

ABUNDANCE

REGENERATION

MAHA MAYA
CENTER OF CONSCIOUSNESS

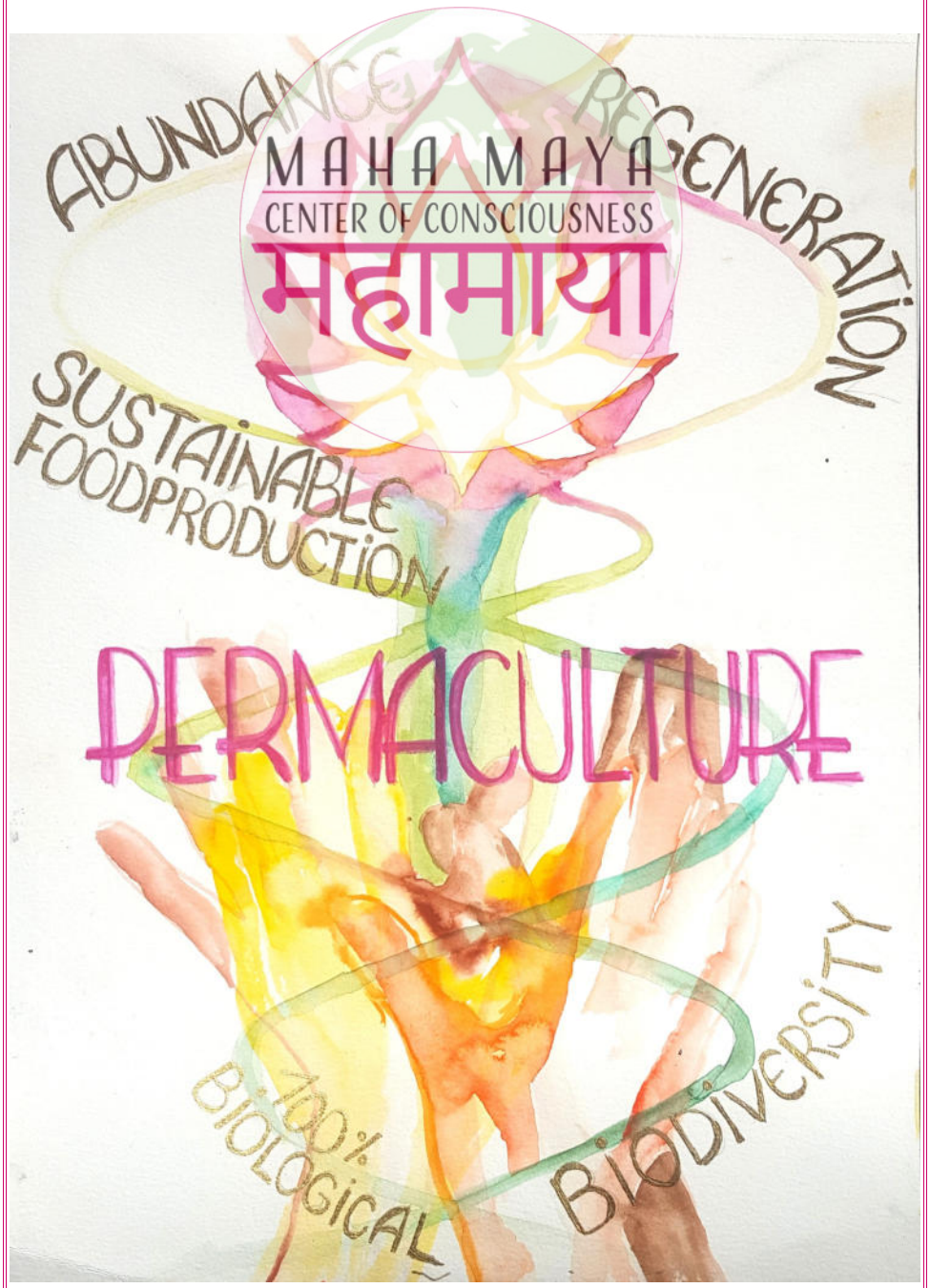
महामाया

SUSTAINABLE
FOOD PRODUCTION

PERMACULTURE

100%
BIOLOGICAL

BIODIVERSITY



MAHA MAYA CENTER OF CONSCIOUSNESS

Our garden is growing



Vision is not seeing things as they are, but as they will be.





