SEPTEMBER 2017

### CELEBRATING PEACE DAY

# Heartfulness

### BEYOND CONSCIOUSNESS

Daaji: the Super-Mind of God

### THE POWER OF PAUSE

Ravi Venkatesan: the art of silence in public speaking

### **REJUVENATE YOURSELF**

Victor Kannan: overcoming compassion and empathy fatigue

### A JOURNEY OF HEALING

Maurice Werness: owning our health



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Dear readers.

'The Deep' has been a source of wonder and mystery to many, and it symbolizes so much that matters to the human psyche, including our origins and the magnificent beauty of our blue planet. It is the oceans that cover over 70 percent of the Earth's surface that sustain all the life forms we see today. While the water splashes and surges at the surface, life emerges from its silent depths. The stillness is more profound as we go deeper.

In the same way, each meditation can take us to the depths of our being, and it is in these depths that we first experience peace beyond expression, not in the superficial layers of our highly active consciousness. Over time, we learn to traverse the calm within towards the center, which becomes the base for all our movement in the outside world.

In this issue, Daaji takes us on the next part of the journey to the center in his series on the march to freedom. There are also articles on developing excellence, nurturing love, and dealing with fatigue, the interplay between food and genes, and the complementary benefits of natural medicines. We feature the beautiful lavender and bring you a creation myth from China. For children we have a wonderful story and an activity to inspire them to become the harbingers of peace in the world. Inner peace radiates and touches everything around it.

As we celebrate the International Day of Peace on 21 September, we wish you all the very best with your individual and collective peace missions.

The Editors





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Thomas is married with two children and lives in the Alpes-de-Haute-Provence in France. He holds several diplomas in graphic and plastic art, and has also worked in the field of social medicines and agriculture, allowing him to explore service and a connection with the Earth. His artwork is intuitive and natural. and he sees the work of illustration as a way to arouse the feeling of wonder, innocence and peace.

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Heartfulness Through meditation, calm

# Meditation

Meditation is often defined as thinking continuously about one thing. We often get stuck on this definition, however, and lose the real purpose of meditation. Meditation must reveal the true nature of that object upon which we are meditating. Such revelation comes not as thought but as feeling. Therefore, meditation is a process in which we shift from thinking to feeling. It is a journey from the complexity of mind to the simplicity of heart.

> Meditation is beautiful when done before sunrise, because of the stillness at dawn. Start by doing it for as long as you can, increase the duration to 30 minutes and eventually up to an hour when you are ready to do so.

> > Find a place where you can meditate without too many distractions, preferably at the same time and place every day. Turn off your phone and other devices, and prepare yourself by sitting comfortably in an upright relaxed posture.

> > > To experience Heartfulness, please contact a trainer at: heartspots.heartfulness.org, www.heartfulness.org, or via the LetsMeditate App.

> > > Toll free numbers: North America 1844 879 4327 India 1 800 103 7726

Gently close your eyes and relax. If needed, first do the Heartfulness Relaxation.

Turn your attention

There is no special posture prescribed, but you are not supposed to lie down and meditate because the relaxation produced will put you to sleep. If you have to change your position during meditation, please do so, so that your body does not disturb you.

Regarding the light in the heart, there is no need to try to see any light - it is a mere supposition that the light is there. Simply have the idea or thought. When you sit for meditation it is normal to have thoughts. Practice ignoring them rather than attending to them, because when you attend to those thoughts they take power and become stronger.

When you ignore them they drop off. As one thought leaves, another may come in its place, but when you treat them as uninvited guests they will go away. If you do this systematically and with alertness, you will find that in just a few months you can reach a state of thoughtlessness.

inwards and take a moment to observe yourself. Then, gently make a supposition that the source of divine light already present within your heart is attracting you from within.

2

Do this in a gentle and natural way. There is no need to concentrate. If you find your awareness drifting to other thoughts, gently come back to the idea of the light in your heart.

3



# CALL FOR **GRANT APPLICATIONS**

The mission of the Heartfulness Institute's research department is to support and facilitate a scientific approach toward contemplative practices and advance our understanding of meditation and consciousness.

The Institute invites grant applications for meditation research from individuals who will conduct independent, empirical, rigorous research. Grant applications will range from \$5,000 up to a maximum of \$100,000 on a non-renewable basis.

#### **OBJECTIVE OF THE HEARTFULNESS RESEARCH GRANTS**

Heartfulness Institute teaches meditation and contemplative practices. Heartfulness Research funding is intended to provide resources to support foundational experiments on Heartfulness practices.

These include, but are not limited to, studies investigating behavioral, physiological, metabolic, epigenetic and neurobiological responses to the practice of Heartfulness meditation, through cross-sectional and longitudinal studies on Heartfulness practitioners compared with appropriate control subjects.

We encourage applications from researchers in other contemplative practices who are interested in applying their expertise to study Heartfulness meditation.

#### **ELIGIBILITY**

Applicants must hold a PhD, MD or equivalent degree and have an official affiliation with a college, university, institute, medical school or other research facility.

#### **APPLICATIONS**

The application should include:

- Biosketches/CVs of the principal investigator and collaborators,
- Research project description, including specific aims and hypotheses to be tested, experimental design, method of analysis of the data, and the significance and potential impact of the study,

Preliminary data may be included if available, including data related to other meditation practices. [< 3 pages]

• Resources available, budget and justification. [1 page]

#### **REVIEW PROCESS**

We will accept applications for 2017-2018 on a rolling basis. Criteria for evaluation include significance, relevance and impact of the proposed study, applicant's research experience, and appropriateness of budget.

### Heartfulness Institute **Research Department**

#### WHAT IS HEARTFULNESS?

It is a modern-day system of Raja Yoga, using meditation to regulate and balance the mind. Heartfulness is a heart-based meditation practice. To learn more, please visit www. heartfulness.org.

The basic practices are Heartfulness relaxation, meditation, cleaning and connection with the Source. Weekly individual and group meditation sessions with a trainer (either in person or via the LetsMeditate App) are recommended in order to bring about effective results.

Heartfulness Institute is a non-profit organization founded in 2016 in USA, India, France and Denmark. They are the sister organizations of Shri Ram Chandra Mission (SRCM), founded in 1945, and Sahaj Marg Spirituality Foundation, together present in 130 countries, with 8,000+ certified trainers, serving more than a million meditators.

SRCM is formally associated as a nongovernmental organization with the United Nations Department of Public Information and works globally to advance the goals of peace, harmony and sustainability through yoga and meditation.

# the secret of

Abundance

Have you ever wondered how to be peaceful and create peace around you? MEGHANA ANAND embarks on her own peace mission and shares her experience.

> ecently, a little message inscribed on my pen stand caught my attention: "The way to find your peace is to help others find it."

You may ask: how to help others find peace when I myself don't have it? It is a very valid and potent question – I too sought an answer. So I posed this question to nature, and these are the answers I received:

I asked Sun: Why are you never dark?

"To shine is my nature -

on thief and saint alike I shine."

I asked Tree: Why are you never empty? "To give is my nature –

deserving or undeserving, unconditionally I give."

I asked Child: Why are you never sad?

"Joy is my nature –

the world is full of wonder; I laugh without fear."

I asked Candle: Why don't you live long? "That's not in my nature – I burn and consume myself in giving light to the other."

> I asked God: Do you really love? I wonder what is His nature. God smiled. "I know not my nature; I am Nature. I know not whether I love. I am Love."

So the secret lies in integrating the condition of peace with one's being. For me personally, Heartfulness is bringing about this integration slowly but surely, both within and without.

I asked Ocean: Why are you never quiet? "To roar – at the surface – is my nature; but life in my depths is still and clear."

Most of us face the challenge of manifesting the changes we want to see in ourselves and the world around us. We know we have to change, but we don't know how to change. While change must start from within us, can it be in isolation? Humanity is one entity, so surely global change is the need of the hour, to sustain change both at the micro and macro levels.

How does Heartfulness help in manifesting this? I can share from my personal experience.

The Heartfulness practice of cleaning is a wonderful tool to find and make peace with myself at the end of a stressful day. I experience rejuvenation and lightness, both at the physical and mental levels, at the end of the cleaning process. I feel fresh and relaxed no matter how stressed I have been during the day. After cleaning, the day and its stresses are behind me, and I look forward to a relaxed evening with my dear ones.

Just before going to bed, I close my eyes and connect with my higher Self through the Heartfulness practice of prayer for a few minutes. These moments of pause and silence are precious, as they help me to contemplate on the areas that I need to improve. They help me to be honest with myself, allowing me to unload myself of any unnecessary burden and sleep with a light heart.

I haven't come across anything more promising to start the day with than Heartfulness meditation. An hour of stillness and calm at daybreak, in touch with my Source, paves the way for a day full of potential and poise in the midst of worldly chores. Well begun is half done! The next little step is to carry the condition I experience during meditation wherever I go, in whatever I do, and see the difference that makes. Heartfulness has several other wonderful elements, especially the effects of Transmission. It brings transformation at the micro or cellular level, integrating change with my very being. This change at the micro level is sustainable and radiates from within, outwards into my world. As I am growing in peace and harmony with myself, I feel the need to share the same with everyone with whom I come in contact in my daily life.

