

SAILESH RAO

AN INTERVIEW WITH THE FOUNDER OF
CLIMATE HEALERS BY ANNE CASPARSSON



“Sailesh Rao has done this journey once before, about thirty years ago. Being a pioneer working with the Internet has many similarities with what he is doing now; creating something totally new that he is one hundred percent committed to, and something that is a beginning of a new era. Today the goal is a vegan world, a key for solving many problems on this planet.

After graduating with a PhD from Stanford, Sailesh Rao had a long and rewarding career in building

the Internet and its capacity. But in 2006 he switched careers. It was after seeing a speech on TV with Al Gore that he felt he wanted to contribute. “I said to my wife; if half of what he is saying is true, everybody should be working with climate change. And she replied, “If you think that it is so important why do you not start working with it?”

He wrote to Al Gore and asked how best he could contribute in this very crucial time, and was trained by Al Gore in 2006. In 2007 Sailesh started the Climate Healers with the goal to really do something about climate change that had an impact.

"But soon I realized that we were not told the whole story about climate change. It came to a point where I thought that we as humans, were the only species that did not belong on earth. Just take us out and the planet will be fine. I looked at the animals that instead of harming Nature, help it to grow and heal. Animals are in harmony with Nature, but humans are destroying it. That was the story I was telling myself at this time and I got very depressed."

In 2010 his granddaughter, Kimaya, was born. He saw her the first time as a one-month old baby and that changed his whole world.

"I saw all of humanity in her, as she is a mix of Indian, African and American. She looked at me and smiled. A knowing smile saying: "Why do you say that I don't belong here? I belong exactly as I am."

This smile of knowledge changed his way fundamentally, and he found a new direction and purpose in his work.

"I realized that one need to start telling the right story to be able to heal the earth. With telling the right story we will transform and solve our problems and challenges. We are as humans in the caterpillar phase and in the process of being turned into butterflies."

Being climate regulators

Now his journey for healing the climate and work towards a vegan world took its real start. He wrote

two books, one called Carbon Dharma: The Occupation of Butterflies and the other called Carbon Yoga: The Vegan Metamorphosis.



"The process of transformation, I realized, is transforming us from a system of normalized violence into a system of normalized non-violence. The system today is the reason why the climate is heating. We have a system of violence, because we were born into an environment of fear."

It is because we as humans do not run very fast, not climb trees, smell, see or hear too well, have been very easy to catch. And it forced us to use our intelligence, to survive. Over time we became the most powerful species on the planet. And that's the system we have implemented. But we are destroying the planet with that violence today. And we are killing 80 billions land-living animals each year, most from factory farms. We continue a system based on fear, a system built on exploitation and supremacism.

“Now, the transformation that is happening is based on the recognition that we no longer have to fear lions and other animals. We are so powerful that we can create a system based on love. We have all the tools and technologies we need to create a system built on love. A normalized non-violence. That is the transformation we are heading to, right now”.



“A system based on fear says: “No-one belongs unless you do what “I” want.” But in the new system, everybody belongs as they are, are treated fairly and equally, and also have all that they need. It is about creating abundance and managing our role”. In his search for the story where we as humans belong on this planet, exactly as we are, he found that as soon as we admit that we are changing the

climate, we have automatically a responsibility for maintaining and stabilizing it.

“That’s our role and job. We are doing that as a service to all life. We have to be climate regulators, and climate healers of the planet.”

A vegan world is the key

Today our current system is based on two false axioms: one on supremacism and one on consumerism.

“The false axiom of consumerism, the whole civilization is built on. A never ending story of desire, even if we deep inside know it is not true. But we are pretending it is true and with that we have created a burning machine, that is providing us with more and more products to consume, until the next desire. The other false axiom is the one of supremacism, where the competitive game is the foundation. It exploits animals, nature and the disadvantaged. And we ask: why is this not sustainable? But the answer is that we have invented a killing machine.”

These two axioms, we are born into, are destroying the planet. We can never reach a sustainable civilization until we change these two false axioms and do the transformation from the caterpillar to the butterfly.

We have to create a system based on the correct axioms, of unity, of inner peace and of the

knowledge that all life is one family in which we each bring our unique skills. First then we can become who we are. And that includes all animals and all human beings. We are all one family. We all have our gifts to restore the planet. We just have to let all beings do what they do best.”

He states that the best way to find happiness is to look for it inside ourselves. Something that we have known for thousands of years, but forgotten on the way. Once we are in alignment with how life works, we can think of sustainability. But as long as we are fighting nature we will never be sustainable.

“Creating a system based on the right axioms, requires a new system where veganism is the baseline. It requires a new educational system, food system, currency system, political system, economic system, ecological system, and a new spiritual system. It needs a transition from where we are, to where we need to go.”

Sailesh Rao emphasizes that it should be the focus on all our education systems. This is what the children need to learn in school. This is about our whole future

“One important part in creating a vegan world, is to persuade the UN to drop Development Goal number 8, about constant economic growth, which is based on normalized violence. Instead it need to be replaced with a new goal, which is zero animal exploitation. That makes all other UN Development Goals easy to meet. Veganism is the foundation of a system based on normalized non-violence.”

To create this new paradigm, requires stakeholders from the whole society to join. And Climate Healers are working in collaboration with many different groups globally. He uses the same methods as he has done in all previous engineering projects he has managed.

“That is how you start. I know it is going to happen, in my mind. Today 85 percent of what humans eat comes from plants. Only 15 percent comes from animals. Most people do not want to hurt an innocent animal unnecessarily. That means they have a vegan mindset already, and need to come into alignment with who they are.

Sailesh Rao emphasizes that we already are in a period of transformation. We have started that journey. He says that all his insights and knowledge he owes to his granddaughter Kamaya, with deep gratitude. In 2026, she will turn 16. And by then he believes the world will be mainly vegan, something all of us and the planet would benefit very much from.

“Everything is as it should be and we are part of something much larger than us, that is guiding us. It has helped me find a sense of calmness. I knew I was being directed. When I see the wisdom of what is happening, it is so amazing. We are creating a new start for the planet.”

Short background:

Dr. Sailesh Rao is the founder and Executive Director of Climate Healers. It is a non-profit organization working towards healing the climate, and towards building a new paradigm and a vegan world.

Dr. Sailesh Rao has a background as a systems specialist with a PhD in Electrical Engineering who worked on the internet communication infrastructure for twenty years. He blazed the trail for high speed signal processing chips and technologies for High Definition Television, real time video communication and the transformation of early analog internet connections to more robust digital connections, while accelerating their speed ten-fold. Today, over a billion internet connections deploy the communications protocol that he designed.

Dr. Sailesh Rao has received many awards; five Exceptional Contribution Awards from AT&T Bell Laboratories, a Distinguished Member of the Technical Staff award, the Intel Principal Engineer Award, and the IIT Madras Distinguished Alumnus Award in 2013 for his technical contributions. He was the Co-founder of Silicon Design Experts in 1991 which was acquired by Level One Communications in 1996 and which was later acquired by Intel Corporation in 1999 for 2.2 billion dollars.

In 2006 he switched careers and became deeply involved in solving the climate and environmental crises affecting humanity. He is the author of two books, Carbon Dharma: The Occupation of Butterflies and Carbon Yoga: The Vegan Metamorphosis.

Dr. Rao is also the Executive Producer of four documentaries: The Human Experiment (2013), Cowspiracy; The Sustainable Secret (2014), What the health (2017) and A prayer for Compassion (2019).

Read more about him and his work on www.climatehealers.org.

Interview: Anne Casparsson