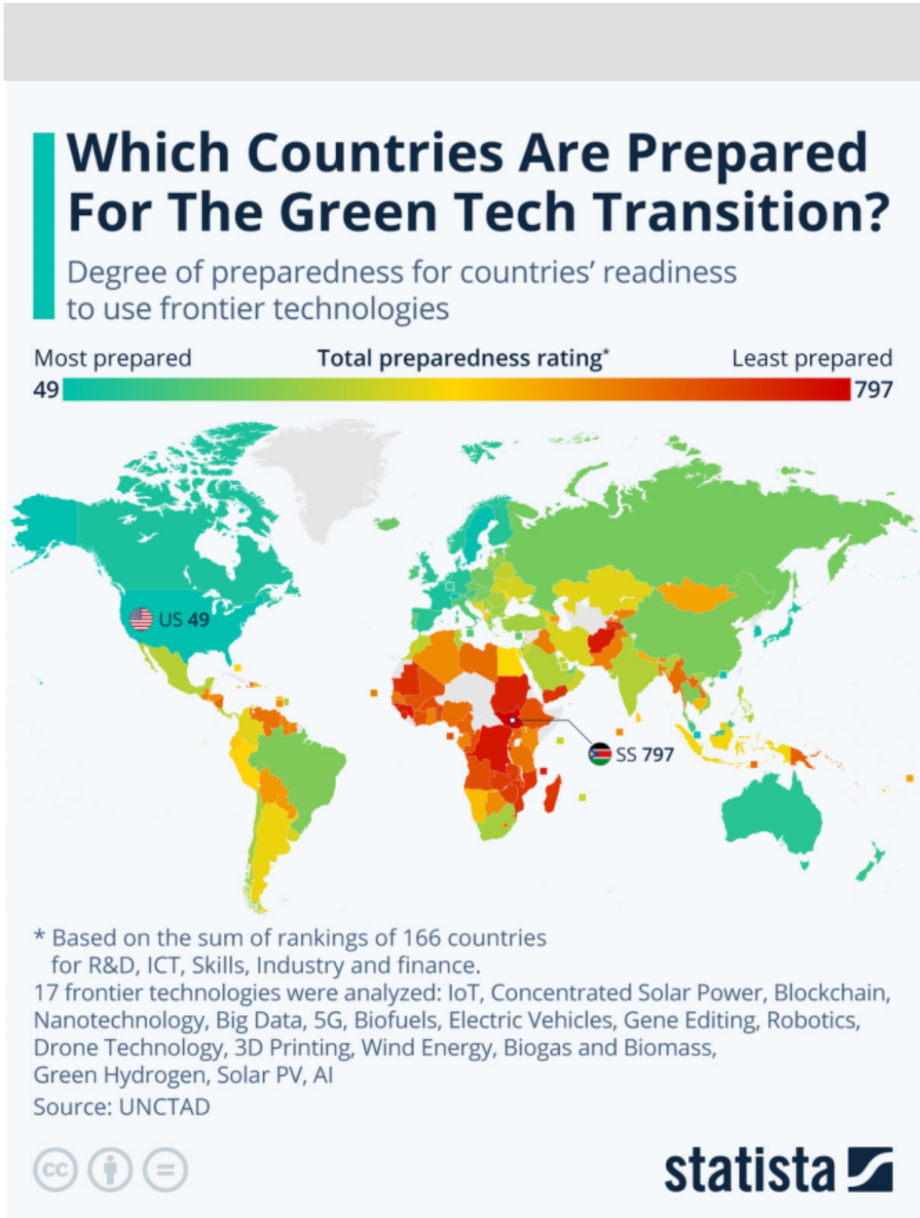
The United States, Sweden, Singapore, Switzerland and the Netherlands are the five most prepared countries to use, adopt or adapt to frontier technologies, which will be essential to the green tech transition, according to data released by the United Nations Conference on Trade and Development (UNCTAD).166 countries were ranked on their level of preparedness to start using frontier technologies with the five following indicators: ICT, Skills, Industry, Research and Development and Finance. The following map uses the summed rank of each indicator to give a final score. For example, where the U.S. ranked in 2nd place for R&D, 11th for ICT, 18th for skills, 16th for industry and 2nd for finance, the sum was 49.



At the bottom of the list comes Guinea, the Democratic Republic of Congo, Gambia, Guinea-Bissau and South Sudan. These five countries each ranked near the bottom across all five categories.
As the following chart shows, there's a clear divide between high income countries and lower income countries. Latin America, the Caribbean and sub-Saharan Africa are the least ready to harness frontier technologies, which means they are most at risk of missing out on current technological opportunities.

Despite China's ability to produce and innovate frontier technologies, the country ranked lower than might have been expected, coming in 35th place, due to its urban-rural disparities in internet coverage and broadband speed. In terms of the other members of the BRICS bloc, Brazil ranked in 40th place, India in 46th and South Africa in 56th.

A number of countries in Asia performed better than expected, however, including India (55th position), the Philippines (57th) and Vietnam (45th). When looking at the difference between India's actual index ranking and the projected rankings based on per capita income, India ranks 67 places higher than expected. UNCTAD researchers explain: "This is mostly due to increased investment in infrastructure, enhanced technical skills and a conducive business climate."



Source: Statista

Urgent climate action can secure a liveable future for all – IPCC Report

There are multiple, feasible and effective options to reduce greenhouse gas emissions and adapt to human-caused climate change, and they are available now, said scientists in the latest Intergovernmental Panel on Climate Change (IPCC) report released in March.

