



Dear sisters and brothers  
in the struggle,

Every day around the world we see the alarming rise of narrow-minded politics driven by greed and demonizing others, but also inspiration and hope from an expanding progressive spiritual consciousness. Still the forces fueling the inequities baked into the capitalist system are far from vanquished.

Other than looking for the few progressive gems in the morass of electoral candidates and organizing in our communities, what can we do to hasten the advance of a just system based on fundamental spiritual principles and real economic democracy?

I ask myself that question every day and for now my best answer is to support the establishment of the Prout Research Institute (PRI) headquartered in Asheville, North Carolina. The PRI is being led by a volunteer board of directors that includes some of the most senior Proutists on our continent and some younger activists and our inspirational president Dada Maheshvarananda, the author of *After Capitalism: Economic Democracy in Action*.

Those who know Dada are aware of his groundbreaking work in Venezuela and his unjust imprisonment there. After his release, largely due to support from Proutists around the world, he has settled in the U.S. and is dedicating all his dynamic energy to making the PRI the best manifestation of the Proutist philosophy on our continent. This is something to get really excited about.

That's why I decided to join the board of directors and to personally contribute and ask others to contribute to make the PRI vision a reality. And thanks to many generous donations, we are making great progress. But there is a lot more to be done and it will only happen if more of us see this as one of our top priorities for supporting the legacy of P.R. Sarkar and the implementation of his sublime spiritual and economic philosophy.

I have five beautiful grandchildren and I wonder what, if any, future they will have if we don't end the exploitation of the people and resources of our planet that lines the greedy pockets of those currently calling the shots. We all know we have more than enough resources and knowledge to feed everyone, reverse climate change, and sustain a just economic system. Prout is based on the recognition of our common spiritual heritage to the just distribution of resources and an understanding that we are all part of a universal family. And PRI is the vehicle to lead the Proutist charge towards economic, environmental, and social justice for all.

We are making it easier than ever to contribute: you can give through PayPal (including with a credit card) on our website [pri.institute](http://pri.institute), or Benevity. You can also mail us an old-fashioned check made out to the Prout Research Institute, 272 Wellness Way, Marshall, NC 28753-0763.

Please join me on this journey of optimism and hope that we, our children, and grandchildren can create the world we know is possible. And take this opportunity to personally help make our collective vision a reality.

With best wishes to you and yours for a bright future.

**Mark Friedman**

*Mark Friedman has been a Prout advocate for fifty years and is the CEO of the Eden Health District, a public health agency in the San Francisco Bay Area. He previously served three terms as Mayor of El Cerrito, California. He is a board member of the Prout Research Institute and is the Chair of the Board of the East Bay Community Foundation.*



# Climate Justice & Prout - A Panel Presentation

We have all borne witness to the horrors of climate change in recent times - heat waves, droughts, wildfires, devastating storms, and human suffering. We may be the last generation of people who can do something to mitigate climate disasters before it is too late to be undone. While we all feel the effects of climate change, the most vulnerable to climate disasters are people living in developing countries and low-income communities within developed countries. Join this panel of Proutists to analyze the role Proutists could play to alleviate human suffering and help the world navigate through climate change in these transformational times.

## **Moderator – Shriraksha Mohan (Raksha)**

Raksha, the panel moderator, is a Prout activist who works with Prout Alliance and Proutist Universal and also serves on the board of the Prout Research Institute, Asheville, North Carolina. She is one of three co-authors of the Prout chapter in the book entitled “*Climate Adaptation: Accounts of Resilience, Self-Sufficiency and System Change* (Arkbound 2021) published in conjunction with COP26, United Nations Climate Conference.

## **Jason Schreiner – Ecological Balance and Prout**

Jason serves as President of the PROUT Institute, Eugene, Oregon and is Associate Director of the Teaching Engagement Program at the University of Oregon, where he teaches graduate seminars in engaged pedagogy and courses on social and environmental justice. He regularly presents on P.R. Sarkar’s theories of Neohumanism, Progressive Utilization Theory, and aesthetic science, and is currently completing a book manuscript titled *Philosophy of Neohumanism: Life, Love, and Liberation for All*, and developing a reading guide for Sarkar’s *The Liberation of Intellect: Neohumanism*. Jason brings years of experience in agrifood practices and community-based NGOs to his work.