Talking about our interconnectedness, Parthasarthi Rajagopalachari explains: "Quantum physics says, whatever you may appear to be, you are 'this' – you are particles floating around in the quantum field which by some act of imagination or thought has coalesced into the form that you see and you think this is 'me' ... You have isolated yourself wilfully because you are using your will by thinking 'I am'. The moment you say 'I am', you are this and the rest is that."

Maybe we have all experienced this. Even within my family, I have observed that a block or a discord with one person affects the rest of the family, either directly or indirectly. This is true of any social group – family, workplace or any other group with a common goal. Each member of the group is linked with each and every other member, and a block in one means a block in the flow of energies of the entire group. This is why it matters so much that we help each other to free ourselves from all that is binding us – both as individuals and as a group. The same holds true in spreading peace. No doubt, peace begins within, and inner peace brings world peace. But we need practical tools to fill the gap between knowing and accomplishing. With the tools of Heartfulness, I have consciously started working upon myself to bring about the changes I want to see in the world I live in.

Initially I may be the nucleus of change in my family, Slowly the family turns into the nucleus of the community,

The community becomes the nucleus of the country,

and so it keeps spreading.

In fact, one candle is enough to dispel the darkness in a room. Let's go one step further: when you break the walls of the room, then there is no 'inside' and 'outside'. There is no darkness, only oneness.

Once I expressed my concerns to an elder about my

No doubt, peace begins within, and inner peace brings world peace. But we need practical tools to fill the gap between knowing and accomplishing. inability to change and grow as much as I wanted to, and as fast as I wanted to. He told me a great secret: to pass on whatever I had gathered in my journey, instead of waiting for a total overhaul of my nature before serving. He said, "Pass on whatever you receive, as soon as you receive it." The secret of abundance lies in giving.

I am reminded of a story I read during my childhood. A wise teacher invited all his students for a sumptuous meal at his home, and when food was served he told them that they had to eat without bending their elbows. All the students were in a dilemma: how to pick up food and put it in their mouths without bending their elbows? One boy suddenly had the answer. Without bending his elbows at all, he took some food from the table and fed the boy opposite him. The other students watched and took their cue, and soon every student had their fill of the feast!

As I finish writing this, the little message on my pen stand continues to attract my gaze: "The way to find your peace is to help others find it." And this is the peace mission that I have embarked upon. It definitely begins with me, but it is not restricted to me. I am not isolated. Please join me!



When the power of love

overcomes the love of power,

the world will know peace.

JIMI HENDRIX

# ellence

SRIMATHI RATHOD describes her own journey towards excellence, and how even the idea of excellence has evolved for her. How does excellence drive us from within?

> was in my mid-twenties when I came across the book A Passion for Excellence by Tom Peters. It was a new concept for me. I was used to excelling in academics and in my work, and I liked to do a job well. I was brought up with the belief that the work we do carries our signature and I did not like to be associated with shabby work. As I grew both in my career and age this became a dominant facet of my personality.

> I began thinking of the real difference between 'a job well done' and excellence. Is a grading of 'excellent' different from excellence per se? An idea started taking deep root in me that a job well done is connecting two dots in a straight line while excellence is a multidimensional graph.

As I slowly developed heart-mind balance. I learnt that Nature was not my slave waiting to fulfil my slightest wish. I learnt that I came into this world with some good karma and some bad; I must live through it and learn to balance my desires with acceptance.

Even if one of these was not ideal, even if the final deliverable was beyond expectations, I learnt to accept that my work was short of excellence.

Now I know that excellence drives us from within. It has character, values and righteousness and an ability to balance self-interest with the interest of everyone and everything else in the environment.

The key is balance. Think of a very elaborate and tasty dish from your favorite cuisine. If even one of the ingredients is a tad more or less, the dish is ruined. An epicurean senses it. Balance speaks.

Where does this balance come from? I think the root of all balance is the fundamental balance between the mind and heart. I often compare the working of a purely intellectual mind to that of a car without brakes which can be driven but not parked or stopped. How would we manage such a vehicle? We would need to drive it even when there is no need for us to go anywhere. The inefficiency of such a vehicle would make the design defunct. What about a knife which insists on cutting all the while, resulting in the sort of nightmare fiction that we see in the movies today?

I started asking myself questions:

• What was my attitude in getting the job done? Was I desirous of promotion, of attracting my superiors' attention, or was there any other vested interest?

• Did I ride on the shoulders of others unfairly?

• Did I give all participants their rightful due?

• Did I create a stressful environment?

• Did I turn a cohesive group into a disruptive one?

Are we not doing the same thing with our minds? When do we park our minds and let them rest? Even Einstein is supposed to have used only a miniscule capacity of the mind, so where is the remaining bandwidth deployed? The sad story is that it is not deployed but running amuck, leading to inefficiency. Does the mind know repose? Even in sleep it is working unceasingly.

How to regulate it? Let's turn our attention to the heart. The heart is not only a physiological organ, it is also the seat of our feelings. What characterizes us as people? What defines a good person or a bad person? Surely not the mind or intellect. When we say 'I', do we refer only to the mind or also to something far beyond? Very often we regret having taken certain decisions after the event and bemoan that our inner voice was not available to guide us. Often it makes itself felt only in restrospect.

Did we listen to our heart? When we are full of thoughts, how can we distinguish the workings of the mind from what the heart is trying to tell us? How can we let our hearts speak and integrate that wisdom with the workings of the mind, so we bring ourselves to a state of excellence?

Excellence is a state. Like the sun shines, whether a dirty pond reflects it badly or a clear pool reflects its radiance, so also excellence shines out of us, recognized or not, to friend or foe. The heart can be heard when the mind is still, clear and balanced.

So the first step for me was to regulate my mind. With Heartfulness meditation I slowly found a lot of clarity emerging in my thinking process. I first noticed it when I could complete tasks faster than my colleagues. Initially my bosses thought I was being hasty and not putting enough thought in my work, but over time they realised this was not the case. Because of the effects of Transmission, I could choose a direction where previously I had found a stalemate. I would find clarity on the way forward when in a state of conflict. And I developed the sensitivity to stand outside myself and witness myself objectively. This helped me to see myself in a totally different light and was the forerunner of a lot of inner change. I learnt that softness is not a weakness; combined with firmness it can become a great asset. Aggression is not a means to success; it is a sure way to spoil the texture of my heart and easily the most dispensable thing in my personality.

Then there is the miracle I experienced with Heartfulness cleaning. I could look at people and incidents afresh. This was the key to my balance. 'Forgive and forget' is an old adage, but how to forgive let alone forget when resentment was simmering in my heart? To have a practical method to remove feelings and mainly stress from my heart, as easily as wiping the slate clean, taught me the true meaning of rejuvenation. I experienced really effective rejuvenation and de-stressing, giving me the possibility to review incidents and life itself from a totally new perspective.

As I slowly developed heart-mind balance, I learnt that Nature was not my slave waiting to fulfil my slightest wish. I learnt that I came into this world with some good *karma* and some bad; I must live through it and learn to balance my desires with acceptance. Initially it was tough, but gradually it has become easier to accept what comes. My frustration has become almost non-existent, and, most importantly, I like to live with myself.

I have come a long way and I wait eagerly for every morrow to take me further than today. To teach me with a *joie de vivre* where I have to go and what I have to become.

I hope, dear reader, that you also experience a flowering from within, discover yourself, and realize the true meaning of 'me'  $\bullet$ 



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Each work has to pass through these stages – ridicule, opposition, and then acceptance. Each man who thinks ahead of his time is sure to be misunderstood. SWAMI VIVEKANANDA



# **KAHLIL GIBRAN**

And all urge is blind save when there is knowledge. And all knowledge is vain save when there is work, And all work is empty save when there is love; And when you work with love you bind yourself to yourself, and to one another, and to God.

And what is it to work with love?

It is to weave the cloth with threads drawn from your heart, even as if your beloved were to wear that cloth.

It is to build a house with affection, even as if your beloved were to dwell in that house.

It is to sow seeds with tenderness and reap the harvest with joy, even as if your beloved were to eat the fruit.

spirit.

6

And to know that all the blessed dead are standing about you and watching.

for our feet."

But I say, not in sleep, but in the overwakefulness of noontide, that the wind speaks not more sweetly to the giant oaks than to the least of all the blades of grass;

And he alone is great who turns the voice of the wind into a song made sweeter by his own loving.

Work is love made visible. And if you cannot work with love but only with distaste, it is better that you should leave your work and sit at the gate of the temple and take alms of those who work with joy. For if you bake bread with indifference, you bake a bitter bread that feeds

but half man's hunger.

And if you grudge the crushing of the grapes, your grudge distills a poison in the wine. And if you sing though as angels, and love not the singing, you muffle man's ears to the

voices of the day and the voices of the night •

From The Prophet, reprinted from Project Gutenberg: http://gutenberg.net.au/ebooks02/0200061h.html

hen a ploughman said, Speak to us of Work. And he answered, saying:

You work that you may keep pace with the earth and the soul of the earth.