Welcome to Maha Maya Permaculture!

You feel like getting your hands in the ground right away? Here are action-based inspirations of
How you can support our garden

Take an explorative slow **walk in our garden and observe** with eyes wide open. Make practical use of this **Permaculture workbook**. Engage in conversations with people at the Center.

*You are interested in supporting us in one of the following tasks?
I'm happy to hear from you and give you all infos needed:
whatsapp: +43 699 10 20 29 96 or mail: cblaha@gmx.at
Enjoy our garden! Chrsi Blaha*

1) Water is life! Maha Maya is located in the tropical Monsoon region of India. During the dry season from **October to April**, our **trees need weekly watering** by a helping hand. Grab a hose, connect it to the pump, and give every tree a gentle spray of life-giving liquid. While doing this, preferably in the morning or evening, take a look at the waterdesign of our garden: Our beds are covered with coconut-husks which catch and store water like a sponge. Raised gardenbeds in combination with sloped pathways lead the excess rainwater during monsoon to waterchannels on both gardensides where all the water is collected in our lake.

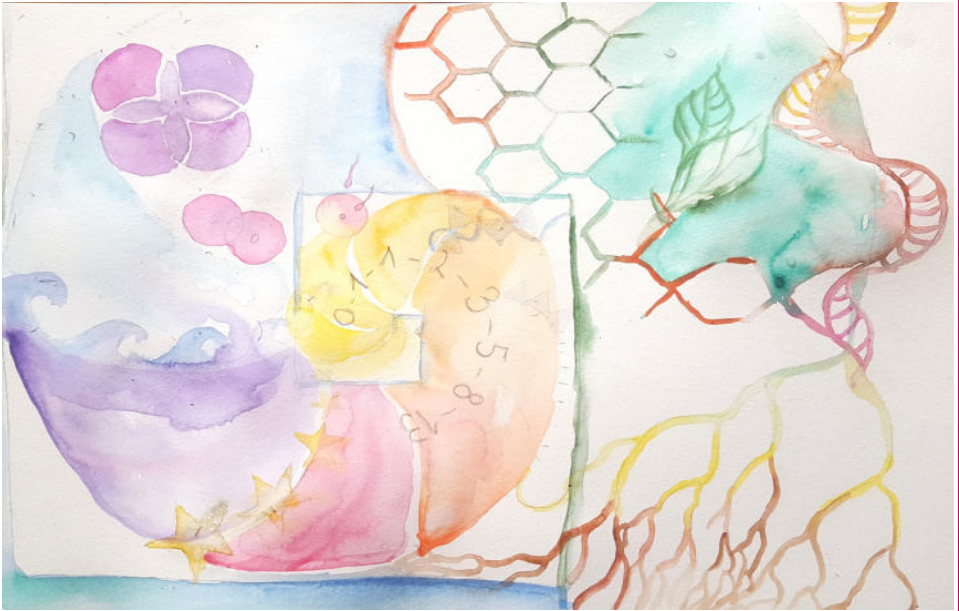
2) Irrigation System. Our gardenbeds are prepared, we're ready to grow. To be able to **start the vegetable food production** for the seminar center and the healing home, we need help. Support us to **finance our irrigation system and greenhouse** to get started.

3) Weeding. I personally love to keep my hands and mind on this repetitive task. I ponder about life, roots and what needs pulling out in order for beneficial things to grow. Golden rule: try to **identify the planting pattern** first to make sure youre not taking out intentionally plants. If you're in doubt, go for the **spiky Mimosa on the pathways** – everybody's feet will be grateful!

4) Compost. If you're up for building, get in touch with me how to **finish our compost station**. It also needs **turning every week** to the next department to help aeration and decomposing.

PATTERN AWARENESS

Nature as our mentor



Patterns and geometrical shapes **weave our world** - from the circuits in our braincells, to atmospheric weather currents and plant growth. To be aware of them is to understand nature, ourselves and interrelated connections.

And it is key for every Permaculture Designer:
The **cycles and forms of nature**, like spirals, waves or branches, are the source of inspiration, strength and growth.

We **design from pattern to detail**: **observe the energyflows** - like sun, wind, water and people - on the land. **Identify patterns in time and space** that help to come up with valueable and holistic solutions for all elements involved.

