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Heartfulness

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Contributors

Kathleen Scarboro

When Kathleen received her first commission for a mural painting from The Public Art Workshop of Chicago, it was the beginning of a lifelong career in public art. Her series of Reunion Island paintings were exhibited over a nine-month period in the main hall of the Museum of Mankind in Paris, and currently she is working on a book entitled *Painting India: Women and Color* with Catherine Servan-Schreiber and Deva Villeroy, wherein reproductions of her paintings will be accompanied with quotes derived from the works of talented Indian writers of the past and present on the themes developed in the paintings.



Llewellyn Vaughan-Lee

Llewellyn is the founder of The Golden Sufi Center. Author of several books, he has specialized in the area of dream work, integrating the ancient Sufi approach with modern psychology. Since 2000 his focus has been on spiritual responsibility in our present era and awakening the global consciousness of oneness. He has written about the feminine, the world soul and spiritual ecology. He has been interviewed by Oprah Winfrey on SuperSoul Sunday, and featured on the Global Spirit series on PBS.



Darshana Patel

Darshana is a popular and gifted healer based in Atlanta USA, who is dedicated to inspiring the world to a new level of consciousness, compassion and connection by accessing universal wisdom. She supports clients worldwide in raising their vibrations and accessing their divine power. Darshana possesses a Master's degree in conflict resolution and advanced certifications in organizational change and personal transformation. She is the host of enLight'n Up on The Lighter Side Network.





Elizabeth Denley, Rishabh Kothari Meghana Anand, Sylvie Berti Rossi Genia Catala, Emma Ivaturi

UNDERSTANDING GENDER POLARITY

Dear readers,

Imagine a relationship without differences and complementary qualities. Imagine a conversation without dynamic and receptive participants. Even more, imagine the universe without positive and negative charges. No atom would exist and no life as we know it would have ever formed. When we think of polarity as negative and positive, it is easy to accept, especially in the realm of physics, but when we think of that same polarity between masculine and feminine, suddenly gender differences involving superiority, judgment, analysis and comparison come into the picture. Why is it that we have created a society where there is no longer a natural understanding of the feminine and masculine principles in everyday life?

In recent months, this issue has come to the forefront of media debate and social consciousness with the #MeToo Movement, and here at Heartfulness we decided it would be a good moment to focus on the divine feminine and divine masculine and how they play out in our inner lives, our relationships with near and dear ones and in society at large. As well, we have part 2 of Devinder Singh Bhusari's interview on healthy mental and emotional focus in sport, a series of wonderful articles on nurturing healthy relationships, Kathleen Scarboro's art portraying the innate elegance of humanity, relaxation programs in schools in Jamaica, an overview of the global Brighter Minds program for children, and the next chapter of Daaji's Ashtanga Yoga, focusing on the essential practice of *Dhyana* or meditation.

We are always very happy to hear from you with your views and comments at contributions@heartfulnessmagazine.com.

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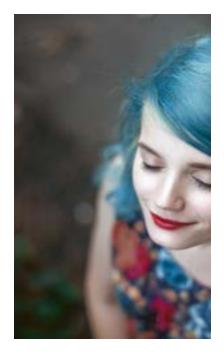
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ervice is the most important action anyone could ever undertake in the expression of love. To verbalize love can be empty and meaningless, whereas to give freely, enthusiastically and willingly of the Self is most effective in giving back to our communities. Why is this? The receiver and the giver benefit. So, in such a mutual situation love is invoked and inspiration and aspiration become a constant.

In the field of service, the lower self is transcended, giving rise to complete dependence on the Source within. It is from this level of consciousness that

faith, a most needed quality, becomes a mainstay. Life is wrought with a myriad of challenges, so in order to overcome obstacles constant remembrance is tantamount to remaining focused, confident and creative on life's journey. This is Heartfulness.

In such a state, we are carried by that which is indescribable. It is a vibratory flow of energy, which can be likened to a musical symphony. The generated magnetic field, by its nature attracts the right conditions and repels what it must in order to create right action. With the desired action the field expands. The ripple effect it creates grows

in intensity, and the vibrational effect is phenomenal. People are naturally attracted to those who portray joy, zest and interest in whatever task is being done, the result of which is determined by Nature.

The benefits of selfless service are unfathomable. The following are a few:

- Work itself teaches.
- We become skilled in the task at hand.
- We achieve mastery in our chosen field.
- Self-confidence grows as our life is transformed.
- Humility develops as strengths and weaknesses are observed.
- The art of networking increases as we connect with others.
- Teamwork is encouraged.
- Trust is fostered.
- The heart expands.
- Communities are strengthened as lives are transformed.

As ambassadors of Heartfulness, attitude, action and overall behavior spoke volumes in helping to establish The Heartfulness Way Schools' Program in the Allman Town Primary School. Heartfulness Team Jamaica entered this school on Peace Day 2017 and

since then, with the warmth and receptivity of staff members and the pupils alike, we have become a part of this school's family. With patience, follow-up and interest the relationship has developed and now we are in our second semester, visiting them twice a week.

Beautiful relationships are being formed and we are graced by brighter faces and happy hearts. Throughout our discourses, we have aimed to show a sense of responsibility and maintain a high level of professionalism. In other words, everything from the way we communicate with one another to the way we present ourselves, physically and heartfully, help in fostering a satisfying and healthy relationship with all members of the school fraternity. All these simple things foster trust, brotherhood and ongoing growth.

Observing and witnessing the transformation of the children and teachers gives the most joy.

Being in the field, I have realized the validity of the teachings of Heartfulness. It is in the field that it becomes prudent to walk in the footsteps of my Guide in order to achieve success. When we emulate his life, the





roadblocks encountered are all surmountable. Creativity and courage smooth the way.

The practice of Heartfulness is good and efficacious, but the real deal is being in the field of service where the results of the practice manifest externally to improve the lives of people, so that ultimately all of us can realize a better version of ourselves.





Feminine Masculine Polarity

The original nature, *Prakriti*, the female principle was already there. Then the masculine, *Purusha*, came into being and creation was the result of their intermingling.

Daaji





THE ROLES OF WOMEN AND MEN

What do you like most about being a woman or man?

Please share from your experience on the best ways to integrate the male and female energies in couple relationships and in life in general.

How do you see the roles of men and women evolving in today's world?



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like to think of myself as a progressive woman, while at the same time I like many aspects of being a woman. Nurturing and nourishing are the two female energies that are very strong in me, and I love being able to express them very easily.

My daughter recently asked me if love or respect was the most necessary between husband and wife. I did not have to think much: love to start with, but definitely respect as the relationship matures. A respect for each other that is earned organically with time. A respect that comes because each one understands the strength, the energy, that the other person brings into the relationship. I have always felt that this understanding is fundamental, as it allows a higher intelligence to bloom and in turn allows the energies to integrate and create a garden of sweet fragrance.

It is also important not to stereotype gender energies, because this allows for each one of us to be who we are at any given moment, in mind-heart body. It makes the relationship authentic and lively. In our home, my husband is spontaneous, energetic and fun, whereas I am slower, more careful, and like to invest in the future. Not holding on to what our energies must be and respecting them in each other has helped us integrate and create a sacred and harmonious energy balance in our home. It is something that keeps our life moving, purposeful and fun, and I feel this holds true for any relationship in life, not just

I can increasingly observe the presence of both the male and female energies in me. My practice of observing myself in a detached way has helped me in using these energies in a meaningful and efficient way. I have learnt to balance being friendly with being firm, being focused yet forgiving, being sharp but sweet tempered. Gender roles and boundaries are dissolving at a rapid rate in today's world, giving both men and women a myriad of opportunities to create the world they want - their own world and the world they live in. It's up to each one of us to flow with this shifting paradigm and see ourselves for the energies we carry, refine them through deep and reflective practices, and create our roles, be it man or woman.



DR MICHAEL KARASSOWITSCH Professor of Architecture Gurgaon, India

n most cultural traditions, one assumes it is genes that define the expression of gender, but these days gender can express ever more freely. For me gender

is not a choice I question; I treat it as natural. With male DNA I feel I am relatively less constrained - both from practical and socially induced limitations - than it appears women generally are. I feel very narrowly tied to the world in a way that seems very intense but brittle like iron. The tether is thinner than women's wide earthly foundation. I like feeling it is a brittle tie that will be snapped by other forces.

A good way to integrate male and female energies is to feel how they are versions of one energy. One would not say that the two poles of a battery are two energies. As Carl Jung noted that all of us are both genders, it is logically only one energy and that one energy is 'my life'. The integration of genders is a function of karma and attachments we have in the form of male and female differences. Generating love in myself, along with faith and confidence, will eventually relieve all differences. Practicing as a seeker is a way to enhance and accelerate that.

The change in the roles of men and women today is tectonic. In the Earth's tectonics, if one plate moves the others do too. In male and female relations there is nowhere to go. Great zones of Being are passing by each other causing a lot of turbulence and shaking. It's all within the one sphere. Male and female roles are constructs that represent attachments and the karma through which humanity lives its responsibility in this epoch. Gender is *sahaj*, like any Being. I feel that male and female roles are to realize the harmony that is necessarily always already there. To 'realize' means in this case to live the harmony rather than maleness or femaleness.



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like the creative energy that seems innate in women. I also appreciate when women come together in community. I appreciate the nurturing environment we create together and how we communicate, collaborate and share with one another.

In my experience, there is a single-minded focus and intensity to male energy while female energy tends to be broader and multi-directional. In relationships, and in life in general, both of these qualities have their place and both have value. We can learn from each other and recognize how and when to utilize each one.

In many parts of the world, the traditional roles of men as breadwinners and women as carers and home managers have largely been redefined. Women are in the working world, and men are expected to help raise children and take care of the home. Professionally women have much to offer - in general their style of management and communication differs from men and can positively affect the culture of a workplace to one of more cooperation and collaboration. Families and children can benefit from having both parents model broader roles that include working, raising children and managing a home.



SATVIK SWAMINATHAN
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he best thing about being a man is the characteristic of ego. Although ego can cause more harm than good, if directed properly it gives a sense of purpose and one-pointed approach. It gives objectivity in the depths and vastness of the human mind. It serves as a course-correction tool, in keeping us on track in the journey of evolution.

Human life is the culmination of various actions and reactions. In my opinion, the definition of a near perfect **action** is that which has minimal **reaction** to it. Just as an action cannot exist without purpose or objective, a reaction cannot exist if there is pure empathy. A man is objective by nature, which is a characteristic of the ego. A woman is empathetic by nature, which is a characteristic of love. So in any given situation

or point in time, if the male objectivity is integrated with the female empathy, we might end up with the perfect godlike action! I think this is the higher purpose of couple relationships, where this complement happens in the most natural way.

Evolution is synonymous with ascension. To ascend on the vertical plane, there is a need to experience the horizontal spectrum. In the beginning, the role of man was to hunt and protect and the role of woman was to create and nurture. In today's modern world, we have the luxury and the opportunity to go beyond these basic roles. Today a woman can go out into the world and be objective, and a man has the opportunity to be at home and learn to love. We are in an era which is suitable to explore these energies and experience the complete spectrum. The moment we have experienced the complete spectrum, there is no other way than the way upward!





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A lover's journey LLEWELLYN VAUGHAN-LEE has been on a spiritual path since the age of sixteen. Here he describes how the divine feminine opened up the wonder of love, the heart and the soul in his journey, especially following his meeting with the woman who would become his wife. Heartfulnes

A Story of the Sacred Feminine

hen I was nineteen I met my teacher, a Russian-born woman in her midsixties, recently returned from India where she had been trained by a Sufi master¹. Four years later, sitting in her small meditation group, I met and fell in love with a young woman recently arrived to London from Israel, who was to become my wife. As an intense young man, focused on meditation and aspiring to realize a formless Truth, the Sufi path unexpectedly opened me to the mystery of the feminine, and to the wonder of love, both human and divine, formless and tangible.