For to be idle is to become a stranger unto the seasons, and to step out of life's procession that marches in majesty and proud submission towards the infinite.

When you work you are a flute through whose heart the whispering of the hours turns to music.

Which of you would be a reed, dumb and silent, when all else sings together in unison?

Always you have been told that work is a curse and labor a misfortune.

But I say to you that when you work you fulfill a part of earth's furthest dream, assigned to you when that dream was born,

And in keeping yourself with labor you are in truth loving life,

And to love life through labor is to be intimate with life's inmost secret.

But if you in your pain call birth an affliction and the support of the flesh a curse written upon your brow, then I answer that naught but the sweat of your brow shall wash away that which is written.

You have been told also that life is darkness, and in your weariness you echo what was said by the weary.

6

And I say that life is indeed darkness save when there is urge,

It is to charge all things you fashion with a breath of your own

Often have I heard you say, as if speaking in sleep, "He who works in marble, and finds the shape of his own soul in the stone, is nobler than he who ploughs the soil.

And he who seizes the rainbow to lay it on a cloth in the likeness of man, is more than he who makes the sandals



PART 4

# The heartful PRESENTER Influence minds and win hearts

In the last 3 articles, RAVI VENKATESAN has talked about the reasons public speakers fail, the 27 Cs of good communication, and he has taken a deeper look at body language and voice modulation. In this article, he explores the 'power of pause'.

The tips and tricks provided in this article of the series have consistently been rated as the most valuable by the hundreds who have participated in our Heartful Presenter training. Let's look at why the art of pause is so important, and how to pause.

#### PAUSE TO ENGAGE THE AUDIENCE IN CONVERSATION

As it turns out, we speak much slower than we can listen. The average person speaks at 125 words per minute, and can listen to 400 words per minute or even more. So what happens with the 75% mental capacity that is not used in listening?

There is a natural tendency for the mind of your listener to wander, even if the subject matter is interesting. By structuring your content to have logical points of reflection, you can draw in your audience's attention. For example, if you make a point, you could follow it by saying, "Consider that for a moment," and pause. Now your audience is thinking about the point you made, instead of their mind wandering. You have moved them from 'disengaged' to 'participating'; passive to active.

### **COMBINE PAUSE & RETENTION TECHNIQUES**

The research about how much of a talk people retain varies wildly, however everyone agrees that a lot of what is said is forgotten. Providing spaced repetitions and context, are great ways to improve retention. All these rely on pause:

#### SPACED REPETITION

Here is an example: at the beginning of a talk you say, "The West faces a severe demographic challenge, with the average age in most countries being well in the forties." After talking about a few other things, you could say, "Remember I said that most countries in the West have populations with an average age in the forties," and then pause. This lets the audience connect your previous statement with the current one and absorb the information better.

#### **ELIMINATE FILLER WORDS**

Filler words such as "Uh", "Um", or "Like", which is common with teenagers and young adults, are extremely distracting; the speaker comes across as unprepared. Fillers completely take away the effectiveness of the point being made. They occur because we are thinking and speaking at the same time, and sometimes lose our train of thought. Instead of using filler words, pause. This is a much more elegant way of getting back your train of thought.

#### **DEMONSTRATE CONFIDENCE AND CONTROL**

Speakers who speak fast and don't pause come across as nervous and lacking in confidence. By pausing and making purposeful eye contact in silence with your audience you will demonstrate confidence and balance. This in turn helps them feel secure and reassured that you know what you are doing, and they will derive more value from your session.

Let's now discuss how you can practice and develop pausing. Here are a couple of exercises:

1) Pause based on punctuation – Write out a few ideas on a sheet of paper. Now record them in a short 5-minute talk. Listen to the recording of yourself and mark the places where you did not adequately pause where there was a comma, a semicolon, or a full stop. Repeat this exercise until you are satisfied that you are pausing adequately.

2) Pause longer to emphasize – Ask a friend to listen as you go through 2 to 3 short sentences. For example, "Hi, I am John. I am here to discuss the importance of recycling with you." Pick a word that you really want to emphasize. For example, "I am here to discuss the importance of recycling." Pause much longer after this word than you consider adequate. Ask your friend if your pause felt uncomfortably long. Keep increasing the duration of your pause until she says "Yes," and then dial it back just a little.

You can also watch videos of accomplished speakers to see how effective this technique can be.

May the Pause be with you!



### CONTEXT

Make a point, and then provide context around that point. Pause to let your audience understand your point in that context. For example, you might say, "Close to 2% of people in China live on less than two dollars a day." Consider, however, that this number used to be almost 20% just ten years ago." Pause to let them assimilate your point in the context you just provided.

# P.S. Let love flow

ASHUTOSH KUMAR shares his feelings on how to nurture loving relationships.

he other day I was watching the movie P.S. I Love You. As I am away from my wife for long periods due to my job, the first ten minutes of the movie made me cry so much with love that I had to shut my laptop.

After calming down I started wondering, "What made me cry? Why don't I have such a feeling of love all the time?" And this led to other thoughts. I asked myself, "What kind of feelings do I harbor during the course of a day?" The answers came: hatred towards a colleague who harmed me in the past, irritation toward my mother who cares too much for me, suspicion towards a stranger, mixed feelings towards my wife due to the ups and downs of daily life. With such feelings, how will the condition of love germinate and be nurtured, let alone be overflowing?

To let love grow, how can I give it the right environment all the time, throughout the day? I need to have that feeling of love and benevolence all the time, towards each and every person, towards each and every thing around me.

I cannot be selective and block myself if I want to flow with love. That I can love a certain set of people and not the other – that would not be real love. Anyway, I often have to spend most of my time with the 'other' set and the feelings for one set do affect the other.

How to love someone who has harmed me, or backstabbed me in the past? I still have to deal with him. I am learning that when I see him and everyone else as souls, it is easier to love them. Anything they did to hurt me, any mistake they made, was because of the influence of the coverings around the soul. It is the behavior, not the person. In fact, when I feel thankful to them, because everything has a *raison d'etre*, things are much easier. The whole dynamics change altogether for the good.

> With this attitude, coupled with the practices of cleaning and meditation, I am slowly and gradually learning to flow with love and joy. I would like to reach the stage where I feel immersed and soaked in love, so that my way of being will radiate love all the time.

> **P.P.S.** Love. Seek and you will feel its deficit. Give and you will overflow with it •



Think always of the universe as one living creature, compromising one substance and one soul: how all is absorbed into this one consciousness; how a single impulse governs all its actions; how all things collaborate in all that happens; the very web and mesh of it all.

MARCUS AURELIUS



**IOCK** THE HIDDEN OTENTIAL OF YOUR MIND FOR A 611



**INTENSIFY FOCUS** 

**BOOST CONFIDENCE** 

**SHARPEN OBSERVATION** 

**ENHANCE INTUITION** 

**DEEPEN EMPATHY** 

**STRENGTHEN MEMORY** 

IMPROVE **COMPREHENSION** 



30 Heartfulness



# HOW CAN THERE BE **FATIGUE IN COMPASSION AND EMPATHY?**

VICTOR KANNAN challenges the widely-held notion that compassion fatigue is inevitable in a life of service, especially the noblest of professions like education and medicine. How does fatigue develop and how can we avoid it?

hy do we talk about the idea of fatigue in compassion and empathy in professional life? It seems to evince a pendulum swing from recognition to caution; recognition of the need for these qualities instead of just having the materialistic instincts of profits and productivity, to caution about sustaining compassion and empathy.



In this materialistic world, even the noblest professions of education, healthcare and spirituality are being sold, contrary to traditional values, which say there should never be any charge for them. They are not supposed to be the means to riches but are offered to enrich fellow beings. Those who offer these noble services have always been well respected by the community at large and their needs taken care of.

But in the modern era, this whole consciousness is lost. As a result, now there is a movement to bring back empathy, compassion and emotional intelligence (EI) into commercial, professional and marketplace dynamics. While this is good, commercialization usually cannot be avoided, except in those non-profit organizations that are exceptions to the general rule.

While there is a growing recognition of the need for emotional intelligence and social intelligence in the business world, the counter-theorists are quick to caution against compassion and empathy fatigue, and a number of studies are being conducted in this field.

Fatigue is different from tiredness. Tiredness can be corrected by rest and is a natural process of

What we need is a new understanding of how to give and receive; a compassionate culture of giving and receiving to usher in an era of total well-being.

energy flow. Taking care of people can be tiring, but fatigue is like stress, it is chronic. It shows imbalance and an inability to cope. How is it that some people can go on longer and others can't? Whether it is stress or fatigue, it is a question of stamina and resilience. Caregivers also need tools to improve their capacity and acquire the skill of being compassionate and empathetic for long periods, for it is proven that care with compassion and empathy cures better, makes everyone happier, and costs less.

So here is what comes to mind: while cautioning people against fatigue, what is unspoken is the lack of understanding of how to naturally offer compassion and empathy unconditionally. It is not just an attitudinal adjustment. I do believe Heartfulness can help in the development of these qualities.