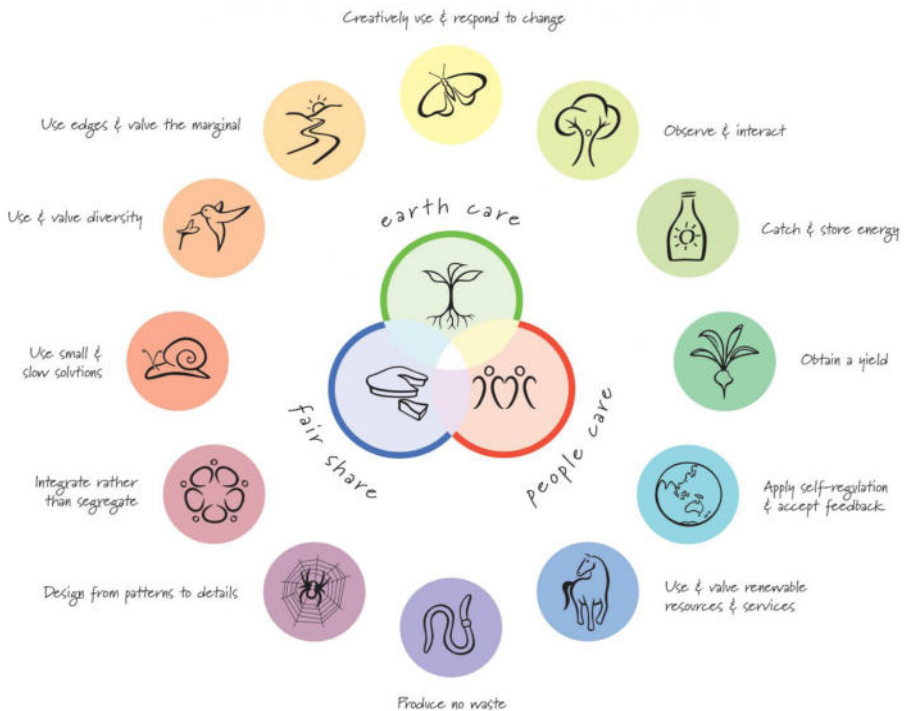
Which patterns can you observe in your life?

WHY MAHA MAYA PERMACULTURE?

Permaculture is both a **life philosophy of change** and a **design tool** for sustainable living spaces.

In order to **create regenerative cultures** it is important to consider **how we use energy and resources** sensibly and which **long-term values** and design principles we pursue.

Where can you practice the 12 Permaculture Principles in your life?



The aim of Maha Maya Permaculture is to supply the Center sustainably with fruits and vegetables. We integrate the Permaculture Principles by regenerating the **soil and water**, using **solar energy**, **organic local seeds** and **compost**, avoiding pesticides and **planting diversity** instead of monoculture.

This **empowers to consciously nourish our body and soul**. We heal ourselves with the help of the garden.

Another intention is to learn regenerative practices through **co-creation** and **Permaculture education offers**.

Our garden integrates vegetable production - for the daily harvest of our delicious Indian cuisine - and a wide variety of exotic fruits from our trees. With the resulting **tropical forest garden**, **Mother Nature serves as our role model**: a rainforest is one of the most **harmonious, holistic and species-rich** systems on earth.

The Maha Maya Permaculture Vision

is the **creation of a 2.000m² natural ecosystem** while offering regenerative education. The Maha Maya Permaculture is **nature's healing bridge** between retreat guests and Indian women.



Our world needs sustainable and regenerative solutions

Are you familiar with the **Gaia-Theory**? It's the holistic view of the world as one interconnected living being. South-Americans call the planet Pachamama, the Great Mother. Already 3,5 Mrd. years ago, **bacterias formed collaborative communities to thrive**, the self-regulating cycles of nature create loops of abundance. In times of loneliness, separation and fear of existence, it's important to ask: Does evergrowing consumption and anthropocentric worldview fill us with joy? What makes us feel alive? Do we build our society on competition or on collaboration and diversity? How can we be a source of inspiration to each other?