IPCC is the United Nations body for assessing the science related to climate change. It was established by the United Nations Environmental Programme (UNEP) and the World Meteorological Organization (WMO) in 1988 to provide political leaders with periodic scientific assessments about climate change. The IPCC has 195 member states that are members of the UN or WMO.

"Mainstreaming effective and equitable climate action will not only reduce losses and damages for nature and people, it will also provide wider benefits," said IPCC Chair Hoesung Lee. "This Synthesis Report underscores the urgency of taking more ambitious action and shows that, if we act now, we can still secure a liveable sustainable future for all."



In 2018, IPCC highlighted the unprecedented scale of the challenge required to keep warming to 1.5°C. Five years later, that challenge has become even greater due to a continued increase in greenhouse gas emissions. The pace and scale of what has been done so far, and current plans, are insufficient to tackle climate change.

More than a century of burning fossil fuels as well as unequal and unsustainable energy and land use has led to global warming of 1.1°C above pre-industrial levels. This has resulted in more frequent and more intense extreme weather events that have caused increasingly dangerous impacts on nature and people in every region of the world.

Every increment of warming results in rapidly escalating hazards. More intense heatwaves, heavier rainfall and other weather extremes further increase risks for human health and ecosystems. In every region, people are dying from extreme heat. Climate-driven food and water insecurity is expected to increase with increased warming. When the risks combine with other adverse events, such as pandemics or conflicts, they become even more difficult to manage.

Losses and damages in sharp focus

The report, approved during a week-long session in Interlaken, brings in to sharp focus the losses and damages we are already experiencing and will continue into the future, hitting the most vulnerable people and ecosystems especially hard. Taking the right action now could result in the transformational change essential for a sustainable, equitable world.

"Climate justice is crucial because those who have contributed least to climate change are being disproportionately affected," said Aditi Mukherji, one of the 93 authors of this Synthesis Report, the closing chapter of the Panel's sixth assessment.

"Almost half of the world's population lives in regions that are highly vulnerable to climate change. In the last decade, deaths from floods, droughts and storms were 15 times higher in highly vulnerable regions," she added.



Thousands of people from all over the world contribute to the work of the IPCC. For the assessment reports, experts volunteer their time as IPCC authors to assess the thousands of scientific papers published each year to provide a comprehensive summary of what is known about the drivers of climate change, its impacts and future risks, and how adaptation and mitigation can reduce those risks. An open and transparent review by experts and member governments is an essential part of the IPCC process to ensure an objective and complete assessment and to reflect a diverse range of views and expertise. (This also place it in a box)

In this decade, accelerated action to adapt to climate change is essential to close the gap between existing adaptation and what is needed. Meanwhile, keeping warming to 1.5°C above pre-industrial levels requires deep, rapid and sustained greenhouse gas emissions reductions in all sectors. Emissions should be decreasing by now and will need to be cut by almost half by 2030, if warming is to be limited to 1.5°C.

Clear way ahead

The solution lies in climate resilient development. This involves integrating measures to adapt to climate change with actions to reduce or avoid greenhouse gas emissions in ways that provide wider benefits.

For example: access to clean energy and technologies improves health, especially for women and children; low-carbon electrification, walking, cycling and public transport enhance air quality, improve health, employment opportunities and deliver equity. The economic benefits for people's health from air quality improvements alone would be roughly the same, or possibly even larger than the costs of reducing or avoiding emissions.

Climate resilient development becomes progressively more challenging with every increment of warming. This is why the choices made in the next few years will play a critical role in deciding our future and that of generations to come.

To be effective, these choices need to be rooted in our diverse values, worldviews and knowledges, including scientific knowledge, Indigenous Knowledge and local knowledge. This approach will facilitate climate resilient development and allow locally appropriate, socially acceptable solutions.

"The greatest gains in wellbeing could come from prioritizing climate risk reduction for low-income and marginalised communities, including people living in informal settlements," said Christopher Trisos, one of the report's authors. "Accelerated climate action will only come about if there is a many-fold increase in finance. Insufficient and misaligned finance is holding back progress."



