



In 1992 in Rio de Janeiro the United Nations held an Earth Summit. According to their eminent scientists (Agenda 21, chap 13.1)

**“Mountains are the primary sources for the Earth's supply of fresh water. They provide critical storage of fresh water, stored in the form of ice and snow, and in lakes, wetlands, and reservoirs. This water is later released, providing critical flows to rivers and streams. Many streams and rivers would cease to flow entirely if their headwaters did not supply this delayed flow. Such valuable storage of fresh water is vital for all life on Earth. All of the world's rivers originate in the Mountains and flow to the oceans, sustaining the life of all beings, in all ways of life here on Earth.”**

Earth's mountain regions are experiencing environmental breakdown on a huge scale. This problem is escalating and can only get worst unless a cure is provided fast. According to many world government researchers, it is important to sustain these regions as a vital factor in the global hydrological cycle. The solution lies in the reforestation of mountain regions fast.

However the task to do so is enormous considering the terrible environmental conditions that these areas are now in, due to the massive de-forestation that has taken place in the last fifty years. It is feared that it can not be done on the scale or in the time needed to make it truly effective to re-set the fresh water cycles or the water tables which sustain all of Earth's major rivers.

In a time when the future of the global economy is unstable, the only real stability that can be relied upon to continue to provide wealth, is the environment and this is becoming more unstable daily.

The solution is obvious; we have to help restore the natural biodiversity. The natural cycles will then be able to re-balance themselves. At this time, life on Earth is seriously threatened. This is too great a loss to conceive of, let alone to watch happen; if there is any way at all that we can possibly avert it.

We believe that there is a way, and that it is still possible to reforest Earth's mountain regions within the next thirty years, so enabling life on earth to continue for many thousands of years. With this belief and conviction we have set up the R.E.M.E.D.Y project.

### **“Reforestation Earth Mountain Environmental Development Yoga”.**

Nowadays throughout the Himalayas and previously throughout the world there has been a rich tradition of conservation of natural resources through ancient traditional methods. The practice of conservation of plant species by traditional societies dates back to millennia. Designating areas of forest as Forest Temples/Sacred Groves has been their way of environmental conservation. They realized that preserving their environment was essential for their survival too.

This model of conservation may be one that we can adopt in present times for saving and restoring our natural environments.

Forest is a living resource. A large number of people of the mountain, hill and plain areas depend on forest resources. Forest constitutes the richest resources amongst the other resources of the world. They are the vital component to sustaining the life support system on Earth.

Monoculture pine forests do not count as forest, nor do they address our escalating problems. Only natural indigenous forests have the bio-diversity needed to address the various environmental problems that we are now facing. These range from extreme pollution, to the melting of the icecaps.

It would seem that if we could lower the temperatures on Earth through the creation of more snows on the mountains and the absorption of carbons that the icecaps would not melt at the alarming rate, which is presently being predicted. These predictions are naturally founded on present conditions and the ideas that already it is too late and that there are no real solution to 'Global Warming'.

Yet, what if there is one? If we could stop the mass destruction of Earth's forests and re-establish the mountain forests fast, then it could be possible for many of the excess carbons to be absorbed and for temperatures to be lowered. Forests act as natural carbon sinks and have done so for millennia.

Precipitation by the plants and forests in mountain regions is responsible for the making of rain which turns to snow at high altitudes. The snows made in mountains are largely responsible for keeping Earth's climates regular. They play a major part in Earth's cooling system. With the mass destruction of mountain forests, we are seeing a great reduction in the snows. This is highly exasperating the problems of global warming. Without these snows, we are experiencing a warming up of the mountains, retreating glaciers, dried up rivers and many other related problems.

With approximately sixty percent of the Himalayan and the Earth's mountain forests having been cut and destroyed in the last fifty years, it is vital that what remains is protected and sustained and that we restore as much as we can, as fast as possible. This is very difficult when the old forests have been diminished and there is so little top soil remaining.

Naturally in the past the rains on the mountains were carried into the Earths' underground lakes and rivers through the process of the roots of plants drawing them down. These became our springs in the lower lands. However, now with these great forests seriously depleted and still being cut we are losing these precious waters and our springs and wells which were so healthy before are becoming lost.

Without the root system of a forest these waters, now rush down the mountains carrying massive amounts of soil with them. This blocks rivers and causes massive flooding in some areas and extreme drought in others.

**Although much is being done concerning the Environment all will be ineffective in the long term if the sources of our rivers fail and Earth's fresh waters dry up.**

## Sacred Groves

The institution of Sacred forests or groves is ancient and was once widespread. Our ancestors were fully aware that the natural resources that sustained them must be conserved for the sustenance of future generations. Sacred Groves are indicators of the phenomenon of ethno-environmental management. Sacred Groves are a social institution, which permits management of biotic resources through people's participation.