Permaculture promotes **connectedness, non-violent communication, social entrepreneurship, bioregional food cooperatives and participative decisionmaking**. Its a systemic view pro-life, contrary to the industrialised multinational foodsystem thats based on exploitive monocultures and global import of mass products. We need solutions for **food and energy sovereignty**, to bring back the power and value to the people and the land. Peace, stillness and magic can be found in our relation with all living beings, and not in things. Permaculture offers a **balance between growth and serenity, tradition and innovation**.

MAHA MAYA PERMACULTURE TECHNIQUES

Creative Cycle of Permaculture Design



Food Forest - Make a place better than how you arrived

The aim is to promote life by growing food in a **system of abundance**, contrary to industrial agriculture. A food forest regenerates land and people by building up all **layers of a natural forest**.

Layers of a Food Forest



Trees fulfill many functions at the same time: they are windbreak, provide shade and a habitat for animals, regulate temperature, cycle nutrients, fix nitrogen in the soil, work as water retention and riparian puffer, provide organic material and food, promote mental balance and local diversity.

By planting a **polyculture of multi-purpose trees, shrubs, herbs and vegetables** Permaculturists mimic nature's biological interactions. The benefits are many: root system and organic matter of the trees serve the vegetables and provide resilience, reduce erosion and improve diversity. Nothing in nature is lost, it is transformed.

In the Maha Maya Food Forest you find Mango, Avocado, Lime, Ambla, Thyma, Guava, Coconut, Jackfruit, Papaya, Sandalwood, Roseapple, Pomegranate, Cassava, Passion Fruit, ...

Planting with the principles of time and space

This technique takes into consideration:

1) Distribution and evolution of plants throughout time

= the natural **succession**

Plants have varying life cycles. „Mothers“ and pioneer-plants are the first to grow. They build up soil life, fix nitrogen, provide shade and conditions for others to follow. The forest evolves in time.

2) Space and layers of a forest = stratification

Different plants naturally occupy different spaces, depending on the amount of sunlight they need to thrive. This allows to plant in high density without competition for space.



Take a look at the **tree composition of Maha Mayas** syntropic food forest: the different shades of green indicate the individual strata of each tree. A blue ring indicates a pioneer tree thats nursing the other fruit trees (red ring) around.

Add OM – Organic Matter

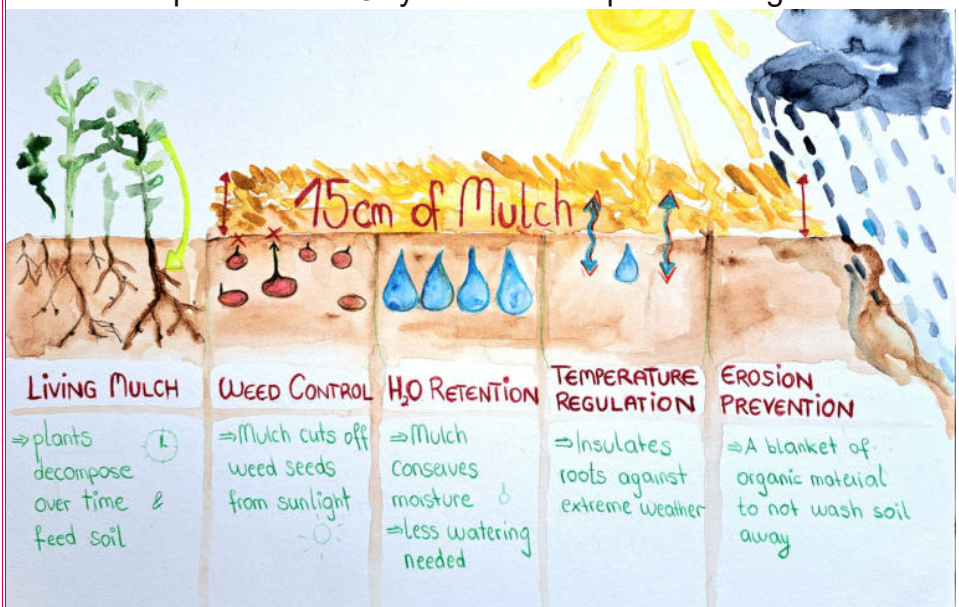
„The soil is the great connector of lives, the source and destination of all. It is the healer and restorer by which disease pass to health, death into life, age into growth. Without proper care for it, there is no life“

Wendell Berry, PDC Azula Kyle & Lola

Organic Matter is the **base for fertile top soil**. It provides **structure, porosity, water retention and biological activity**. Plants, fungi, bacteria, protozoa, nematodes, earthworms and other insects form an interconnected life cycle. In the tropics, 80 % of the OM biomass is above ground - the trees. That's another reason to integrate trees in a tropical garden system. And let their leaves and branches decompose on the ground. Adding OM like compost and mulch to your soil keeps microorganisms happy, the soil fertile and the food healthy.

