



VIDHYAYANA

An International Multidisciplinary Research e-Journal

---

ISSN 2454-8596

www.vidhyayanaejournal.org

**Energizing Ecocentric Culture through Shivyog Practice**

- **An Ecocentric Indian Experience**

Dr. Mrinanili Thaker



VIDHYAYANA



VIDHYAYANA

An International Multidisciplinary Research e-Journal

ISSN 2454-8596

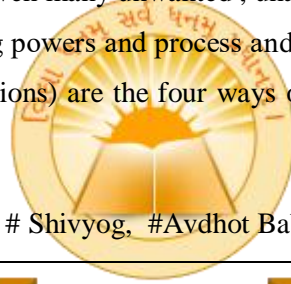
www.vidhyayanaejournal.org

---

## Energizing Ecocentric Culture through Shivyog Practice- An Ecocentric Indian Experience

**Abstract** - Indian civilization as such is one of the most ancient and sustainable civilization of the world. Different religion, communities, ethnic groups and sets of India have their own unique eco centric approach. In this paper, my area of discussion is about Shivyog and how it can heal the earth that has already been damaged by various kinds of pollution. For my observation and conclusion I depend on my understanding of Avdhot Baba Shivananandji's teachings from various Shibirs that I have attended, talks with other Shivyogi's as they share their experience and videos of Babaji and Ishanji. Babaji tells all shadaks and healers to give lots of unconditional love to all living beings on this earth. We are aware about the fact that for the last many years, humans have been exploring as well as exploiting nature in various ways. We have given many unwanted, unasked and unquestioned blows to mother nature, but now it's high time that we join the healing powers and process and try to rectify it by positive work. Good *karam*, *sadhan*, *nishkam seva* and *jap* (mantra recitations) are the four ways of doing good deeds and also the way to repay mother nature and create a ecocentric culture.

**Key words**- # Ecocentric, Indian experience, # Shivyog, #Avdhot Baba Shivananandji



VIDHYAYANA



VIDHYAYANA

ISSN 2454-8596

www.vidhyayanaejournal.org

## An International Multidisciplinary Research e-Journal

---

Ecocentrism is defined as a philosophy or perspective that places intrinsic value on all living organism and their natural environment, regardless of their perceived usefulness or importance to human beings. Equivalent to it Shivyog – the most ancient way of life in Hinduism also strives for balance between humans, plants and animals on this planet and aims at a balanced way of existence. It also gives us guidance on ecological ethice.

According to Stan Rowe (Ecocentrism: the chord that Harmonizes Humans and Earth) –

The ecocentric argument is grounded in the belief that, compared to the undoubted importance of the human part, the whole ecosphere is even more significant and consequential : more inclusive, more complex, more integrated, more creative, more beautiful, more mysterious, and older than time. The "environment" that anthropocentrism misperceives as materials designed to be used exclusively by humans, to serve the needs of humanity, is in the profoundest sense humanity's source and support: its ingenious, inventive life-giving matrix. Ecocentrism goes beyond biocentrism with its fixation on organisms, for in the ecocentric view people are *inseparable from the inorganic/organic nature that encapsulates them*. They are particles and waves, body and spirit, in the context of Earth's ambient energy.

Therefore it is thus our duty as well as our responsibility to sustain the balance of our earth. Consequently comes Ecological ethics - guidelines for human behavior here on Earth. Accordingly, we can say that Ecocentrism places the needs of animals and the environment into the foreground, while anthropocentrism places the needs of humans above those of animals and the environment.

Indian civilization as such is one of the most ancient and sustainable civilization of the world. Different religions, community, ethnic groups and sects of India have their own unique ecocentric approach. Indian civilization in spite of diversity in cultures, customs, languages and religions has always advocated an environment balance in its own unique way. Chandan Kumar Gautam and Anand Prem Rajan in their paper entitled *Ecocentrism in India: An Incredible Model of Peaceful Relation with Nature* in 'Universal Journal of Environmental Research and Technology' Publication 2014, ISSN 2249 0256, 2014 Volume 4, Issue 2, states that that India has rich and diverse ecosystems (Sridharan and Pachauri, 2003). India ranks among the top ten biological diversities on the earth and shows a high degree of endemism (MoEF, 2009). The rich natural resources that people enjoy today are the result of wise resource management and allocation