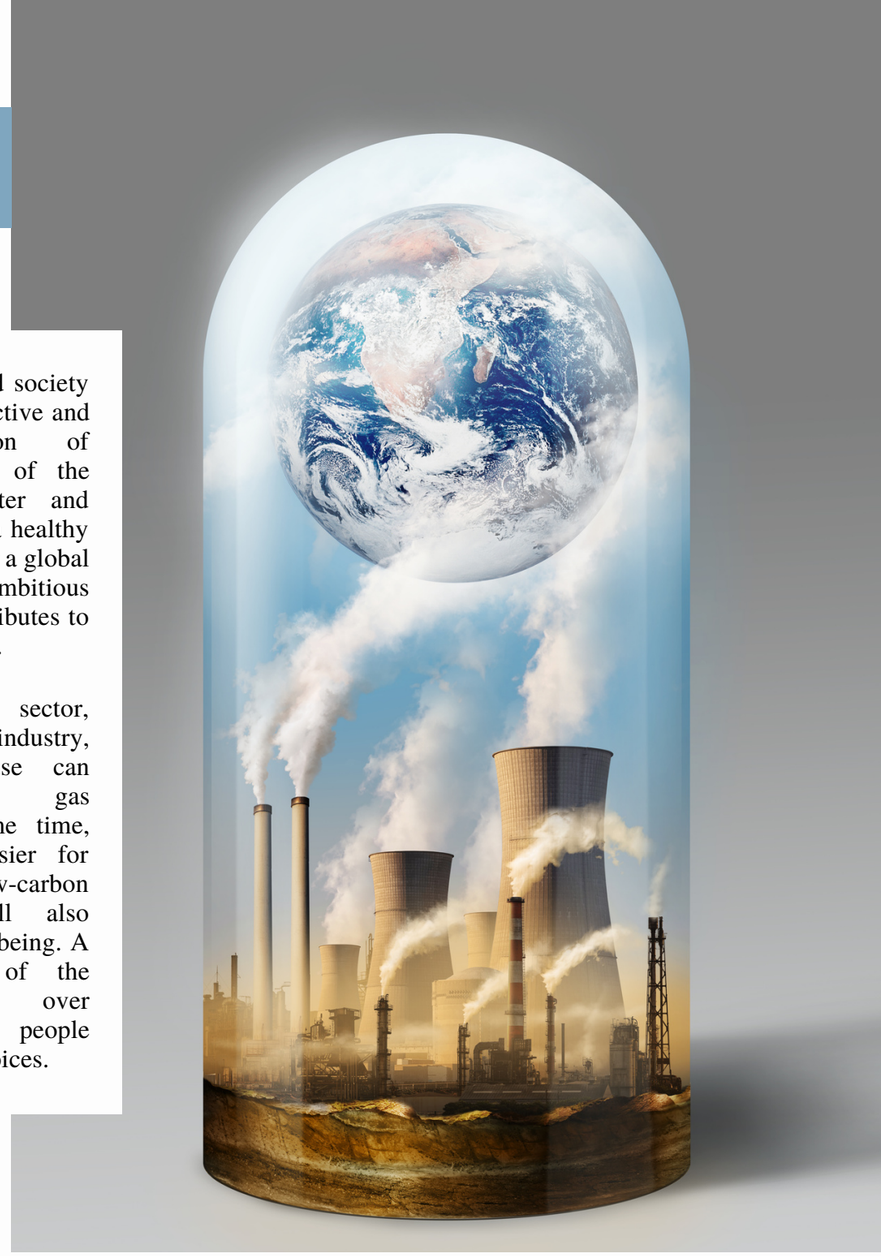
Enabling sustainable development

There is sufficient global capital to rapidly reduce greenhouse gas emissions if existing barriers are reduced. Increasing finance to climate investments is important to achieve global climate goals. Governments, through public funding and clear signals to investors, are key in reducing these barriers. Investors, central banks and financial regulators can also play their part..

There are tried and tested policy measures that can work to achieve deep emissions reductions and climate resilience if they are scaled up and applied more widely. Political commitment, coordinated policies, international cooperation, ecosystem stewardship and inclusive governance are all important for effective and equitable climate action.

If technology, know-how and suitable policy measures are shared, and adequate finance is made available now, every community can reduce or avoid carbon-intensive consumption. At the same time, with significant investment in adaptation, we can avert rising risks, especially for vulnerable groups and regions.





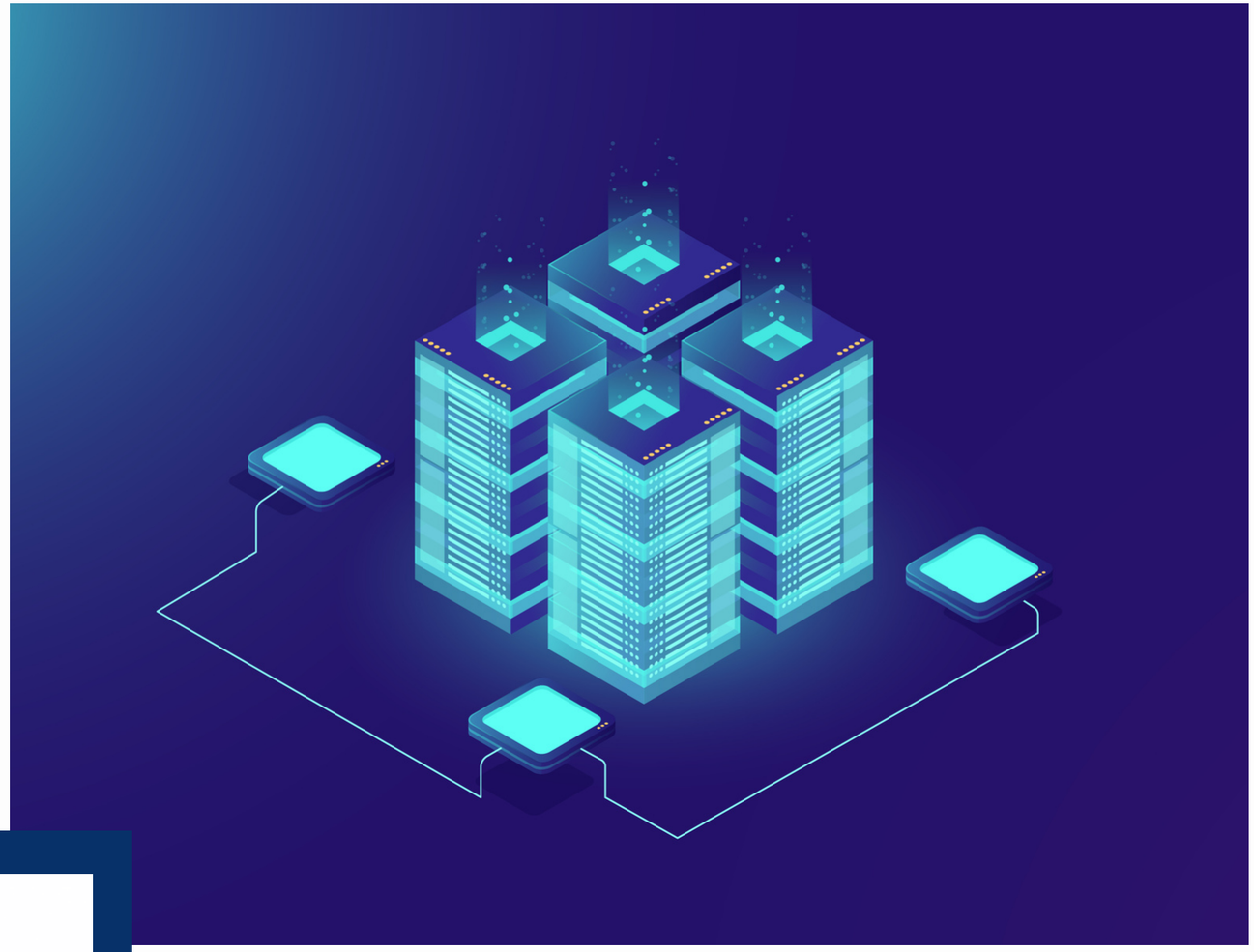
Climate, ecosystems and society are interconnected. Effective and equitable conservation of approximately 30-50% of the Earth's land, freshwater and ocean will help ensure a healthy planet. Urban areas offer a global scale opportunity for ambitious climate action that contributes to sustainable development.

