

# heartfulness

purity weaves destiny

## LEARN TO RELAX

*Heartfulness Relaxation*

## THE SECRET OF SUCCESS

*Excel in business*

## HEALTH IS BALANCE

*The free flow of energy*





10



20



60



33



18



52



68

## INSIDE

- 08 Spirituality in daily life
- 10 Sleep well to meditate well
- 18 Heartfulness guided relaxation
- 20 Health is balance
- 28 What gives us mental flexibility?
- 33 The secret of success of any system
- 36 Ten tips for solving conflicts
- 38 Parenting - the art of preserving
- 44 Kabir - the mystic weaver
- 48 Vivekananda - the need of guru
- 52 The art of simple living
- 60 Lessons from the garden

### FOR CHILDREN

- 68 Let's make a mandala
- 72 The king who removed the veils of illusion



*a good life*

Dear readers,

Have you ever watched a group of Seven Sisters playing together? Those funny little birds that go everywhere in groups, dart in and out of a birdbath in the garden, and sing and chatter with so much life. They always bring a smile and give a sweet energy to the morning. They are not colourful or magnificent, yet in their simplicity they bring laughter and joy to others. What a great example for us!

Welcome to the first issue of Heartfulness magazine, in which we explore everything from self-development and health, relationships with family and friends, how to thrive in the workplace, to living in tune with nature. We also bring you inspiration from the lives of people who have made a difference to humanity over the ages.

In this issue we feature the topic of balance. For those of you who work, have families and live in cities, the whole notion of balance is a challenge. Pollution, traffic, stress, competition, pressure to be successful, shortage of time, and other factors seem to rule our lives. In all this, how do we even find time to exercise, let alone for stillness and peace?

The time when life was more carefree and natural in pace sometimes seems like a fairytale of the olden days. It is wishful thinking to imagine going back to that idyllic pace of life in a modern city, but we can all develop the basic values and qualities of a good life, and we hope our magazine inspires you to do so. We look forward to hearing from you also.

Happy reading!

*Emma & Elizabeth*

# CONTRIBUTORS

## EDITORS

Elizabeth Denley, Emma Hawley  
Veronique Nicolai (Children)

## DESIGN

Mandana Imani, Uma Maheswari,  
Arul Kumar Selvaraj, Nehal Tantia

## COVER DESIGN

Uma Maheswari

## PHOTOGRAPHY

Mandana Imani, Bharath Krishna  
Sanaz Najaf, Mona Mishra

## ART

Ali Ghaemi, Shirin Ghandchi,  
Christian Macketanz, Veronique  
Nicolai, Gabrielle Rajkumar

## WRITERS

Ichak Adizes, Meghana Anand,  
Elizabeth Denley, Alanda Greene,  
Kamlesh D Patel, Anchal Srivastava

Icons made by Freepik from [www.flaticon.com](http://www.flaticon.com)

## *Dr. Ichak Adizes*



Dr. Ichak Adizes is widely acknowledged as one of the world's leading management experts. He has received 17 honorary doctorates and is the author of 20 books that have been translated into 26 languages. Dr. Adizes is recognized by Leadership Excellence Journal as one of the top thirty thought leaders of America.

## *Alanda Greene*



Alanda Greene lives in the Purcell Mountains of British Columbia, Canada. Having a deep connection with nature, she and her husband built their house of stone and timber and a terraced garden, and integrated their life into this rural community. Alanda's primary focus is the conscious integration of spirit with all aspects of life.

## *Meghana Anand*

Meghana Anand lives in the beach city of Chennai, India. She believes in tapping the hidden potential of the heart to bring out the best in her. Humanity inspires her, and through reflective writing she likes to explore the sacred depths of her being. She seeks joy and beauty in simple things.



## *Anchal Shrivastava*



Anchal Shrivastava lives in Pune, India. A Renaissance man with a passion for life itself, he learns from observation, experience and most of all the insights from the heart. Reach Anchal at [anchal.author@outlook.com](mailto:anchal.author@outlook.com).

## CONTRIBUTIONS

letters to the editors and guidelines  
[magazine@heartfulness.org](mailto:magazine@heartfulness.org)

## ADVERTISING

[advertising@heartfulness.org](mailto:advertising@heartfulness.org)

## Subscriptions

[subscriptions@heartfulness.org](mailto:subscriptions@heartfulness.org)

## PUBLISHER

Sahaj Marg Spirituality Foundation

2015 © All rights reserved with the Publisher, Sahaj Marg Spirituality Foundation. Printing and Publishing rights of subsequent editions also vests with the Publisher.

All intellectual property rights in the titles 'Heartfulness', 'Heartfulness Relaxation', 'Sahaj Marg Spirituality Foundation', 'SMSF', the 'Learn to Meditate' Emblem, 'Heartfulness' Emblem are trade/service marks of Sahaj Marg Spirituality Foundation in continuous use. No part of this magazine can be reproduced in any form or by any means without prior written permission from the Publisher. Further the domain name [www.Heartfulness.org](http://www.Heartfulness.org) also belongs to Sahaj Marg Spirituality Foundation.