VIDHYAYANA

ISSN 2454-8596

www.vidhyayanaejournal.org

## An International Multidisciplinary Research e-Journal

strategies followed by their ancestors. Environment protection and sanitation were attributes of the Vedic culture (Thakur, 2007). Indian traditional medical system, Ayurveda is not only a system of herbal medicines but it also inculcates religion and philosophy as well (Lad, 1984). Indians have developed several social, religious and cultural norms to preserve their natural heritage.

Abdhood baba Shivanan swami (Babaji) a master of ancient Vedic practices of Shivyog and a master healer who has been sharing the sacred wisdom of ancient siddhas, says that Shivyog is a science beyond science – it is holistic in its approach. Shiv means infinite and Yog means union, thus Shivyog means emerging with infinite. Babaji says that this science is discussed in *Yajurveda*. The cosmic wisdom of Shivyog has originated directly from the divine powers which were realized during higher contemplation by holy seers and sages. These Sages compiled the wisdom of *Yajurveda* and gave birth to Shivyog. Only those Sages who have reached a certain level are capable of decoding the coded words into useful energy processes and this is Shivyog. A practitioner of Shivyog receives this grace of unraveling infinity from his Guru. He then connects his body, mind and soul to the cosmic energy and a powerful healing takes place, The same practitioner, when connects his farm, his crops, his seed and his cattle with the life giving energy of the cosmos, finds an enhancement of 5-6 times in his crop output. All this is subtle science. (Shiv Yog Holistic Agriculture project Published on 28 Aug 2014www.shivyog.com )

Shivyog is a life style and is based on the principle of blessing. The blessings or *diksha* of the Guru enables a *sadhak* to get rid of the karmas of several lives through *sadhana*. Shivyog is knowingness. It is respecting and accepting every person and loving every person the way they are. Moreover, it is visualization of divinity flowing from the higher dimensions. A Shivyog *sadhak* has the power of infinite dimensions within him. The *sadhak* has an advantage that despite his karmic layers (if any), the divinity still flows. This is possible due to the blessings of the *Siddha Guru* (Ascended Master). No doubt Shivyog regards all living creatures as sacred – mammals, fishes, birds, trees and more. Thus it has an ecocentric view of the cosmos.

Shivyog is a way to ascension. Shivyog is the wisdom to awaken the vast inner healing potential in every human being to cure every possible disease. Babaji believes that only healthy person can create a healthy society. The ancient wisdom of Vedas says that life of a human is complete only when he is able to keep the cycle of creation moving healthily. The cycle is that of human, plants and animal health. Through Shivyog we can make our food free of chemicals, pesticides and increase the crop output 4-5 times and also normalize the ill effects of genetic tampering of the seed. Secondly, Babaji says that through Shivyog we can increase the milk output from the cattle. The Shivyog healing says Babaji will develop and enhance the



VIDHYAYANA

ISSN 2454-8596

www.vidhyayanaejournal.org

## An International Multidisciplinary Research e-Journal

inherent potential of the animal to lactate through cosmic energy. Thirdly, Babaji says that there are infinite healing powers latent in a human being. If we activate these dormant powers through diligent adherence to Shivyog principles, no disease will remain incurable. Therefore, the need of the hour is to welcome Shivyog practices in our lives, to help crops and agriculture through them, to heal humanity through them and to expand the wealth of fauna.

As such, no authentic written document is available on Shivyog, but the Shibirs that are conducted by the Great Guru and also by Ishanji are readily available on Shivyog website as well as YouTube. The paper does not discuss pollution, as it is a common fact that pollution can broadly classify into four major types, namely air, land, noise and water pollution. Several industries in India are marked as highly polluting like Aluminum smelter industries, Cement, Chlorine, Copper smelter, Distillery industries, Fertilizer, Iron and Steel, Oil refinery, Petrochemicals, Pharmaceuticals, Pulp and Paper, Thermal power plants and Zinc smelter industries etc. In the paper, my area of discussion is thus is about Shivyog and how it can heal the earth that has already been damaged by various types of pollution agents. Therefore for my observations and conclusion, I bank on my understanding of Babaji's teaching from various Shibirs that I have attended, talks with other Shivyog *sadhaks* as they share their experiences and videos of Babaji & Inshanji.