Changes in the food sector, electricity, transport, industry, buildings and land-use can reduce greenhouse gas emissions. At the same time, they can make it easier for people to lead low-carbon lifestyles, which will also improve health and wellbeing. A better understanding of the consequences of over consumption can help people make more informed choices.

"Transformational changes are more likely to succeed where there is trust, where everyone works together to prioritise risk reduction, and where benefits and burdens are shared equitably," Lee said. "We live in a diverse world in which everyone has different responsibilities and different opportunities to bring about change. Some can do a lot while others will need support to help them manage the change."

How Blockchain can bring Sustainability to Businesses

Sagar Chandola



It is common to find the word Sustainability figure prominently in everyday business conversations.
However, many use the word ‘Sustainable’ without understanding the scope of implementation and action implications of being a Sustainable brand.

United Nations has clearly defined 17 Sustainable Development Goals to Transform our World.



It is almost inhuman to expect any single person or even the best of the teams being able to put together all the Goals for tangible impactful outcomes for all these 17 Development Goals holistically together.

Besides the complexities involved in the execution, the amount of data generated while going through the entire workflow and to ensure its’ integrity is in itself a major hassle.



Emerging technologies like Blockchain provide Out-of-the-Box solutions for such scattered data points.

- While it is debatable that Blockchain driven systems are more energy efficient, as compared to their current centralized ICT infrastructure peers, however it is generally accepted that a decentralized culture as facilitated by Blockchain, is more sustainable and contributes better towards driving technological innovations.

- Why is it called Blockchain? The blockchain is a list of records of all transactions that keep on growing especially in an ecosystem labelled Sustainable. The list itself is divided into so called blocks and these blocks have identifier labels on them to put them into a structured sequence, hence the term chain. This methodology of organizing data increases the overall efficiency of the system.

- In such a system you can check if a transaction is valid and come into data integrity agreement quicker than in global, multi-player systems (e.g. an online check clearing system). In a way the blocks are like pages in a notebook. One doesn't have to read through an entire book if you know on which page the sentence you are looking for is written.

- Blockchain based solutions can contribute significantly towards fair and traceable supply chains, by providing real-time visibility and tracking of goods throughout the entire supply chain, from production to the retail store, via immutable data points. This helps in increasing transparency and trust between different parties in a supply chain, and thus making the ecosystem more sustainable.

- Globally technologies are being looked upon with suspicion. From job losses to even threatening the very existence of humanity. Introducing a range of issues for individuals and societies. Hence there will be a fundamental shift in how we approach technology integration. The thumb rule being the inherent crux of an applied technology should be in the service of humanity. 'The Digital Civilization' is a global community that sees Blockchain as a Civilizing influence to build an innovative and a transparent ecosystem facilitating solutions to the most pressing challenges as highlighted by the UN sustainable goals and leverage next generation technology towards a more balanced future.





- Integrating Artificial Intelligence, Big Data, Information Security, Internet of Things devices and other cutting-edge technologies to achieve a new governance model. Decentralised with minimum of layers, allowing the next generation technology landscape to literally breathe with more ease courtesy a lesser number of layers.

- Such decentralisation further allows creation of a society which is more cohesive, more ethical and more respectful of the individual.

- Other benefits include avoiding hyperinflation by reducing chances of hoarding and black marketing, as well as decreasing the opportunity for product counterfeiting. Crucial for manufacturing sustainable products be it in the Fashion or Healthcare Industry.

About the Author :
Sagar Chandola, a renowned Brand Crossover Expert leveraging Metaverse and Neuromarketing like newage mediums for past two decades

NSS IIT Delhi's

कaizen

Be the light in the darkness

Kaizen '23 - Be the Light in the Darkness, a one-of-a-kind social fest and ultimate celebration of the goodwill and innovation in mankind, was organized from the 31st of March to 2nd of April, by the NSS chapter of IIT Delhi. In collaboration with Bhumi, title sponsor, and several other NGOs and social startups, and with a three-day lineup of events, workshops, competitions and round-the-clock stalls, pinnacled by esteemed guests and enthusiastic participation from across the country and beyond, it was the very manifestation of its own vision - planting a flag of awareness, recognition and communal efforts for growth and positive change in the face of hardship - truly, a beacon of light in the darkness that surrounds us.

