

Heartfulness

Through meditation, love

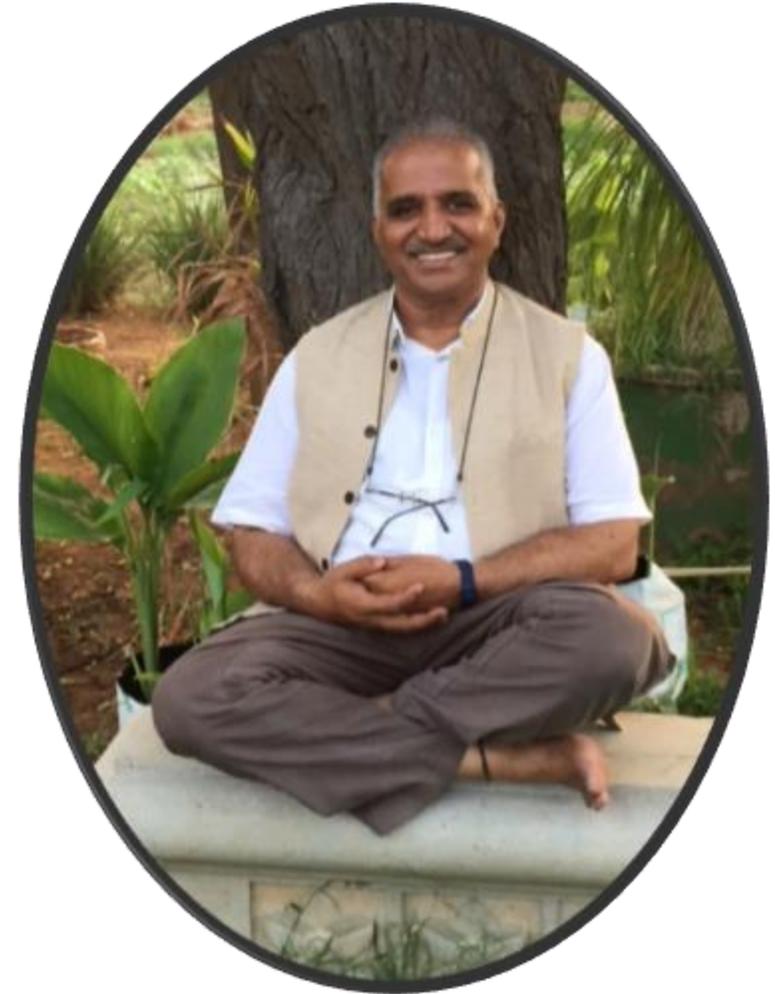


- [heartfulness.org](https://www.heartfulness.org)
- [webinar.heartfulness.org](https://www.webinar.heartfulness.org)

Heartfulness Institute - a non-profit organization registered in USA
It offers simple practices of relaxation, meditation, regulating the mind, and building inner strength and attitudes for over-all well being.



Dr.V.Ramakantha
Senior member of the Indian Forest Service
Eminent writer, Received several awards in photography
Heart based meditation instructor