Coming from an English middle-class family, I had spent the years from seven to seventeen in all-male boarding schools. At sixteen I had begun practicing Zen meditation, awakening to an inner world of emptiness, which also drew me to fasting and other ascetic practices. But now both my heart and my body were being touched in unforeseen ways, and the sacred feminine began to teach me, to awaken me to her wonder, the subtleties of a love that embraces both body and soul. I was being taken out of the monastery into a garden of beauty – fragrant, seductive, full of color and passion. Over the years that followed she was to teach me about her hidden nature, how she can open a soul to the Divine, infuse it with love and

For a young man deeply in love, beauty and passion, love and longing walk hand in hand. Both the soul and the body cry for union, there are tears and tenderness. I came to know about the feminine side of love, a longing that tears apart one's whole being. Sometimes this longing was for my physical beloved, and sometimes it was an invisible, inner lover who called and claimed me. How many nights I cried, how many tears I came to know. My teacher used to say that when she came back from India she brought a small handkerchief that had once been blue but was now white, bleached from all the tears she cried sitting in her teacher's garden. Real love is a powerful poison, as again and again the heart seems to break. Only later did I come to know how this agony, these tears, are a part of the Sufi story, the way we are taken back to God by love's longing, how we are emptied of ourselves so that we can be filled by a deeper presence. In Rumi's words:

a treasure in my heart.

My heart is light upon light,
a beautiful Mary with Jesus

in the womb.

Sorrow for His sake is

longing, and so give birth to one's spiritual self. And even more profound, how she carries in her body and being the sacred substance of creation, the deepest secret of life².

¹ The Russian-born woman who became my spiritual teacher was Irina Tweedie

² What the Sufis call the secret of the word, "Kun!" meaning "Be!"

The soul's passion is deeply feminine, the cry of the heart is a way that we are purified, prepared for a love that infuses every cell of the body as well as the very depths of the soul. Love's sorrow has a potency and a transformative quality. Rather than outer austerities, on the Sufi path it is this inner agony that draws us along the way; that burns us with both tenderness and fire.

And in this deepest spiritual mystery of the feminine – from within this cry, from these tears - something is born, unexpected, beyond anything we could imagine. I remember this first experience, when one afternoon in meditation I experienced a love that began like butterfly wings at the edge of my heart, and then touched every cell in my body. Like the first kiss of one's heart's beloved, I was alive with love, tender, intense. Over the years this love would come again and again, deeper, lasting longer, until at times all that remained was love both body and mind dissolved. But this first time was a miracle I never expected. I knew the intense desire for Truth, and the intoxicating formless inner vistas of meditation. But this opening to love, awakening of love within the body, was like colors appearing in a gray world.

This feminine side of love taught me not just about passion and beauty, but I also learned many of the qualities of the feminine that later I understood as central to mystical life. Love, and a woman, can teach you about tenderness and the value of softness – how the heart has to be softened, tenderized for the Beloved. We are made soft by love, so that divine presence can be more easily infused into our being.

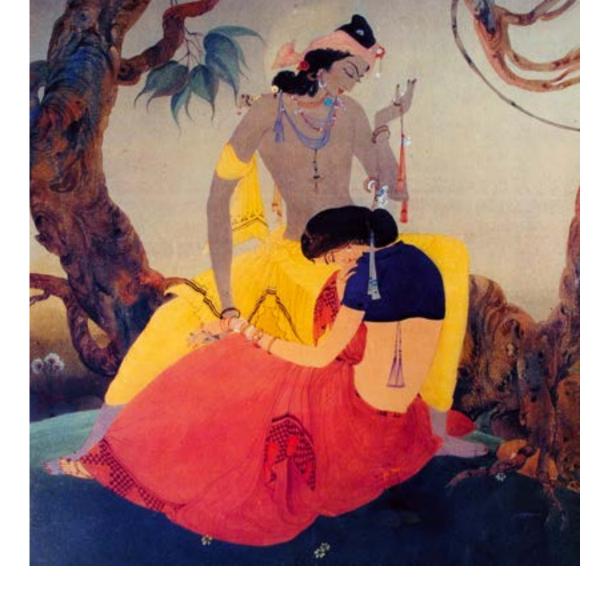
The lover also learns patience and waiting. One cannot demand or force love. The lover waits at the threshold – for days, weeks, sometimes years – knowing only longing or a dry desolation. Then one day, always unexpectedly, the door opens and love

takes you to her chamber, where sweetness turns into ecstasy and rapture, lasting for a minute, an hour, an eternity. Then, bewildered, one is back at the doorway, bliss becoming despair. And so one is made unbearably vulnerable, turned inside out, broken by love until that touch comes again and one is made whole, complete, merged back into love.

She teaches us to wait, to be patient, for the ways of the Beloved are not our ways. And she reveals the importance of receptivity, the ultimate feminine mystery that belongs to creation and birth. For a mystic receptivity is a central practice, what is called 'divine receptivity', in which we are inwardly attentive, listening and waiting for the call of our Beloved. Our heart becomes a space where we can listen with the ear of the heart, learn to see with the eye of the heart, and finally be a space for the Beloved to be born, to be a living presence within us.

In silence, receptivity, meditation, and stillness, we offer our self to our Beloved every day. "I offer to Thee the only thing I have, my capacity to be filled by Thee." Love teaches us about surrender, about giving our self. Later we learn the spiritual importance of surrender - how surrender takes us back to union - but at first it is lived, not as a spiritual concept, but belonging to the lane of love, that one-way street from which we can never return. In love we give our self again and again, we open our heart and our body, and sometimes we are taken by love, but often we feel stranded, lost, or abandoned. In our sadness, in our tears, we do not know the deeper mystery of oneness: that our cry is our Beloved's cry; our prayer is Love's prayer.

I had been taken into this mystery by the eyes of a woman and a longing in my heart. The tangle of her hair, the softness of her body, had taken and taught me what spiritual texts could not. Divine love is a spiritual and physical experience, and in



a woman the two are united, body and soul. The Indian poet and princess, Mirabai knew this secret. She was in love with Krishna, her Dark Lord, and she left her palace to dance before him. She had experienced the soul's rapture with her Dark Lord, and speaks of the body's 'hidden treasures':

O friend, understand: the body is like the ocean, rich with hidden treasures.

Open your innermost chamber and light its lamp.

Within the body are gardens, rare flowers, the inner Music; within the body a lake of bliss, on it the white soul-swans take their joy.

And in the body, a vast market – go there, trade, sell yourself for a profit you can't spend.

Mira says, her Lord is beyond praising.

Allow her to dwell near your feet.



In her words of rapture are one of the deepest mysteries of the feminine: how in her body are "gardens, rare flowers, the inner Music." This is not just erotic imagery, but alludes to the secret of creation, and the beauty and wonder that belong to this essential substance. Without this quality of the feminine there would be no joy, the magic of life would not be present. Colors and fragrances would fade into dull, gray days.

Because a woman, every woman, has the potential to give birth, to bring the light of a soul into the world of matter, she has this hidden substance, the sacred substance of creation. It is in the cells of her body and her spiritual nature. In it the visible and invisible are fused together. It belongs to the alchemy of love that is creation itself, born

out of love. And it also carries the imprint of our deep love for the Earth, for the world that has given us life and sustenance – that has given us our existence.

That so many women do not even know of this essential substance within them is one of the great unnoticed tragedies of our present time. The Eleusinian mystery schools, where these mysteries were taught for centuries, have been forgotten, and because it was an oral tradition there is no written record. And the power of the patriarchy has censured it from our collective memory. There may be a trace of it in Jesus's relationship to Mary Magdalene, who was "loved by Jesus more than others," and in the symbolism that she was the first to see the risen Christ at the empty tomb.³

The soul's passion is deeply feminine, the cry of the heart is a way that we are purified, prepared for a love that infuses every cell of the body as well as the very depths of the soul.

But these are just echoes of an ancient esoteric tradition into which so many women used to be initiated. Now, sadly, it is forgotten and women have been denied their heritage.

It is this substance that turns a simple struggle for existence into a joyous experience of life with all of its colors and tastes, tragedies, heartaches and bliss. It is the seed of life's flower – and it is present in the body of a woman. And sadly, today, because the mysteries of the feminine are no longer taught, most women do not even consciously know of its existence. They may sense its presence in the seductive power of their sexuality, but this is only a small part of its magic. Because it is not just physical, but also spiritual – spirit in matter, fused together, united, bonded in love.

My wife taught me this central feminine mystery and how it relates to the sacred within life. It is one of the greatest gifts a woman can give to a man⁴, as it can help a man reconnect with his own soul as an embodied presence within life. It belongs to the mystery of love and brings beauty, magic – the gardens, flowers and inner music Mirabai describes – but also something indefinable: "Here is the deepest secret nobody knows.... and this is

the wonder that's keeping the stars apart." It is through this simple secret that everyday existence becomes alive with a quality of meaning in which we are reconnected to life as a whole, a sparkling web of wonder.

The Earth today is dying, its rivers becoming sterile, the air polluted. Exploitation and consumerism are ravaging the planet, destroying the fragile web of life. And the inner world of the soul is also being desecrated by our forgetfulness of its sacred nature, made toxic from the effects of our greed. There is a vital need to heal and regenerate our planet, and this cannot just be done through green technology or carbon reduction. We have passed this 'tipping point', and need a deeper transformation.

Without the feminine nothing new can be born – this is a simple and essential truth. At present our world is suffering from a masculine story of separation: that we are separate from each other and separate from the Earth. To redeem and heal this we need to give birth to a story that is based upon oneness, that we are interconnected and interdependent with all of creation – an integral part of the web of life – what the Zen monk Thich Nhat Hanh calls interbeing. It is the feminine that instinctively understands all the interconnections in life, the patterns of relationship that hold life together. She has a

³ In order to deny the power of the feminine, and possibly to suppress women's leadership in the Church, the Christian Church mistakenly associated Mary Magdalene with a prostitute

⁴ It is often given through making love, and in ancient temples was a part of the mystery of the sacred prostitute

⁵ E.E. Cummings: "[i carry your heart with me (i carry it in]"

natural relationship to life's wholeness. She knows that everything is connected, not with the knowledge that comes from the mind, but from the deep knowing that belongs to life itself, to the cells of her body.

But even more essential is the need for the light held within the body of a woman, for her sacred substance, to bring healing and regeneration. This is the mystery of rebirth imaged in the myth of Demeter and Persephone that was central to the feminine mysteries, the descent into darkness from where regeneration came every spring. We are now in a time of darkness, having lost the light of the sacred in our daily lives. The simple rituals of cooking and cleaning, planting and harvesting, are no longer honored as sacred, the fires of the temples of the priestesses have long been extinguished. We need the seeds of rebirth that belong to the womb of the feminine, that sacred place where new life comes into being.

This is one of the most important contributions of the feminine at this time. It is a most vital need. Yet this innate knowing, this mystery and magic, is tragically veiled, hidden from so many women. In the West today so many women are attracted to spiritual life, and sometimes I wonder if it is because they are in search of this secret, and that they also have a part to play in the spiritual regeneration of life itself.

How this sacred substance is given back to the Earth is a secret waiting to be revealed. On an individual level, from a woman to a man, this sacred substance is given through the act of sex (though it is deeper than a solely physical act), and it is also held as an ancient instinctual wisdom within some women. My sense is that through prayer and a deep inner listening, women can rediscover

It is through this simple secret that everyday existence becomes alive with a quality of meaning in which we are reconnected to life as a whole, a sparkling web of wonder.

and reconnect with this sacred relationship with the Earth. There are many ways to pray with the Earth: from the simple act of gardening with love and care, to walking in a sacred manner, each step a lived prayer to the Earth⁶, or sitting in silence and going deep within to where our soul and the world soul meet. If I have learned anything from the feminine, it is the power and potency of receptivity, and how to wait with patience for a deeper wisdom to be given.

