How to take and give? From whom can we learn? Of course from our brother and sister TREE
Trees have no six senses like us.

Even when do nothing, we are breathing and creating carbon footprints.

Trees take in oxygen during nights, but gives back ten times of oxygen during day time.

Humans are one-way traffic who know only to take.

But trees are like two way traffic.

The trees take less from Mother Earth and give back more to Mother Earth.

Can we all realise it now & become like trees. Can all of us create three times Oxygen Footprints for every Carbon Foot Print that we create?
Tree takes oxygen during nights and releases carbon dioxide.

But at day times, the tree takes carbon dioxide and releases oxygen. But the incredible information is that it gives 10 times more oxygen during day than what it takes in the night times.
It takes nutrients from the earth

But TREE enriches the soil by dropping its Leaves, Flower & Fruits
It takes water from Mother Earth

But Trees attract cloud & rain
Tree gets the support from the soil

But only the trees protect the soil from erosion & land slides
Trees occupy space

But trees give shade beneath the space occupied
Trees have no six senses, but provide treat to man's six senses.

**VISUAL SENSE**
Trees and flowers

**GUSTATORY** / taste sense
Taste of its produces

**AUDITORY** – hearing sense
Along with air soothing noise

**olfactory** / smell sense
Fragrance

All these senses awaken the 6th SENSE

**Kinaesthetic** / touch sense
Enthrallment when one see it
Tree has no senses of humans, but it treats mother earth with respect & reverence (Humans & Trees have no comparison)

<table>
<thead>
<tr>
<th>It takes oxygen for 8 hours</th>
<th>But gives returns oxygen for 16 hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>It takes nutrients from earth</td>
<td>But enriches the soil by dropping its leaves Flowers &amp; fruits</td>
</tr>
<tr>
<td>It takes water from Mother earth</td>
<td>But Trees only get us rain</td>
</tr>
<tr>
<td>It gets the support from the soil</td>
<td>But it is the trees which protects the soil from erosion &amp; land slides</td>
</tr>
<tr>
<td>It occupies space</td>
<td>But it gives shade beneath its occupied area</td>
</tr>
<tr>
<td>It does not have six senses</td>
<td>But provides treat to humans all six senses by its beauty - leaves &amp; flowers (Visual sense), fragrance (olfactory/smell sense), taste of its produces (gustatory/taste sense), along with air soothing noise (Auditory - hearing sense), enthrallment when one see it (kinaesthetic/touch sense) &amp; seeing all these work for the analytical &amp; creative 6th Sense</td>
</tr>
</tbody>
</table>
ExNoRa’s SIBLING TREE SALUTE

Following ExNoRa’s MOTHER EARTH SALUTE, you MUST GUIDE the people there to offer
ExNoRa’s SIBLING TREE SALUTE

After ExNoRa’s MOTHER EARTH SALUTE, administer ExNoRa’s SIBLING TREE SALUTE, giving pause between each stanza so that the members of the audience are able to grasp and repeat the same.

ExNoRa’s SIBLING TREE SALUTE

Hold your hands as if you are holding a TREE SAPLIMNG in your hand, with your eyes showing kindness to the sapling & the audience will do the same.
ExNoRa's SIBLING TREE SALUTE

BROTHER & SISTER TREE,

We thank you & Salute you. We learn from you LIFE's MESSAGE

You inhale CARBON DIOXIDE but give us OXYGEN during long day time

You TAKE NUTRIENTS from the earth but you enrich the soil by dropping your Leaves, Flower and Fruits

You take water from Mother Earth but you attract CLOUD and RAIN

You get the support from the soil, but you protect the soil from erosion and land slides

You occupy space but you give shade beneath the space occupied.

You don't have no six senses, but you provide treat to Human's six senses

You take and give. But we humans know only to take. We learn a valuable message from you. We understand that we are not there without you.

On this day we swear and take ExNoRa's SIBLING TREE SALUTE and PLEDGE, to save you in order to save ourselves. We assure to plant trees and make ExNoRa TREE CHALLENGE. We undertake to spread this message with Missionary Zeal to everyone everywhere at all times.
ExNoRa’s MOTHER EARTH SALUTE

Any meeting you attend, you MUST GUIDE the people there to offer ExNoRa’s MOTHER EARTH SALUTE.

In all the gatherings offer & guide people ExNoRa’s MOTHER EARTH SALUTE. You have to administer the salute, giving pause between each stanza so that the members of the audience are able to grasp and repeat the same. Hold your hands as if you are holding Mother Earth in your hand, with your eyes showing kindness to Mother Earth & the audience will do the same.
It is not just tree planting. You can and should do the following types of FARMING:

**Terrace farming**

**Indoor Farming**

**City Farming**

**Street Farming**

Planet is going to witness a serious food shortage due to:

- Climate Change
- Population Explosion
- Loss of Farm Lands
- Water shortage

You can GROW YOUR OWN VEGETABLES. ExNoRa will guide you. You can do sky Farming.
“Do all the good you can,
By all the means you can,
In all the ways you can,
In all the places you can,
At all the times you can,
To all the people you can,
As long as ever you can.”

John Wesley

“I shall pass this way but once; any good
that I can do or any kindness I can show to
any human being; let me do it now.
Let me not defer nor neglect it, for I shall
not pass this way again”.

Stephen Grellet

ExNoRans follow these two
GOLDEN-QUOTES in letter & spirit

 Born: 17 June 1703, Epwort, Lincolnshire, United Kingdom
 Died: 2 March 1791, London, United Kingdom

 Born: 2 November 1773, Limoges, France
 Died: 16 November 1855, New Jersey, United States
JUST PRACTISE
JEEVAN SHASTRA
LIFE SCIENCE
for
LIVING as HUMAN BEING
MANUSHYA SHASTRA,
HUMAN SCIENCE
for
BEING HUMAN BEING
INNOVENTOR (INNOVATOR+ INVENTOR), CONCEPT CREATOR, NEOLEXIAN & AUTHOR

Exn Dr Nirmal Basu, GPian
7th Sense Master & Trainer (SINCE 1991)
AUTHOR (since 1964) 14 books & hundreds of articles, stories & research papers PHOTO-JOURNALIST (since 1964)
NEOLEXIAN (coiner of new words) in 3 languages (since 1980)
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