

AUSTRALIAN GURUS



ISHA TOKEN

“To understand the immeasurable, the mind
must be extraordinarily quiet, still.”

– Jiddu Krishnamurti

Summary

In modern-day, the world is moving at a fast pace with people who are only mindful of meeting up stiff deadlines, minting more money, meeting up with their children upcoming science fair projects, and the list goes on. Stressful events seem to be lurking around every corner. The American Institute of Stress reports 120,000 people die every year as a direct result of work-related stress.

Additionally, healthcare costs resulting from work-related stress total an average of \$190 billion a year.

In managing your stress level, it is expedient to have a plan; Meditation possesses a transformative potential that should not go underestimated. The famous **Jaggi Vasudev**, also known as **Sadhguru**, once said that *"Meditation is the only way to freedom from all the stress that man is going through"*. Studies conducted at the University of Wisconsin proved that meditation has physiological effects on the brain. For example, researchers found that the part of the brain that regulates stress and anxiety shrinks when meditation is practiced consistently.

Preserving pristine lands for resourceful meditation is an initiative that has flourished well in some of the best mountain ranges in the Himalayas in India.

The Australian Gurus seeks to bring this initiative/project to Australia, to everyone who loves to meditate. In Australia, Mother Nature offers many sanctuaries for resourceful meditation, and changing your meditation venue once in a while helps to shake things up in a brilliant way.

The Australian Gurus also provides a token that can enable people who are interested in this project to secure lands for meditation. This token is called the **ISHA TOKEN**.

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Background Study



The art of Meditation is a mind and body exercise that has a rich antiquity of use for enhancing peace and natural relaxation, increasing subconscious balance, coping with illness, and promoting overall wellness and health. The Soul and body exercises center on communications with the brain, mind, body, and behavior. Several kinds of research have been carried out to study how Meditation may be suitable for various conditions, certain psychological disorders, such as high blood pressure, Posttraumatic stress disorder (PTSD), and pain.

Throughout the global pandemic, we have all had to improve how we live and work. Healthcare workers may be puzzled, busy, afraid, coping, and sharing their lives. Patients with pre-existing tension, panic, or psychosis may feel bewildered by further anxiety or worry. People with histories of substance abuse may return increasingly to whatever they can get to control their addiction.

People who had the insight to practice the complete meditation exercise had succinctly enjoyed inner peace and tranquility during the global COVID-19 pandemic period.

Who we are

The Australian Gurus is an initiative project which strives to guide the spiritual progress of meditators who wishes to practice mindfulness, produce positive effects on psychological wellbeing, reduce stress and anxiety, and increasing overall happiness.

Studies at the University of Massachusetts Medical School revealed that meditation can create physical alterations in the brain after only eight weeks.

The physical alterations in the brains of those who exercised meditation for eight weeks were accompanied by a decrease in levels of the stress hormone cortisol, and the meditators revealed that they felt less stressed and less anxious.

The meditators also revealed that they encountered some occurrences where their mind wandered and proclaimed an improvement in their quality of life.

In the pristine lands of Australia, the mountains can help as great places for meditation. Mountain meditation is about gazing down at the world from a height. The sensation of detachment from society this gives, from being outside but looking in, helps produce a sense of perspective and can make lifes puzzles seem less important. Select a high spot with an extensive view and make yourself comfortable. You can use a pair of binoculars for this exercise if you like.

The Australian Guru initiative also seeks to provide uninterrupted Sadhana to every meditator in the pristine lands of Australia. The Sadhana is about using every aspect of life – both internal and external – so that it is a continuous nurturing for your life. Because the very nature of a human being is such, unless there is some dynamism, some movement in his life towards betterment within and outside of himself, he will feel frustrated. He has to keep moving to a newer and newer possibility. Sadhana is that which facilitates that, Everything can be Sadhana

The way you eat, the way you sit, the way you stand, the way you breathe, the way you conduct your body, mind and your energies and emotions - this is sadhana. Sadhana does not mean any specific kind of activity, sadhana means you are using everything as a tool for your wellbeing.

Good Places in Australia for Meditation



These and more does Australia have for meditation. These Pristine lands need to be preserved for everyone and for the future for everyone who wishes to meditate.