In his talks and book on emotional intelligence, Daniel Goleman narrates a story about a class of Divinity students at Princeton. They had to give a sermon on The Parable of The Good Samaritan from The Bible, and neither those students preparing the sermon nor the control group showed any significant difference in their ability to notice and empathize with a homeless man who was positioned on the way to the Church.

So the first basic human act of noticing the man was not there, irrespective of the level of education and the preparation done for the sermon on the Good Samaritan. It is clearly not enough to know about empathy and compassion. What is critical in imbibing the qualities of empathy and compassion so that we can avoid fatigue?

As we begin to deliberately notice (observe), pay attention, and have positive intention, along with our meditation practices, these qualities develop naturally and a new habit is formed. Then fatigue will not occur. It will also not occur if there is a reward, and what is that reward? The reward is in the appreciation and gratitude felt by the patient or student or co-worker.

We also need to explore the cultural and social paradigms we live in. Our current paradigms have reduced most of our service professions to transactional relationships based on economics, whether it is in hospitals or hospitality. When we go to a restaurant, we pay for what we eat, but the waiter also expects a tip. This culture of tipping shows that what is provided to anyone is an exchange.

Our service professions require something more than a transactional value system. For highly paid medical professionals, it could be in the smile and joy of grateful patients. In the hospital industry, perhaps it is in the superior positive experience. In the hospitality industry it can be through tipping, which in some countries has become an expected part of job performance.

Everyone now knows that tips are part of the earnings of waiters, and hence most patrons tip generously. Unfortunately the owner of the business may pay the attendants less, knowing that they make money on tips. So, even this has now entered into economic calculations of businessmen.

When these types of expectations are normal and ubiquitous, how do we engender a culture of sensitivity in the community, one where the beneficiaries are generous in expressing their gratitude as much as the givers are generous in their caregiving or mentoring? Perhaps it has become necessary to educate the entire community of givers and receivers in how to express compassion and empathy. What we need is a new understanding of how to give and receive; a compassionate culture of giving and receiving to usher in an era of total wellbeing. We are all receivers and givers. When we recognize this, perhaps we will avoid fatigue altogether.

Heartfulness allows us to uncover the qualities of compassion and empathy so that they express in the most natural way. Then we avoid fatigue. We can then experience a more meaningful way of giving and being  $\bullet$ 

Compassion and empathy are natural qualities of a human being. They are positive for community building and improving relationships.

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HEARTFULNESS

Meditate with a Heartfulness trainer anywhere anytime.





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and has forgotten the gift. ALBERT EINSTEIN

The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honors the servant

# THE MARCH TO Freedom

PART 3

KAMLESH PATEL continues his narration of the ultimate journey to freedom. In this issue he takes us still further into the realm beyond experience, beyond consciousness, into the realm of God.

**Evolution of Consciousness Series** 

et's first see how far our wayfarer has come on his journey to freedom. In part 1 we explored the awakening of the chakras in the heart region, and then in part 2 what happens in the first few chakras of the mind region, when he experiences liberation from the ongoing cycle of birth and death. So let's rejoin him at chakra 10, the beginning of the sub-region known as *Prabhu*, and continue onwards in this vast region of mind.

He is now in the realm of God. Stephen Hawking wrote in his book, A *Brief* History of Time, "If we do discover a theory of everything... it would be the ultimate triumph of human reason – for then we would truly know the mind of God." The region of *Prabhu* is all about this, the Super-Mind of God. But reaching here cannot be done through the purely scientific approach of reason: reason is too cumbersome and primitive a mental approach. To know the Super-Mind of God, direct perception is required, through the awakening of the superconscious states. Reason is the indirect route to knowledge, limited by the mental functions of consciousness, thinking, intellect and ego in the best-case scenario, and contaminated with the additional filters of *samskaras* in a worse-case scenario.

Direct perception is unfettered by any of these limitations. Through the purification of the heart and subsequent awakening of the higher chakras, direct perception is the natural state of a true Yogi. It is not that a Yogi cannot use reason, as it is a useful tool, but he also has access to knowledge without filters, the wisdom of the universe. At this stage, Hawking's 'theory of everything' is possible. And the 'ultimate triumph' about which he writes is actually the triumph of Yoga. That is what Yoga is, and it is not just the 'theory of everything', but also the practical experience of everything.

That is why our wayfarer's intense efforts at spiritual practice earlier in the journey were so vital. They were necessary to reach this level. The practical awakening of the chakras of the heart-mind lays the foundation for experiencing the realm of God. Even at the beginning of the journey itself, at chakra 1 of the heart region, a lower level of superconsciousness is awakened through Heartfulness practice, and throughout the journey more refined states of superconsciousness are awakened with the Guru's transmission. We can imagine these initial efforts as an investment that matures at this higher stage. Having built the foundation, now the beauty of the edifice is revealed.

This is only possible once the ego tussle between 'I' and 'He' has exhausted itself through the region of *Prapanna-Prabhu* at chakra 9. Otherwise our wayfarer's perception remains clouded by his mental limitations, especially

his ego, which can be like a black hole contracting his perception – he has to break free of these limitations if he wants to experience God directly and realize the infinite potential of the Ultimate. And the Guru's role in this process is crucial. Do you think any of us could traverse this alone? It would be like climbing Mount Everest without a Sherpa's guidance, or Frodo Baggins throwing the ring of power into the fires of Mordor without Gandalf's and Gollum's help. Can the ego dissolve its hold without some higher power to help? In this rarefied realm, our wayfarer needs the guidance and support of a Guru who knows the path.

That is why Osho has said, "A living master is bound to happen to the person who is in search of truth, who wants to know the meaning of life, who wants to go to the innermost core of his being, who wants to know the depth and the height of existence. He will have to hold hands with a master.

"The master is one who has already known. The master is one who has been to the other shore and has come to this shore to show you the path. But only a master can show the path – a living master, remember."

### LOCATION OF THE CHAKRAS FROM THE HEART TO THE CENTRAL REGION



The Lord's presence is felt so profoundly at chakra 10 that there is intimacy beyond belief. And the very holy relationship between Guru and disciple finds its true expression and nourishment in this region of *Prabhu*, which encompasses chakras 10, 11 and 12.

Consciousness now dwells in the Lord. The wayfarer becomes less and less, and He becomes more and more. The Lord becomes the doer behind all actions, and the wayfarer becomes a mere witness. It has been expressed so very beautifully by the 15th century Indian mystic poet and saint, Kabir:

Narrow is the lane of love; there is space only for one.

When I was, the Beloved was not. Now He is, I am not.

Earlier, it was all about 'me'. Later, there was a mixed spectrum of intermingling between 'me' and 'Him'. Finally, only the Lord remains in view, naturally, with love. This is the region of *Prabhu*. The entire human system belongs to the Lord; it has become divinized and sanctified like a temple. Now that the body is the abode of the Lord, there is a strong urge to refrain from doing anything that could sully or lower this consciousness.

Because our wayfarer has become so identical with the Lord, and with the Guru, he now spreads divine vibrations like sandalwood fragrance. Whenever wind passes through the sandalwood forest, the fragrance of sandalwood spreads everywhere. Also, if you take sandalwood paste and smear it on your forehead, you carry that scent with you wherever you go. Something similar happens with a devotee who is so absorbed in the Lord that the Lord actually merges in him. He radiates the vibrations of the Lord wherever he goes and in whatever he does.

This experience of dissolving into the Beloved is expressed in some of the most beautiful, mystical love poetry ever written. Here is an example from the 13th century poet, Rumi:

When the rose is gone and the garden faded you will no longer hear the nightingale's song. The Beloved is all; the lover just a veil.
The Beloved is living; the lover a dead thing. If love withholds its strengthening care, the lover is left like a bird without care, the lover is left like a bird without wings. How will I be awake and aware if the light of the Beloved is absent? Love wills that this Word be brought forth.

There are also the examples of Radha, who was so deeply immersed in the love of Lord Krishna that he merged into her, and Andal, the south Indian saint from the 7th or 8th century, who disappeared into thin air one day in the temple at the feet of her beloved Krishna. This instinct to merge totally in the Beloved is something that sits deep within the psyche of all human beings, whether we know it or not. It is the most basic, natural instinct of human life. Some might call it the spiritual instinct, or the instinctive urge to return to our Original Home. It is the underlying reason why love is so important to us. Love and mergence go hand in hand. It is our natural birthright as human beings to transcend our individuality and merge into the Source of all life. By journeying in the realm of Prabhu, there is the possibility to do so.

But this is not the end. Our wayfarer has reached chakra 10, and how will he continue on his journey when he is already drowned in the Lord? When the Lord is everything, he has no desire left even for spiritual progress. There must be something to reawaken his restlessness to continue, so once again it is the Guru of caliber who comes to the rescue.

Then between chakras 10 and 11 is the thousandpetalled lotus, Sahasra Dal Kamal (SDK). The bliss experienced in this environment also has a part to play in him feeling that the destination has been reached. In many Yogic traditions, sat-chit-anand is extolled, so seekers of Truth feel justified in thinking, "This is it!" It is easy to want to stay in this blissful state, and no amount of tapasya can extricate our wayfarer. Only the capable hand of the Guru can move him on to the next phase in the yatra or journey.