The views expressed in the contributions in this publication do not always reflect those of the editors or the Sahaj Marg Spirituality Foundation.

He who is  
continuously  
giving  
will never  
be empty  
himself.

PARTHASARATHI  
RAJAGOPALACHARI





# Spirituality in DAILY LIFE

ANCHAL SRIVASTAVA

Being spiritual, at its core, is just being aware of the spirit inside and attending to its needs. My body has material needs of food, cleanliness, exercise etc. which I fulfil duly as it keeps me running. Similarly, my soul too has needs of purity, positivity, righteous living, love etc. So when my soul is deprived of its needs, how can I realign my soul and body to become one, which is the secret and primary need of success in any field?

Righteous living pertains to, but is not limited to, doing the right thing always, which we have made very difficult for ourselves in today's life. We have become so used to doing things as per our convenience, that we don't care whether what we are doing is morally and ethically right. So, who is really harmed here? Not others, but only our soul, which is getting engrossed and heavy. We can really feel the difference when we do something good, especially something good for others; we feel good and light. It's a beautiful feeling, isn't it!

---

To be able to listen to your inner Self takes a lot of practice, and this practice is best known as meditation.

---

So what I am trying to speak of here is a basic need, and the primary teaching in every religious and spiritual institution - the right way of living. If there is anything more important to spirituality than this, it is the right way of thinking, which again eventually builds up to righteous living.

Now one may ask how do I know what is right and what is wrong? Well, the soul always knows it, and guides us too! What we have to do is be aware of the presence of our soul inside. Believe me, you can listen to it. But to be able to listen to your inner Self takes a lot of practice, and this practice is best known as meditation. So I believe including this very practice of listening to the soul in our daily life, acts as the first and very important step towards finding spirituality in our daily life. As they say, "Keep calm and meditate" ●



Photography by Mona Mishra



# SLEEP *well to* MEDITATE *well*

KAMLESH D. PATEL speaks about the importance of a good night's sleep

If people were to discipline their sleep cycles their lives could be changed. Sleep early. There are serious repercussions if you don't discipline your sleep cycle, because it is like an inner butterfly effect. You have heard that story, that a butterfly flaps its wings in the Amazon, one leaf starts fluttering, two leaves start, three start, and there is a snowstorm created in North America. A little discipline in how well and how deeply you sleep determines your state of mind throughout the day.

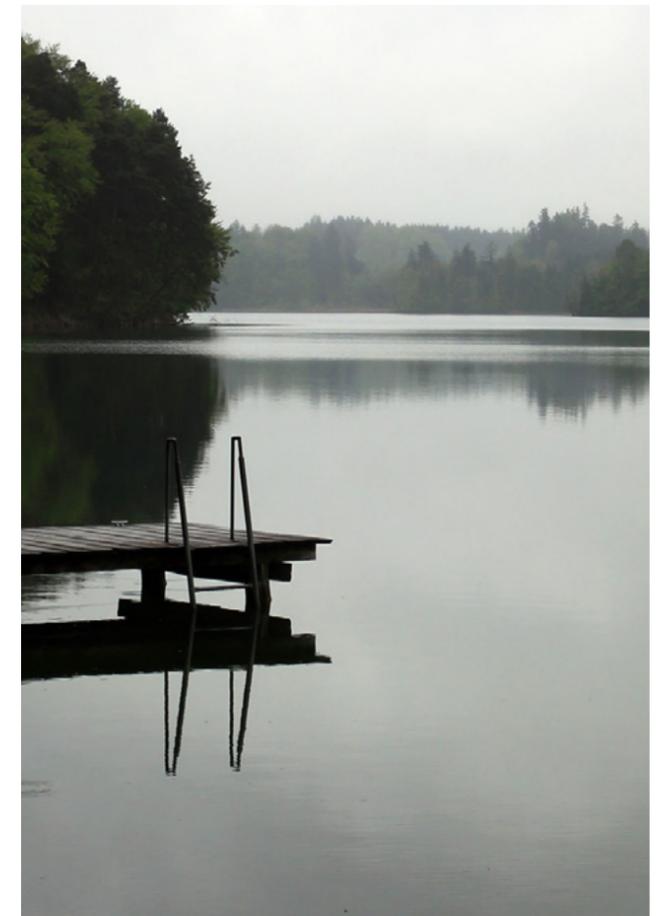
You will meditate in the morning without struggling with your consciousness. When we are fully alert in the morning, lovingly we can invite the higher consciousness or Divine Principle in meditation, and be one with that Essence. Then some beautiful conditions will be created in the heart. And when it is so intense it stays with us; if we try to shake it off it won't go away. Such is the permanency of the condition created when our consciousness is able to receive. If our morning meditation is hampered, the whole day will be spoilt.

For a person who has never meditated, it makes no difference; it is another day gone by like roaring oceans. These roaring oceans look so beautiful and you can write poems about them, but the real beauty is a pond without any waves when there is utter serenity. Even the dropping of a small leaf can create a disturbance.

---

A little discipline in how well and how deeply you sleep determines your state of mind throughout the day.