Mega biodiversity of India - an Overview

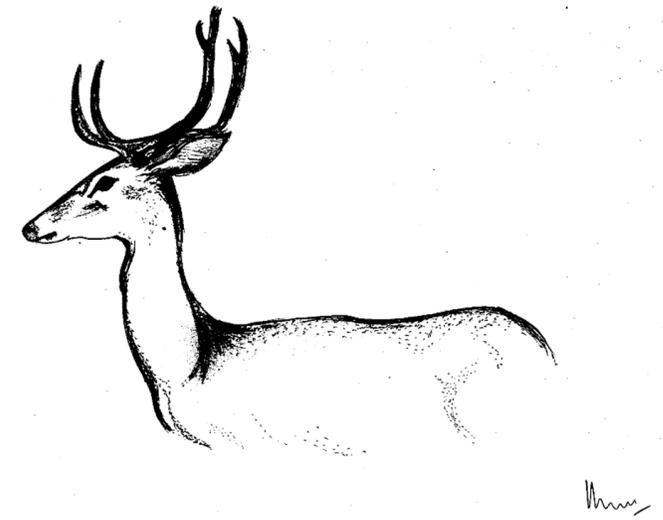
&

Ethos of Conservation



India is a
MEGABIODIVERSITY
country

The Keibul Lam Jao National Park, Manipur



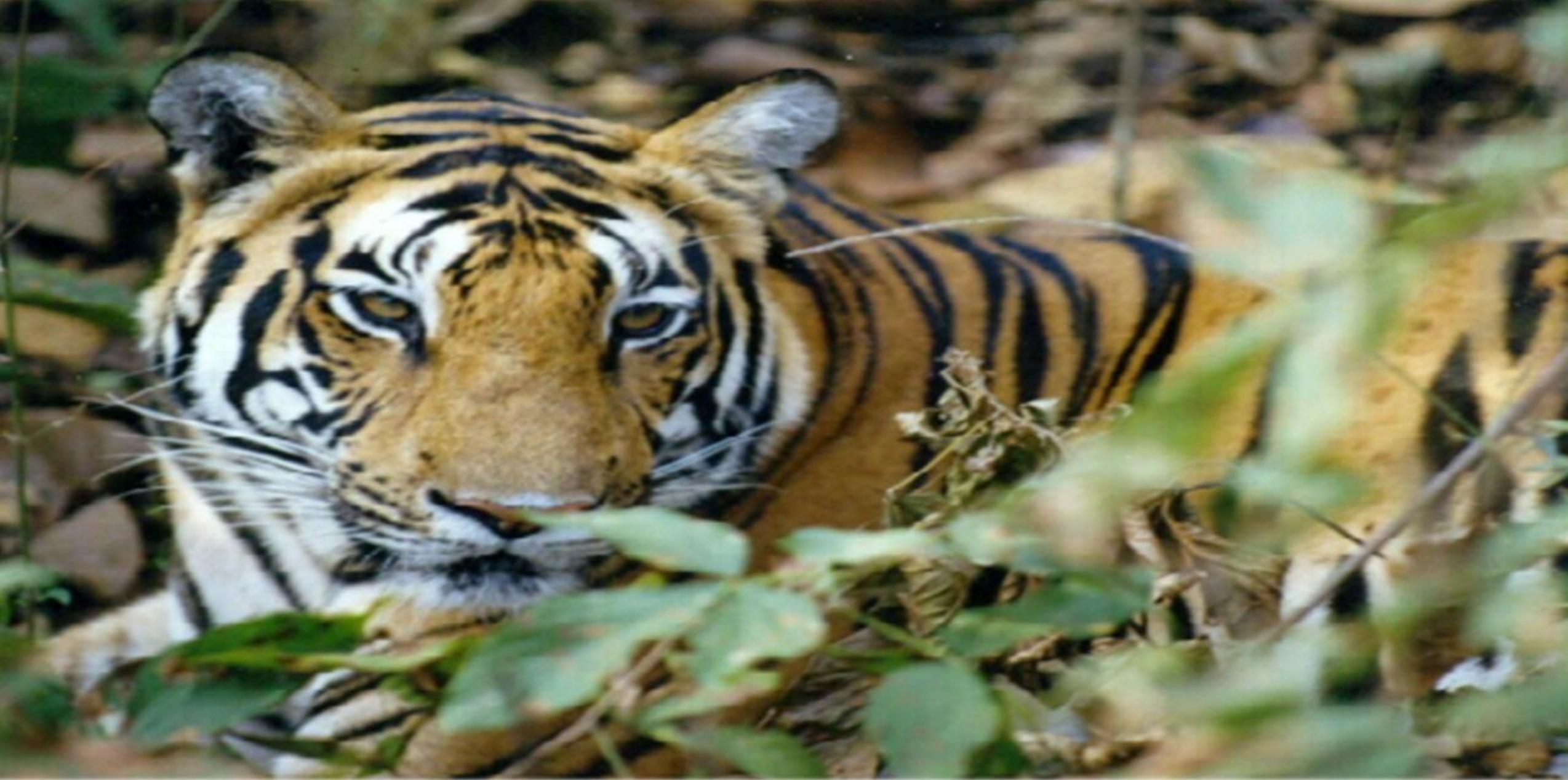


Forests range from **Tropical Rainforests** to **Alpine Scrub**

Exceedingly rich and diverse terrestrial and aquatic ecosystems & ecological complexes