Kicking off day one with Aaghaz-e-Kaizen, the grand opening ceremony, the fest was already off to an impeccable start with guests such as Mrs. Babita Phogat, Indian wrestler and Commonwealth gold medallist, and Mr. Leo Akash Raj, Pretty Little Hearts' founder, gracing the event with their presence and inspiring words. The next two days were filled with unique events which targeted some or the other sector of societal welfare and development - ranging from YuvaChetna, a panel discussion on youth engagement in social work featuring IAS and IPS officers, to Rangreza, a gala of sustainable clothing and fashion technology.



There were competitions aimed towards achieving the interest and enthusiasm of the youth - such as The Social Sawal, a quizzing competition, Ingenious Geeks 2.0, a science exhibition for school students to showcase their socio-preneurial creations and Satirical Spardha, a parody-making event which tried to bind together modern trends with existing issues in the status quo and highlight this irony via forms of performing arts. Additionally, there was also Case Samadhan, Rise of the Influencers Economy, and Sociopreneur Samvaad, all ultimately giving a platform to those who wish to have a voice and speak up about their ideas, journeys and experiences - which Kaizen is most fitted for, and fulfilled wholesomely in all of these avenues.











Kaizen also has a history of aiming the spotlight at the things that matter - meaning, it has always attached the utmost importance to the spreading of awareness about differences and shortcomings, and preparing the youth to survive in the world that awaits them, all while trying to make it a better place. True to the spirit, there were workshops by NGOs who have specialized in those particular sectors in order to bring effective and comprehensive knowledge to students; this involved Soch, the gender sensitization workshop, Goonj, the menstrual health workshop, Rakshin, the talk on prevention of child abuse.

There was also Shiksha Talk, a guest lecture by the Winner of the 2020 Global Teacher Prize, Ranjitsinh Disale, on the empowerment of Rural India through education. These events were not only well-received by their attendees but also sent a rippling wave among the students and drove even more participation to the fest.

Samapan, or the closing ceremony, featured Aneesh Karma, inventor of MASC-KAFO, a stalwart device for facilitating differently abled people's rehabilitation into society, Kriti Bharti, founder of SAARTHI Trust and Hannah Wojno, the creator of Good Deeds Day. All through the weekend, several IIT Delhi professors were also involved - with Professor Samrat Mukhopadhyay, NSS coordinator, and his team at the forefront, making sure everything runs smoothly.

Kaizen '23 ended with a more profound perspective of the very vision it had started off with - one of hope and a relentless spirit. It is this spirit which lives on in our hearts and rejuvenates the self. We await, with equal parts faith and excitement, the next edition of this social extravaganza - a new year, a newer Kaizen.

Combonation to open retail store managed entirely by transgender people

Combonation, India's first and only combo deal destination, is planning to open a new retail store run entirely by transgender people. The move is intended to provide employment opportunities for transgender people, who face discrimination and poverty on a regular basis.

"A human being is beyond any gender generic," says Pooja Sodhi, CEO and co-founder of Combonation. "Forcing someone to wear a stamp for who they are is against the law of nature." She believes that normalizing everything is a new trend in the country, which is ironic in the case of transgender people, who continue to fight for their freedom, individuality, and acceptance.



"The challenges we face are nothing in comparison to them," she added. She stated that transgender people are frequently denied job opportunities, forcing them into poverty and other undesirable occupations such as sex work and menial labor. She has taken the initiative to help alleviate their suffering by providing them with a platform to be self-sufficient, create their own identity, and reclaim their lost dignity.

The new Combonation retail store will provide transgender people with employment opportunities and assist them in finding their own place in society. It is a step in the right direction toward inclusivity and equal opportunity for all.

Combonation hopes that other businesses will follow in their footsteps and take similar steps toward a more inclusive society. The business community thinks that by valuing diversity, companies can significantly contribute to the creation of a more just society.

All shoes made Vegan with Love.



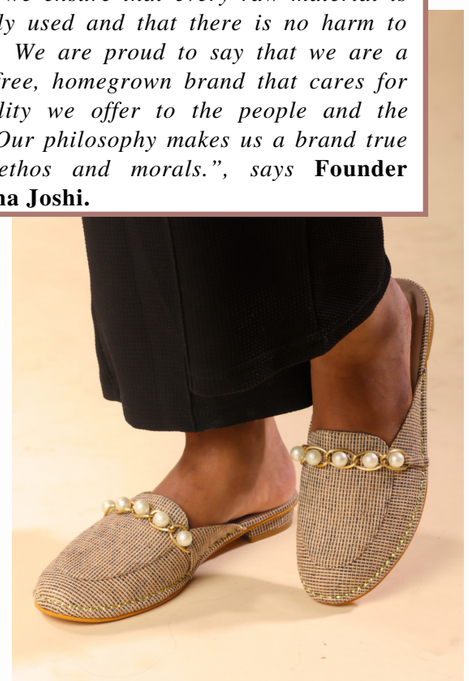
Sole Weavers is all about vegan, handcrafted shoes that are stylish, comfortable, and customizable to fit your size the way it is supposed to be. The fetish for shoes is mind apart, Sole Weavers has a vast and versatile collection for shoe lovers looking for something new, different, and matching to their taste. Go wild over HEELS, settle in FLATS, or slide into super comfortable MULES, if not WEDGES or PUMPS for the style quotient this summer to pair with your linen pants co-ord wear or the summer dress. Each pair is designed in style for occasions without leaving your feet sore after wearing it throughout the day.