We all are well acquainted with the disturbances and problems that our planet faces today and we search for a solution. Shivyog has the solution. In the research paper on *Power of Meditation: Materialization of Energy/Intentions* Pradeep B. Deshpande\*1, Mahendra Sunkara2 & Bhaskar D. Kulkarni3 very emphatically states that emotions can travel long distances instantaneously. Through their experiment, they observed that

*we believe that when an individual who has achieved such a high level of internal excellence delves deep into meditation, energy drawn from the five basic elements (Panch Mahabhoot in Sanskrit) or forces is created that flows through the body and emanates as a bioenergy field (an aura around an individual) which gradually dissolves and becomes a part of the cosmic energy that exists round and around.*

The above paper shows other aspects of meditation as well. However, as such it empathetically states that meditation, here Shivyog meditation can be and is being used by various *shadhaks* all round the world for healing themselves as well the world round them.



VIDHYAYANA

An International Multidisciplinary Research e-Journal

ISSN 2454-8596

www.vidhyayanaejournal.org

Shiviyog believes that we humans have created each and every problem or situation in our life by our thoughts and actions of past lives. However, due to ignorance we always blame others for our misery. Nevertheless, as such we take things too seriously and personal and reject to accept our own mistakes or even consider such a thing could have possibly been created by our own mistake. Thus, when people have lot of such deep negative impressions and resentment towards others, it is manifest in the form of various diseases, fights, situations that are beyond control. Of course, we need someone to act as a medium to administer the pain and suffering we have created and we blame this or that person for those problems. This starts a chain reaction as we plagiarize on creation of one bad situation after another, more blames follow and which are followed amid more suffering. Here Babaji's favorite quote for such situation is *Mein hi apna beri Muua* (I am the enemy of myself).

Here *Sanjeevani* Shakti comes to our rescue. *Sanjeevani* Shakti does not just work on physical level but also on all five bodies- *Anandamaya*, *Gyanmaya*, *Manomaya*, *Pranmaya* and *Annmaya Kosh*. It helps to clear those negative energy debris, from our higher bodies. Through unconditioned love and forgiveness, we will be amazed how soon the problem vanishes and some sort of peaceful settlement is arrived at. Failure to forgive and forget hurts no one except self. So Babaji always says to forgive even your enemy as he, the so-called enemy is just a medium and he has in fact come to release you from that Karma by enabling you to undergo it thereby releasing it because you failed to forgive and bestow unconditional love in the first place. Babaji tells all *Sadhaks* and Healers to give lots of unconditional love to all living beings.

For the last many years, we have been exploiting nature. We have given it many blows, not it is high time that we join the healing process and try to rectify by some positive work. Good Karmas, Sadhana, Nishkam Seva, Mantra Recitation and doing good deeds are the ways of repay.

For leading an Eco friendly life Babaji advises us not to use lenses for eyesight problems. Lenses reduce the capability of the human eye to get back to normal. He tells us to take *Trifala* powder regularly. Not to use plastic. Not to use electric water purifiers. Electricity kills the *prana* in water and food. The food and water processed through electricity becomes dead. As an alternative he advocates the use of brass, copper, iron and steel vessels. Copper is an enemy of cancer. He advises us not to use microwave ovens. He tells us to destroy them and throw them away. Do not give them away to others. By giving them away to others, you are not doing any good. He likewise advises us never to eat food without offering your gratitude. We should





VIDHYAYANA

ISSN 2454-8596

www.vidhyayanaejournal.org

## An International Multidisciplinary Research e-Journal

always say thank you to all who have contributed in bringing the food in that form to you. Thanking nature and human alike will create an ecocentric culture that Shivyog teaches us.