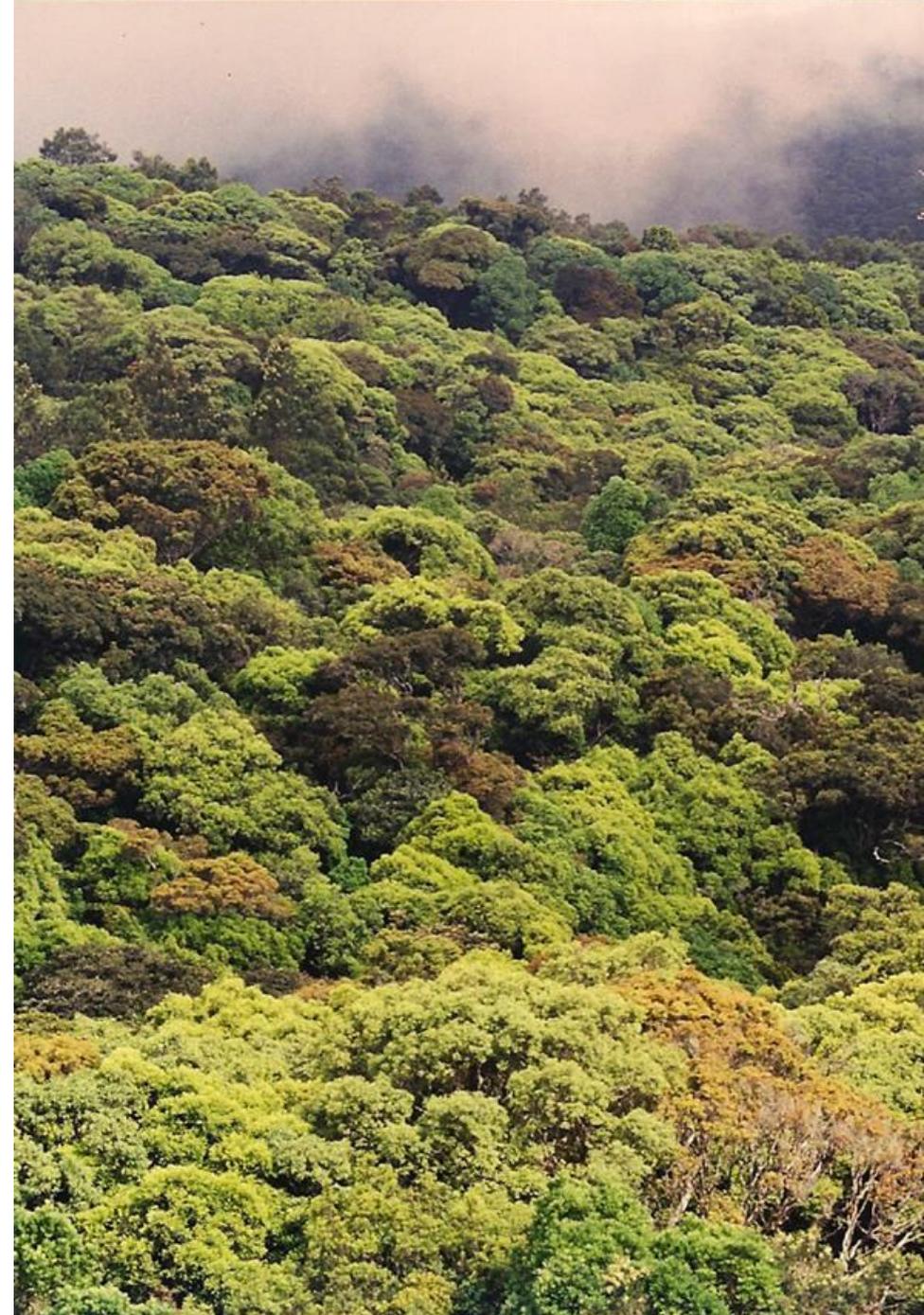
Nagarhole National Park – a famous megafauna national park of India



Tigress at Kanha National Park, M.P.