I have been honored in my life's journey to have been shown these qualities of the feminine and how they can be woven into life, into the stories we live. They bring a certain color into the tapestry of life – a color that awakens a dormant mystery and sense of belonging. Here life comes to know its own purpose, not as survival but wonder. And behind this mystery is the greatest secret: that life is a love affair; that it is born from love. This gift of the feminine can only be given through love, through an openness of the soul. And in relation to the Earth it can only become fully alive

⁶ "Walk as if you are kissing the earth with your feet," Thich Nhat Hanh



through our love for the Earth. The Earth speaks to the soul that She needs this spark, this light, and the woman who knows the mystery of love in her own being can respond, can give what is needed – from her soul to the soul of the world, her body to the body of the Earth.

This sacred substance in creation is life's most precious gift. We can feel it in the joy of a newborn baby, eyes still unfocused; hear it in the laughter of children; see it in the beauty of a rainbow; taste it in a simple meal cooked with love. It is all around us in life's unending multiplicity, always recreating – the miraculous ways the sacred takes on form. The lover can experience its power and magic, deeper than bliss, through merging with his beloved. It brings together the soul and the body, and holds them both in love. In the Earth it unites Her body with Her soul, the *anima mundi*, known to the ancients. Through ritual and reverence, this communion was kept alive by the priestesses, by

those initiated into the secrets of creation. And now as a light is going out, as the world is becoming covered by the dark dreams of materialism, as our relationship to the sacred is fading away, we need this reconnection, this return to love. There is a cry, a calling for the feminine to help in its healing and rebirth, for the sacred to come alive in a new way, for a new story for the Earth and all of humanity to be told.

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Our rigina Nature

DAAJI explores
the divine feminine
and masculine principles
in Nature, *Prakriti* and *Purusha*, and the importance
of honoring and embracing
them both as the complementary
currents of life.

hat was our Original Nature? What were we before we were sent into this adventure? In the beginning there was indescribable and indefinable darkness surrounded by darkness; darkness all around. Space was full of darkness. Imagine if you were to remove all the galaxies, stars and planets from space, would there be light? It would all be empty space in total darkness.

This was the state of perfect balance, and when that balance was disturbed because of the will to create then creation started. So our Original Nature is absolute balance. There is nothing much to describe. That balance is possible when we remain centripetal, moving towards the Center.

One of the Indian goddesses, Mother Kali, is considered to be the mother of all. She is depicted as absolutely dark and is worshipped like that – as original darkness. Here we see the idea of Kali symbolically reflecting the Original Nature of things before creation.

It was this Original Nature that became the cause when it mingled with *Purusha*, with the divine masculine principle, and thus creation set in. The Original Nature, *Prakriti*, the divine feminine principle, was already there. Then the masculine principle, *Purusha*, came into being and creation was the result of their intermingling.

The Original Nature, Prakriti, the divine feminine principle, was already there. Then the masculine principle, Purusha, came into being and creation was the result of their intermingling. So returning to that Original Nature is about nurturing feminine qualities in us, the most important being receptivity. The energy flow in the feminine is constantly going inwards.

So returning to that Original Nature is about nurturing feminine qualities in us, the most important being receptivity. The energy flow in the feminine is constantly going inwards. The masculine energy is different. When the current started descending from above, there were the positive and negative, Purusha and Prakriti, the male and female currents. Without this polarity, the currents of creation could not have gone forward, and the flow that was created by this burst is still continuing. Creation has not stopped. The creation of souls still continues. Imagine the billions of souls that have been created at various moments. Will their vibratory patterns be the same? Will the patterns be the same for souls created millions of years ago and those created now? Will they have the same potency?

Another way of looking at it is like this: if you meet someone whose soul has come 100 years after yours, will you easily resonate with them at an energy level? It is just a question, and I am not postulating anything, but those souls that emerge at the same time will have almost the same vibratory pattern. Let's call them twin souls. Can you imagine that those souls are able to be together more easily without fighting, always being loving towards each other? Actually that is a very limited view of looking at this concept of twin souls. It is a human concept. If we are able to develop a perfect loving nature, then that

nature will resonate with every other being across the full spectrum, but for twin souls that were created at the same moment it is very easy to fall in love. They are called soul mates.

So when creation manifested out of the Original Darkness, the original currents went outwards from the Center. Wherever there are stars, we see brightness; brightness is a created thing. We also form the network of our own creation, our individual existence. When we miss the original state of balance, and our thoughts start turning inwards, it is an opposite trend. In meditation, we are going inwards towards the Center. We fold our limbs so that they contract inwards, instead of expanding outwards. In the meditative state there is an enormous state of absorbency inside. We are absolutely focused inside. We are trying to achieve that perfect balance, by sitting properly with the right attitude.

The spiritual journey is back towards our Original Nature, and it is possible when we dissolve our individual network. The universal plan goes on continuously expanding. Our plan is to take an exit and return with greater potency to the Center.

The function of education is to teach one to think intensively and to think critically. Intelligence plus character – that is the goal of true education.

Martin Luther King Jr





EARNING EFFECTIVENESS

Children all around the world are benefiting from the new learning skills that have emerged as a result of modern neuroscience. Here we learn about the BRIGHTER MINDS experience, which not only enhances intelligence but also intuitive and creative capacities in children and supports neuroplasticity.

"The capacity to learn is a gift; the ability to learn is a skill; the willingness to learn is a choice," says Brian Herbert. Can we improve all three? How much of learning is predetermined and how much of it is moldable? What really goes on in the brain when we are learning something? Are there any tools and methods to continually enhance learning effectiveness and experience? We at Brighter Minds have been exploring these questions.

Recent advances in the field of neuroscience. particularly brain neuroplasticity, suggest that learning is continuously possible. The process of learning is an outcome of connections and reconnections between 80 billion brain cells or neurons that the human brain is made of, with each cell having a potential of making several thousand connections with other cells. Learning in a way is directly proportional to the number of connections possible in a child's brain. Scientists have observed that the connections start happening soon after birth. Initially it happens at a rapid pace of 2 million connections per second, and by the age of two the brain has made over a trillion connections. Thereafter the connections start pruning, particularly those that are not used, and by the age of 12 50% of the connections are lost.

So the exposure any child has between the ages of 2 and 12 decides how much of the brain stays

wired; hence, how much learning is possible. It also tells us that this is an important age group that needs attention. Recent evidence indicates that appropriate tools and training in a conducive environment can stimulate neuroplasticity in the brain during this age and beyond.

BRIGHTER MINDS PEDAGOGY AND TOOLS

Inspired by the vision of creating a brighter world for tomorrow, and taking cues from these latest advances in neuroscience, the Brighter Minds team has developed an innovative cognitive training program for children. Our mission is to inspire and equip every child with tools and methods to enhance cognitive functioning for achieving personal excellence and to instill self-confidence. The program enriches a child's intelligence quotient (IQ) and emotional quotient (EQ), which is recognized as a vital element to effective problem solving in today's world.

The Brighter Minds (BM) pedagogy is rooted in the neuroplasticity inherent in our brain. More specifically, it involves the four pillars of calm mind, loving environment, multi-modal cognitive training, and sensory substitution.

Calm Mind

"Fiona, calm down and focus. Relax and concentrate on the topic. You are too restless and distracted," said her teacher.

"How do I calm my mind, Ma'am?" asked Fiona "It seems to have a will of its own!"

How many of us have ever been given a practical technique to actually calm ourselves and influence our learning in a profound manner? Let us explore this need a bit further. A calm and relaxed mind is known to rejuvenate the sense of observation in both children and adults. Improved focus creates a heightened self-awareness and also sensitivity to our surrounding environment and empathy towards individuals around us. This also enables a better understanding in relationships and overall self-confidence. There is enough evidence to suggest a calm mind is a creative mind with high potential. People who meditate are known to have more neural connections between various areas of the brain, particularly those associated with attentive focus, self-awareness and auditory and visual processing. In our own research at BM, we have found that children attain a deeper level of relaxation and sleep while a specific frequency of soothing music¹ is played in the background. After waking, they learnt new tasks efficiently and a qualitative test indicated neuroplasticity in their ability to sense their world.

In the BM program, children are guided through techniques such as the Heartfulness Relaxation and other simple and effective breathing techniques of traditional Yoga, which activate the parasympathetic system. A patented alpha-frequency music that entrains the child's brain to the 8 to 12 Hz frequency in the EEG signal-band is also played during each session. Research findings reveal that children attain a



deeper level of relaxation and sleep while music of this frequency is played in the background, and after waking up they exhibit heightened levels of learning abilities.

Loving Environment

A stressful environment skews the emotional balance of the children towards unhealthy limits, making them reactive. Negative feedback, peer pressure, unrealistic competition and expectations, and any other stresses are known to affect the mood and overall emotional stability and balance in a child. Continuous stress is known to affect the structure of the brain, which in turn affects learning. In contrast, love, positive suggestions and confidence in the child's ability have a transformative effect on their emotional stability and balance. Meditation and physical exercises are known to reduce stress in individuals.

¹ The mobile app is available for free download on iOS app store and Google Play Store.

Facilitators of the BM program generally meditate regularly and are patient, inwardly serene, and intuitively feel and understand the needs of children effectively. The quality of verbal communication is positive, encouraging, appreciative and devoid of any negative suggestions. Instead it focuses on building self-confidence in children. Parents and caregivers are encouraged to participate with the children during their weekly practice in order to increase social and familial bonding. A 10-minute circle time is observed at the beginning of every session, where the children and the facilitator visualize self-affirming, positivity-reinforcing suggestions with closed eyes, as well as deep selfempathy and self-acceptance. Fun and motivational videos and messages creating laughter are played during sessions, and at the end children are encouraged to express their feelings and emotions through diary writing and drawing.

Multi-Modal Cognitive Training

The third pillar of the Brighter Minds pedagogy is built on the first two, namely, a calm mind and a loving environment. A recent scientific report published in Nature journal shows clear evidence of enhanced learning through multi-modal training in the form of cognitive, physical and neuroscience interventions. The BM program takes into account all three interventions, that is, physical exercises in the form of dance and aerobics, brain exercises that involve complex motor skills with both hands and legs that engage both the brain hemispheres, and other cognitive challenges.

Sensory Substitution

The fourth pillar of the BM transformative pedagogy is the often surprising form of neuroplasticity known as sensory substitution. Professor Paul Bach-y-Rita said, "We see with our brains, not with our eyes."

It is the brain that sees, hears and senses touch, taste and smell hence we can rewire the brain to see with the sense of touch or sound and so forth. While Bach-y-Rita reported these studies on people with sensory deprivation or handicap, BM reports sensory substitution in healthy children using simple blindfold exercises. This is observed to correlate with children's improved creative and intuitive abilities.

After observing more than 6,500 children exhibit sensory substitution, it is proposed that the relaxing techniques have a big influence on their ability to exhibit sensory substitution or augmentation. The key observation is that the sensory substitution in children often occurs in parallel with changes in their behavior, such as improved observational capacity, empathy, creativity and intuition. Children have shown improved emotional and social maturity as a result. They are better equipped to tackle intellectual and social challenges, for example, they are able to deal with peer pressure, bullying and the ubiquitous stress of examinations more effectively.

These tools and techniques are mediated via neuroplasticity over a period of 9 weeks, and the changes are expected to last a lifetime if they are regularly practiced and inculcated into their lifestyles. This prepares the children for the often emotionally turbulent teenage years when the prefrontal cortex is still under development. Building on the BM training, the child is better prepared and equipped to dive into more advanced meditation techniques after the age of 15 years, which supports them for a lifetime.

RESEARCH AND FINDINGS

While each component of the program has been picked up after a thorough review of the scientific

literature, there is a team of neuroscientists, doctors and other experts who are continuously undertaking research to understand if BM as a whole, as an integrated package of tools, is effective in producing the change expected. The initial experiments and research not only helped in designing the program, but they also showed encouraging results. Parents reported improved focus, comprehension and memory, emotional stability, self-confidence, empathy and calmness among their children who participated in the program.