Babaji regards Cow as the most pious animal. In *Anvar* Rajasthan Babaji has established a *GauShala*, a place where cow can live in freedom. Babaji says the cow emits very powerful radiation and energy and it emits God's vibrations. Hence, anybody who comes in the aura of the cow feels this vibrations and his negativity is eliminated. If you rub your hand on the Cow, it pulls out all the toxic from the body. Whatever is stored in the *pranamayakhosh* the Cow pulls it out. That is why in Hindu religion Cow is called mother; it nourishes as well as nurtures us. (ShivYog Gau Seva Published on 13 Aug 2015). Babaji further advises us to use cow milk, cow ghee and butter, cow *mutra*, cow dung for various purposes. Cow urine emits positive energy and no bacteria or virus can multiply in it. He advises us to drink one spoon full of cow urine every day. This leads to detoxification. Even *Vastudosha* is removed with cow's urine or burning of cow dung. Cow Dung can be used as fertilizer in farms and is environmental friendly. It is a good substitute for pesticides and is economical and least harmful. Therefore only Shivyog can help us and the world to move from *The Devil In the Milk* to *Sanjivani* in the Milk.

Babaji also advises the farmers to constantly send *Sanjivani* to their domestic animals and farms. This would inculcate positive vibrations and in turn, the earth would become more fertile and yield positive results. Similarly *Sanjivani Shakti* to a cattle would also result in more milk that is filled with Shivshiva's own energy. I have frequently given *Sanjivani* to my small garden and the results are very phenomenal. Likewise giving *Sanjivani* to all animals round our home also has a very positive effect. With the flow of *Sanjivani* all nature becomes in harmony with each other, and that is what we want.

Conservation of the elements of biodiversity through various sacred uses of nature such as maintenance of sacred groves, tree and animal worship, and observing taboos on harvesting and hunting of plants and animals is characteristic of many indigenous communities in India (Gadgil and Vartak, 1981; Ramakrishnan *et al.*, 1998; Syngai, 1999; Guha *et al.*, 1999; Deb and Malhotra, 2001). Nevertheless, from an ethical perspective, we are not merely interested in the use of religion in preservation, but in the motive behind preservation, and in the values recognized in nature and its various living and even non-living mechanism. An anthropocentric basis for conservation can at best make man a good warden of nature and ensure its sustainable utilization. In contrast, only an ecocentric ethic can elevate man to the state of a partner of nature or a participant in nature's own goal of attaining perfect harmony not only among all living things, but also



VIDHYAYANA

ISSN 2454-8596

www.vidhyayanaejournal.org

## An International Multidisciplinary Research e-Journal

between living and non-living. This is no doubt the aim of Shivyog to create a pure, clean and balanced world for the generations to come. Babaji feels that to leave a sustainable world for the future generation we should care for nature, protect nature, land and water.

India is an agricultural country. Babaji says that our spinal cord is our corps and we know how important it is for us. He further says that *Kisan* is the *dhartiputra* as he is producing *MataAnnpuneshwari* from this earth. Modern day farming, the use of insecticides and pesticides has barren the lands and turned it into wasteland. They have imparted negative effects of farmers as well as consumers. Various studies have show how exposure of pesticide leads towards cancer, leukemia, etc. With the aim to improve this condition of Indian farmers, Babaji is organizing various *Shibirs* and giving *SanjivanibeejMantra* to farmers. Thus, Shivyog aims for Holistic agriculture to facilitate better health of man, animal and plants and a balanced ecological system. By practicing Shivyog we can attain and aim for an ecocentric culture.



VIDHYAYANA





VIDHYAYANA

An International Multidisciplinary Research e-Journal

---

ISSN 2454-8596

www.vidhyayanaejournal.org

#### References:

1. *Ecocentrism: the Chord that Harmonizes Humans and Earth* by **Stan Rowe** in **The Trumpeter** 11:2 Spring 1994, 106-107.
2. *Ecocentrism in India: An Incredible Model of Peaceful Relation with Nature* by Chandan Kumar Gautam and Anand Prem Rajan in **Universal Journal of Environmental Research and Technology** Publication 2014 ,ISSN 2249 0256 ,2014 Volume 4, Issue 2.
3. [www.shivyog.com](http://www.shivyog.com)
4. You tube



VIDHYAYANA