Coming out of the bliss experienced at the thousand-petalled lotus can be a shock, as peace completely disappears at chakra 11 and is replaced by restlessness for the Lord. It is here that the spiritual fragrance of Saint Meera, the 16th century Hindu mystic poet and devotee of Lord Krishna, can be appreciated. She was only ever thinking of her Beloved, restless to merge in Him. The crossing of the thousand-petalled lotus also means becoming part of a much higher consciousness - that of the Lord. Our wayfarer does less and less on his part but goes on enjoying the intense longing. No wonder Saint Meera kept singing with joy, "Mere to Giridhar Gopal, dusaro na koi!" meaning "There is none other than Giridhar Gopal for me!"

I would like to share something Ram Chandra of Shahjahanpur wrote about chakra 11: "Off goes the veil and the vision of Reality now comes to light. We now feel helpless, beyond control. A constant craving for Him, accompanied by all its aches and pangs, prevails every moment. There is no rest or peace without Him. Truly speaking peace has now departed from us. What remains instead may better be expressed as a condition of peace from which peacefulness is sucked out. That is exactly the condition of the knot [chakra], which we experience and get it finally merged.

"What remains there now? Everything seems lost except the pang which persists still and which is the only thing that helps our onward approach. It ends when we have plunged into the Reality and moved on into the state of identicality. When that too is merged we come to a state of refined identicality which marks our approach to the twelfth knot."

Having experienced the Creator, our wayfarer becomes restless to see what is behind the Creator. Peace of mind disappears. The restlessness that he felt in the heart region is nothing compared to this extraordinary restlessness, even though he is in osmosis with the Lord. Relief only comes when he arrives at chakra 12.

Ram Chandra has described chakra 12 as the merging chakra of all things acquired at the different stages of merging and identicality. What is there at this exalted place? He says that it is the state of refined identicality, where the panorama is so pure that even simplicity appears to be a hundred times heavier. There is a new form of existence. At this level help can only reach if the ego is truly subdued. To reach chakra 12 is very rare; to go beyond it is even rarer.

And there is another challenge here, created by a chakra called *Brahmarandra* that is almost superimposed on chakra 12. It is the point where the soul enters the physical body at the time of conception and where highly-evolved souls leave the physical body at the moment of death. So when the journey reaches chakra 12, the soul's natural inclination is to leave through the *Brahmarandra* chakra.

But the Guru of caliber will not allow this to happen, and instead helps our wayfarer to bypass *Brahmarandra* and continue onwards to the next stage of the journey, known as the central region. And this transition is also an amazing process in itself, as there is a need to accumulate enough escape velocity to be propelled towards chakra 13, into the central region.

How does this happen? Within a period of two to three days, the Guru takes our wayfarer through 64 points or chakras, rekindling devotion, craving and restlessness at each one. The cumulative restlessness amassed by journeying through all these 64 points in such a short period creates a potent force that propels him into the central region. Without this rocket-like propulsion given by the Guru, he would stay in the region of *Prabhu* forever.

So ends the journey of the mind region, of which I have just scratched the surface and given a mere overview. The nuances of this vast region can only be known through experience. Next time, the journey will take us into the central region – a region that was undescribed and unchartered territory until the early 20th century, when Ram Chandra of Shahjahanpur added it to the map of human consciousness •

### ABOUT KAMLESH PATEL

Kamlesh Patel is the world teacher of Heartfulness, and the fourth spiritual Guide in the Sahaj Marg system of Raja Yoga. He oversees Heartfulness centers and ashrams in over 130 countries, and guides the thousands of certified Heartfulness trainers who are permitted to impart Yogic Transmission under his care.

Known to many as Daaji, he is also an innovator and researcher, equally at home in the inner world of spirituality and the outer world of science, blending the two into transcendental research on the evolution of consciousness. He is expanding our understanding of the purpose of human existence to a new level, so necessary at this pivotal time in human history.



# The mountains

Π

The mountains so old that they sleep fold on distant fold as men sleep that live in their shadow. Slow pageant of the daysdescendant to descendant many have had entrance to this dream. Even now the cradles fill & earth provideth.

The world is filled with strong activity.

The dreamers crowd through life.

-KIT POLLOCK



# **NUTRIGENOMICS**

DR PARTHA NANDI encourages us all to make use of this new field in nutritional research: harnessing the power of food to change our genes and improve our health.

rom a young age, I knew that I wanted to create a world full of Health Heroes. These are the people who make their health a priority and commit to achieving greater health and happiness.

One of the best ways to achieve a healthier life is through good nutrition. Your nutritional choices play a big part in your overall health, and that's why it is so important to nourish your body with healthy foods. Food is powerful. It can fight off depression, boost your mood and even help prevent cancer and other illnesses.

Food is medicine, and when you use food this way, you're committing to a beneficial lifestyle change.

This makes healthy nutrition an important tool in our fight against disease and obesity. It's arguably a Health Hero's most powerful ally in the quest for a long and healthy life because what we eat can actually change our genes and transform our biology.



### NEW RESEARCH IS CHANGING THE GAME.

Each day brings new evidence on how our life choices affect us right down to our genetic level. Our stress levels, social surroundings, physical activity and overall lifestyle all contribute to our gene expression – or how our cells respond to their changing environment.

What we eat is no exception. The nutrients in our food interact with our genes. The study of this interaction is known as nutrigenomics. It's changing everything. Where we once thought we were powerless, we now have at least some control.

The ability of nutrition to affect our genes means that we're no longer at the mercy of our DNA. This is especially exciting when it comes to fighting and preventing disease.

### WE ARE NOT OUR GENES.

Let's mention the obvious. We can't control everything that happens to us. We are going to face health challenges and adversity. But when we take advantage of the power we do have, we give ourselves every possible opportunity to live our best and healthiest life.

Nutrigenomics is creating a power shift, putting some newfound power into our hands. What does this mean? Think about inherited diseases like heart disease, obesity, diabetes, cancer and Alzheimer's.

If these, or other inherited diseases, run in your family, you're not doomed to suffer. The fate of your health is not set in stone. If your mother is diabetic, it's not a given that you'll eventually become a diabetic.

Again, we don't have absolute control. If that were the case, we'd all eat healthy food and never fall sick. However, what we choose to eat can significantly increase or reduce our risk of future illness.



### **USE YOUR POWER WISELY.**

Imagine how your life would change if you took advantage of every drop of power you have to transform your health, right down to the genetic level. Would you commit to making convenient and realistic nutritional changes? Would you feel less anxious or enjoy a greater sense of purpose knowing that you're stepping up and taking action to improve your chances of a longer and healthier life? You might find yourself enjoying life more than ever before.

### PRESCRIPTIONS FOR BETTER NUTRITION.

Make the commitment to nourish your body with good nutrition every day. Even small, manageable changes will put you on the right path. Your doctor can make recommendations based on your unique requirements, but whole and natural foods, healthy fats, lean proteins, balance and moderation, are great places to start. The more you practice making good nutritional choices, the greater impact you'll have on your health.

I encourage you to use food as medicine and take advantage of the power to alter your genes for improved wellness. The fate of your health is not set in stone. You have the ability to transform your biology and change your health journey. Be your own Health Hero by taking advantage of this and prioritizing your commitment to greater health and longevity.

The light in me honors the light in you. Namaste •

Dr Nandi



Inspired to learn more about the super powers of foods? Receive Dr Nandi's Superfoods Cookbook for free here. Dr Nandi's shares in his Superfoods Cookbook the nutritional benefits of 10 of his favorite superfoods and some delicious recipes to start cooking with him today.



The natural healing force within each of us is the greatest force in getting well.

HIPPOCRATES

# This *Beautiful Journey* Called Life

MAURICE WERNESS, ND, tells the story of his own journey of healing and evolution, and shares some tips on how we can take back our health and become the person we ought to be.

**Q** I recently had the pleasure of hearing you speak to a group of healthcare professionals at a conference. You spoke about the general state of health in America, which is not so good, and about the role that food, meditation and consciousness plays in our health. And you had all of us laughing while you served up some pretty bitter truths.

What was it in your own life that generated such passion about naturopathy and helping others take back their health?

I learned from the school of hard knocks. I started out as an average American boy raised by a single mom with too much to do and not enough time to fix proper meals. I ate what every American seems to eat – fast food.

I did okay when I was younger. I was a pretty good athlete and traveled the world playing professional tennis. But by my mid 20s, my body began to break down and I had no idea why. I didn't know what kind of fuel to put into the tank to perform at the level I was asking it to perform. So here I was, 25 years old,

# {Q&A} IN CONVERSATION WITH MAURICE WERNESS, ND

a professional athlete, and I couldn't get out of bed.

By that time my mom had remarried a medical doctor and I thought everything would be fine. I would just go see the Wizard of Oz, he would give me a few magic pills and off we go.

### How did that work out for you?

Well, I started going to see those guys in the white coats and they gave me everything from steroids to antibiotics to painkillers. I got sicker and sicker. As a last resort, I went to see a naturopathic physician who used nutrition and lifestyle medicine to assist people. He told me, "Maurice, if you learn how to manage your stress and eat more fruits and vegetables, you may be okay."