One of the parents and facilitators, Upama Rajasekhar, says, "My son changed and developed so much in just two days of the program that we felt this is something all children in the world should experience. We are awed by their abilities to learn faster, and the way their memories improve. Their intuition develops and this leads to better confidence in everyday life. These children have a pleasing personality; we feel so empowered around them."

While the results from the initial phase were positive and encouraging, they were primarily observed in children of parents who were already motivated - from tier one metro cities and from upper socioeconomic strata. In the next phase, the program was expanded to include children from economically disadvantaged and rural backgrounds. During the year 2017, the Mahabubnagar District Administration, Telangana, India, permitted training of 2,500 children across 12 residential schools in the district. External researchers were engaged to evaluate the effectiveness of the program, and a multidisciplinary team with backgrounds in public health and evaluation, psychiatry and psychology came together, developed standard and objective tools and metrics, and administered cross-sectional surveys before and after the children underwent training.



They observed that the attention ability of children improved significantly by 48% in 8 weeks, the time taken to achieve the results improved by 21%, and their observation ability improved by 43%. The children also reported deeper aspects of the test object, such as emotions and feelings, in relation to their own personal experiences. The memory tests revealed positive changes in terms of both immediate and delayed recall. In addition, the teachers reported during focus group discussions that the children were calmer, more expressive and participatory in classes; showed improved attention span and concentration and reduced distraction; were less hesitant in talking to teachers in class, reflecting improved self-confidence; and exhibited improved memory and self-discipline. The teachers also expressed that the program should start in the beginning of the academic year so that the students benefit more with their academics. As a result of the positive outcomes of this study, in the relatively short period of less than a year, close to 2,500 children were covered under



6500 CHILDR

AUSTRALIA BELARUS

CANADA

CHINA

DENMARK

FRANCE

INDIA

ITALY

KUWAIT

MEXICO

RUSSIAN FEDERATION

SINGAPORE

SOUTH AFRICA

UK

USA





WORLDWIDE 320 LEARNING CENTERS

750 TRAINED FACILITATORS

EN UNDER BRIGHTER MINDS





Here's what some of the children around the world have to say:

"I am Sharad Babu, aged 13. The program has instilled confidence in me and I am no longer scared of anything; I am more courageous now. The largest benefit I found was that I was able to concentrate much better in class and finally come to an understanding of the subjects. My memory power has improved and I have been able to increase my grasping power, so I don't need to study so hard for exams. I am calmer now and more relaxed in any situation. I have developed a good sense of observation. Wherever I go, I can read the atmosphere and act accordingly. The best thing I liked about the program is that it helped me increase my intuition and cognitive skills. I am much more positive than before and I don't let negativity affect me."

"My name is Meghana. I am a student of Year 7. I remember the most difficult part was to read with my foot. I would feel it letter by letter and eventually the word would just materialize in my head. Earlier I would get angry easily, but after the course I don't. I just think how the other person would feel when I get angry at them; I put myself in their shoes. It used to be hard for me to talk

to people, now I approach people the way I want to be approached. I also remember how hard I used to find the unseen comprehension passages in exams, where we had to answer questions on that passage. Now it's just clearer in my head and within two minutes I have the answers. A year back poetry was all about getting the right rhyming words, but now I try to convey a message through those words. I can do homework faster now. I can concentrate."

Bharat from Sydney, Australia says, "I was a little selfish, but after a while I learnt how to get along with people and how to share. Brighter Minds has made me a much nicer person, it has made me closer to my friends than I already was."

"When I was undergoing the training, the most noticeable change was that I started trying to understand the world more. My favorite part of the course was the activities towards the end of the session, which allowed me to see how I was improving week after week," says Mihika, also from Sydney, Australia.

Initiated in India, BM is now present in 12 countries across Asia, America, Europe and Africa. The program has successfully demonstrated results in different contexts. While high levels of acceptability and satisfaction both by parents and trainers are noteworthy, sustained changes in cognitive and emotional traits are dependent on motivation among parents and caregivers. The Mahabubnagar experience proves that these programs are scalable and replicable in large institutional settings in a fairly short span of time. Brighter Minds thus presents itself as a unique and innovative opportunity for parents and educationists to make a difference in the cognitive abilities and lives of children.



Intellect - Logic & Reason

In the previous 5 articles of this series, RAVI VENKATESAN explored feelings and emotions of the heart, as well as the role played by our ego in negotiations. We learnt ways to observe ourselves better and manage these aspects so as to improve our heartful negotiation skills. In part 6, we learn the role our intellect plays in negotiations, and how to manage this faculty.

Intellect – our mind's tool for analysis and decision-making

To understand the functioning of our intellect better, we need a conceptual model of how it works with the rest of our heart-mind vibrational field. We have thoughts, feelings and emotions. These are not physical things, but they are part of us. Since they are not part of our body but are part of us, we say in a broad sense that they are part of our mind. However, as we get more granular, we realize that the mind functions when we are conscious, so we have something called consciousness. We also see that while our mind produces thoughts, some part of us evaluates people, situations, ideas etc., performs analysis, applies reasoning and makes decisions. We call this the intellect. We also know that we have an ego, which maintains a mental model of ourselves, which it is constantly updating, based on interactions with the external world

THOUGHTS & IDEAS

Ego perception - Me vs We Intellect - Logic and Reason Mind - Ad hoc ideas and wandering

FEELINGS & EMOTIONS

Clarity vs Doubt

Fear vs Courage

Love vs Anger

Peace vs Restlessness

Greed vs Contentment

PRIOR DISPOSITION

Worries and Concerns Desires Likes and Dislike Guilt



and based on internal inspirations. We therefore end up with four main things: mind, intellect, consciousness and ego, which work together to accomplish what we may call mental processes.

The intellect is that part of us which is most similar to a computer. It receives inputs, performs computations based on logic and reason, by using these inputs and a database of past knowledge and experience. It does not however possess a moral compass, and many times the struggle in negotiations is not when and how to use the intellect, but rather when and how not to use it. To understand the role played by the intellect in negotiation, consider a scenario where Karen, Pooja and Clark, board members of a homeowners association (HOA), are debating whether or not to increase the monthly fees.

KAREN: We have kept the monthly HOA fee the same for the last three years, so we have to increase it at least 10% this year.

POOJA: Our fees are already higher than other HOAs in this area. If we are able to manage our costs, why burden our homeowners with higher fees?

CLARK: I think Pooja's point is logical. Why should we increase fees if we are already higher than most? It will only upset our residents, and we may not get elected next time.

KAREN: I agree with your logic, but we provide more services than other HOAs. Our landscaping is much better than others, and we provide plumbing services without extra cost. The cost for these vendors is going up, so is it not reasonable for us to charge more? Also, if we keep the fees the same, then we will have to drop some services, and this may also upset our residents.

POOJA: I still think that a cost increase will be difficult for our residents to accept.

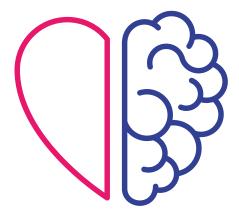
CLARK: We have a lot more elderly residents in our neighborhood than others. They will not be able to pitch in with landscaping and plumbing like residents in other neighborhoods. I feel that if we explain this to them then they will probably understand the increase in costs. Would that not be the right thing to do?

POOJA: That does feel like the right thing to do.

What you see in this negotiation is that for both Pooja and Clark the intellect takes over early. This is also fed by Karen opening the negotiation with a fact that is naturally evaluated by both Pooja and Clark. Later, though, Karen blends this fact-based, logic- and reason-based intellectual approach with empathy. By putting herself in the shoes of older residents, she strikes a chord with the others. The key is not to avoid intellect-based reasoning and logic, but rather to complement it with intuition, inspiration, empathy and conscience. In simpler words, refer to the heart for guidance on what is the 'right thing to do' in any situation versus the convenient or the logical thing. The intellect is no doubt useful for understanding and analyzing all the facts, but a purely intellectual argument will seldom be as effective as one complemented with a heart-based decision, which also feels right.

Here are a few tips on managing the intellect:

- In your next interaction or negotiation, as your intellect automatically kicks in, observe in order to evaluate facts, and then apply logic and reason.
- Purposefully add empathy and put yourself in the shoes of whomever you are negotiating
 with, or key stakeholders who may not be directly part of the negotiation but will be
 impacted by the outcome.
- Be alert to whenever you are coming across as too intellectual, too cold or too unfeeling.
- Complement your intellectual reasons with a heartful approach. For example, "We should give in on this, in the interest of building goodwill," "Adding this one additional benefit will ensure that our customers are not just satisfied but delighted," and my favorite, "This feels like the right thing to do." Observe the power of using these types of statements. Note: you have to mean them! Faking doesn't work with heartful negotiating.



There are many clever and intelligent negotiators who use their intellect to make excellent arguments and points, and often think that they win negotiations. In reality they leave a lot of value on the table and fail to build longterm relationships that can lead to longer term success with high stakes negotiations. They don't balance the intellect with guidance from the heart. Practice the above suggestions and see how these improve your effectiveness in negotiations. In Star Trek terms, be Kirk not Spock!



We need to accept that we won't always make the right decisions, that we'll screw up royally sometimes – understanding that failure is not the opposite of success, it's part of success.

Arianna Huffington





Ace tennis
player and
coach DEVINDER

continues to share his insights on the right perspective to sport. Here he talks about how to manage stress and pressure on and off court, and brings a whole new dimension to the art of competing and the role of parents in encouraging their children to accomplish their dreams.

What does health and fitness mean to you?

One of the best parts of my journey in Shaishya is that I also deal with the coaching of adults. By adults I mean anyone who is over 18 and who is learning or playing tennis just for the social or fitness part of it. I see so many people take to sport for fitness and wellness - to keep the body fit. When I say 'fitness' or 'wellness', there is of course the physical part; you exercise your whole body to ensure that you are able to use it very well throughout the day. The other part of wellness, which people often miss out, is the mental or the emotional part. I see so many players who come to us in the morning to play a competitive set and if they lose they are in a bad mood throughout the day. And actually they play tennis to start off the day in a good mood. So these are misplaced priorities, you know, misdirected ambitions.

If you watch tennis matches, sometimes you will see players with a frown on their face and clenched muscles. You can see the tension written all over their faces. I keep telling my students, "Why can't you sing a song between points?" or "Why

can't the racquet become a guitar for a moment?" Why can't you maintain a sense of humor in the middle of a match?

That's such a beautiful perspective, especially towards sport. Can you elaborate?

When we talk off-court, the kids who come to me for counseling share that they feel a lot of pressure. Normally the fear is of losing. So one of the ways they know they are handling the pressure, fear or nervousness well on court, is if they can maintain humor, if they can smile. The same applies to life also. In life, too, we have our share of challenges. Can we smile through them, accepting them cheerfully? So I tell my students, "In the middle of matches, can you smile? Or for a few seconds why don't you sing a song under your breath? Because if you can maintain that perspective in the middle of the match, we know that you are handling pressure well. You are just being yourself, smiling your way through it." That's what life is all about, isn't it? Accepting things cheerfully with a smile, even when they are tough. And if these kids are

going to learn it here at such a young age, they will be very well prepared for life – which is the beauty of any sport. It prepares you for life.

Well, stress is synonymous with sport today all over the globe, and this is such a lovely perspective - to keep it light and humorous. Is there any other tip that you can share to cope with the stress and pressure of competition and stay cool while playing tennis or any other sport?

To answer this question I would like to go back a little ... My father used to give me a lot



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of books and say, "Treat these books as your coaches." So I used to read a lot, and two or three books have stayed with me. One especially stood out, and that is *The Inner Game of Tennis*. It dives deep into your personality, what is happening inside of you, the awareness that you should have while playing a match. I picked it up from an old bookstore on one of my birthdays and it shaped me; and I call it 'The Bible of Teaching and Learning Tennis'.