---



---

When we are fully alert in the morning, lovingly we can invite the higher consciousness or Divine Principle in meditation, and be one with that Essence. Then some beautiful conditions will be created in the heart.

---

The choice is ours. Do we want to lead a life like the roaring oceans, which are so pleasing to so many people today? Because if we do we will never know what is happening – we are lost in the waves of our disturbed consciousness. But when the consciousness is settled, even the slightest change or variation is noticed, the way even the slightest fall of the lightest leaf can create waves.

In the yogic shastras, great significance was given to both nostrils. Ideally, the right nostril should be predominant during the daytime and the left nostril should be predominant at night. Why? In short, the solar impact on our physiology is directly related to the movement of both the sun and moon. When something is not right, a switch occurs. In the olden days people would examine their breathing, and if it was not as it should be they would drink hot water and do things like *pranayama*, walking etc. If you are very careful, just around sunrise you will witness a slow shift from the left to the right nostril and at sunset from the right to the left.

And if you happen to meditate at that time it will be like a rocket – it is just the right time, because the balance is there between your sympathetic and parasympathetic nervous systems.

Watch this when you go to sleep by 9 or 10 o'clock, and observe the right nostril switch to the left and then in the morning the left to the right. If you get the right amount of sleep, your right nostril will automatically be predominant in the morning as soon as you get up. Over millennia our systems have evolved in such a way that when the sun rises certain hormonal patterns are triggered. If you follow the rhythm, then your health will automatically improve.



Now, what happens when you go to bed very late at night? If you go against the rhythm, it is like swimming against the current, and this will consume you over time. When your strength and youthfulness start to decline, your decline in health will speak volumes. It is better to set a pattern now.

I think nightly activities are a curse of the modern world. Because of electricity, there isn't much difference between day and night. Starved sleep patterns reflect irregularities and our health suffers because of that. Our immunity also goes down because the nervous system is breaking down.



Extensive studies have been conducted on people who work at night. If we observe their health patterns, we find their ageing to be very rapid. Most of us are not forced to work at night, we have a choice, yet our lifestyle is like those who are helpless and must work at night. We volunteer to stay awake all night, watching all kinds of stuff. Whether we look at it spiritually or health-wise, it is self-defeating. So why indulge? How are we going to build our destiny? We have already decided upon a destructive path if we do not follow the natural rhythm.

---

Early in the morning, nature's energy flows in one direction towards the Source. It is not a physical energy. It is best to meditate when you are flowing with those currents.

---

There is a beautiful statement by Ram Chandra of Shahjahanpur that you can either swim with the river's flow, or you can swim against the flow, but it will consume you. Early in the morning, nature's energy flows in one direction towards the Source. It is not a physical energy. It is best to meditate when you are flowing with those currents. If you try to meditate after sunrise, it is like swimming against the current, and meditation becomes more difficult.

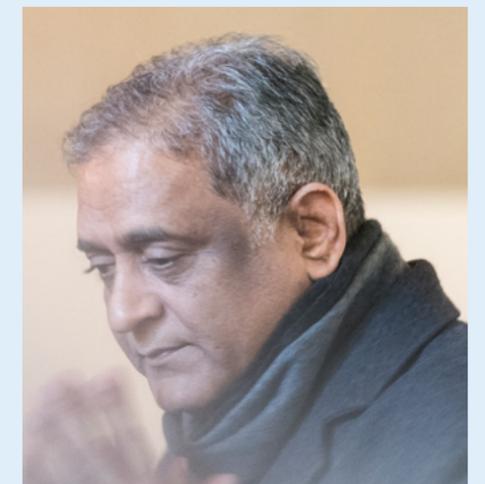
So if you want to go further, adjust your sleep patterns, otherwise you will struggle with that one fundamental thing all your life. You will wake up frustrated and sleepless. You will not be able to meditate properly. If you cannot meditate properly, you won't have a proper spiritual condition to work with and you won't have a proper consciousness even for mundane things. You have uprooted your consciousness, which is the very guiding force. You have exposed yourself to so many things, and you are now vulnerable. More and more, you collect impressions throughout the day. It is a vicious cycle.

Per contra, if you have a finer condition, a purer condition, a blissful condition, you are more grateful. This gratitude emerging from the heart creates a bond between your Maker and you. There is great benefit in this, and as you get more and more benefit you feel like doing more and more ●

## About Kamlesh Patel

*From an early age, Kamlesh Patel was interested in spirituality and meditation, and eventually came to the feet of his Guru in 1976 while still a student. He is now the fourth spiritual guide in the Sahaj Marg system of Raja Yoga meditation.*

*Kamlesh is married with two sons, and is a role model for students of spirituality who seek that perfect blend of Eastern heart and Western mind. He travels extensively and is at home with people from all backgrounds and walks of life, giving special attention to the youth of today.*





Learn to meditate  
with the help of  
yogic transmission.

EXPERIENCE THE  
BEAUTY OF THE HEART.

