



# Sadhana Forest

Sadhana Forest, twenty years ago, was just another dry, useless piece of land no one cared for. Today, it is a thriving ecosystem where plants, animals and humans co-exist. How did we get here?

We hear in the news all the time about organizations that planted a thousand, ten-thousand, or even a hundred-thousand trees, and we think we're saved, but do we know how many of those saplings actually grow up to become big and strong trees? People don't normally question these things, as these stories are just so detached from the life of an average person, why even bother?

The average life in cities, where over majority of the population lives, is not really designed to make people ask questions, it is only when you step away from this habitus, that you start to realize that things can be done differently. You start to ask questions about what you normally do.

Sadhana forest is a place where almost everything is done very differently from the normal life and it explains why it is better. How is it better you ask?

Well, let's take a look at a normal day in sadhana, first you wake up in these huts made entirely of natural (and biodegradable) resources, and surprisingly it is actually stronger than many concrete and brick homes, You wake up to singing and music, not irritating alarms.

Then you go to the morning circle, where everyone exercises together, and gives warm hugs (no need for gyms here!). Next you choose your first *Seva*, now *seva* in Sanskrit means 'doing work from the goodness of your heart', and the *sevas* here help maintain this place. After a vegan breakfast, it's time for another *seva*. (It is important to note that it is not mandatory to do the *seva* here.) Next, we eat a vegan lunch, a vegan dinner, hang out with everyone and go to sleep.

Going from a barren desert to a place with immense love and respect towards animals and humans alike (especially in today's world) is truly beautiful.

- Arnav Jaiswal (ex-volunteer at sadhana)