Wow! Who is the

It is by W. Timothy Gallwey. The author himself was a tennis player and the book was a bestseller. He then went on to found the Inner Game Institute (www.theinnergame. com), and subsequently to write other books called The Inner Game of Work, The Inner Game of Music with Barry Green, and The Inner Game of Golf. It all actually started for him with tennis. Another great book is The Mental Game - Winning at Pressure Tennis by James E. Loehr, who is a pioneer in sports psychology. Some of the things that I have shared today with you regarding the right perspective are from this book, and I share

them in my counseling sessions. I have developed lesson plans for a curriculum, for group and individual counseling, from these books and also from my own experience, and when any child comes to me with a particular problem I have material ready to talk about.

Now coming back to your question of handling stress, what I have found to be true is that we need some amount of stress or nervousness or pressure, which is positive and which is required to get things done. For example, if there are no deadlines no work can happen. If there were no exams, many kids would not study. And if there were no matches, a lot of kids may not think of improving themselves. So this little bit of pressure is required to get things going. Some amount of it shows that they care. But many kids are happy if they win and sad if they lose. I think that is the wrong equation. Not equating winning with happiness needs to be constantly reinforced, because parents and others will be happy if they win. If they lose they think something is wrong. How do we ensure that the kids are still happy even when they lose?

Most stress comes because once they enter the court their whole focus is on winning the match,



proving, "I am better than the opponent." But there have been so many cases where I have won a tennis match and have not felt good about it because I didn't play well. So I keep telling the kids, "If you've won a match, it only tells you that on that day you played better than the other person. It does not mean you are better than the other person. There may be other days when your opponent plays better, so you have to face that too." So all this comes down to the fact that you are not approaching the sport with the right perspective.

At the end of it I ask them to remember that it's just a game, and you play it for fun, fitness



and a lot of other benefits. like better concentration and other physical abilities. Once they remember that it remains the base, and all the negative consequences and complexities they develop because of the sport will go away. Then they will start enjoying the sport a lot. I mean you can be a champion yet not enjoy the sport. You might as well be a happy person, maybe not playing at a high level, but that's completely okay. And if you can play at a high level, always keeping a smile on your face, there's nothing like it. That's the best!



ambition in achievement and excellence?

In Human Resource Management we have a theory of external motivation vis-àvis internal motivation. When we are children, any example that motivates us to do better. to excel, is good, for example, seeing someone holding a trophy. But it's very clear for me when I play a match, that if I enter with positive emotions like the desire to excel, to play my best, I will also not feel a lot of pressure because I am positively motivated. I am negatively motivated when all I want to prove is that I am better than the other person. So if ambition is

about being number 1 – winning this tournament, winning this trophy – if it's about ranking, it is going to put a lot of pressure on the child, which in turn can lead to a lot of negative emotions like anger, frustration, nervousness and everything that goes with it. This is also what the sports psychologists say.

Luckily, in my case, with the books The Inner Game of Tennis and The Mental Game, and with meditation, the perspective changed from outward to inward. When I look inward and the ancient Indian literature is replete with this saying - I realize that my opponent is not someone outside me. Even on the tennis court, my opponent is not actually someone who is playing against me. If my opponent is inside me, he has to be myself: How can I better myself? How can I defeat the negative tendencies that I have within me? How do I overcome the fear and nervousness that are there within me? Because I know that if I overcome these well, I will be able to respond better to the things my outside opponent is challenging me with.

And that is where I believe aspiration comes in, because it is to become something inside and not something outside. Outside, the world will take care of itself, but if I am becoming a better human being, if I am trying to change myself every day, if I am trying to become a positive person and find ways to overcome my own negative tendencies, ensuring that I become more and more positive, more and more loving and happy on the court, that is a sportsman's spirit. I think those kids who are happy inside and have the strength inside are the only ones who are able to show good sportsman's spirit in the most challenging situations.

I'm sure that we're going to come full circle with this question. We have been speaking throughout about the right perspective that children can have towards sport. Can you share with us your ideas about the

parents' perspective while encouraging their children in any field?

A great question Meghana. Since I am also a parent of a three-year-old boy, I keep looking to this time and again. I would actually like all parents to encourage their children to develop in more than one field, honestly speaking. Academics is great, but what else? And I am not speaking just as a sportsperson right now. The initial push always comes from the parents because at a very young age the child may not have the wisdom to decide. So whether it is sports or music or dance or robotics or any of these, the initial push always comes from the parents because the child looks up to their parents. I think it's very natural for a child to follow in their parents' footsteps and also to make them happy.

Having said this, there might be various stages that come in life. For example, as a parent you might be the one initiating this, but that doesn't mean you will be the coach throughout. A lot of pressure comes when the child tries to meet parents' expectations. Our job as parents is just to give them the initial push, to provide them an environment which is supportive, to support them financially, to support them wholeheartedly, even if that means investing a little time in it, and to be there for the child.

You may have a vision or a dream for your child and hopefully your child will share that dream, but if they don't, that should also be okay. Because at least that means the child is someone with their own perspective, who knows their strengths and what they want out of life. If







you give them those kinds of values and raise them in the right way, the child will take proper direction and will do things that are great for them.

This dimension that you've brought to sport is really wonderful, Devinder. Is there anything else you want to add?

We were talking about managing various duties, and this is one part of my life where meditation is helping me a lot. In fact, I have been struggling with this question for the last two years. A solution came by itself: doing all these duties of a Heartfulness trainer, tennis coach, counselor and a parent, fits in beautifully with meditation. Just being involved with the pursuit of the highest

possible goal is taking care of a lot of other things.

Thank you so much, and I wish you all the very best in your sport and in your work as a mentor and trainer.

Thank you, Meghana.

Interviewed by Meghana Anand





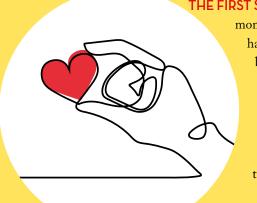
TO A FULFILLING AND LOVING RELATIONSHIP

48 NATALIA KALENOVA

has learnt techniques of spiritual healing, intuitive healing, energy work and psychology in the UK, from Joe Dispenza in the US, and in Russia from the Institute of Innovative Psychotechnologies and an energy coach and healer. Here she explores 7 ways to develop healthier and happier relationships.

t took me about 5 years to realize how to manifest the relationship of my dreams. Traveling and working in different parts of the world I realized that most of us suffer from similar issues and that relationships are an ongoing and interesting topic that we strive to understand and learn more about. Both women and men in the USA, the Dominican Republic, UK, Switzerland, Greece and other countries suffer from feeling unloved, lonely or being in the wrong relationship. They strive for a loving and fulfilling relationship, but feel like they are always attracting the wrong people.

After doing some research, and working with healers and energy coaches around the world, I have created 7 steps that have helped me and others to bring relationships to a higher level — a level that we hadn't even imagined possible in life. I believe that it is possible for everyone to have a loving and fulfilling relationship. It is just a matter of healing, learning, appreciating, accepting, and reshaping our mindset.



THE FIRST STEP is to accept and be grateful for what we have at the moment, because what we are experiencing at the moment has been programmed by us in the past. By 'programmed by us', I mean the thoughts, words and memories that we carry from the past in our subconscious mind. Some of them we might not even be aware of, as they are hiding deep in our subconscious. Accepting and being grateful help us to move forward in life by loving and letting go of the past. It is all an experience that has been created for our good.

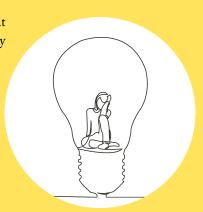
THE SECOND STEP is to be grateful and thankful for our present and past relationship partners, whether we see their role as good or bad. I do not differentiate between bad and good because both are necessary and bring us amazing experiences. Our partners have just been mirroring the mental programs we have in our conscious and subconscious mind. Moreover, our partners have been helping us in our spiritual growth. To move forward in life, it is essential to understand this and be grateful and thankful for all the actions of others and bless every single person for coming into our life.



THE STATE OF THE S

THE THIRD STEP is to clean all the past memories, thoughts, painful experiences, and let go of what doesn't serve us anymore. We can access our subconscious mind to heal and change the past memories. When we carry a memory, we can reproduce it or it can create an unpleasant sensation, even depression. Past experiences can attract present or future experiences, so it is essential to clean memories that don't serve us anymore. When we have those bad memories, like pictures in our mind, we are creating depression. At this stage, we may consult a healer or psychologist to help us to clean past memories. There are different techniques that can be used.

THE FOURTH STEP is to reprogram the mind, installing what we would like to manifest in our life. We can work with our daily thoughts to understand deeply what we are thinking and how we can change it. For example, if we think that men are all the same then we will create a future where all men will be the same. We can work on this by instead thinking, "There are a lot of great, loving and understanding men in this world." Remember, our thoughts create our reality. Even if we experience discomfort in the beginning, it is a practice like learning to ride a bike where we can fall and hurt ourselves, but keep practicing so that in the near future we enjoy riding.





THE FIFTH STEP is to balance the energies between our partner and ourselves. Most of us like to have a balance between work, love life, family time, health and sport, and time for our personal development. This is one of the essential steps, because by balancing our relationships we can enjoy all areas of our life. Meditation and other spiritual practices can help to access these changes. When we balance ourselves, we automatically help to balance other people around us, especially our loved ones.

THE SIXTH STEP is to note how we see our relationships. Every day my partner and I go for a walk, holding hands and enjoying the beautiful morning freshness. We enjoy our loving relationship, and I can see that my partner is enjoying a healthy lifestyle. From my experience, when we focus on what we like in our partner, then our partner becomes what we see.





THE SEVENTH STEP is to send positive energy to our partner. We all can experience bad moods or just have a gray day, and it helps to support one another when we are feeling this way. We observe the situation without getting involved. You can go to a different room or even stay next to your partner and imagine light coming from the universe and going through your partner, healing and balancing energies. There is no point arguing or getting involved when you can simply heal.



ords are directed energy. What energy do we bring to our relationships with our words? Does that energy nurture greater harmony in our relationship? As individuals, we operate in the context of relationship to others; we are interconnected. Thus, the quality of our life experience is deeply affected by the level of harmony or discord in our relationships.

g Harmon

Non-violent communication invites the consciousness of interconnection – the awareness that we are all tethered by a flow of energy, which we overtly direct with our words.

Once we recognize and become accountable for the energy we bring to the interconnected web of relationships, we may then bring a greater level of consciousness, or awareness, to the level of joy, harmony and authenticity that we experience in our relationships.

If we are going to weave greater harmony with the words we offer, it is worth pausing for a moment before asking, "What is my intention in communicating?" For example, one intention might be to "offer another perspective" versus to "defend my actions". Imagine that an intention is an energetic container in

Imagine that an intention is intended energy. What energy do you want to bring to your present conversation and interaction? What space can you hold to allow for the peaceful exchange of information? What feeling do you want to amplify in the exchange?

which thoughts, actions, and communication exchange all take place. Create an intention that invites the mutual experience of empathy.

Imagine that an intention is intended energy. What energy do you want to bring to your present conversation and interaction? What space can you hold to allow for the peaceful exchange of information? What feeling do you want to amplify in the exchange? The practice of experiencing life as interconnected energy begins to build a deeper awareness of

our emotional state and the cognition structures that shape our communication experience. We each live in our own reality, shaped by our consciousness – the degree to which we're aware of our awareness. As we build the muscle of intention, we naturally open the aperture to greater compassion.

We are wired as humans to be empathic, to be sensitive to the energy of emotion. In relationships, we are satisfying core human needs, such as wanting to belong, to be seen, to be heard and to matter. We want to be understood, and the bridge between our inner and outer world is communication, both verbal and nonverbal. To offer empathy is to take the time to connect with what we and the other person are feeling - our internal state - what we and the other are needing, and the qualities of life that we are seeking.

For example, in a heated conversation, you could say, "I really sense that you're frustrated about this. Is that what you're feeling? I imagine some clarity and support may be helpful?" Empathy is a process. It's an energy exchange that often goes back and forth with the intention of connection, and this naturally builds harmony.