As a responsible brand, we put forth our craftsman's interest by promoting traditional shoe-making art using old-world techniques and encouraging Indian artisans. We combine the best traditional shoe making practices with modern designs, styles, and high-class quality that our customers value.

Availability: https://www.soleweavers24.com/

"*We carefully source our raw materials within India to craft shoes responsibly. In shoe-making, we ensure that every raw material is efficiently used and that there is no harm to any life. We are proud to say that we are a cruelty-free, homegrown brand that cares for the quality we offer to the people and the planet. Our philosophy makes us a brand true to its ethos and morals.*", says **Founder Shraddha Joshi.**





The Sustainable Watch Company







The Sustainable Watch Company is born from a desire to save our planet.

Their range of handmade wooden timepieces are crafted from recycled furniture and lead with impact, both in style and environmental action. Not only are their watches lightweight with a smooth finish for everyday use and everyday style; but they built a brand that allows you as a consumer to have a real impact with your shopping.

Every order of one of their sustainable watches or Apple watch straps plants 10 trees and offsets 250kg of carbon, this carbon alone is equivalent to 620 miles of driving in an average passenger vehicle! They donate 1% of your order value to a charity of their customer's choice and ship every order carbon neutrally... globally... and for free.

Launched in early 2021 as a covid project by Richard Cawkill, who wanted to build a brand that made a difference with every unit sold. So far the brand has planted over 1,200 trees and offset over 50 tonnes of Carbon, and this is increasing with every order!

"*We are designed to be kinder to the environment and committed to building a business with a focus on environmental impact and not solely profit. Whilst we are only small, we have big dreams*!", says Cawkill.
So... Why not buy Mother Nature some time?

Availability
www.thesustainablewatchcompany.com



GOOD INDIAN

-an activewear brand that inspires to push the good in you

Good Indian, a homegrown unisex athleisure and essential wear brand empowering everyone towards an active lifestyle. It encourages leading an active lifestyle while elevating the fitness of the planet while being at it. Talking more about it, co-founder Rushad Wadia says, “Sustainability is not merely a buzzword, we want to make our activewear clothing impactful. Our collection is made with recycled polyester which is lightweight and breathable and we use sustainable cotton to provide that extra comfort necessary during exercise. With focus on the active lifestyles, our performance wear and essential wear complement each other perfectly. We as a brand strongly believe that adapting a lifestyle to do good for your planet is an essential part of being a Good Indian.”

Their collection brings forth a perfect amalgamation of active wear and athleisure, focusing on the spectrum of holistic wellness. Joggers, hoodies, plain tees, tank tops, sports bras, gym shorts, and leggings, the collection is for anyone willing to embark on their fitness journey.

The brand has initiated an association with Ugaoo to take a step towards sustainability by adding a pouch of Spinach seeds in their every delivery package, so a customer is committed to taking care of the plant, along with taking care of their body.

Availability: ***https://goodindian.co.in/***



Be sustainable, be stylish and most importantly, be a Good Indian. **#PushTheGood!**



Bayla Skin arrives with the launch of superfoods-powered vegan and cruelty free products

e your self-care routine with Bayla Skin, the latest n to the beauty space. This new vegan skincare brand a basket of honest and thoughtful moments of love re to revitalize your skin and foster a holistic and ial experience.

multi-faceted product range includes a diverse on of face masks, a hydrating face serum, and a fying face wash, along with their newest addition do Sunscreen - all packed with superfoods and active ients such as raspberries, blueberries, peach, nelon, AHAs, hyaluronic acid, niacinamide, alpha , ferulic acid, and salicylic acid.