## Experience Heartfulness

[www.heartfulness.org](http://www.heartfulness.org)

What is the one thing we need today more than ever? A healthy, calm and pure mind. Mental complexity is the main cause of all biases, quirky behaviours, emotional outbursts and intellectual opacity.

The Heartfulness movement is the creation of spiritual guides who have the overwhelming compassion and empathy to help us remove our mental complexity and embrace a joyful life. It is a movement fitting modern times. The 21st century millennial generation is a great, open society that embraces a simple, experiential path to knowledge and well-being.

Heartfulness is pure in its intention, simple in its approach, all embracing in its reach, and offers comprehensive, lifelong, 'do it yourself' and 'get all the help you need' methods. Relax and meditate in the comfort of your own room and offices or join a community nearby whenever you want. Heartfulness has something to offer for people of all walks of life, from small children to the elderly, mothers, CEOs of corporations, teachers and students, government officials and rural communities.

Join us on UN International Day of Peace on the 21st of September, for 'Individual peace contributes to world peace'. Mahatma Gandhi said, "Be the change that you wish to see in the world." Change begins in the heart. Once the heart has experienced transmission, it will bloom with love, wisdom and courage.

Come, participate and be moved by it all!

*Victor Kannan,*

Director, Heartfulness Institute



# Heartfulness Relaxation

Now draw your attention to your fingertips. Relax your fingers... and your hands. Your lower arms are relaxed... and your upper arms are feeling deeply relaxed. Breathe in... breathe out and let go.

7

And now your shoulders are relaxing and melting away. Begin to relax the neck, releasing any tightness in the neck muscles. Relax and breathe calmly; let go.

8

Move your attention to your face and relax the muscles in your face. Your jaw is relaxed, your lips are relaxed, and your eyes are closed very gently and very softly.

Relax.

9

Now move to your mind. Breathe in... breathe out and let go. Allow your mind to relax deeply.

10

Move your attention to your heart. Relax into your heart, and remain there, feeling deeply relaxed in your heart<sup>1</sup>. Stay there for a little while.

11

Now slowly bring your attention back to the present moment. Wiggle your toes, and slowly, gently open your eyes.

12

Sit comfortably and gently close your eyes. Allow your breath to be natural and calm. Relax.

1

Let's begin with the toes... Feel your toes relaxing... Now feel your feet and let them deeply relax. Feel your ankles... and relax. Breathe in... breathe out and let go.

2

Then move to your lower legs, and feel them relax. Breathe in gently, breathe out and relax. Move to your upper legs. The upper legs feel relaxed. Now your whole legs are relaxed, from the top to the tips of your toes. Breathe in... breathe out and let go.

3

Bring your attention to your seat and hips, and relax. Breathe in... breathe out and let go.

4

Move your attention to your stomach, and relax. Breathe in... breathe out and let go. Move up to the chest. The entire chest area is relaxing now. Continue to breathe gently.

5

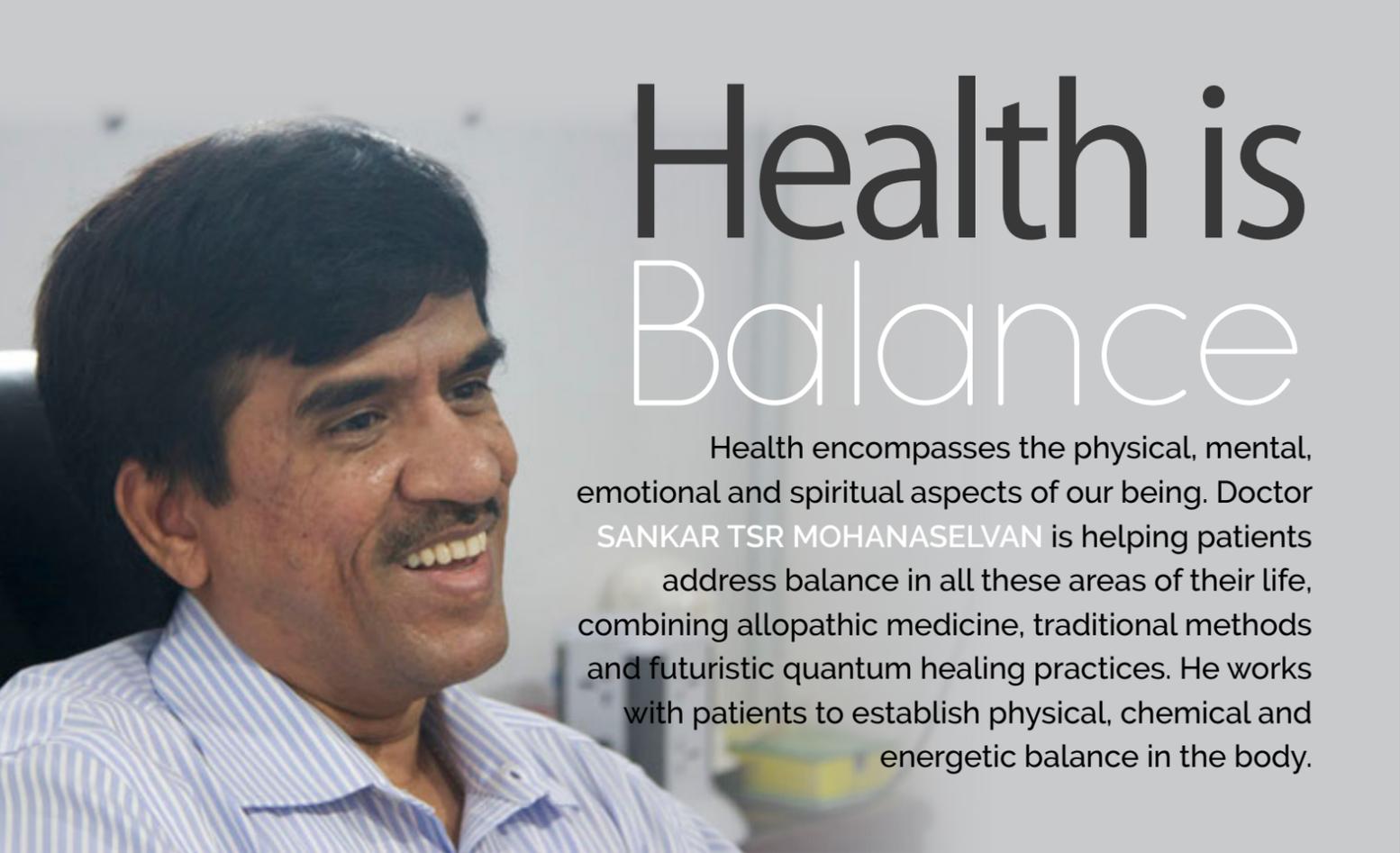
Bring your attention to your lower back. Breathe calmly and relax. Move to your upper back... relax. Your back is now completely relaxed.