Mulching

In nature there is **no uncovered bare soil**. Everything is protected by an **organic blanket**: That's why Permaculturists mulch garden-beds with min.15 cm of straw, leaves, small branches, coconut-husks on top of the soil. Or you choose to plant a living mulch.



Compost

The main ingredients of compost are **carbon, nitrogen, oxygen and water** in a good ratio. There are different composting techniques: producing organic fertilizer with the support of a **worm-compost**. Let **chickens** help you with the decomposing of your compost piles. The **18-days berkley compost**. Whatever technique you choose, adding microorganisms and nutrients will make your garden grateful and thrive in abundance.

Companion Planting

Most plants do not want to grow alone, like humans they benefit from having company closeby. They help each other to **attract pollinators like bees, repel pests and cycle nutrients** between each other. An ancient form of companion planting are **The Three Sisters** - corn , beans, and pumpkin thrive when grown together.



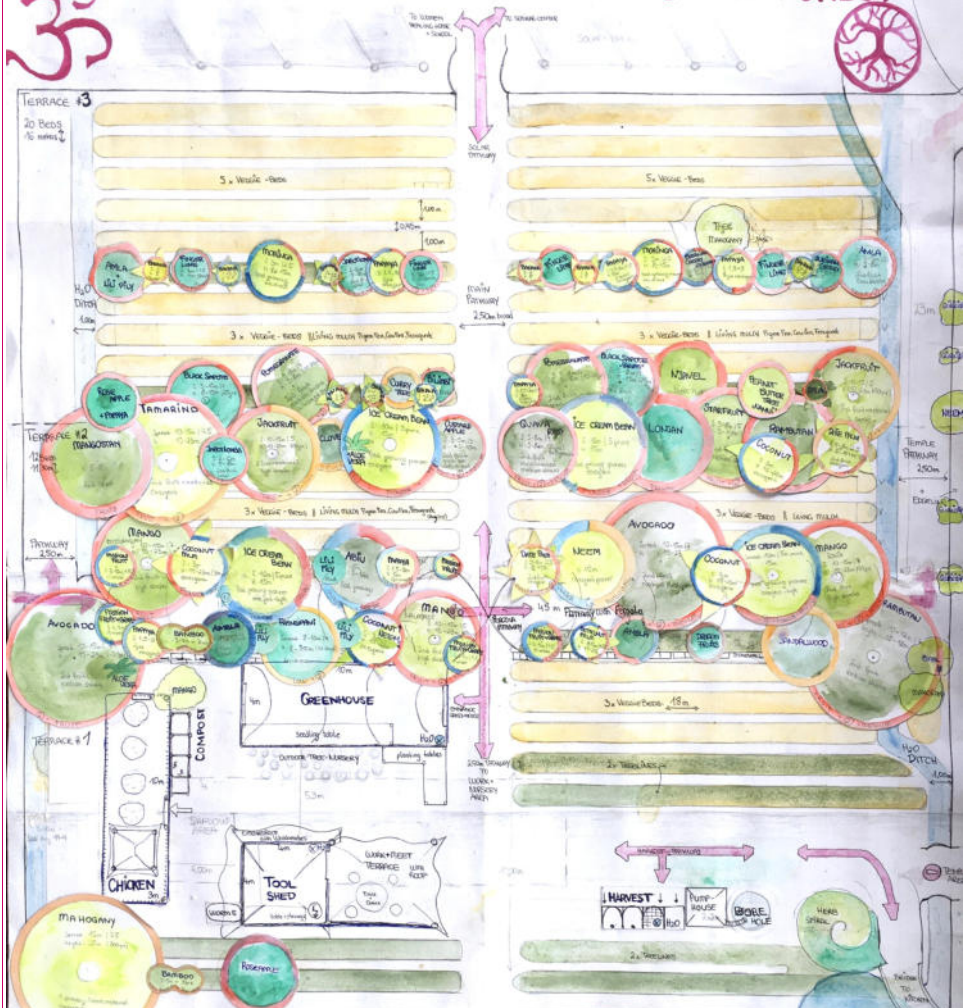
On this picture you can see a Papaya and some peas being good growing companions for a small Jaboticaba tree in our garden.