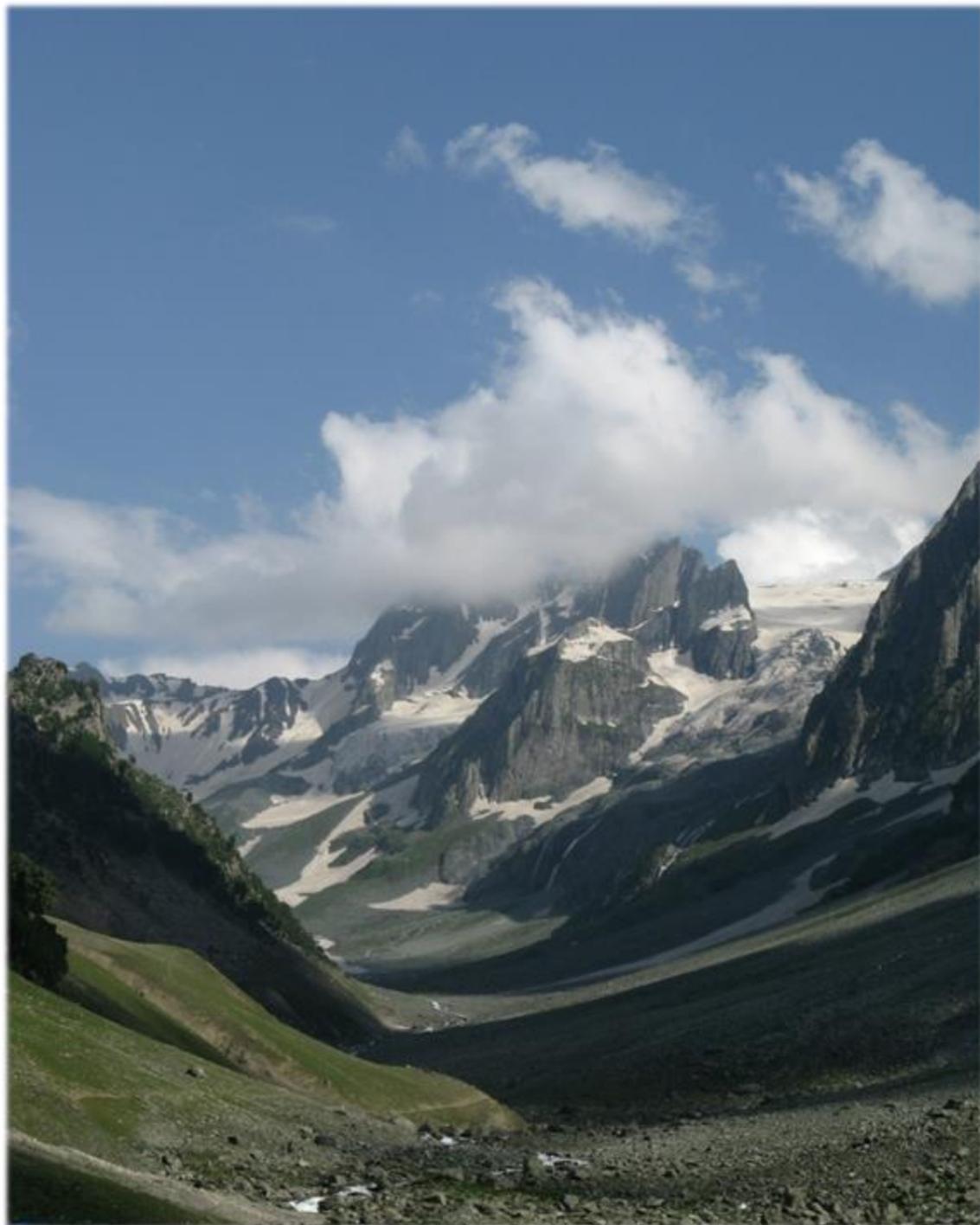
Species-rich Rainforests of the Western Ghats











*"Agar Firdaws ba
roy-i zamin ast,
hamin ast-u hamin
ast-u hamin ast,"*



River Narmada, Madhya Pradesh



Immense variety of the climatic, soil and altitudinal variations:

- varied ecological habitats
- exceedingly rich biodiversity.



The country sustains
12.53% of the world's plant
and microorganism species





17,672 species of Flowering
Plants

(Angiosperms)

A Home for

Teak,

Rosewood,

Sandal Wood,

Red Sanders,

Agar Wood;

and innumerable other Medicinal Plants



33 % of flowering plants
of India are endemic
(found nowhere else in
the world)





A mind boggling 91,212 species of animals - 7.43 per cent of the world's faunal species