As society grows in complexity and diversity of thought, so must our empathy - our ability harmonize energy information. Empathy is about 'vibing with', literally resonating without judgment or resistance in order to allow the energy to flow. And naturally tension releases. We feel better. We breathe a sigh of relief when we connect with what we're feeling. We name it. We explore it. We release it. Empathy requires suspending our meaning-making to be present to what's being expressed within ourselves or another. Empathy is the back-and-forth of exploration, to uncover the emotion that is unresolved.

It is easy to fall into 'scripts' with the people closest to us. What we say, how we say it and when we say it takes shape into patterns. There is a comfort in predictability, like the brief exchanges in the morning family ritual. However, as we grow as individuals in self-awareness, our intimate relationships often need to evolve along with us. In seeking to express deeper levels of our authentic self, we can break old expectations and patterns of communication by first being present. Check in to the conversation. Check in to the relationship.

We measure so many things in our lives, and we know our bank account balance at the end of each day. Why don't we measure the levels of joy and authenticity in our relationships and get real with that balance? We can break the cycle of limiting patterns or old cycles of expectations by being present, conscious and real to the people in our lives. Disrupt established scripts by changing the typical dialogue exchange. Talk about a new topic. Tell them how your day really was. It really is as simple as speaking from the heart. If we want to break the patterns that limit us in any way, simply speak from the heart and then keep responding from the heart.

Mobile devices and Artificial Intelligence (AI) technology are constantly shifting the landscape of communication. Something surprising that I'm noticing is the acceleration of ideas through the collective consciousness as a result of technology. As we allow ourselves to be constantly tethered to the collective web of global consciousness through communication devices, we are deprived of the quiet stillness of our own inner intuitive intelligence. With today's technology, our individual brains are like computers wirelessly connected to a master computer (AI) that gives us a constant drip of news and noise with some bits of quality communication to keep us coming back for more. We are losing the connection with ourselves. Our inner dialogue is being shaped by implanted narratives from an 'information pusher' in the palm of the hand.

We can wisely navigate the influences of television and media by first being aware of their presence and influence in our lives. The more we are aware of the influence, the more we can navigate and avoid their impact. I would suggest setting up simple systems to control your exposure to television and other media. How do you receive the news headlines on your mobile device? Do you receive and react to alerts?

Turn off the alerts.

Skim the headlines once at the beginning and once at the end of the day.

Only read select articles that enrich your understanding of yourself and the affairs of the world.

Own the energy you allow in your space versus being a victim of what you are exposed to.

We are vibrational beings affecting a web of energy with our presence, intentions, and communication. Thus, the energy, the information, we consume can

be as healthy or toxic as the food we eat. And this energy influences our capacity to bring harmony and presence to our communication. How it feel to consume the news headlines on your mobile device? Positive headlines may uplift us while negative headlines may leave us feeling hopeless. How do we carry this energy our next conversation and interaction? Life is an ebb and flow of vibrational energy. And the more accountable we become to the energy we take in, the more authentic we may become in the energy we express in communication.

Title Illustration: Youheum Son

We are vibrational beings affecting a web of energy with our presence, intentions, and communication.

Thus, the energy, the information, we consume can be as healthy or toxic as the food we eat.



Meditation is valuable for all of humanity because it involves looking inward. People don't have to be religious to look inside themselves more carefully.

Dalai Lama





Dharana, Dhyana and Samadhi are the final three limbs of Patanjali's Ashtanga Yoga. Together they comprise the practices of meditation known as Raja Yoga, and are associated with the inner journey known as the spiritual yatra. In this article, DAAJI focuses on consciousness, the causes of disturbance in consciousness, and how to bring consciousness to a peaceful, calm state through Dhyana, meditation, in order to realize our true nature.

57

SAMYAMA

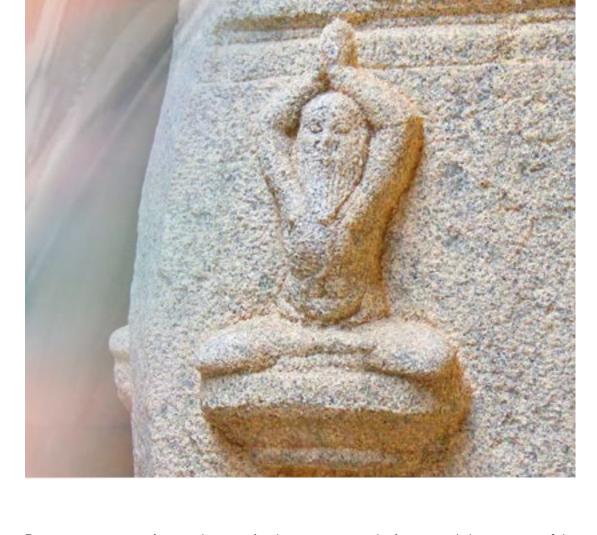
part 2

Dharana • Dhyana • Samadhi

o far we have been exploring Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi as different limbs or aspects of Yoga, but this is only for the purpose of understanding; in reality they are not separate. In fact all the techniques and methods of Yoga have been designed for one purpose alone, and that is how to use the mind. The mind can be used for freedom or for bondage: when the mind is used with right purpose it is clear and wise, with an expansive consciousness leading to liberation and beyond; when it is not used with right purpose it is confused, chaotic, emotionally turbulent and self-destructive, and consciousness contracts in on itself like a black hole, leading to misery. So by integrating all the limbs of Patanjali's Ashtanga Yoga, the mind can realize its rightful purpose; they create the foundation for the mind to come to its original state of infinite potential.

The first six limbs contribute to that journey in the following way:

- Yama is the process of removing all the unwanted tendencies, behaviors and thought patterns that limit consciousness and therefore destiny;
- Niyama is the process of infusing noble inner qualities and the appropriate attitude and inner focus for the inner journey;
- Asana is the focusing of the physical body inwards, so that it participates in this evolution, facilitating the inward flow to the Center in meditation;
- *Pranayama* is the regulation and stabilization of the energy field, bringing it into alignment and purifying it, so that it also participates in this evolution;
- *Pratyahara* is the turning of our attention away from the external pull of the senses, inwards to the field of consciousness; and
- Dharana directs the flow of thought towards the goal, and then continues to hold and nurture that intention while we meditate.



But it is *Dhyana* or meditation that provides the real opportunity to dive inwards into the field of consciousness; to go deeper into the heart and master the mind. This is the realm of Heartfulness, of Raja Yoga. In fact, in the Heartfulness system, *Yama*, *Niyama*, *Asana*, *Pranayama*, *Pratyahara*, *Dharana*, *Dhyana* and *Samadhi* are all taken up simultaneously during the course of meditation. Meditation in due course leads to the concentrated state of *Samadhi*.

Ram Chandra of Shahjahanpur describes it as follows: "We have spoiled the mind ourselves by allowing it to wander about aimlessly during leisure hours. The practice has continued for years and it has now become almost its second nature. If we now try to control the mind by putting it under restraint, we meet with little success. The more we try to suppress it by force, the more it rebounds and counteracts, causing greater disturbance. The

proper method to control the activities of the mind is to fix it on one sacred thought, just as we do in meditation, and dispel from it everything unwanted or superfluous. Over the course of time, after constant practice, the mind becomes disciplined and regulated, and much of the inner disturbance is eliminated."

Eventually the mind becomes so refined that it is a useful instrument for the heart, guided by the soul, and everything settles into its rightful role.

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PATANJALI'S SUTRAS

This approach of Heartfulness is completely in tune with Patanjali's worldview, as he describes the purpose of Yoga in the first Sutras:

1.1: Atha yoga anushasanam

Now, after prior preparation through the course of life and other practices, the training and practice of Yoga begins.

1.2: Yogash chitta vritti nirodhah

Yoga is the restraining of the field of consciousness from fluctuating and taking various forms.

1.3: Tada drashtuh svarupe avasthanam

At the time [of meditation], the Seer rests in its own original essence, its own true nature.

1.4: Vritti sarupyam itaratra

At other times, the Seer appears to take on the characteristics of the fluctuating forms associated with thought patterns.

1.5: Vrittayah pancatayah klishta aklishta

Those thought patterns (*vrittis*) are of five different types, of which some are painful and impure and some are agreeable and pure.

1.6: Pramana viparyaya vikalpa nidra smritayah

The five types are: right knowledge and cognition, misconception and not seeing clearly, verbal delusion and imagination, sleep, and memory.

1.7: Pratyaksha anumana agamah pramanani

There are three ways to develop right knowledge: direct perception, inference and competent evidence from others.

1.8: Viparyayah mithya jnanam atad rupa pratistham

Misconception or illusion is false knowledge that results from perceiving a thing as other than what it is.

1.9: Shabda jnana anupati vastu shunyah vikalpah

Verbal delusion and imagination result from words having no grounding in reality.

1.10: Abhava pratyaya alambana vritti nidra

Sleep is the *vritti* that embraces the feeling of nothingness, the absence of other thought patterns.

1.11: Anubhuta vishaya asampramoshah smritih

Memory is when the thought patterns of previous impressions have not been removed, and they then return to consciousness.

1.12: Abhyasa vairagyabhyam tat nirodhah All these *vrittis* are mastered by practice and by the letting go of attachment.

In this sequence of Sutras, Yoga is described as the refinement and purification of consciousness to its original balanced state, known as *Samadhi*, and Patanjali explains that this happens through meditation, so as to master the fluctuations that disturb consciousness from its original state. 59



CONSCIOUSNESS

It is useful here to understand what chit or consciousness is, and how the vrittis or fluctuations in the chit lake disturb the mind and create imbalance. Imagine the field of consciousness as a canvas or a lake. In its original natural state, consciousness is still and pure, like a completely blank canvas or a still crystal clear lake. Vrittis are the fluctuations caused by thinking and feeling. They cause turbulence, disturbing that stillness and purity. They are the play of energy, as chit absorbs some of the universal energy of prana and sends it out as thought. These vrittis are the waves or ripples of energy that form upon the lake of consciousness when external things affect it, and this happens because we take in so many impressions through our senses.

Swami Vivekananda explains it very simply: "Why should we practice? Because each action is like the pulsations quivering over the surface of the lake. The vibration dies out, and what is left? The samskaras, the impressions. When a large number of these impressions are left on the mind, they coalesce and become a habit. It is said, 'Habit is second nature,' but it is first nature also, and the whole nature of man; everything that we are is the

In its original natural state, consciousness is still and pure, like a completely blank canvas or a still crystal clear lake.

result of habit. That gives us consolation, because, if it is only habit, we can make and unmake it at any time. The *samskaras* are left by these vibrations passing out of our mind, each one of them leaving its result. Our character is the sum total of these marks, and according as some particular wave prevails one takes that tone. If good prevails, one becomes good; if wickedness, one becomes wicked; if joyfulness, one becomes happy. ... Never say any man is hopeless, because he only represents a character, a bundle of habits, which can be checked by new and better ones. Character is repeated habits, and repeated habits alone can reform character."

The *chit* is also always trying to re-establish its original stillness, purity and simplicity, and that is why the mind is constantly throwing off thoughts. It is removing the heaviness and turbulence created by the accumulation of vrittis both in the conscious and unconscious parts of the mind. It is attempting to calm the waves and ripples so that the *chit* lake becomes like a still clear pond where we can see to the bottom, to the soul.

That is also why we dream - in that relaxed sleepy state the mind is trying to purify the canvas of consciousness by throwing off impressions from the subconscious so that it can dive into the deep sleep state to touch the soul. Dreaming is an obvious prelude to deep sleep. But dreaming is generally not enough to purify the chit, as most of us accumulate more impressions than we can remove. We create an imbalance because our sensory organs draw us outwards into mental and emotional stimulation. The more hectic our lives, the less stillness in our lives, the more stimulation we crave, the more desires we want fulfilled, the greater the load of impressions we will accumulate, so the more muddy and turbulent the water is in the lake.