MAHA MAYA

CENTER OF CONSCIOUSNESS

PERMACULTURE

DESIGN & FOOD FOREST



☆ SUSTAINABLE FOOD PRODUCTION ☆ ABUNDANCE + HEALING
 ☆ BIODIVERSITY ☆ REGENERATION ☆ 100% BIOLOGICAL

CREATION OF NATURAL ECOSYSTEM & 2,000 m² GARDENOSIS

• COMBINATION OF 16 PERENNIAL TREELINES + 25 ANNUAL - SEASONAL VEGETABLE BEDS

- TECHNIQUES:
- Permaculture Principles, Design, Implementation
 - Synthetic Agroforestry
 - Mulching
 - Open Space
 - Food Chains
 - Compost (Worm, Chicken, Manure)
 - Companion Planting

EVOLUTION 2021 OF OUR FOOD FOREST

- TREES: 100 TREES PLANTED, 60 DIFFERENT SPECIES
- FUNCTIONS: TREES, FRUIT, SHADE, WIND BREAK, SOIL FERTILITY, BIODIVERSITY, GROWTH, SUPPORT, PROTECTION, SHADING, PROTECTION, WIND BREAK, SOIL FERTILITY, BIODIVERSITY
- TREES: 1,500 + TREES, 2,000 + TREES, 1,500 + TREES



INDIA KERALA 2021

Holistic Design Elements & Considerations

At Maha Maya we combine **16 perennial-permanent tree beds** with **25 annual-seasonal vegetable beds** on **2.000m²** garden area. This mix creates a natural ecosystem and tropical gardenoasis while regenerating the land.

The more than 100 trees and 60 varieties consist of **pioneer- and fruit trees and supporting placenta species**. That promotes mutual growth, provides shade, herbs and organic material while attracting beneficial insects. Our gardening technique takes into account time and space of each plants **growing cycle** to **integrate all layers of a thriving forest**.

The design includes a **greenhouse, nursery area with toolshed and pergola pathway**. Maha Maya produces its own **compost** from the kitchen leftovers. It has 18 days berkely-compost stations, a worm compost and a chicken-composting system planned.

All beds are 1 meter broad and raised 40 cm above the ground. This allows **optimal access** to plant and harvest. And guarantees the **runoff** of excess monsoon-water via the pathways towards the designed waterditches and lake. All pathways between the beds are standardized 45 cm wide, sloping in the direction of the water channels.

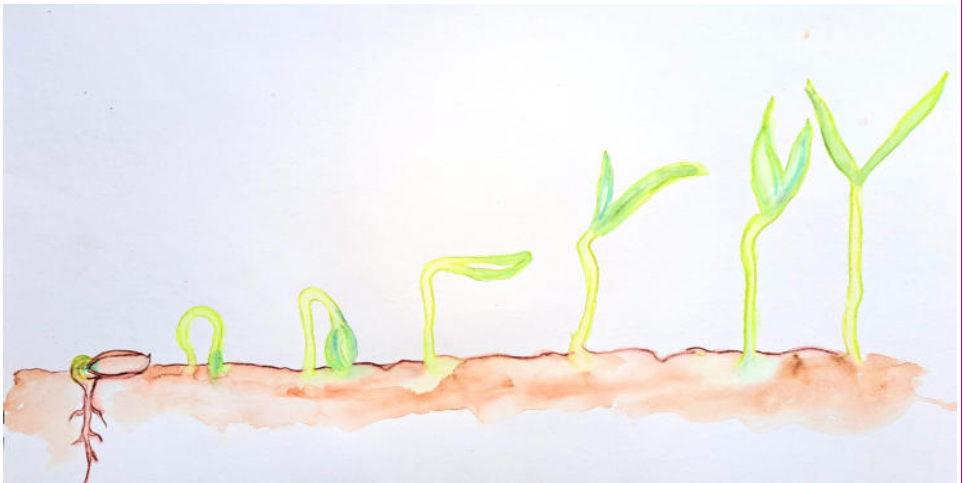
We **mulch with cocopeat and compost** to build up and protect our garden soil. In the future we prune the planted trees (**Chop & Drop**) to directly have access to mulchmaterial at our gardenbeds. Before the first planting, all beds are prepared with a layer of compost. Then, each plant gets a handfull of compost when planted in the beds.