Extra-ordinarily rich in Invertebrates

228 Species Of Amphibians



484 Species of Reptiles



1230 Species of Birds



410 Species of Mammals









22 MAY 2015
INTERNATIONAL DAY
FOR BIOLOGICAL DIVERSITY
BIODIVERSITY FOR SUSTAINABLE
DEVELOPMENT



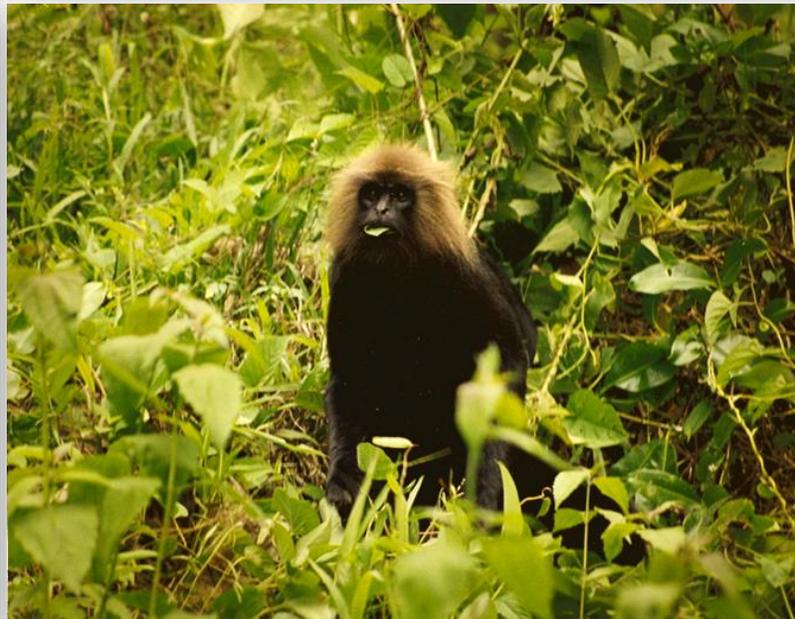
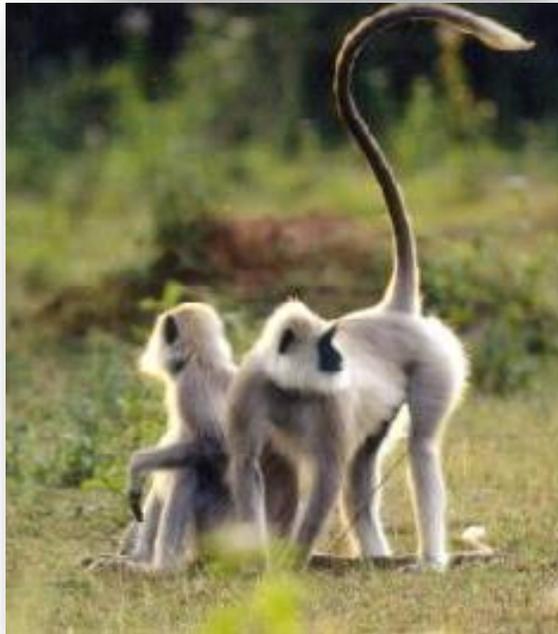
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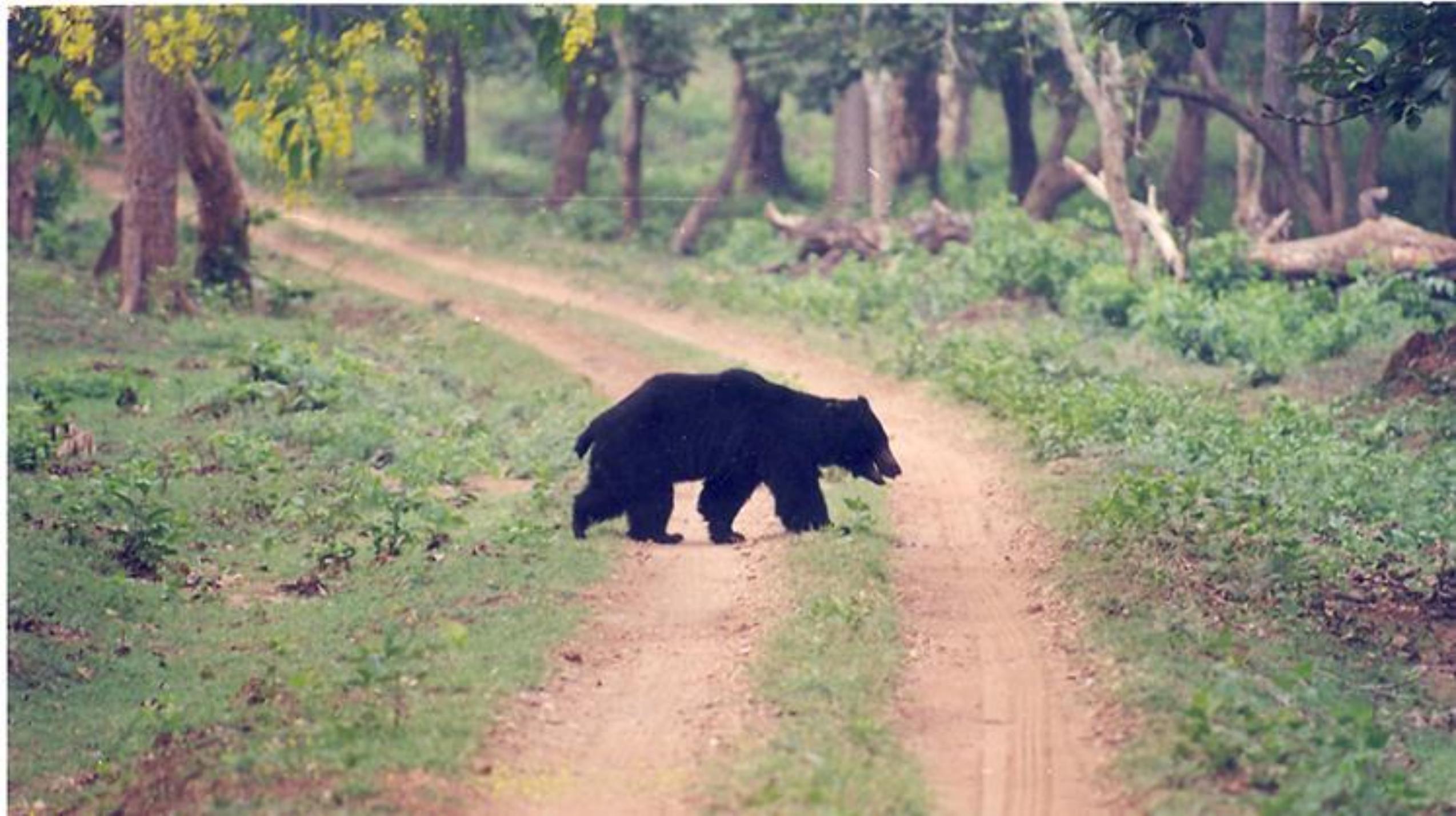