## **Shri Verrill – Climate Adaptation and Prout**

Shri is a spiritual and environmental practitioner, co-founded Alliance for Economic Democracy in 2017 with her partner Alex, founded Sunrise Ecologic in

2022, and is currently engaged in the Community Resilience Partnership as a Service Provider on behalf of the Governor’s Office of Policy, Innovation, and the Future, working with the towns of Boothbay, Boothbay Harbor, Southport, and Wiscasset to prioritize, fund, and implement Climate Adaptation projects in Midcoast Maine. She is a wetland scientist, wildlife/field biologist, botanist, and Certified Ecological Restoration Practitioner (CERP) with a Master of Science degree in Biology and seeks to inspire ecological consciousness in her community.

## **Dada Vedaprajinananda (Dada Veda) – Prout Solutions for Climate Problems**

Dada Veda is a yoga-meditation teacher, author, editor, and a singer-songwriter. He received a BA in History from Colgate University and also attended Columbia University’s School of International Affairs. He is the founding editor of *New Renaissance Magazine* ([www.ru.org](http://www.ru.org)) and has been a student of P.R. Sarkar’s Prout for over 50 years. His books include *Prout Explained*, *The Wisdom Of Tantra* and *From Brooklyn to Benares and Back*. He is the author of numerous magazine articles and has released seven albums of original songs in the past 20 years.

## **Filippo Basso – Master Units, Models of Climate Resilience**

Filippo is the overall coordinator and strategic planner of the Ananda Valley conscious local development project and director of the environmental association EcoAtivo. He is passionate about ecology and environment and has a MSc. in Mathematics and a Science diploma from the Scuola Normale Superiore of Pisa, Italy. Practitioner of yoga and meditation for over 25 years, he has developed and supports the development of several socio-environmental volunteering projects and European networks such as Youth in Permaculture (YIP). He has participated in several European projects related to regeneration, education, awareness-raising, environmental protection, and Research & Development in technological areas. He is the manager of the R&D department of an IT company, cooperating with the University of Beira Interior, Politecnico of Turin, and other European research centers. He is also one of the three coauthors of the Prout chapter referenced above.

Register at: Events at

[www.proutalliance.org](http://www.proutalliance.org)



## Board of Directors

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## Mission Statement

The primary purposes and mission of the Prout Research Institute, Inc. are to a) conduct research into economic, political, social, cultural, ecological and related issues with an emphasis on analyzing the causes of underdevelopment and other imbalances in the world, such as poverty, depression, the debt crisis, the black economy, corruption, and the North-South conflict; b) study the concepts and philosophy of Prout, the Progressive Utilization Theory, presented by the philosopher P.R. Sarkar, with special reference to translating the Prout philosophy into practical policies for solving current economic, political, social, cultural and ecological problems; c) prepare and present tentative Prout-based outlines for economic, political, ecological and social policies for specific areas, countries or regions; and d) inform and educate people about the Prout philosophy, its practical applications, and its potential for solving real economic and political problems.

## Prout Research Institute of Asheville

272 Wellness Way  
Marshall NC 28753-0763  
1-336-567-6912  
email: [info@pri.institute](mailto:info@pri.institute)  
website: [pri.institute](http://pri.institute)



## The Spiritually Speaking Club helps you find your voice

Do you ever feel difficulty explaining Prout and your spiritual practices and ideas to others? Do you have trouble inspiring others to help change the world? Do you feel nervous when speaking to an audience? Would you like to improve your ability to communicate, encourage, and empower others?

Every week we will listen to short prepared speeches and practice giving brief impromptu answers to frequently asked questions. The feedback you will receive will be both supportive and give you specific ways to improve. You will learn to speak more confidently to a large crowd as well as reach out one-on-one to someone you just met. The trainers are Dada Maheshvarananda and Dada Jyotirupananda.

The club meets on two different days at different times to facilitate people participating from different countries.