6

<sup>1</sup>Young children can remain in the heart for 20 seconds, gradually extending up to 1 minute as they progress.

Teenagers may remain in the heart for up to 15 minutes after some practice.

Adults may do this relaxation at the beginning of their Heartfulness meditation practice. At the end of the relaxation, keep your eyes gently closed and suppose that Divine Light is illuminating your heart from within. Remain with this for about 30 minutes.



# Health is Balance

Health encompasses the physical, mental, emotional and spiritual aspects of our being. Doctor SANKAR TSR MOHANASELVAN is helping patients address balance in all these areas of their life, combining allopathic medicine, traditional methods and futuristic quantum healing practices. He works with patients to establish physical, chemical and energetic balance in the body.

**Q. Can you share with us how you came to be involved in such a broad spectrum of healing modalities?**

**MS:** In my family there have been three generations of healers. I grew in an environment where I was surrounded by doctors. Later on, after becoming a qualified medical doctor, my mind was always looking for solutions for diseases that were not curable in the conventionally established system. I was extremely successful in my practice as an allopathic doctor, but people were coming again and again and again with the same problem, and I could not give them a permanent solution. There had to be something else, which would be more curative than the methods I was already practising.

One day in 1985 I received a letter about an acupuncture course. The information given there related to diseases that I found difficult to treat in my general practice using allopathic medicine. Later, when I went deeper into acupuncture, I discovered that it also was not enough to cater for every single disease. As a result, I started expanding into other modalities of alternative medicine, so that I could have enough understanding of them to treat any disease. Of course I still do my family medical practice.

**Q: Are they complementary? Does one help the other?**

**MS:** Yes, they are definitely complementary. That is the biggest advantage, because whatever I do in alternative medicine is mostly energy balancing and that does not interfere with the chemical balancing that we normally do in allopathic medicine. They go hand in hand, and I don't find any disturbance either in combining them or doing each as a monotherapy.

**Q: A lot of medical practitioners look at illness, whereas you look at wellness. Is it a different perspective?**

**MS:** My original background as a medical doctor was targeted towards crisis management. You let things happen and then interfere or intervene to correct them. In the oriental philosophy, I came across a saying, "The best doctor is one who keeps people healthy by preventing diseases," rather than a person who cures a disease after it happens.

So I was looking for opportunities in preventive health care, rather than crisis management. There are certain shortfalls and certain strong points in every healing modality.

Wellness is a very big word. It means being healthy in many dimensions – physical, mental, emotional, social and spiritual.

I have tried to select a range of modalities so that all dimensions are properly catered for. For example, allopathy is one of the best medicines and we are all living because of it. Without antibiotics many people would have been in big trouble. But it does not have good answers for certain things, such as mental diseases. It also gives no importance to the influence of spirituality, which is also part of the spectrum of the health and wellness of a person.

My primary purpose is to help prevent diseases, rather than only curing people who already have diseases. It is like tearing a cloth and then trying to stitch it. I want to prevent the tearing so that it doesn't need to be stitched. So my focus is towards preventive health care, using the most natural methods of treatment.

**Q: What are some of those methods?**

**MS:** I can classify them into three broad categories. The first I call chemical balancing techniques, the second I call energy balancing techniques and the third I call physical balancing techniques.

Chemical balancing techniques influence the body through its chemistry. Herbal preparations, pharmaceuticals (including antibiotics in cases of fever and infections), and other natural products come under the category of chemicals.