I was thinking to myself, "Man I'm really sick and this guy is telling me to eat more fruits and vegetables and manage my stress!" But my back was against the wall, so I did what he told me. I began eating a vegetarian diet. I learned Yoga, although at first I thought it was just for people who sat around in tights all day. And I began meditating even though I kept telling myself, "I have too much to do, I'm sick, and I don't have time for all this."

But I did it anyway. Day by day I got better. And after six weeks I was totally well. My plan was to go to medical school but after I healed myself with fruits, vegetables, relaxation and mindfulness, Ithought, "That's not what I'm supposed to do. I'm supposed to be the kind of doctor that shows other people how they can heal themselves." So I went to Naturopathic Medical School and I've spent the last 25 years showing people how they can take back the power of their own health.

It's not complicated. Ram Chandra of Shahjahanpur explained it beautifully: "Live simply and in tune with nature." After 25 years of practicing medicine, I now realize that this is the simplest stuff in the world, but just because it's simple doesn't mean it's easy. It sounds like conventional medicine wasn't the right fit.

There's a place for both. Conventional medicine is really good at acute situations and diagnostics, like MRIs, CT scans and blood work. But what complementary medicine is extremely good at is treating chronic diseases like cancer, heart disease, arthritis and autoimmune disorders. Chronic diseases are the number one killer in this culture. Unfortunately, 75 percent of us will get at least one chronic disease and die from it. The problem with treating chronic diseases with synthetic medicine is that synthetics don't speak the same biochemical language as our bodies. Natural, organic food, herbs, etc., communicate beautifully with our bodies.

**Q** That statistic is shocking – 75 percent of Americans will die from a chronic disease. How is it that we have such an abundance of information about the perils of stress and a poor diet, yet our health continues to decline?

We have made what's really very simple into something complicated. It's not complicated. Ram Chandra of Shahjahanpur explained it beautifully: "Live simply and in tune with nature." After 25 years of practicing medicine, I now realize that this is the simplest stuff in the world, but just because it's simple doesn't mean it's easy.

We aren't being straight with people. That's what I see. We keep the truth from them and blind them with science. I don't tell my patients that I am going to fix them. I give them the tools they need to fix themselves. Because the most powerful force on the planet is the force that runs through us called life – that self-correcting, self-awakening force of nature that is more powerful than any drug. When we are in tune with nature, that force not only heals our bodies but allows us to wake up as human beings.

At the conference, you talked about 9 or 10 places around the world called longevity hotspots. What are longevity hotspots and what can we learn from them?

Longevity hotspots are places around the world where people have a 300 percent better chance of reaching the age of 100 than we do, and almost zero chronic disease. They've been well researched by the Smithsonian National Institute of Health, Duke University, the US National Institute on Aging and others.

About 10 years ago, a colleague and I traveled around the world to visit these places: Nicoya in Costa Rica, Bama in China, and Okinawa in Japan, to name a few. What we found is that they share 5 principles that make the difference between their health and ours.

- 1. They eat a mostly organic plant-based diet with vegetables from their own gardens. And they typically eat a fermented food with every meal. The microbes that make up the fermented food are the same microbes that are in our gut, so they're replenishing the microbiome with every meal. As a result, the digestive tract works really well because the microbes help break down the food into the size, shape and form that our bodies can assimilate. If our microbes are all whacked out because of taking antibiotics or using antimicrobial soap, well, you can see how we're killing ourselves.
- 2. They relax. None of them are on a 24/7 news cycle. They have a big meal at lunchtime, then they close up shop at 2 p.m., take a nap, open up shop again later, and visit with a few people, all nice and easy.

- 3. They live in community. They're not rich enough to die alone like us. They realize they need one another. I've seen five generations living under one roof. You can't believe the effect that isolation and loneliness has on our immune system. We'd rather be alone with our smartphones than have to work at developing connections that are meaningful.
- 4. They move their bodies. No one joins a gym in a longevity hotspot. They move their bodies. Great grandmamma isn't just sitting around. She's chasing after the children and the chickens. You either move it or lose it.
- 5. They live their life with purpose. In these longevity hotspots, when you get older, you are revered and respected. Younger folks want to know what the elders learned from their life experience so they can learn without needing to repeat the same mistakes. In America, we ship our elders off to the retirement community, so we don't get to learn. We've got to make our mistakes over and over. Now that's a crazy way to live.

What's your biggest takeaway from spending time with these people?

They know how to be still. They're not experiencing a virtual life on a computer screen. They're experiencing life and death and all the highs and lows that come with this experience called life from within. When you look into their eyes there is somebody at home. They aren't worrying about the future or dwelling in the past. They are right here in the present moment. And because of that they are able to integrate their life experience. And when you can do that, you can learn from it. Meditation helps you to be present within your own body. In the stillness, you learn to pay attention and listen to your physiology, because it is trying to tell you something. But if you don't listen all bets are off.



**Q** It sounds like what happens during meditation – we learn from the stillness.

Exactly. Meditation helps you to be present within your own body. In the stillness, you learn to pay attention and listen to your physiology, because it is trying to tell you something. But if you don't listen all bets are off. It took me a long time to get this. I would sit and have a great meditation and I'd feel all blissed out. And then the next morning I'd say, "What in the hell happened to me? Here I am right back into the garbage."

So what changed? What did you do differently?

I learnt how to E-M-B-O-D-Y. I learned to pay attention to my physiology. Did you know that 80 to 85 percent of all the neurons in your body are going up? They go up from your gut and your heart to the cranium, which is the nerve center of your ability to think and make changes. Why? Mother nature isn't stupid, she's communicating, she's saying, "Maurice, listen to what I am trying to tell you about your experience. Because if you can hear and integrate what I am trying to tell you about that great meditation you just had, your life will change. You will become a different person and you will begin to wake up."

Meditation helps us to integrate higher frequencies, higher states of being. That's what waking up is about – embodying higher vibrational frequencies and doing so consciously. At the end of the day, there is no difference between the body and the mind. There is no vibrational distinction. That's why Ram Chandra said that when you meditate in the right way, your body becomes divinized too. **Q** I think that even experienced meditators attend minimally to the body in the endeavor of transcendence. But embodying higher vibrational frequencies still has the word 'body' in it. Consciousness doesn't expand without it. We can't skip over it.

Consciousness is the most powerful force in the universe, but what happens when we habitually, compulsively live in ways that push consciousness outside of us?

I'll give you an example. A 2016 AC Nielson report<sup>1</sup> tells us that adults in the USA devoted about 10 hours and 39 minutes each day to consuming media, including tablets, smartphones, PCs, multimedia devices, video games, radios, DVDs, DVRs and TVs. So for 10.5 hours a day, on average, Americans are vacating their bodies.

In cases of toxic stress or trauma, we tend to leave the body as a way of coping or attempting to survive. In the process, we leave behind all the instrumentation that is supportive of our process.

So you can practice meditation all you like, but meditation offers transient relief at best if you are unconsciously, compulsively training your attention to exist outside of yourself when you are not meditating. You can see why the body gets confused. It thinks, "Maybe I'm supposed to attack this thing," and the immune system starts attacking because nobody's at home. Now you have autoimmune disease. Why? Because the intelligence and the consciousness we have are no longer infused in the cells.

1 http://www.nielsen.com/us/en/insights/reports/2016/the-total-audience-report-q1-2016. html?afflt=ntrt15340001&afflt\_uid=OnMKPuRpXoc. RxaElf\_\_R\_v0fB4OB9CKh1RKaZofiuk2&afflt\_uid\_2=AFFLT\_ ID **Q** That's deep. If we've pushed our consciousness, our cellular intelligence, out of the picture, then change really can't be sustained.

Yes. It's called cellular memory for a reason. Our experience registers in the body. It's always monitoring, registering and integrating. But our minds are typically distracted with the past or the future, as we've been talking about. Therefore we can't register what's happening.

EMBODIED CONSCIOUSNESS I HIGHER VIBRATIONAL FREQUENCIES EXPANDED CONSCIOUSNESS

CONSCIOUSNESS

EMBODIED CONSCIOUSNESS Awareness Experience Registered Integration Expansion If you say something hurtful to me and I'm not able to feel it, locate where it is, acknowledge it and maybe even say, "That hurt," then the experience has to be repeated again and again. Until then, it exists like an energetic cyst, a deep *samskara*. But our habit is to avoid feeling by numbing ourselves with food, caffeine, electronic stimulation, isolation, etc. I wouldn't be overstating it to call this madness.

Some may read this and feel a little hopeless.

It's never hopeless. Look who you're talking to! I've reached the highest peaks and the lowest lows on this spiritual journey. It needn't take anyone as long as it took me to understand this. Remember that physiological sensations are the way that cellular memory expresses itself. It can feel like constriction, pain, trembling, numbness, heaviness or gut-wrenching fear. All the research shows that simply by bringing our loving awareness into the body will allow it to integrate even the most traumatic experience.

All the research shows that simply by bringing our loving awareness into the body will allow it to integrate even the most traumatic experience.