Everyone is welcome to join the club with a single annual donation according to your capacity.

Register at:

Spiritually Speaking at  
[planetaryleadershiptraining.com](http://planetaryleadershiptraining.com)

# Tools to Change the World

Planet Earth needs impassioned activists working together to raise consciousness and transform society. Tools to Change The World, inspired by P.R. Sarkar's Progressive Utilization Theory (Prout), is a study manual offering a compelling vision of a more equitable, sustainable, and just society that will empower people and communities.

Another 10-week online course of Tools to Change the World will begin on Wednesday, January 11, at 7:00-8:30 pm, led by one of the co-authors, Dada Maheshvarananda. Everyone is invited to attend. Send an email to maheshvarananda@gmail.com to get the zoom link.



# Building a New



Above: Alice Dodson is our architect who designed the PTRI Center for free. Below: Clearing the way.

# Research: The Housing Crisis in America

*A Paper by Tapan Mallik, Ph.D.*

This ground-breaking research paper clearly shows the extent and severity of homelessness in the United States, with 580,000 people at the latest estimate, and why it is happening. Most importantly, the paper offers very practical ways how to solve it, including Community Land Trusts, Housing Co-ops, Co-Living communities, government subsidies and financing of affordable housing communities, and changes in zoning laws. Current examples of each one are shown. Finally it outlines Prout's approach to housing. Join us in other pioneering research projects.

Download from:

<https://pri.institute/publications/>

# Natural Farming

Daniel Dinakar Isner is preparing courses in natural farming at the Prout Research Institute site and Master Unit in Asheville. These include Land and Watershed Management, Bioregional Food, Medicine and Seed Production, and Korean Natural Farming for Kids. Dates and details will soon be announced.



# Center as We Build a New World



*Above: Basement walls poured with concrete.  
Below: Trusses cover basement.*



*Above: November 2022 view of the PRI Center.  
Below: A vision of what is to come.*



# Meditation & the Search for Inner Peace

In the struggle for peace and justice in the world, we should not neglect our own internal peace. Human beings have an inner thirst for peace and happiness. External objects cannot satisfy this inner longing, because the pleasure they offer is only temporary and finite. Instead we must journey within ourselves to find true peace and deepening happiness.

Daily meditation and other holistic lifestyle techniques of Tantra yoga are very practical and can be done by anyone, anywhere. They are keys to personal transformation, powerful tools to overcome one's negative instincts and mental complexes. These tools cultivate compassion, unconditional love, and altruism.

Meditation dates back thousands of years. The process is simple: by closing your eyes, sitting up straight and still, breathing deeply, concentrating the mind according to certain techniques, and practicing every day, one gradually achieves deep peace and fulfillment.

Meditation is a form of deep reflection on who we really are, a process for revealing hidden aspects of our identity. By penetrating beneath the social conditioning of everyday thoughts, meditation frees the mind from repressive dogmas. It can help us see through the veil of legitimacy that exploiters use at all levels to cover their destructive and selfish deeds.

Meditation confers many personal benefits. It calms us. It improves our mental health and self-esteem. It cultivates willpower and self-control. It increases our memory and concentration. It cures insomnia.

Meditation helps us to de-program the lies we have been taught by our society, telling us we are inferior, or superior, that we need to be afraid, or that we should feel guilty even though we have done nothing wrong. It helps us overcome anger and



aggression. It significantly reduces the impact of dark feelings, such as depression and loneliness.

With a calm mind, we can truly listen to others. Meditation expands our awareness and increases our tolerance. We can see that others have reasons for doing what they do. It balances and integrates our personalities. It awakens the wisdom, compassion, and unconditional love that frame our true state of being. Unfortunately, this truth runs counter to how capitalist society programs us that we need to compete with one another and win in order to “be successful,” and that if we fail, we are useless and undeserving of love. This is a challenge, but it is the most worthwhile one there is.

When you begin a meditation practice, you will see benefits immediately, and they will grow the more you practice. Regular practice is the key to lasting and profound change.

*From [Tools to Change the World](#) by Dada Maheshwarananda and Mirra Price (Proutist Universal Copenhagen, 2019)*



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