Sacred Groves are forest patches conserved by the local people intertwined with their socio-cultural and religious practices. These groves harbor rich biodiversity and play a significant role in the conservation of biodiversity..

Sacred Groves are now important reservoirs of biodiversity. Sacred Groves are often the last refuge for endemic and endangered plant and animal species. They are storehouses of medicinal plants valuable to village communities as well as modern pharmacopoeia, and they contain wild relatives of crop species that can help to improve cultivated varieties. Sacred Groves also provide for the water needs of nearby communities. Many Sacred Groves contain water resources such as ponds and streams, and the vegetative mass that covers the floor of a grove can absorb water during rainy seasons and release it during times of drought. The combination of the trees and various medicinal plants found in them improve soil stability, prevent topsoil erosion and provide irrigation for agriculture in drier climates.

**Sacred Groves provide a continued reminder that human cultures and biodiversity have evolved together and that encouragement of such a link is likely to be a key element in an ecologically and socially secure and long-term sustainable future.**

Using a scientific and environmental understanding of the Sacred Groves, strategies for rehabilitation of degraded landscapes would be a way to both regenerate the Biodiversity and re-vitalize the lives of the local people. Using this method, the local people would naturally receive greater natural resources and greater understanding of the importance of land preservation and conservation, in order to sustain their livelihoods and that of future generations.

In comparison to Western scientific conservation models, which advocate the creation of national parks and sanctuaries, the conservation of bio-diversity in these people-declared-managed Sacred Groves is more effective.

This may be due to the fact that these Sacred Groves are intimately connected to the social life of the communities and form an integral part of the cultural identity of the community. From this simple yet powerful principle, flows an understanding of the relationship of biodiversity to human health.

Fortunately, many conservationists and communities, along with government and nongovernmental organizations have realized that development, progress and modernity do not mean turning one's back on tradition, but rather that traditional wisdom can and must be integrated into modern systems. There is a need of preservation, restoration and proper management of existing groves.

The lure of modernization is very appealing, yet we can see that the environmental catastrophes that accompany it, do not lead to long-term environmentally sustainable futures. Hence we would be better looking at more traditional ways as a way forwards to give us some kind of healthy future in these dangerous times.

We recommend the implementation of Ayurvedic medicine projects, establishing new Sacred Groves and helping to preserve forests and groves already in existence. It is vital that this is done using local indigenous medicinal plants such as oak, amla, cedrus deodar, tulsi, peepal, yew, vetiver, some of the legume family and many others, according to the area. Many of these medicinal plants have beneficial properties for land conservation, so these properties need to be understood and utilised when planning the groves.

By establishing a number of these Sacred Groves over a large area with approximately 10 km between each one, we believe it could be possible to re-create green corridors between them; leading to healthy indigenous young forests throughout the Himalayas and Earths mountain regions.

Because it is a method, that is so interrelated with both the ancient and present day traditions of indigenous communities, it could be a method that spreads fast and easily, without the normal resistance that many conservational efforts so often come up against.

**With the Local people working together, supported by others around the World, Fast Mountain Regeneration is potentially possible.**

This Remedy offers a means by which countries of the world can take effective action to regenerate their own unique Eco-systems and prevent further breakdown and inevitable collapse. Here is a way for activating and implementing the Long-term Environmental Sustainable Development agreements made through the U.N at Earth Summits.

This is a natural healing solution for the global fresh water and inherent environmental crisis.

Rather than considering what we can make from this, or what it will cost us, we should really be considering what this could potentially save us and at least try to make a positive difference.

If it was to cost 1 billion pounds so save many hundreds of billions, the savings would be great indeed and the cost very small. If it was to cost us this to potentially save our families and multiples of future generations then the cost would indeed be very small and certainly worth paying.

According to the United Nations 1992 Rio De Janeiro Earth Summit

**“Human Beings are at the center of concerns for Sustainable Development. They are entitled to a healthy and productive life in harmony with Nature.”**

Throughout the world there are many environmental groups and government bodies, working on local environmental problems and doing great and valuable work. However unless we consider the whole and the greater picture within our given projects then we cannot expect to effectively succeed.

### **About Us**

We are a family team, who have spent the last few years studying, photographing and gathering research and information in the Himalayas from which we have come to the above understanding.

In order to initiate and help implement these ideas, we have come to India to try to work with local people in establishing new Sacred Groves and green corridors. These would create living examples of what we are proposing and would serve as a model for fast mountain reforestation.

In this way we hope to be working with many groups and communities.

For us to be successful in this work we will need financial assistance and support from other concerned groups and individuals.

**For Further info. and communications please check our Website and**

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(If you wish to make a donation via Paypal, we have a Paypal account attached to: [activatedremedy@yahoo.co.uk](mailto:activatedremedy@yahoo.co.uk))

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