The vegetable beds are initially prepared with a **living mulch** of 12.000 nitrogen-fixing cowpeas, pigeon peas and clover, and then planted in **seasonal crop rotations** to provide a healthy nutrient cycle in our beds. We take into account plant guilds, companion planting and biodynamical principles.



EVOLUTION OF OUR FOOD FOREST 2022

January:	April:		May:
Earthworks & gardenbeds <i>41 beds digged, water retention landscape (lake, waterchannels, terraces), pathways, trench irrigation pipes</i>	100 trees planted <i>60 different species introduced to a former rubbertree monoculture</i>	Groundcover and support plants <i>strawberry spinach, cassava, okra, ginger, tumeric, watermelon, thyme, sage, lemongrass, vetiver, ...</i>	Living mulch <i>12.000 seeds of cowpea, pigeon pea, clover</i>



MEET OUR TREES

We present you some magical varieties that grow in our garden ...

Ice Cream Bean Tree (*Inga edulis*)

You can find e.g. two of us growing in the second treeline.

We are the „Mothers“ of the garden:
fast growing pioneer trees that improve the growing conditions for others. We give fruits - beans - after 3 years.



And yes it is true, they taste like vanilla ice-cream.



Cassava (*Manihot esculenta*)

I'm a root perennial that helps nursing other trees. I was first cultivated by the Maya.

Just cut my stem in 10 cm pieces and stick them into the soil.

One year later you can harvest the roots and make crispy massala tapioca chips



Black Sapote (Diospyros nigra)



We are from the persimmon family, you can find us in treeline 4 (which is the 7th gardenbed from the bottom up).

Parvati herself planted me in April. My fruits taste like black chocolate pudding.



Drumstick Tree (Moringa oleifera)



I'm an essential part of the Keralese Cuisine and Ayurvedic medicinal tradition.

I'm famous for my fast growth and exceptional nutritional and healing properties -

a highly valuable plant for regenerative agriculture.



How you can apply Permaculture in the future

Connect to the beauty of life and spend time in nature - she loves it

*Get your hands in the soil. The Mycobacterium vaccae
are a known antidepressant*

Save and share local seeds

Support diversity and regionality

Prioritize Permaculture energy solutions and rainwater harvest

Get in touch & collaborate with the Permaculture network

More to come at Maha Maya Permaculture! Our next missions ...

- **Vegetable production.**
To start, we need to implement our **irrigation system, greenhouse and toolshed**. Please get in touch with us if you're interested to support Maha Maya Permaculture financially.
- The **Maha Maya Tree Nursery**. Organize planting activities with Indian initiatives like Fruitful Future and schools
- Maha Maya **Seed Library**
- Building a **chicken coop** out of natural material
- Offer **Permaculture Workshops**, Herb Walks and Nature Meditations for our guests and Indian women
- **Engage the Indian Children** in our Garden

Planting of the Maha Maya Food Forest in April 2022 together with our seminar guests, artist and friends





THE PERMACULTURE TEAM

Thank you to all the people - Vayu, Andrea & Wolfgang, Heidi, Silvia, Ernest, Manoj, Maelle, Niki & Jan, Ali, ... that build up our garden with so much love!

Chrisi Blaha

I initiated my regenerative journey with a Permaculture Design Course and worked for projects all over the world. I love to collaborate, design regenerative solutions that serve human and nature, and bring life and abundance to a garden. I'm highly grateful to apply my knowledge for Maha Maya Center of Consciousness.

Parvati, Sunanda and Chrisi planting the first trees



Are you interested in **solutions for the future**
and want to apply Permaculture?

You like more **informations of the Maha Maya design?**

Do you need a **Regenerative Design Consultant**
for your land or project?

My contact: +43 699 10 20 29 96 cblaha@gmx.at

Lets spread the seeds! All the love, Chrisi



maha-maya-center.com

Mookkannoor, Kerala 2022

Illustrations: Chrisi Blaha

The 12 Permaculture Design Principles: permacultureprinciples.com

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