Sloth Bear: Daroji Wildlife Sanctuary, Karnataka





The billion plus people share the landscapes with some of the world's rarest and unique species of microorganisms, plants and animals



Considering the fact that

India accounts for only about 2.4 % of the total landmass of the planet

The country has more than a billion population with a population density more than twice that of China,

(exceeding 306 people per km²)

and less than 1.7 % of the world's forest area,

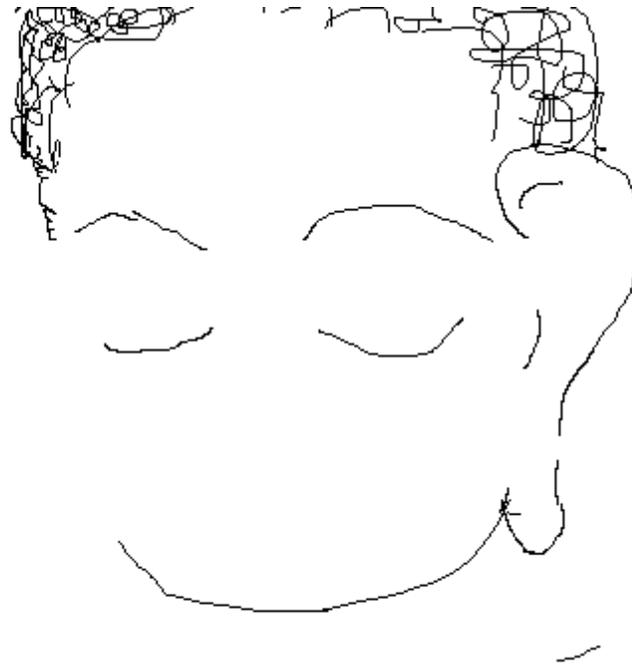
Besides being naturally rich,

Indians had learned to live in
harmony with nature,
as a child on the lap of
mother earth

What of thee I dig out
Let that quickly grow
Ever let me not hit
Thy vitals or thy heart,
Let thy benevolence
Ever flow

- Atharva Veda

AHIMSA PARAMODHARMAH



said GAUTAMA BUDDHA

YOU ARE NOT ALONE,

**This Universe is the creation of Supreme Power
Meant for the benefit of all;**

**Individual species must therefore learn to enjoy its benefits
By forming the part of the system
In close relationship with other species**

**Let not any one species
Encroach upon the others right.**

Kollanai pulaal maruththanai kaikooppi

ella uyirum thozhum

Kill not and desist the meat

And thou shall be venerated by all living beings

- Thiruvalluvar

Dayavilladaa Dharma Adyavudayya

Compassion ought to be bestowed on all living beings!
Compassion is verily the basis of all genuine religions!
Without all pervading Compassion,
One cannot win thy heart, Oh! Lord, Kudala Sangama!