The main part of my practice involves energy balancing techniques, for example Chinese acupuncture, including micro acupuncture systems. My primary tool is 'hand and foot' or Sujok acupuncture. It was developed by a Korean scientist, Professor Park Jae Woo, and is based on the similarity principle.

I use this because it is so simple and easy, and therefore I can educate people to take care of themselves rather than being dependent on the doctor all the time. If their problem goes beyond certain limits they can then come to the doctor or practitioner for help.

I also use other energy-balancing acupuncture systems, like auricular acupuncture. Homeopathy is also an energy balancing system, because it is not the substance that is used but only the frequencies that are being used in the medicines. So it again falls into the energy category.

The third modality is physical balancing. The Chinese say that health is nothing but the free flow of energy.

If there is a disturbance in the flow it leads to disease, which can be at the physical, mental, emotional or any other level. For all levels, by regulating the flow of energy we improve health.

I use 'smile tai chi' as a physical balancing technique. I also teach twist walking, and this helps my patients to regulate their energy flow. This method

is very simple, so a person can become proficient within a day or two.

I combine all these balancing techniques to create mental, physical and emotional balance, and treat each patient holistically.

**Q: How do you deal with the spiritual and emotional health of a human being?**

**MS:** Using a new system called quantum bio feedback. It was developed by an American NASA scientist who discovered that it is possible to influence the information stored in the subatomic space within the atoms of the human body using technologies developed

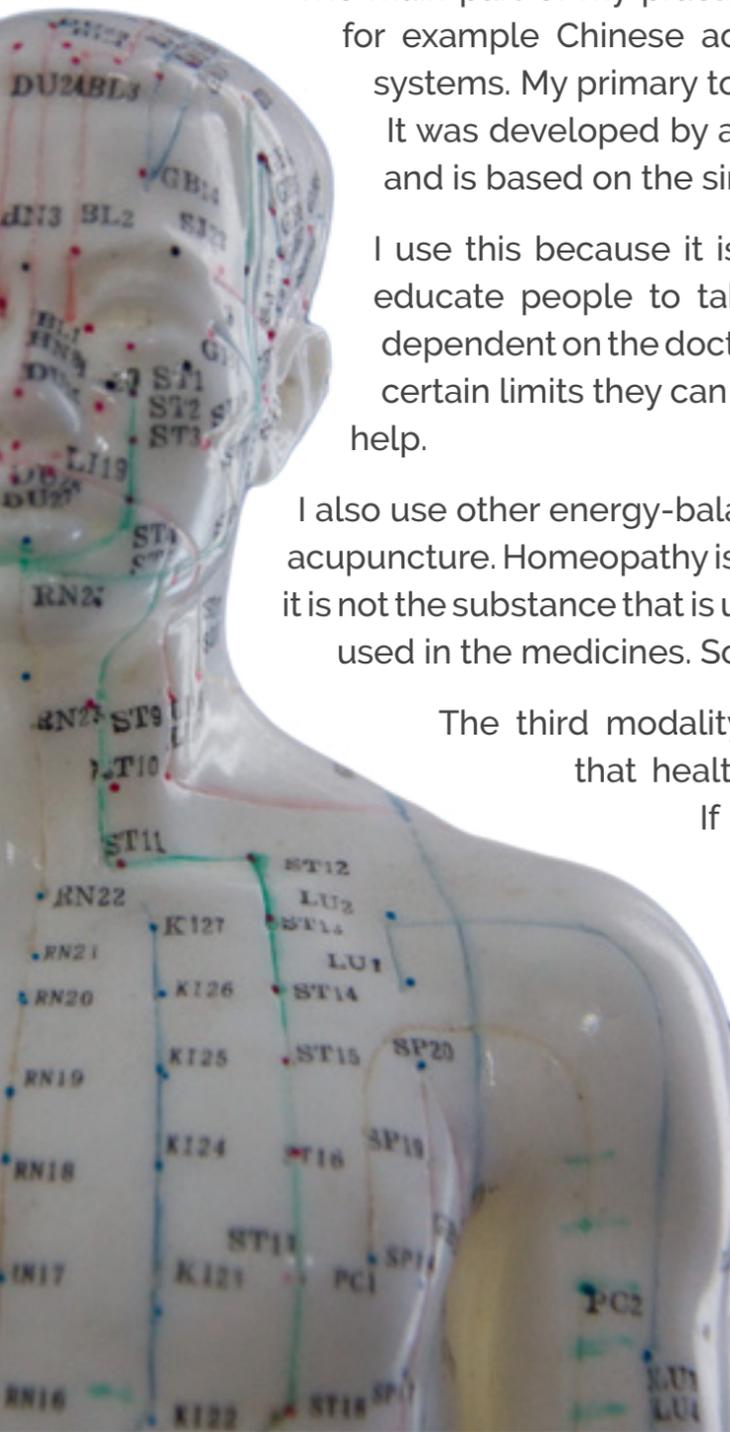
through computer software. He found that quantum waves can be generated and sent into the body, and they can regulate and modify what is happening in the subatomic space.