THE FIRST STEP IN YOGA

Because of this, the first step in Yoga is to restrain that outward pull of the senses and start the return journey inwards through meditation towards a purified consciousness. We start with meditation, and the other steps of *Yama*, *Niyama*, *Asana*, *Pranayama*, *Pratyahata* and *Dharana* naturally come into play along with *Dhyana*.

When meditation is seen as a separate event or activity of the day, it is rarely effective. In contrast, when we prepare for meditation the night before, and then afterwards try to carry the condition received in meditation into the rest of the day, then its effectiveness is dynamic and life-changing.

When meditation is seen as a separate event or activity of the day, it is rarely effective. In contrast, when we prepare for meditation the night before, and then afterwards try to carry the condition received in meditation into the rest of the day, then its effectiveness is dynamic and life-changing.



62 PREPARATION FOR MEDITATION

It makes a very vital difference to the quality of meditation the next morning if we prepare the evening before. The first thing is to remove the impressions at the end of the workday, through the practice of Heartfulness Cleaning. In this practice, the *chit* is cleaned of the fluctuating *vrittis*, in the same way that taking a bath cleans the body. The fluctuations reduce, so that the canvas of consciousness moves towards a state of stillness, lightness and purity. This removal of these unwanted impressions is active *Yama*.

We continue with *Yama* by also removing the behavioral tendencies and habits that have developed as a result of these impressions. The heart and mind are often preoccupied because of the various emotions, interactions with others, habits and behavioral patterns that occur during any day. Someone may have hurt us, we may be

jealous of someone else's success, worried about money or children, or feeling resentful or fearful. We may even feel guilty about something we did or did not do. So the reflective, quieter time during the evening, before going to bed, is a wonderful time to scan the day's activities, and decide not to repeat anything that we may have done wrong, even unintentionally.

This is also the time to connect with our fellow beings, acknowledging them all as brothers and sisters on this journey of life, no matter what they have done, in order to release all complexities in relationships. How can any resentment, jealousy or fear of others remain in our hearts when we accept everyone as one family?

Finally, the time just before sleep is perfect for connecting deep within the heart to the Self through the Heartfulness Prayer. As a result of this connection, sleep is also rejuvenative – physically, mentally and spiritually – and peaceful instead of mentally turbulent. It is like the difference between sailing on a smooth still lake and on a stormy sea.

Such rejuvenative sleep allows us to wake early and meditate in the stillness of Nature at dawn. That is one of the most profound and beautiful experiences any human being can have. The Center within us resonates with Nature's still pure Center at that stationary cusp between night and day. We are able to dive deep.

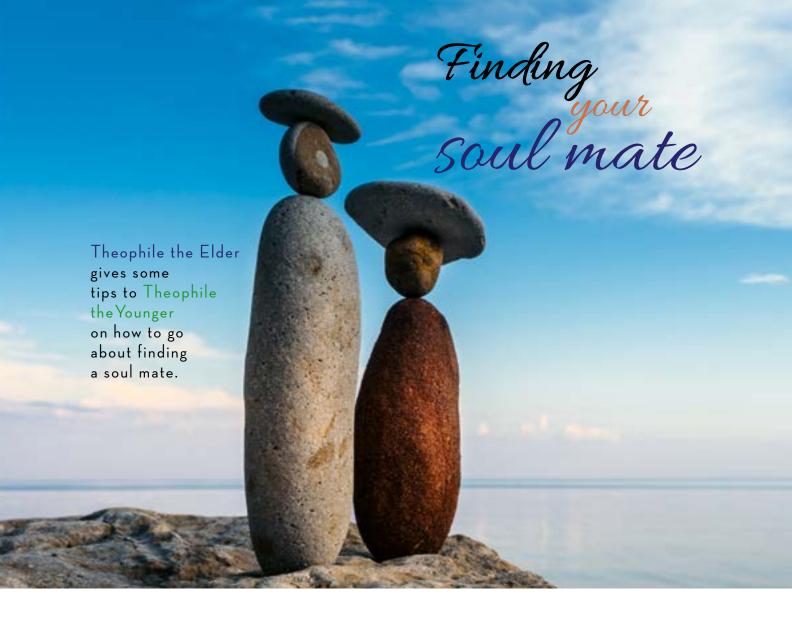
Before starting the Heartfulness Meditation, we are conscious of first purifying mind and body. Then we sit in a comfortable inward-facing posture (Asana) and relax so that our breathing and all our energies are able to focus inwards (Pranayama and Pratyahara). Then we make the supposition (Dharana) that "the Source of Divine Light within my heart is drawing me inwards," and through Dharana we hold and nurture that supposition in the heart as naturally and effortlessly as possible so that we slip into Dhyana. Pranahuti or Yogic Transmission facilitates this process of effortless inward focus towards Samadhi.

We make the suggestion in our heart, and it resonates with the surroundings of the Heart Region. This vibrationless vibration then expands further, extending to all the chakras of the human system and they all begin to glow. It goes on expanding, passing through region after region until they are all absorbed in the innermost circle. Sometimes we feel dazzling light at the region we have reached, and the dazzling light then fades as we journey forward. And eventually we cross the different stages of *maya* and find ourselves in a totally calm atmosphere. There are stages and stages after that as we journey to the Center.



Known to many as Daaji, Kamlesh Patel is the fourth guide in the Heartfulness tradition of meditation. Embracing the many roles of a modern-day teacher, he has that rare capacity to dive deep into the center of his existence in the heart, and simultaneously have a scientific approach to original research in the field of meditation, spirituality and human evolution. He is a prolific speaker and writer, and you can read his latest book, *The Heartfulness Way*. To learn more about Daaji, go to www.daaji.org.

Meditation is our means of approaching the Center. When we meditate, the central power we have remains in force, and it disperses the clouds and obstacles on the way. This can only be experienced practically. Eventually we find ourselves swimming in everlasting peace and happiness. At this stage the mind has automatically become disciplined and regulated, our senses naturally come under control, and we gain mastery over them. All this is the result of meditation on the heart with the aid of Yogic Transmission, *pranahuti* or *pranasya pranaha*.



Theophile the Younger looked preoccupied.

Theo the Younger: You have told me about heart-to-heart communication, but what about the relationship with one's soul mate? I'd like so much to make a success of my married life and lead a harmonious family life.

Theophile the Elder: What I mentioned about heart-to-heart communication applies to all human relationships. That way of being connected to another person is quite precious, particularly when discovering one's soul mate.

Y: How can we know who is our soul mate? How can we recognize them?

E: Above all, by not looking for them.

Y: No flirting, then? Do you mean I must close my eyes in order to find my partner?

E: On the contrary, the eye of your heart must be open, wide open. Through it, you will know for certain. Your heart naturally knows what is right and what is wrong. But most of the time, we don't even listen to it and therefore we suffer.

Y: Many girls do attract me, each of them prettier than the others. They are lively and smart and, what's more, they are charming. How do I know which of them is for me? I don't feel like suffering or making others suffer due to my mistakes. I



is connected to the right part of the brain, whereas reason is connected to the left brain. Each of them has its raison d'être. But if you want a clear and short version of it, just ask your heart.

Y: Do you mean it will be love at first sight?

E: Not exactly. I mean that there will be a mutual recognition of your two souls; and once the souls have recognized themselves, they will commune. Then reason will naturally follow. Each element will logically find its place, thus confirming that sense of oneness, attraction and love. On the contrary, love at first sight will often confuse both heart and reason and cause a whole range of disappointments.

Y: But how will I know for certain that the woman I love will be my lifelong partner? It seems so many people are mistaken! They get a divorce, whatever their age. Marriage seems to be at once mysterious and worrisome. How can we avoid being mistaken? What about you, how did you make it?

E: I sat in meditation, praying God to enlighten me internally. Then I received a positive answer, which determined the next stage of my life.

Y: Was it a prayer?

E: At the time I would go straight to the point, since I believed I was bound to get an answer, and I addressed God directly from the bottom of my heart. He had already found a spiritual guide for me, so why could He not guide me in my choosing the right spouse?

Y: And then?

E:A clear resounding 'yes' came from deep within me. That very moment was the foundation stone for my marriage. It helped me go through the difficulties a couple cannot avoid. My soul definitely knew my partner was the woman of my life, a certainty I have never questioned.

Y: What difficult times did you face?

E: Difficult times differ according to the persons. Presently, I can't remember anything about them. What I do know is that I did not know how to love, and I had to learn a little more every day. If you want, I will tell you a short story. It's about a man who found a bottle containing a genie. He opened the bottle. The genie said he could have a one and only wish.

After thinking over it, the man asked, "I suffer from air sickness and my dream is to visit Tahiti. Could you build for me a road from France to Tahiti?"

often have the feeling that people play a game of roulette with love and that there are far too many losers.

E: The one for which your heart will give you a clear resounding 'yes' is the one for you. You shall know. She will be yours forever.

Y: How can I be sure of it?

E: Doubts arise when reasoning comes into play. Intuition comes from the heart, which

Feeling cross, the genie replied, "Do you realize

what you are asking for? Have another wish."

Y: Your story is rather misogynous, isn't it?

E: Not really. Women are just as puzzled when facing the mystery a man can be to them. Yet, they have an advantage over us: they always put their hearts first.

Y: Could you give me a roadmap, as you did for the five points of the heart? I'm not going to wait another seven years before being able to choose a proper wife. How long did it take you to cross the Heart Region?

E: It took me ten years, with the help of my spiritual guide of course.

Y: That long! But you were already married and had a son. There, I am lost. Now, I would like you to tell me about marriage and the choices I have to make. How should I proceed?

E: It's very simple:

Plunge into the deepest depths of your being until you practically loose your own identity.

Connect your mind to the heart of your beloved.

Ask silently, as if you were praying to the Ultimate.

Both the present souls are then exposed to the Divine in all their innocence. Think of the words and let them practically fade away. They will become so subtle that they will almost disappear and become vibrations. If the vibrations are being erased in the process, it's even better.

Then forget your question and absorb yourself deeply.

When you emerge, observe, listen to whatever is emerging from that inner alchemy.

The answer will pop out. It will be based on the certainty that your two souls are or are not destined for one another. The answer will be simple, obvious, and certainly not an intellectual one. It will be both the root and the spearhead of your couple for

the rest of your life.

THE SYMBOL OF THE YIN AND YANG DUALITY

Man-woman, yang-yin, the complementary opposites that unite to give, to produce the third. The base is the essence of the yin. There is a rise of the yang, then the appearance of the yang. The yang appears by way of contrast, according to the yin. Both fit together harmoniously. The yang contains a touch of yin, and vice versa. From there, life will originate.

https://theophilelancien.org/en/lame-soeur

Quest for existence

NEELAM SHIVHARE

o I don't agree on everything the world says,
I don't go where the herd marches,
Unless I am convinced with the heart that the person or place is right.
No I don't mould according to situation, unless my heart feels it's worth a strike.

Yes I risk being alone, I don't mind to be shattered within, because I know deep within there exists love, but certainly I can't settle for superficial things.

I love people who speak from their heart, I love the simplicity of an honest answer, I love the fact that humanity is the only rule we need, and I love to love the love for philosophies so deep.

I don't get it when people forget we are all the same, Why is there a thing called superior or inferior, good or bad, right or wrong? Why do we always judge the truth with appearance or shade?

Call me weird but I can't be bound by superficial acts.

I don't get swayed by enormous charm,

I don't get affected by any power or game or fame or fortune.

I only listen to the voice that holds me tight when I really need. I want to think of only my beloved within and all the world appears to be an illusion.

Slowly the world is changing and how I wish there comes more genuineness and humility.

How I wish that love prevails before any other emotion. How I wish I could just emerge out of me to merge with the subtlest.

I pray to God for more love around, for more hearts to heal and more and more

depth to be seen. There is purity in every single cell.

How I wish we unravel the layers and be the purest that we used to be.

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TASTE OF LIFE

The aim of art is to represent not the outward appearance of things, but their inward significance.

