

Be Sustainable; Be Happy

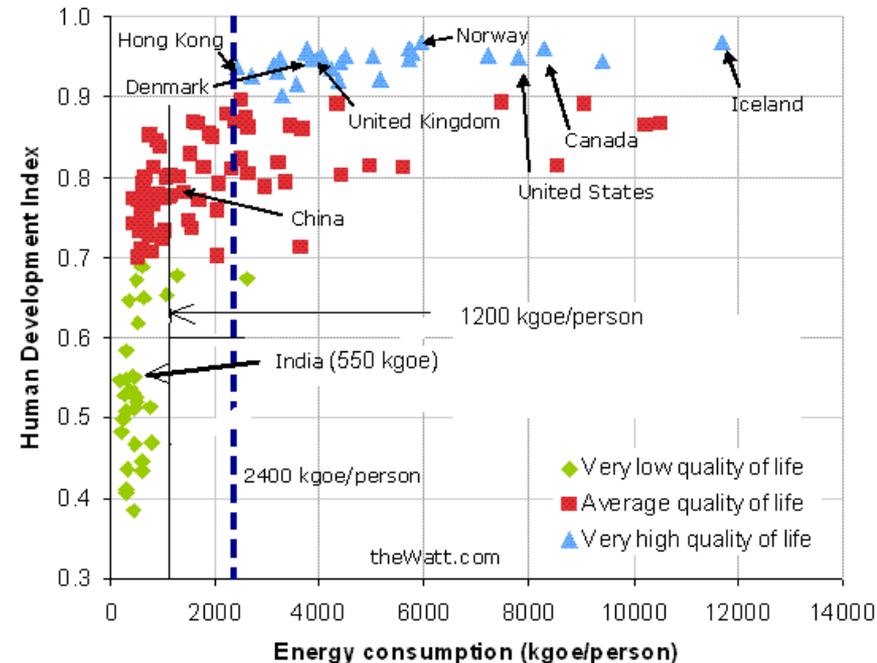


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Why be sustainable?

- For conserving our resources.
- US consumptive lifestyle will require 4 earths to sustain it. 335 GJ/person/year.
- India uses 35 GJ/person; rural areas 3-4 GJ/person !
- Reduction in CO₂ and earth temperatures possible by sustainable living.
- This is our only home. We will come back again and again to earth. Need to make it a heaven.
- Living simply and sustainably produces happiness.



How to become sustainable

- ❑ Gandhiji said “Use resources for your needs and not for your greed”.
- ❑ Spirituality can help reduce greed.
- ❑ Greed is an outcome of insecurity and fear.
- ❑ Fear of loosing out; fear of future, etc., etc.
- ❑ Fear is the biggest obstacle to happiness and sustainability.
- ❑ Fear can be reduced by creating a powerful mind.
- ❑ A powerful mind through yoga helps.
- ❑ Such a mind has ability to evaluate large number of pathways.

How to

- ❑ It also differentiates between what is important and what is frivolous.
- ❑ Simplifies life, reduces arrogance and showoff impulse.
- ❑ Greed is important for drive but it should be sublimated into Junoon!
- ❑ Junoon for becoming happy by improving ourselves.
- ❑ Junoon for doing great things and helping others.
- ❑ Choose any problem around you and try to solve it passionately. Besides creating solutions it improves the mind and gives happiness.

My own example

- ❑ Came back in late 1981 from US to Phaltan – a small tehsil in Satara district.
- ❑ So small and backward that to make phone calls sometimes had to go to Pune.
- ❑ Junoon helped in removal of fear.
- ❑ Junoon for changing India. India did not change. It changed me.
- ❑ Taught me lessons of spirituality, living simply and sustainably.
- ❑ Run a small rural NGO. www.nariphaltan.org
- ❑ Work in the areas of agriculture, renewable energy, animal husbandry and sustainable development. Many national and International awards.

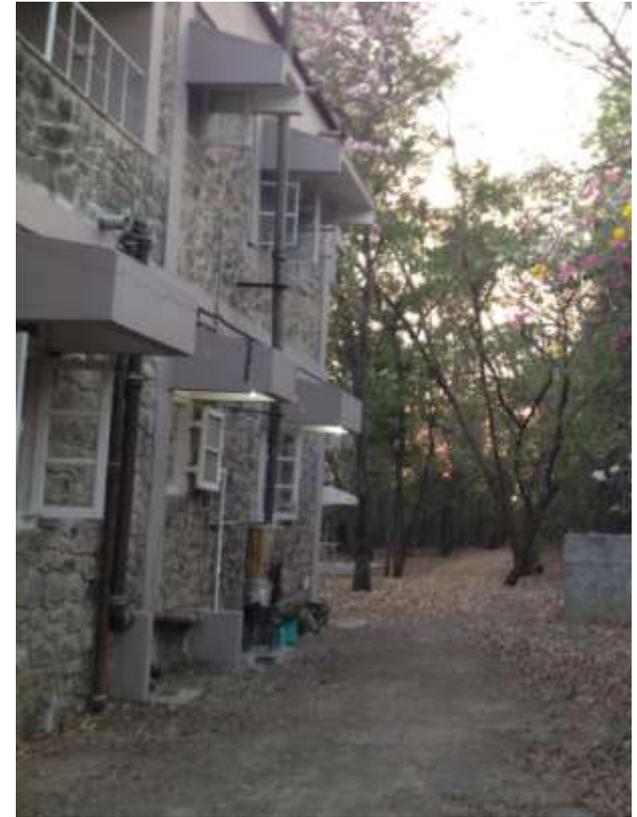
My own example.....

- ❑ Live in a house designed by me.
- ❑ Land bought very cheaply in 1981 and house built in 1984.
- ❑ Very bare plot. Now a tropical forest. Lot of wild life.
- ❑ Passive cooling. Helped by trees.
- ❑ All waste composted and recycled.
- ❑ Most food local and organic.
- ❑ Our water consumption is 150 lpd. US is 600 lpd.



My example....

- ❑ Till 3 years ago used 1984 Maruti 800. Road travel \sim 15000 km/year.
- ❑ Technology for communication. Reduces transport energy.
- ❑ Use \sim 37 GJ/person both in house and place of work. 55% electricity; 33% transport; 12% in cooking and water heating. Wood boiler for heating water.
- ❑ If air travel added 86 GJ/person!
- ❑ Problem of recycling of plastics and e-waste. Use cotton bags mostly.



Final thoughts

- A sustainable and emotionally satisfying lifestyle is possible in 1/10th the energy consumption of US.
- High technology can reduce energy consumption and produce sustainability.
- For smart cities, sustainability is very necessary. Urban agriculture?
- Making this world a heaven by reducing our greed and helping others brings great joy and happiness.

Thank you

- Useful sites:
 - www.nariphaltan.org
 - www.nariphaltan.org/simplelife.pdf
 - www.nariphaltan.org/writings.htm (my writings)

- Email: anilrajvanshi@gmail.com



Lucknow Management Association

Talk on

How to live a sustainable life for producing happiness

by

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