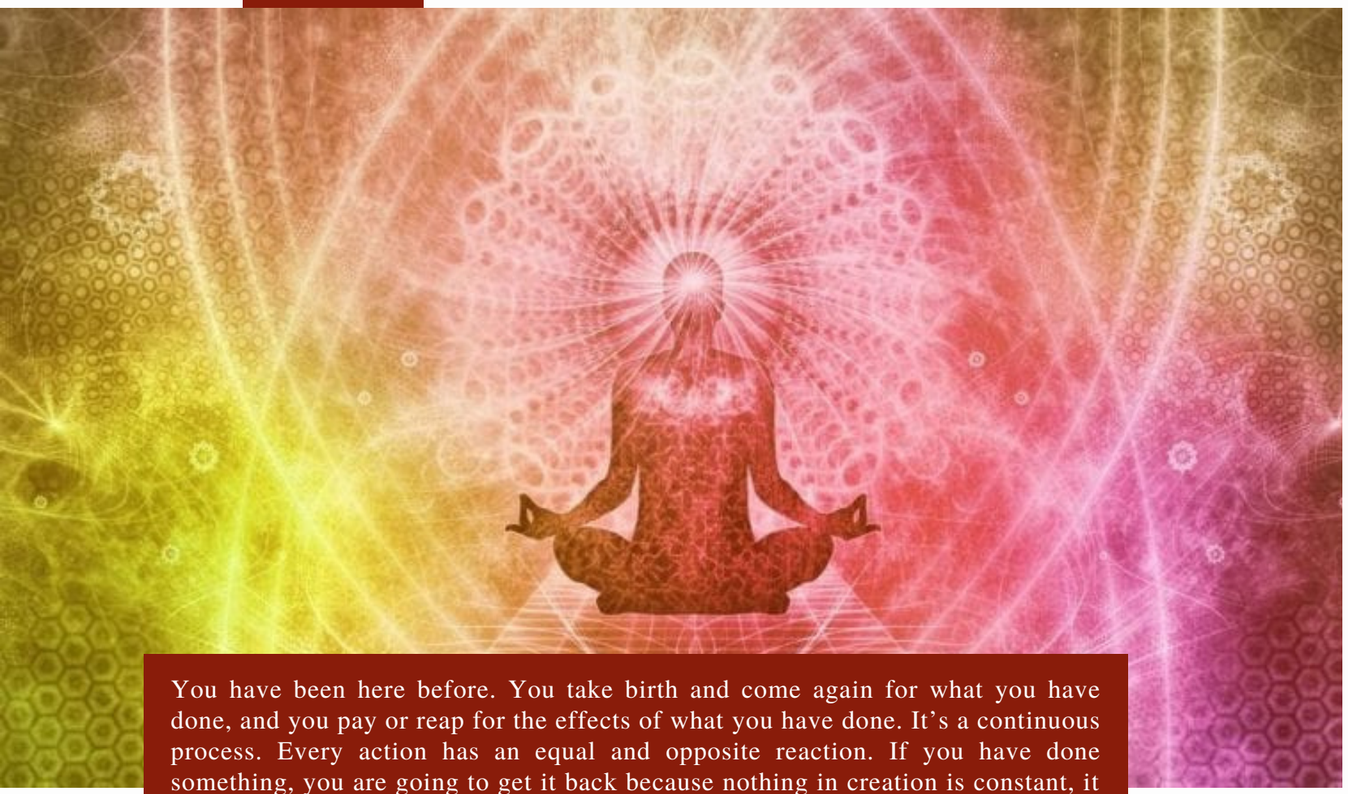
Each of Bayla Skin's formulations is carefully crafted to address different skin concerns and skin types, using the best of nature and science-backed ingredients. All of their products are 100% cruelty-free, vegan & PETA-certified, and free of 17 toxic ingredients that are often found in most beauty products.

“*Our vegan and cruelty-free formulations, powered by superfoods, are meticulously crafted to enhance your skin's natural beauty and provide a delightful sensorial experience. We prioritize honest love and care, which is why our products are free of harmful ingredients and undergo rigorous dermatology screenings. Within just five months of operations, we have successfully served 50,000 satisfied customers, and within the next six months, we plan to expand to more prominent marketplaces*”, says **Founder, Sai Rakshith**.



Availability: ***https://bayla.in/***

KARMA



You have been here before. You take birth and come again for what you have done, and you pay or reap for the effects of what you have done. It's a continuous process. Every action has an equal and opposite reaction. If you have done something, you are going to get it back because nothing in creation is constant, it either goes up or goes down and nothing can be created or destroyed. Form keeps changing as per karma.

Everything in creation vibrates at a specific frequency. People look different because they vibrate at different frequencies. Every action you perform unleashes that frequency in creation. Karma becomes the mother of all frequencies because everything begins from karma, and everything will go back to karma. If there is no karma, there is nothing in creation. Karma hence becomes the basis of creation. Gita talks about four kinds of karma. Sanchit karmas are the ones which you have accumulated and will play out one day.

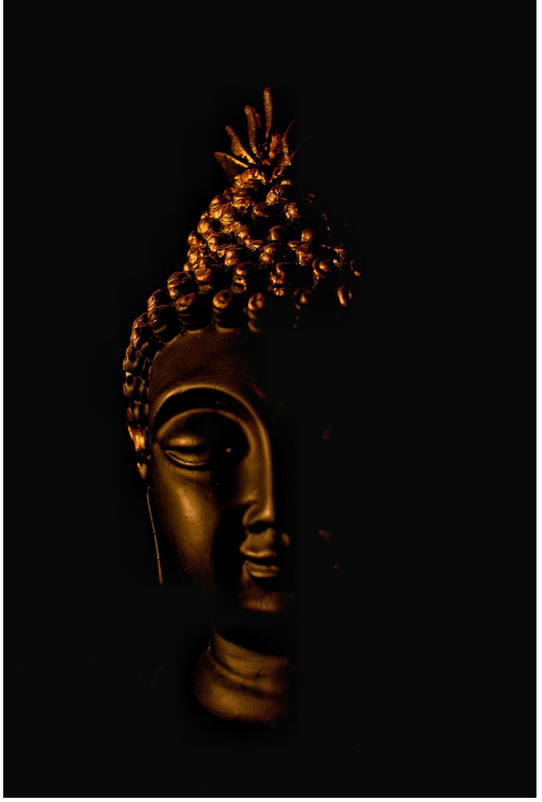
Prarabdh are the karmas which you have performed, and which are about to manifest, like when one takes out an arrow and is about to ire it. Then there are the karmas which you will perform in the future, Agami karmas. Finally, the karmas that you are performing at this point in time, is Kriyaman karma. Kriyaman karma can cancel out the effect of prarabdh. Prarabdh can be changed, through repentance, when you repent you can turn around your karma.

The present yug, is a yug of darkness. There can be only two reasons for you to be here in this yug. Either you have been sent as an avesh to carry out harikarya, or you have done so much paap in your past births, that you have been sent to pay back, by going through the darkness of this yug. It is your chance to redeem yourself and earn the entitlement to higher birth. If you get stuck in darkness, there is a constant degradation of the soul. An ordinary being, because of attachments, engages in karma to earn money, power, fame etc and gets stuck in the circle, because there is no Guru. Once you take birth unless you have a Guru, how will you know what to do and where to go?