Our Mission, Vision & Regulations

Our Mission

Australian Gurus initiative serves as a spiritual refuge for all who seek liberation of soul and mind. Our mission is to offer meditation sanctuaries rooted in Hindu Yogic Science from Adiyogi, the first yogi schoolings of ethics, concentration, and balance. These exercises will help amplify consciousness and sympathy in ourselves, giving rise to greater peace and happiness in the world.

Our Vision

As Australia and the world encounter notable difficulties and upheaval, Australian Gurus declares its vision to providing a spiritual refuge, where everyone who comes to exercise on our well-preserved lands with their ISHA Token in Australia is welcomed, honored, and included.

We devote ourselves to many teachings including the theme included in Buddhist teachings that resentment never stops by resentment, but by love solely, and persevere steadfastly in sustaining non-harming and nonviolence as the guides of sympathetic action.

Our Regulations

The Australian Gurus initiative is a non-profit project, and all services provided would be as a result of raised capital generated through the Token purchased by meditators. We will enlist volunteers who will ensure the maintenance and upkeep of the lands used for meditation.

The Australian Gurus initiative will also like to assure all visitors, volunteers, and ISHA Token holders (meditators) that ample provisions are made for security, and Occupational Health & Safety.

Characteristics of the Initiative

We have identified four "key" characteristics that reinforces the Australian Gurus: Project/Initiative.

Passion for mission, Establishing a humane Ecosystem, To protect Pristine lands, Learning the long lost culture.

Passion for mission

The institutionalized desire to "reform the world" and to make the world a better place to be has brought about the Australian Guru project. As a source of strength, the passion for mission reinforces unbelievable creativity, energy, and dedication for us to achieve our mission.

Establishing a humane Ecosystem:

The Australian Guru project craves to establish a sense of friendliness and welcoming atmosphere where everyone can be at peace with themselves with little attention to the hierarchy, class or political status.

To protect Pristine lands:

We should lockup lands for future generations. This is seemingly a small price to pay for posterity. It is also the right thing to do for ourselves so that we can obtain properties to meditate on and maintain.

Learning the long lost culture:

Learning the pure art of meditation and sadhana requires the presence of an experienced teacher or Guru. Australian Gurus will invite gurus and teachers from all over the globe to guide meditators.

How to Acquire the Token

When you purchase the ISHA Token, your money goes into the land pool. The land pool is a form of Crowdfunding. The ISHA Token sales are carried out and the funds realised are used to commence the purchase of lands and the other plans earlier stated in this document.

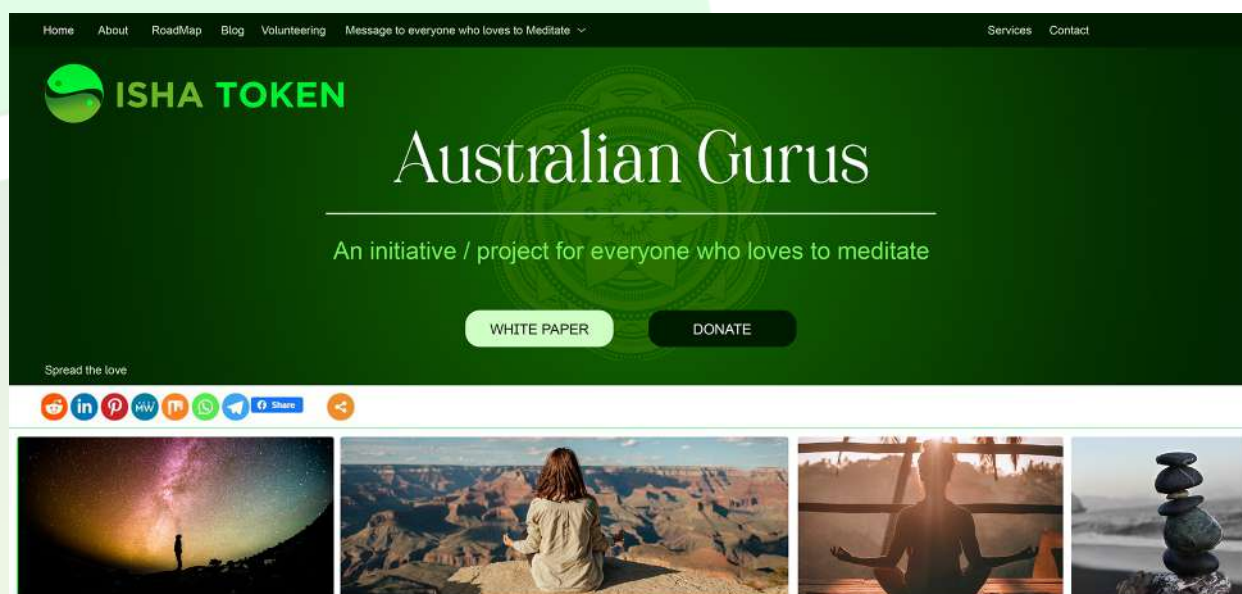
Holder of the ISHA Tokens can now use them to buy time to meditate on the purchased properties and also know that they now possess a real physical interest in preserving the future.