-

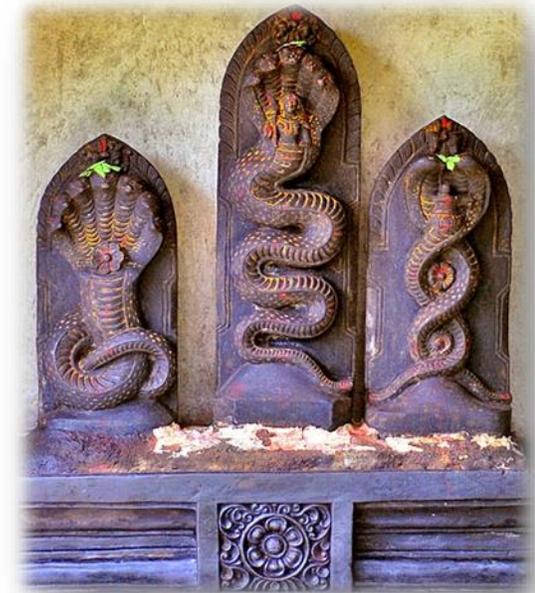
Baavanna

Stories of King Sibi who offered his very life for the protection of a pigeon that sought his protection,

Or the king Paari Vallal who offered his chariot to a climber trailing on the ground – such compassionate acts has pervasive influence on the young minds even today



The Good Snake!!!



A Pair of Rats could have over a million descendants in 18 months!

How Relevant Are These Precepts In This Globalised World???

How Has This Philosophy Influenced The Modern India?

Fundamental Duty:

“ It shall be the duty of every citizen of India to protect and improve the natural environment including forest, lakes, rivers and wildlife to have compassion for living creatures.”

– part IV- A of the Constitution, Article 51-A(g).

THE WILD PROTECTION ACT



सत्यमेव जयते



- This is an act to provide protection for wild animals, birds and plants.
- This act was passed in the year 1972.

No killing of wild animals, no game hunting
No trade in wildlife or wildlife derivatives



Bishnoi

Paul Ehrlich's rivet theory

*Yavad Bhumandalam Dhatte Samruga Vanakaanam
Tavat Thistathi Medinyam Santhathi Putra Pautrike*

**As long as the Earth is draped in forests
with all her myriad living beings,
So long will remain on this planet human and
his progeny**

We are in an era of Mass Extinction of species

Unprecedented loss in biodiversity pushing Planet Earth towards sixth cycle of Mass Extinction

- Anthropocene defaunation - Prof Rodolfo Dirzo (in Science, 2014)

We have, of recent, lost more than 320 terrestrial vertebrates
As of now 16 to 33 percent of all the terrestrial vertebrates
are estimated to be globally threatened or endangered

Nothing rosy when it comes to invertebrates

In just about 35 years, invertebrate animals like beetles,
butterflies, spiders etc., have decreased by **45** per cent