And we help things along by paying attention. Get out of bed consciously, meditate consciously, and eat consciously in order to support your body's natural ability to integrate your experience, whatever it may be. Paying attention creates the possibility for consciousness to reorganize itself in ever-higher expressions. Because the higher you rise, the more essential it is that you attend to your body's well-being.

The remedy we seek begins with stability and develops into strength. And where does stability come from? On this planet, it comes from the earth. Develop a relationship with the earth, with the planet. Why do you think the Heartfulness Relaxation begins with, "Feel your feet on the ground and feel the energy of the earth coming up through the feet"? Because the place where we have agency is in the human body, which is right here, right now where the body is – in the present moment. Strength and stability will infuse us with sanity. Have faith in that.

**Q** Last question. What bit of wisdom would you most like to share with current and future physicians?

A wise mentor once asked me a question: "Why do you think your patients come to you?" He then responded as follows: "They come to you for who you are." So how do we become who we need to become? We can begin by coming home, into the body, by paying attention to our biological sensations, our physiological clues, and the feelings of our heart. We've been given a body for a reason, so we ought to learn how to honor it, appreciate it and learn from it. Not as a form of worship, but as instrumentation for us to navigate this beautiful journey called life •

INTERVIEWED BY JANMARIE CONNOR

# Miso onions, rice trio with walnut, rosemary and garlic garnish

2 large onions ONIONS 2 heaped teaspoons of sweet red miso 8 tablespoons of dashi or water with vegetable bouillon Another 8 tablespoons of water

The remaining miso from baking the onions 1 teaspoon vegetable oil 1 teaspoon rice milk 1 teaspoon tamari or soy sauce

¼ cup white riceRICE¼ cup wild rice½ cup black rice2 cups water½ teaspoon salt

### GARNISH

¼ cup walnuts 1 tsp garlic powder A pinch of salt 1 small branch of rosemary,

with flowers if possible

### FOR THE ONIONS

Preheat the oven to 180°C.

Peel the onions and cut in half. Place in an ovenproof dish so that the onions don't touch each other.

Dissolve the miso in 8 tablespoons of water and pour into the baking dish.

Place the onions in the dish, cut side down.

Cook for 30 minutes. Remove from the oven and cover with a thick cloth, letting it sit for 15 minutes before serving.

Mix the ingredients for the sauce and coat the onions.

#### **RICE TRIO**

The previous night, soak all the rice in water. The next day, strain the rice. Bring two cups of water to a boil. Pour in the rice and salt. Cook covered for 45 minutes. After turning off the heat, leave covered on the stove for ten minutes.

### GARNISH

Remove rosemary flowers and set aside.

Puree all remaining ingredients in a hand blender or coffee grinder. Mix in rosemary flowers and garnish the onions and rice.

If the red miso is dark it will be strong tasting, as it has been fermented for a long time. Conversely, if it is lighter in color, the red miso will be sweeter. White miso is even sweeter and the least fermented, as shown by its light color.

RECIPE AND PHOTOGRAPH BY FÉLICIE TOCZE





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# THE DREAMTIME

This creation story comes from classical Chinese mythology. It is rewritten from *Classic of Mountains and Seas*, an anthology of stories collected in the first century BC that were nearly as ancient then as the anthology seems to us today.



### Pan Gu and Nü Wa

ong, long ago, when Heaven and Earth were still one, the entire universe was contained in an egg-shaped cloud. All the matter of the universe swirled chaotically in that egg. Deep within the swirling matter was the huge giant, Pan Gu. For eighteen thousand years he developed and slept in the egg. Finally one day he awoke and stretched, and the egg broke to release the matter of the universe. The lighter purer elements drifted upwards to make the sky and heavens, and the heavier impure elements settled downwards to make the earth.

In the midst of this new world, Pan Gu worried that Heaven and Earth might mix again, so he resolved to hold them apart, with the heavens on his head and the earth under his feet. As the two continued to separate, Pan Gu grew to hold them apart. For many more thousands of years he continued to grow, until the heavens were thirty thousand miles above the Earth. Then for much longer he continued to hold the two apart, fearing the return of the chaos of his youth. Finally he realized they were stable, and soon after that he died.

With Pan Gu's death, the Earth took on a new character. His arms and legs became the four directions and the mountains. His blood became the rivers, and his sweat became the rain and dew. His voice became the thunder, and his breath became the winds. His hair became the grass, and his veins became the roads and paths. His teeth and bones became the minerals and rocks, and his flesh became the soil of the fields. Up above, his left eye became the sun, and his right eye became the moon. Thus in death, as in life, Pan Gu made the world as it is today.

Many centuries later, there was a goddess named Nü Wa who roamed the wild world that Pan Gu had left behind, and she was lonely in her solitude. Stopping by a pond to rest, she saw her reflection and realized that there was nothing like herself in the world. She resolved to make something like herself for company.



From the edge of the pond she took some mud and shaped it in the form of a person. At first her creation was lifeless, but as soon as she set it down and it touched the soil it took life, and started dancing to celebrate its new life. Pleased with her creation, Nü Wa made more of them, and soon her loneliness disappeared in the crowd of little people around her. For two days she continued to make more of them, and still she wanted to make more. Finally she pulled down a long vine and dragged it through the mud, and then she swung the vine through the air. Droplets of mud flew everywhere, and wherever they fell they became people that were nearly as perfect as the ones she had made by hand. Soon she had spread humans over the whole world. The ones she made by hand became the aristocrats, and the ones she made with the vine became the poor common people.

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Even then, Nü Wa realized that her work was incomplete, because as her creations died she would have to make more. So she divided the people into male and female, so that they could reproduce on their own.

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Many years later, Pan Gu's greatest fear came true. The heavens collapsed so that there were holes in the sky, and the earth cracked, letting water rush from below to flood the earth. At other places, fire sprang forth from the earth, and everywhere wild beasts emerged from the forests to prey on the people. Nü Wa drove the beasts back and healed the earth.









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From *Classical Chinese Myths* published by China Books & Periodicals, 1984, translated by Jan Walls and Yvonne Walls. Reprinted with permission from the translators.

Illustrated by BAI CHONGMING.



# Some amazing medicinal plants

In this series, we present medicinal plants from all the continents on Earth, this time featuring the beautiful lavender.

# lavender

### botanical name:

Genus: Lavandula. Species: L. angustifolia, L. stoechas, L. dentata, L. spica, L. latifolia, as well as other cultivars.

### common names:

Lavender, English lavender, French lavender, Italian lavender, winged lavender, elf leaf, spike.



### habitat:

Lavender is native to the Mediterranean climate and is found from Cape Verde and the Canary Islands, in southern Europe, northern and eastern Africa, the Mediterranean, and southwest Asia to southeast India. Many members of the genus are cultivated extensively in temperate climates.

Lavender flourishes best in dry, well-drained, sandy, gravelly or rocky soils, and in full sun. It grows well on grassy slopes, in hot rocky landscapes, and needs little to no fertilizer and good air circulation. It grows best in soils with a pH between 6 and 8, although it can also grow in highly alkaline soils.

### mythology & history:

The ancient Greeks called the lavender plant *nardus* or *nard*, after the Syrian city of Naarda. It was one of the holy herbs used in the biblical Solomon's Temple to prepare the holy essence, and nard is mentioned in the Song of Solomon (4,14):

nard and saffron, calamus and cinnamon, with every kind of incense tree, with myrrh and aloes, and all the finest spices. In ancient Roman times, the flowers were sold for the equivalent of a farm laborer's monthly wages, or fifty haircuts from the local barber. The Romans gave the plant its name from the Latin verb *lavare* meaning 'to wash', as the flowers were used to scent bath water and bed linen and clothes were dried over lavender bushes to scent the cloth.

Lavender has long been used for its aromatic and healing properties, and during medieval times was thought to be able to ward off evil spirits. It has been used for centuries in herbal remedies, teas, cooking and perfumes, and was the main ingredient in the posies of flowers and herbs that were used to ward off illnesses like the Black Plague. The essential oil was used in hospitals during World War I. Its perfume comes from the oils in the flowers and leaves.

Lavender was introduced into England in the 1600s. It is said that Queen Elizabeth kept a lavender conserve at her table. It was used in teas both medicinally and for its taste. Lavender did not find its way into traditional southern French cooking until the turn of the 20th century. Today lavender recipes are in use in most parts of the world.

### description:

Lavender is a hardy perennial shrub in the family Lamiaciae, the mints. The tiny, tubular mauve-blue blossoms grow in whorls of six to ten flowers along square stems and form a terminal spike. These flower spikes bloom mostly in summer, and provide a good source of nectar for bees to make honey. The needle-like, evergreen, downy leaves are a light, silvery gray. They are lanceolate, opposite and sessile, and grow from a branched stem. The bark on the stems is gray and flaky. Lavender also grows easily from cuttings.

### plant parts used:

Flowers, leaves and oil.

### therapeutic uses:

Lavender is grown commercially mainly for the production of its essential oil. This has antiseptic and anti-inflammatory properties, and can be used as a natural mosquito repellent. These extracts are also used as fragrances for bath products.