Aristotle







THE INNATE ELEGANCE OF HUMANITY

An Art Essay

KATHLEEN SCARBORO has a career in public art. Here she describes the motivation behind her painting and how she has developed her themes and techniques over the years.

hy would an American artist from Chicago, residing in Paris, choose India as a theme for her paintings? A lifelong interest in other cultures than my own eventually led me to this choice.

In the mid 1970s, many American artists were tired of being isolated in their studios. They wanted a role that would allow them to participate in the lives of their local communities. The Public Art Workshop of Chicago was a group of urban artists who painted murals in cooperation with the local inhabitants, so when I received my first commission for a mural painting I contacted them for mentoring. This was the beginning of a lifelong career in public art. With each succeeding commission, I synthesized the preoccupations of a particular

group (ethnic, professional, etc.) into a work of art that was placed in a specific public site. So I spent a lot of time observing and listening to others and putting their ideas into visual form. I realized that artists can have a useful and meaningful role of sharing aspects of a designated culture with others.

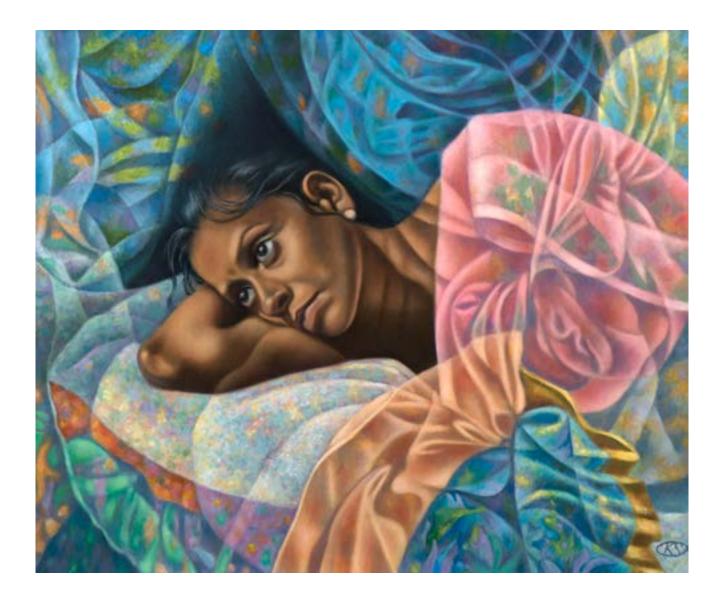
In France and in Reunion Island I continued painting murals. Eventually I felt a need to paint about village life on the island back in my studio in Paris. A series of these paintings were exhibited over a nine-month period in the main hall of the Museum of Mankind in Paris at the Place Trocadero.

My interest in meditation and consciousness studies, as well as art history and general culture, motivated me to go to India in the mid '90s. For a person who

loves to paint people, India offers an infinite source of inspiration. Traveling around the country, the colors, the textiles, the elegance of the women in their saris, the temples, the landscapes and citiscapes all stimulated the painter in me, proposing a multitude of exciting visual possibilities. I decided to make India the theme of my paintings and continue to paint India exclusively today.

My composition was strongly influenced by the Mexican and American mural movement. In these schools of painting, e.g.

For a person who loves to paint people,
India offers an infinite source of inspiration.



Diego Rivera and Thomas Hart Benton, many different images are combined, creating a collage effect. By combining imagery - a landscape, a figure, a close-up of an object - all can co-exist and collectively tell a story. A narrative of this type would be closer to poetry than prose if we search for a literary analogy. In other words, the viewer has some leeway to make up his own tale from the elements presented. The difficulty with this type of composition is to create a coherent image from

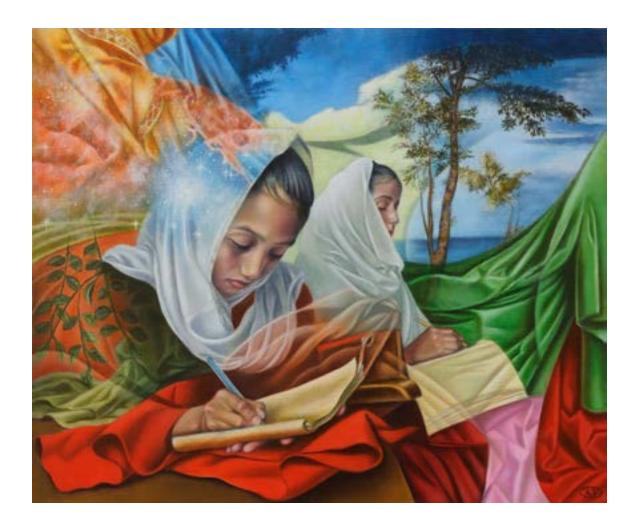
components that do not visually co-exist in the real world. The eye should be able to travel around the canvas smoothly, and not be shocked or halted by the transition from one segment to the next.

Aesthetics really matter to me, and beauty is a goal. In each painting I am preoccupied by color harmony, fluidity of composition and execution, as well as technically good drawing. Everything and its opposite can be found in this world; I have

chosen to concentrate on a positive vision.

I adopt subject matter that reminds us we are fortunate to be human. My goal is to bring people an instant of respite from our difficult world. I believe it was the American author John Barth who said that we could judge our own behavior by asking ourselves whether we were adding to or subtracting from the general misery. Every day, every moment, we are bombarded by negative





and frightening information concerning our society and environment. I try to create compositions that encourage hope and reveal the innate elegance of humanity. Hopefully I am bringing some solace and joy to those who take the time to look at my paintings.

I trained at Southern Illinois University in the US, then at the École des Beaux-Arts in Paris. During my years in art school at Southern Illinois University, I found a teacher, Mr Patrick Betaudier, who had mastered Renaissance oil painting technique and taught me his painting methods. I didn't

realize until much later in life just how rare excellent teachers are and am very grateful to have benefited from his guidance.

My works are classical oil paintings; I work with oil glazes, using thin layers of color over an underpainting. The underpainting is sketched in, then the forms of the picture are enhanced with white. Between each glaze, a layer of white is brushed over a darker tone (scumbling), and when it is dry a glaze is applied to reinforce the color. For strong color, many layers of glaze and scumbled white are required. To assure longevity, I also use a glue

I try to create compositions that encourage hope and reveal the innate elegance of humanity.

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emulsion, which I make myself. I am generous with the number of glazes, keeping in mind that oil paint becomes transparent with age. Paintings of this type take weeks and months to complete; in a normal year I can make four paintings.

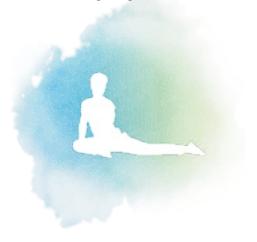
Currently I am working on a book entitled *Painting India: Women and Color* with Catherine Servan-Schreiber and Deva Villeroy. We are combining reproductions of my paintings with quotes derived from the works of talented Indian writers of the past and present on the themes developed in the paintings.

Paintings in order: Life is But a Dream, Introspection, Blessing, Learning Hearts, A Glimmer of Hope www.kathleenscarboro.fr

Heartfulness Yogasanas

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Modified King Pigeon Posture



Sthithi Dandasana: Initial Sitting Posture

Sit erect with the legs stretched forward, and heels together.

Let the spine, neck and head be erect.

Place the palms on the floor, by the side of the thighs.

Gently close your eyes.

Sithila Dandasana: Sitting Relaxation Posture

Sit with the legs stretched forward and feet apart.

Slightly incline the trunk backward, and support the body by placing hands behind and fingers pointing backward.

Let your head hang freely behind or rest it on one of the shoulders.

Gently close your eyes.

Asana : Rajakapotasana Series

Stage I

From *Bhadrasana*, stretch the left leg and keep the right one bend.

Adjust the right foot so that the heel is closer to the perineum, and the right knee in contact with the ground.



Shift your body to allow your hips to face towards the right folded knee, while your left leg is stretched behind. Roll the left leg so that the knee and upper part of the foot are in contact with the floor. Keep the left knee straight.

With a twist of the trunk, place both the palms on right side of the right knee.

Slowly twist the upper body more to the right side, to look backward above the shoulder, and try to see to your left foot.

Feel the twist at the spine. Do not over stretch.

Close your eyes, and maintain the posture with gentle, long and deep breaths, in and out six times.

Stage II

Untwist and come back to a seated posture with your right knee folded, your right foot close to the perineum and your left leg extended.

Straighten your spine.

Breathe in deeply, and while breathing out bend the trunk over the left leg laterally.

Try to catch hold of the big toe of the left foot, first with the left hand and then, if possible, with both hands. Do not twist at the waist. Feel the stretch on the right side.

Try to expand your chest and look up.

Gently close your eyes, maintain the posture with gentle, long and deep breaths, in and out six times.

Release the position and straighten both legs.

Repeat the entire practice on the other side, folding the left leg and keeping the right leg straight throughout.

Release the posture and relax in *Sithila Dandasana*.

BENEFITS

It gives a good stretch to the body, especially to the spine, thighs and hips.

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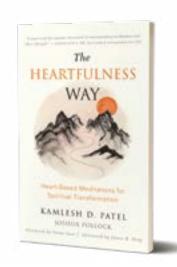
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FOR LIFE

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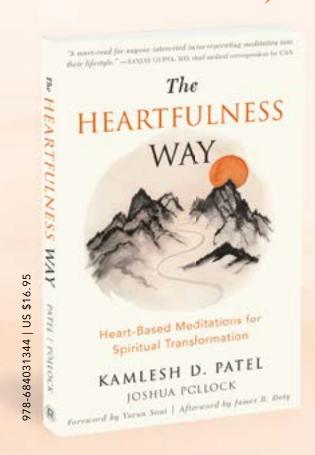
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Religion

* Divides.

* Dominated by external worship.

* Full of beliefs & dogman.

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* Fixation & Closed mindset.

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* It is all about experiences.

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* Love ALL.

* Freedom & openiess.

* Home 4 row

* Love for the sake of love.

* Sures de to

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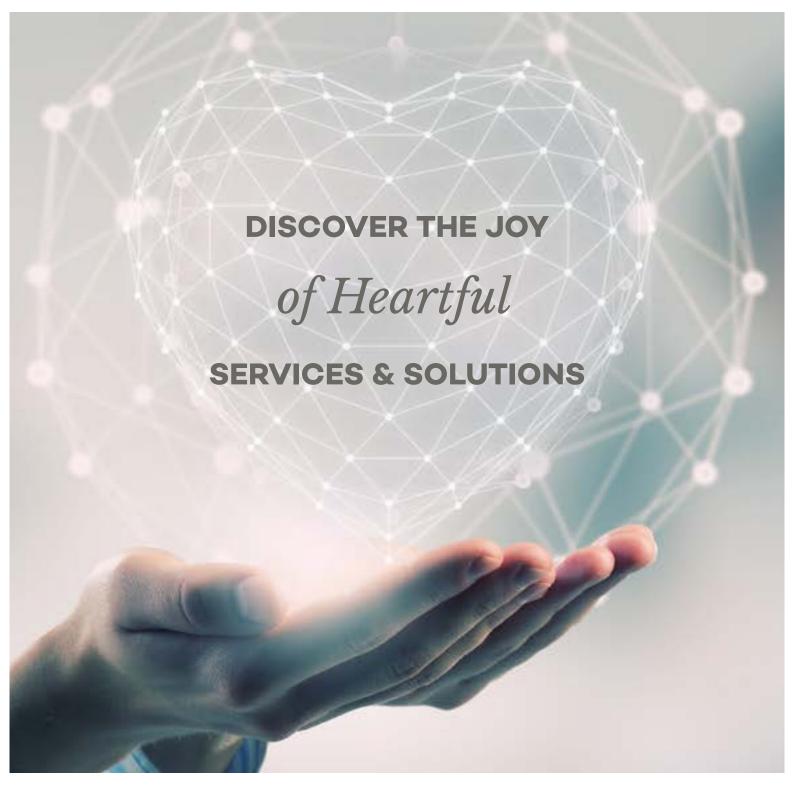
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