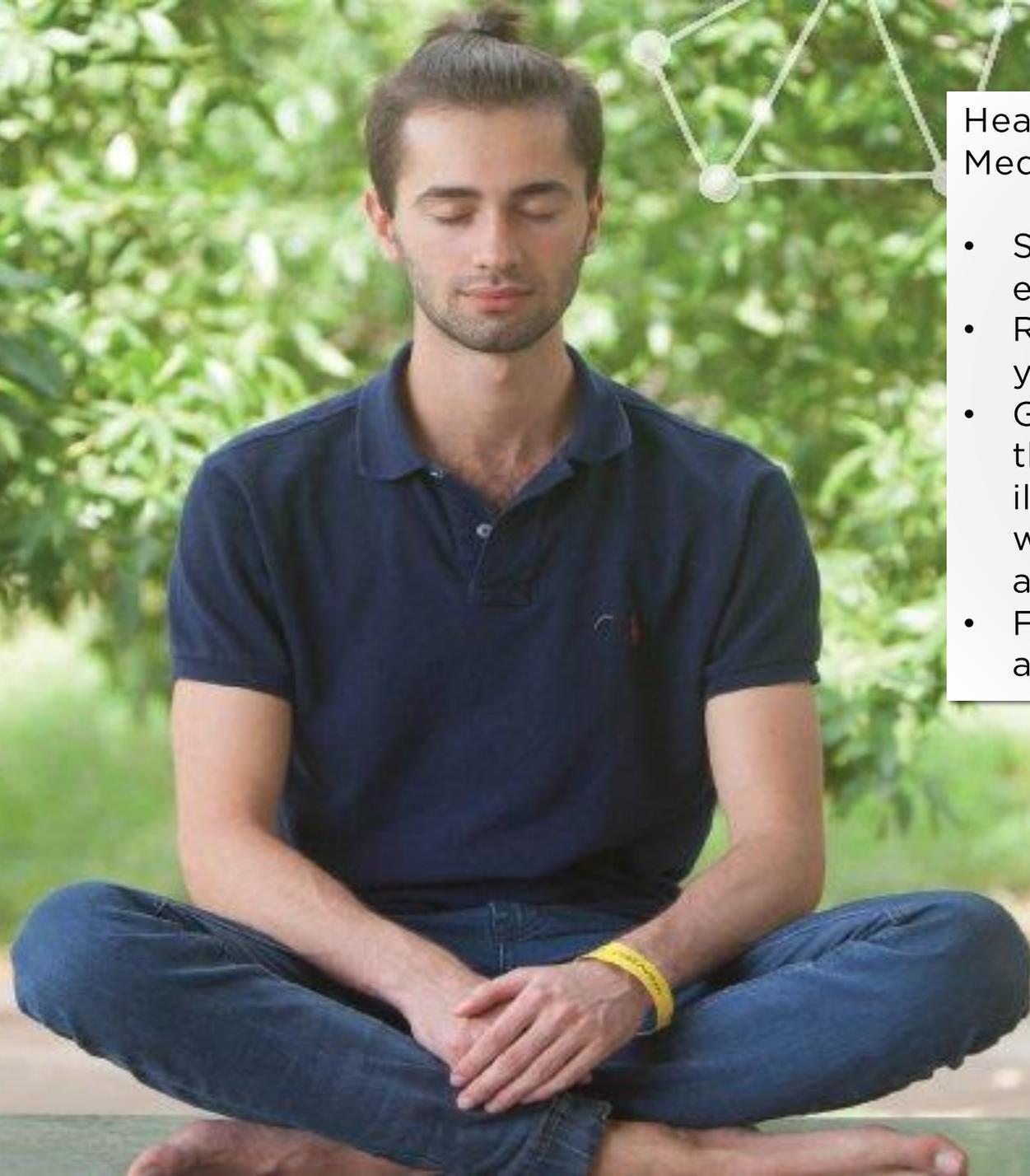
Thank You

From Complete Works Ram Chandra - Lalaji Volume II Page:125-126

"Rawati is a tribal area in Malwa. It has a natural beauty and I had an opportunity to go to this place to visit some of my beloved associate brothers. One of my brothers by name Dr. Krishnaswaroop was employed as government medical officer there, and Shri Heeralal and Revashankar were employees of the same hospital. They are very dear to me. At their request I went to Rawati.

The natural beauty, and the innocent people of the village were the attractions. I liked this place very much. I felt I should stay there forever. I am in the latter half of my life. Instead of helping people to know the grace of God and His love, this place, its trees, plants, earth, water, made me get interested in the natural scenery. I was eager to make my dream come true of building an ashram like that of Kakabhushundi. When compared to people, such places have more power to attract one's feelings, and have power of transmission. Such places have the capacity of protecting the Truth for a longer duration, when compared to other places. As a result, whoever comes in contact with such places cannot but be influenced. This is the reason why even today this place looks like Braj (Brindavan). Even if one looks at it from the traditional angle, one can do better sadhana here than at other places."

Donate here: <http://kanha.sahajmarg.org/green-kanha/>



Heartfulness Relaxation and Meditation in Progress...

- Sit comfortably, close your eyes
- Relax your body and move your attention to your heart
- Gently have the idea that the source of light is illuminating your heart from within and pulling your attention inwards
- Feel immersed in the love and light in your heart

As an attendee you will see a Q & A panel in the right corner of the webinar screen.
Please key in your questions now, along with your first name, city and country.

www.heartfulnessmagazine.com

To find your closest heartfulness trainer visit:
<http://heartspots.heartfulness.org/>



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INCREASES
EMOTIONAL STABILITY
and balance



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