This technology is futuristic in nature, and is based on the understanding that everything exists is in the form of vibrations and energies. If there is a disturbance at that level we need to use a vibrational tool to correct that disturbance. After a vast amount of research, this scientist devised a machine, which also provides feedback to decode the information.

He discovered that the different dimensional problems in a human being can be influenced in two ways. The first way is independent of the patient's mind, by altering things at the subatomic level, and the second way is by creating awareness in the patient's mind to take care of healing his own body.

The quantum principle says that things will never change if we don't look at them. We just need to know what to look at and where to look. The quantum bio feedback system helps us to discover what is not in balance at a particular dimensional level.

The quantum biofeedback system does an analysis in the subspace of the atoms of the patient, and tells us what is happening in their system. Explaining this to the patient creates awareness, so the patient's mind starts dealing with it. This changes the configuration in the subatomic level, at the subtlest level, and this then brings about a change at the physical level.



It is similar to what happens in meditation. We meditate and we experience transmission and we feel changes because of the transmission. If we observe and ask, "Show me how the transmission works," we cannot answer. It is like asking, "Show me electricity and how it works in the wire." We can only see the effect of it. We attach a bulb and we can see it is glowing. We attach our heart to the Divine and we see the same thing. That is what meditation is.

In the future, people will understand that everything is vibration. This science, using vibration and frequencies to regulate things, helps people to take charge of their health. It can influence problems that happen in all the dimensions, and I have seen a lot of miraculous changes in people over a period of ten years. A big new area is going to emerge, which will definitely be based on vibrations and frequencies. We are on the verge of a big shift in thinking.

**Q: What do you enjoy most about your work?**

**MS:** I have been fortunate enough to come into a profession where I feel that the Almighty has given me an opportunity to bring some influence in people's lives; for their betterment, their wellness and their enjoyment. I feel gifted to be in this profession where I have the skills to influence the happiness and health of others.

To be honest, my life changed after meeting my spiritual Master, Shri Parthasarathi Rajagopalachari, because he helped me understand the true meaning of life. Before that I was only a doctor. Then I became a human being, where I was able to see things in a new perspective. To look at things from a different perspective has been the fundamental reason for my success in my career. It has also been fruitful in my personal life and academic life – everything has changed because of him. I am extremely thankful and grateful.

**Q: How does meditation help you?**

**MS:** Meditation helps me to focus and have clear thoughts and understanding. Medical diagnosis becomes very simple. We always look at multiple diagnoses, alternative diagnoses. After practising Sahaj Marg meditation, my way of approaching a diagnosis and selecting the modality for treatment have been simplified, as there is clarity of thought.

What I can tell you is that my growth has not been a gradual progress but rather a jump in dimensions. It is a marvellous development in my inner self, giving a clear happiness with whatever is happening around me. It has



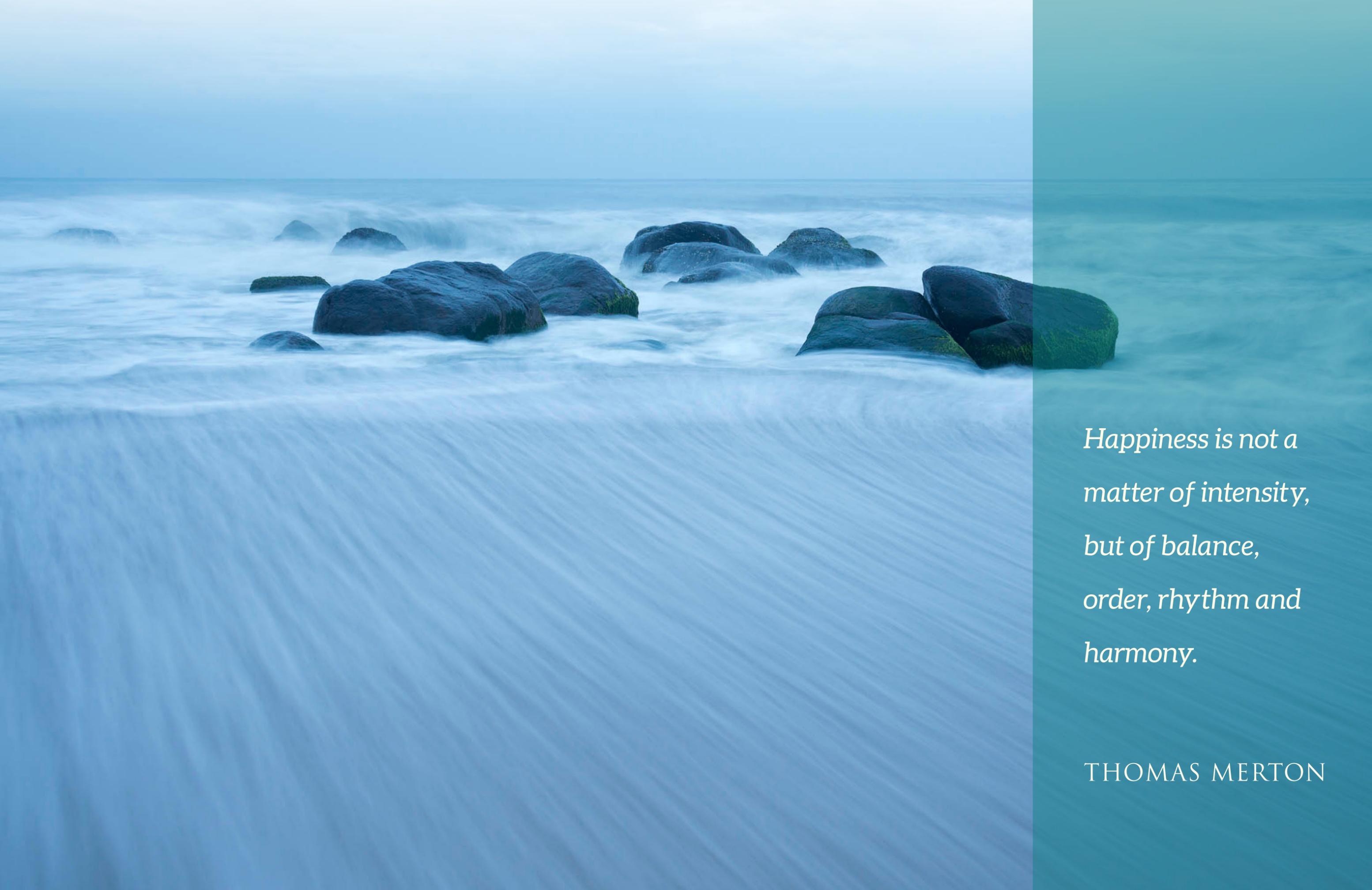
given me the strength to handle anything with ease.