As a holder of the token, the interest of the token rises as the value rises.

Registration and Log in:

To be a member of the Isha Project, visit: www.australiangurus.com.au

Purchase the value of Token you want and automatically, you're a member of this project.



Tokenomics

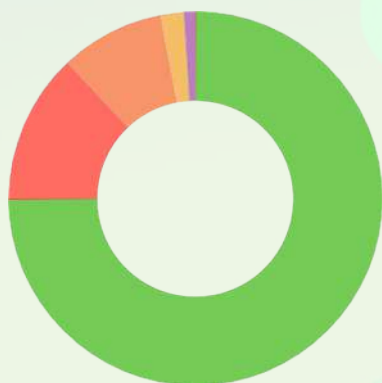
ISHA Token is an ERC20 token built on the Ethereum base network and it is governed by the Ethereum ecosystem's smart contract written in "solidity" programming language. ISHA Token total supply is 100 Million ISHA and the circulating supply will be based on the ISHA Algorithm. ISHA Tokens are only generated when they are mined from ISHA Mining Algorithm. Token Minting is truly based on ISHA, so the volume of token sold will determine ISHA token supply.

Token	Isha Token
Ticker	ISHA
Total Supply	100 x 10 ²⁶
Base	ETH 2.0
Mintable	Yes
Burnable	Yes
Snapshot Ability	Yes
Fund Pool	Yes
CM	Verified