Culinary lavender is generally English Lavender. As an aromatic, it has a sweet fragrance with a hint of citrus. It is used as a spice or condiment in pastas, salads and dressings, and desserts. The buds and leaves are used in teas, and the nectar is the essential ingredient of monofloral honey. Sachets and pot pourris of lavender deter moths and flies.



Rejuvenates the skin – its antiseptic and antifungal properties have been used to treat skin problems for centuries. Its balancing action helps clear acne, prevent tissue degeneration, calm psoriasis, and aid the formation of scar tissue. As it contains a high percentage of linalool, naturopaths also use it to promote the healing of wounds, cuts, burns, and sunburn.

Strengthens hair – keeps hair glossy and follicles strong through regular massages with lavender oil. It is known to balance scalp oils and rejuvenate the hair from root to tip. In fact, some studies found lavender to promote hair re-growth in cases of Alopecia Areata, a condition that causes patchy baldness.

Smooths cellulite - lavender improves circulation, tones the skin, prevents stretch marks and dispels fluid retention, thus helping with the appearance of cellulite.

Eases anxiety and insomnia – scientific research suggests that aromatherapy with lavender may be as effective in soothing the nervous system as some pharmaceutical relaxants. It promotes relaxation and improves sleep quality, and is even used by herbalists to ease mood swings and depression.

Relieves headache and pain – lavender is NB Essential lavender oil is not recommended for famous among aromatherapists as the oil of choice pregnant or breastfeeding women. for pain relief. Gentle massage with lavender oil not only melts away body-tension, it is an effective way to relieve pain from headache, sore muscles, aching current ecology: joints, rheumatism and sprains.

Helps clear respiratory disorders - eases muscle spasms, fights infection, dulls pain, and most importantly helps you sleep. It is extensively used for a number of respiratory problems including coughing, throat infections, asthma, sinus congestion, bronchitis, whooping cough, and laryngitis.

Aids digestion - our digestive systems have as many nerves as our brains, so it's no surprise lavender calms the digestive system as it calms the mind. Both an antispasmodic and a sedative, lavender works well on a nervous stomach and cramps, as well as aids indigestion by stimulating the production of gastric juices and bile.

Boosts *immunity* – by lowering the flow of the stress hormone cortisol.

Is soothing and calming – research has shown that lavender has soothing and even slight sedative effects when inhaled, and more research is being done on its effect in alleviating anxiety and sleep disturbances. Products containing lavender are good for soothing and calming infants.

Due to its wide commercial cultivation and its hardiness, lavender is not under any threat, and grows in harsh climates where other plants do not do so well



Some of Nature's most exquisite handiwork is on a miniature scale, as anyone knows who has applied a magnifying glass to a snowflake.

### RACHEL CARSON





## **OVERCOMING INSECURITY BY PRACTICING SELF-COMPASSION** Opening your heart to embrace all of life

Please join us

# Saturday, 9 September 2017

7:00 pm IST (India), 10:00 am US Eastern, 9:00 am US Central

Register at: http://webinars.heartfulness.org

Practicing compassion is a specific and valuable tool when facing feelings of insecurity. We will focus on how to relieve and soothe emotional suffering, primarily in ourselves. Getting caught up in negative thoughts and emotions disconnects us from our heart and soul. We will explore how to soften our egotistic reactions so that it is easier for us to connect to deeper levels in meditation.

### You will learn:

- What self-compassion is and is not.
- The difference between empathy and compassion.
- How self-compassion opens the heart.
- The role of ego in emotional distress and how to soften it.





Meditation Webinar

# The Great Stories of Pure Generous Heart

ure Generous Heart: you may be thinking, "Now that's an odd name." Well, I must admit it is, but in these stories you will see his big heart, which is beautiful, pristine, generous, compassionate and loving.

It is our heart that is our best friend. In times of sorrow it comforts us, in times of joy it radiates love, and when it comes to making a decision it guides us in the right direction. The stories of Pure Generous Heart resonate with our deepest feelings of love, compassion and purity. The adventures of Pure Generous Heart are never boring, as you will find out for yourself. Happy reading!

### SEEKING HEART LEARNS ABOUT LIFE

Seeking Heart is tireless, insatiable, and indefatigable. Even though very young, he has seen many moons, experienced and lived through many things, impulsively





yet wholeheartedly. He feels on top of the world! Seeking Heart is an expert in extremes; for him to lose himself, to forget himself in his passion is to find himself, it is like an intuition burgeoning from the core.

First there was sailing the seas with its winds, its heaving swells, and its intense fears; then there was diving, preferably in apnea; then snorkeling in underwater caves and chasms in the deep darks of the earth; then the great vertigo of the jumps, soaring high and free as the bird, to name a few. Yes, Seeking Heart seeks, without respite, without moderation and without ceasing.

One fine day he meets Pure Generous Heart. Here is how this unusual encounter takes place.

It is the end of a fine afternoon and in the final light of the day, the sky turns a deep ochre, shaded with veils of the growing shadows . But Seeking Heart is not a poet. He grips with his fingers, secures his foot, extends his thighs to the extreme, pulls, pushes, hoists, sweats, puffs and spits. Hooked, hanging between air and rock, he climbs. It is his new passion, his new challenge, his imperious overtaking, in which he becomes so absorbed. He does not need to think, not suffer, especially not pause.

Another hold, there, under this notch. A support, a little risky it is true, on this tiny bump. Do not look down, feel the rock, with the back of the hand wipe the sweat, puff one last time and pull, yes with all his strength – pull!

"Good evening, Seeking Heart. I was waiting for you. You look exhausted. Here, have some water." Seeking Heart resumes his thoughts, settles himself at the edge of the cliff, acknowledges the height (not without pride), wipes his forehead and takes a sip. "But, who are you?"

"A friend. Rest, then we will talk for a while. Magnificent, this sunset, isn't it?"

Still wrapped up in his own thoughts, Seeking Heart muses, "Next time, I will do it faster!"

"Have you seen these colors, this gold, this purple on the horizon?" Pure Generous asks, admiring the view.

"And without drinking too!"

"Why do you do this, Seeking Heart?" Seeking Heart turns his attention towards Pure Generous Heart momentarily, and finds him extraordinarily quiet, singularly beautiful, and very friendly, for sure. "To live, Mr Stranger. To live, that's why!"





"Do you think that it is necessary for you to push your body to the extreme and make it suffer to have this 'feeling' of living?"

"Pretty much. Otherwise, I'm bored."

"You who fear not the heights and depths of the Earth, you are afraid of boredom? Afraid of the void the boredom might create in your life? You know, there is a void, a nothingness full of Light that exists in your heart. Right now, after your exertions, you are relaxing, right? So, here is what I propose. Close your eyes gently, relax yourself and sense in your heart this Light that lives inside of you, this life of life itself. For what you seek so eagerly outside is actually in you. Come on, let us meditate for a moment."

Amused, Seeking Heart thinks, "To close my eyes, to pause for a moment, and meditate? Well, why not? I have had so many adventures in life, I might as well try this one!"

As Pure Generous Heart warns him, nothing much seems to happen at first.

"Relaxing is nice in any case. But wait, what is this whirl of ideas, interloping, fleeting, this succession of emotions unrelated to each other? Then this vertigo, that mind suspended up there, far away, while something digs into the depths of my heart. Wait, my cheeks are wet. Is it raining? Tears? No, I am not going to cry! I don't want to cry, I am perfectly happy. Where are they coming from? These tears, reminiscent of a time long ago I don't recognize ... I do not even know why.

"It is not sadness. Perhaps it is more like nostalgia. No, not quite ... I do not know any more. Oh, but this feels so good, like letting go, leaving myself loose, giving in, plunging deeper, and then calm, something soft, tender, fresh, and warm. Maybe that's the Light this fellow is talking about. Okay, stop thinking, just be there, feel, eyes are closed, relish this presence, feel, be in the moment, ah bliss..."

Sitting side by side at the top of the mountain, the two meditators gaze at the horizon. They are still and quiet. The sun is setting, the day is receding and the shadows are lengthening. The darkness of the night descends upon them, but in their hearts the Light is still shining •



STORY BY YVES BENHAMOU ILLUSTRATIONS BY THOMAS KLEIN



Place each set, face to face, as if they are walking towards each other like this: You and your friends can 'walk the peace path' whenever there is a conflict. It is a 3-step process.

# Walk the Peace Path

On the 21 September we celebrate International Day of Peace.

Would you like to be an agent of peace in your own school or at home? Would you like to 'walk the peace path'?

This is what you will need:

- 6 big paper sheets A1 is a great size. You can also use recycled paper, like old newspapers. They work just fine!
- Red, yellow and green water-based paints.
- A big round brush.

Paint each one of the images below on a paper sheet, and make two copies, so that you have two sets of the same three steps.



- Let everyone first express how they feel about the conflict.
- 2) Next, let everyone explain how they will change in themselves so that they feel better.
- 3) Finally, have them talk about how they will avoid such a situation next time.

own part in bringing harmony and peace.

Congratulations! You are on your way to peace!



- NB The trick is not to point the finger, expecting others to change, but for everyone to look to their

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