A sadhak recently saw two tunnels in a dhyan experience. The first tunnel had beautiful lights and fragrances. The other tunnel was like a tornado with stones and debris, there was light at the end of the tunnel. Which of the two will you choose?

Every action has an equal and opposite reaction. Guru has been designed as the exit route from the karma of life and death. In this yug, if you have to extricate yourself, you have to find a Guru and then also walk on the exit route as illuminated by him or her. And if you meet a wrong Guru then, you are doomed. If your Guru is telling you ways to immerse yourself back in the physical world, he/she is not a Guru of light, he/she is a Guru of darkness, guiding you back to darkness.





How does one distinguish light from darkness?

Shri Krishna spelt out the path to light in Gita, the path of nishkama karma, helping those who cannot help themselves. For those who cannot find food for themselves, you feed them. Those who are out in the cold without a roof, in extreme heat without water or shade, with broken limbs and swollen stomachs, who are dependent on you to relieve their pain. You cannot turn your face away from them. What you have now you can use to drown yourself in darkness by leading a life for just yourself or you can use it to extricate yourself. You can buy out your passage to eternity from the dimensions of darkness to the dimensions of light. Only a Guru can take you there.

Gita says,
कमेविाधकारे मा फलेषु कदाचन।
मा कमफलहेतुभूमा ते सोऽकमिण॥ २-४७

You have the right to karma only, but never to its fruits. Let not the fruits of action be your motive. Nor let there be an attachment to inaction. This is the highest form of karma. Fruits here pertain to the dimension of name, fame, money, beauty and power. Do your karma for illumination and a higher dimension, and you can go beyond. Karma becomes the basis of creation. Every major religion talks about karma.

We are living in the yug of absolute darkness. When the gods look at the earth from their dimensions, they cannot see you, as it is pitch dark. If they don't see you, how will your path be crafted? How will the blessings come? The only way to make yourself visible in this yug is through karma. When you perform karmas, you start to glow, and the gaze of gods falls upon you. When you shine, you illuminate the higher dimensions and when you illuminate the higher dimensions, you automatically go to higher dimensions. To prove this, Shri Hari himself took birth in Dwaparyug and went through all the pain as Shri Krishna. He was born as a cow-herder and proved that it is only karma that can carry a being forward on the journey.

You have the right to work only, never to its fruits in this world, but you definitely have the right to create or illuminate that light inside you, so that in this darkness you are identified by the gods. And when you get identified by the gods, they will come and talk to you, they will interact with you, and they will guide you to them because they see somebody like them. They are the beings of light, and they see you as a being of light.



What if one does not find a Guru in any lifetime?

Think of the dimensions deep down under, you will sink into them, so better not to venture in that direction at all. Everybody has a price, but do not sell yourself cheap. Sell yourself for higher dimensions, for zones of light, where you will also be illuminated. Generate such strong karmas for yourself that you find a guru and with his/her grace skyrocket into the light.

What is the point of birth if we miss the Guru?

The word Guru itself means light, a dispeller of darkness. Guru gives you the path or the journey, otherwise, one gets lost in this darkness. Light can be created in this yug, through karma and seva. The karma that you perform illuminates the higher lokas and propels you to those lokas. But to find a Guru you also must have a desire for Guru, a desire for light. Desire is the basis of Creation. When Creation started, the sons of Lord Brahma did not desire to come onto the earth. We take birth because of a desire. When that desire is fulfilled, a new desire is born. Is there any end to desire? We move from one desire to the next, and in the process, time passes. No matter how hard the Guru tries to lift a sadhak, if the sadhak desires muck, he/she will end up in that muck only and find a thousand reasons to justify it. But the point is, he/she has gone back to the muck, from reality back into the darkness of physical gratification.

In the healing arts, you are told not to attempt healing on a person who is unwilling to do good karma. Because if you heal such a person with your ability or entitlement, you may be able to remove the ailment, but the karmic baggage of the person remains and will cause him the drown. You, on the other hand, would have used up your entitlement. The entitlement here is the entitlement of karmas. If you have done good karmas, you have certain entitlements. It is these entitlements which translate as blessings or curses of evolved beings. Earn that entitlement through karma under a Guru, and use it, to propel yourself into the dimensions of light.





Ramveer Tanwar
-The Pond Man of India

Ramveer Tanwar, a young Mechanical Engineer gave up his MNC job to revive India's dying lakes. He grew up in a village called Dadha in Uttar Pradesh, India and loved playing by lakes and ponds with his friends. However, while pursuing his engineering, he noticed that his favorite childhood hangouts were starting to disappear. Most of the wetlands had become polluted and were more of dumping grounds as people had started throwing their garbage in the ponds, Tanwar took upon himself to change this and educate people about the importance of clean water. He left his MNC job and became full time conservationist in the year 2016.

His NGO, Say Earth started in 2018 has restored more than 80 water bodies all over India in last 6 years and have created 4 urban forests in last 2 years that are self-sustaining.

"*Just like Taj Mahal and Red Fort are monuments left behind by our ancestors for us, ponds and lakes are the same. These are ancient water conservation measures that our ancestors taught us. But our ponds and lakes are drying. So, will we leave the pits of dry ponds for our future generations? We have to preserve the ponds and lakes for our future generations.*" Ramveer Tanwar.

Prime Minister Narendra Modi has also praised his efforts during his monthly radio programme 'Mann Ki Baat'.