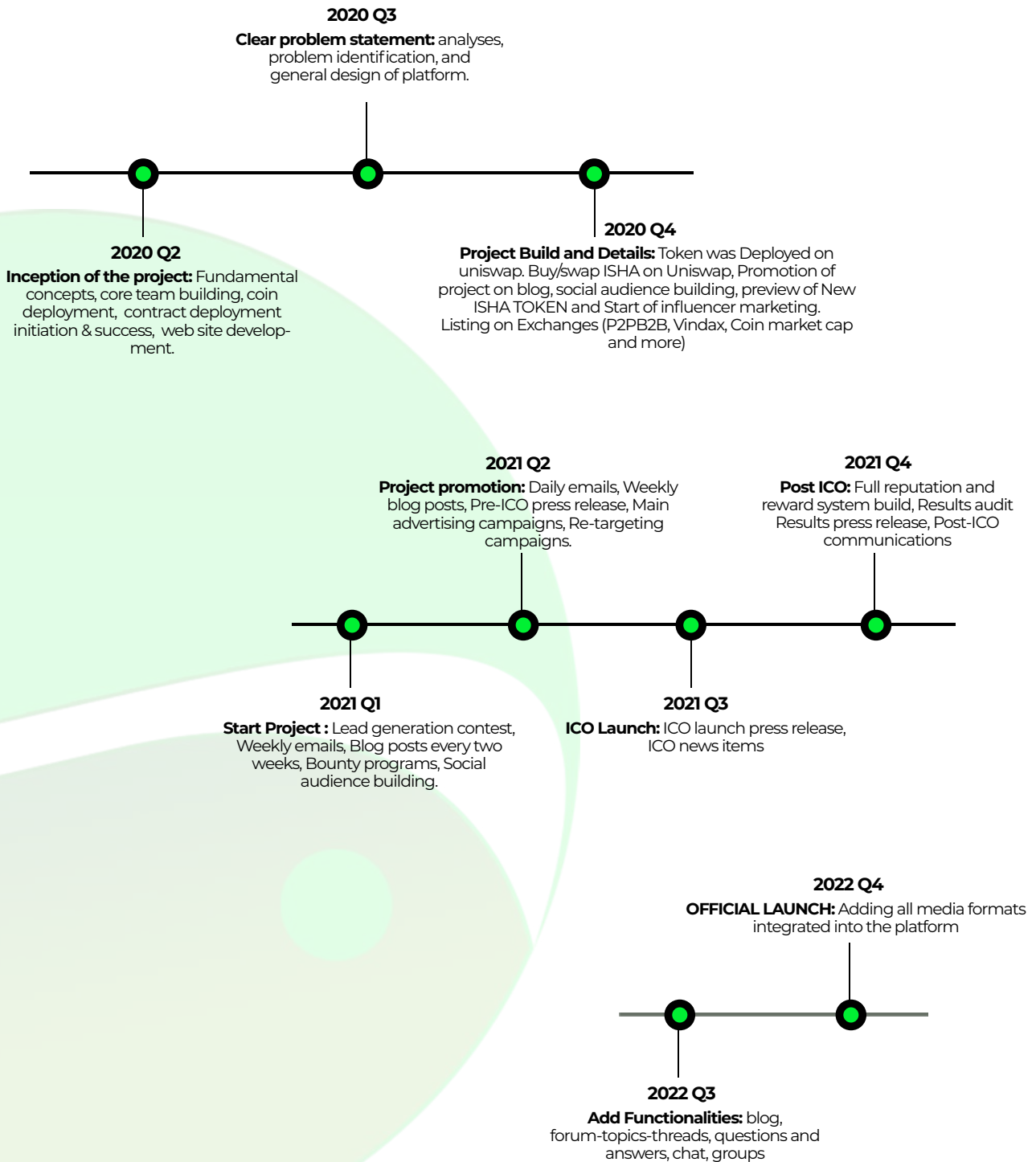
Contract address

0x9264DD81375e8F7A17126dF2ca8f2d2E7798841e



- 70% Distributed to Community
- 18% Reserved Funding
- 9% Founders and Team
- 2% Advisors
- 1% "Bounty" campaign

RoadMap



Future plan

After the goals are achieved, and the ICO has been launched successfully, The Australian Gurus have set up a more constructive plan to keep the community interactive and responsive.

Upon successful plan implementation, we aim at achieving a very massive outcome.

Create an interactive community: On the website's Blog section, users will be able to see relevant posts, and new posts will be updated regularly to keep the community interactive and responsive.

Upon successful launch of the Project and the properties been acquired, there will be an opportunity for volunteers to be nominated. Volunteers' nominated will be in charge of maintaining the lands. Voting rights will be given to holders of Isha Token. The elected members known as keepers will be awarded some incentives (Tokens).

Members of the ISHA Token Project will be able to make posts on their walls. These posts will be reviewed by the elected keepers of the properties. The posts which are deemed relevant to the community are promoted and published throughout the community. Members with a good number of consistent relevant posts are rewarded with some Isha tokens.

There will also be a section for members to be able to make some useful contributions to the community. The contributions made by members will be reviewed by the keepers and project's team. Quality contributions to the project will be rewarded with some Isha Tokens.

The Keepers will also earn some Tokens depending on their responsiveness to proposals and enquires from the members of the Isha Token Project.

Legal Compliance

This document is issued by the Australian Gurus initiative. It is a paper that is expected to form and conceptualize the importance of the establishment and creation of an initiative/project for all who are interested in meditation. The Token protocol is based on the Ethereum blockchain and the created crypto token is known as ISHA token.

Any acquisition of the system and/or exchange in any tokens or any proposals for sale or purchase of tokens will be governed by and dependent upon the issuer securing agreeable legal and regulatory advice, permission, and/or licensed by all appropriate officials and commissions.

This initiative is a NOT-FOR-PROFIT (NFP) project and no information in this document or any target objective set out herein in this paper shall form the basis of any contract between Isha Token Project (or any of its holding companies, subsidiaries, associated undertakings or controlling persons, or any of its respective directors, officers, employees, agents, representatives, partners or advisors) and any other person whatsoever.

Australian Gurus initiative does not take responsibility for the exactness or completeness or otherwise of this document or the information, recommendations, or methods set out in this document. The information here is based on current researches and the present state of the global economy.