Another very important thing is that it has removed a lot of fear in me. I now feel that at least I have something to give people, so that they can help other people. That is what I have learnt from my Master. I need to repay to humanity and

the universe so I am always open if I get an opportunity to teach others ●

~ Dr Sankar TSR Mohavanselvan, M.B.B.S., D.Ac (Beijing), D.S.Ac (Moscow), C.BERM (Germany), President International Sujok Association (India)

Interviewer: Elizabeth Denley  
Photographer: Mandana Imani



*Happiness is not a  
matter of intensity,  
but of balance,  
order, rhythm and  
harmony.*

THOMAS MERTON

# What gives us Mental Flexibility?



## Refine your character

This takes work and there is no end to this practice. Letting go of habits is not so easy. Character refinement is highly valued in all spiritual traditions, e.g. Buddha's teachings, and Patanjali's *yama* and *niyama*. Self-importance is our greatest enemy and humility is a blessing.



## Meditate

Did you meditate today? Meditation regulates the mind. The mind learns to gently and naturally focus on one thing. Find any system that suits you or try Heartfulness Meditation.

## Pray

Prayer removes self-importance and nurtures humility. It creates an inner condition of emptiness in the heart that can then be filled with love. Prayer takes us into the infinite world of the heart, which is filled with so much joy and beauty.



## Clean your heart and mind

The mind and heart need to be cleaned just like the body. This allows the mind to become still and calm, and regain its natural flexibility.



## Be in tune with nature

Nature teaches us to be simple, flexible and accepting. Take time to observe the world around you. Nature is full of flexibility: the water and the trees don't have to think to be flexible, they naturally are. Naturalness and simplicity is what we discover within us through a spiritual practice.

# We Come from the Stars...

The cosmos is within us. We are made of star-stuff. We are a way for the universe to know itself.

- Carl Sagan

Every mountain, every rock on this planet, every living thing, every piece of you and me was forged in the furnaces of space. ... Every atom in our bodies was formed not on Earth, but was created in the depths of space, through the epic lifecycle of the stars.

- Professor Brian Cox, 2011, *Wonders of Space*

The amazing thing is that every atom in your body came from a star that exploded. And, the atoms in your left hand probably came from a different star than your right hand. It really is the most poetic thing I know about physics: You are all stardust. You couldn't be here if stars hadn't exploded, because the elements - the carbon, nitrogen, oxygen, iron, all the things that matter for evolution - weren't created at the beginning of time. They were created in the nuclear furnaces of stars, and the only way they could get into your body is if those stars were kind enough to explode.

- Lawrence M. Krauss, *A Universe from Nothing: Why There Is Something Rather Than Nothing*

That's been one of my mantras –

## Focus and Simplicity

Simple can be harder than complex: You have to work hard to get your thinking clean to make it simple. But it's worth it in the end because once you get there, you can move mountains.

”

STEVE JOBS

# *the secret of* **SUCCESS** *of any system*

DR. ICHAK ADIZES

It took me fifty years of trial and error to realise that my mother, who did not have even an elementary education, was absolutely right. More about that later. But it starts with a question.

What is the secret of success of any system?

There is a formula:

$$\text{Success} = f \left\{ \frac{\text{External Integration}}{\text{Internal DISintegration}} \right\}$$

External integration is the way in which the organisation, any system, is integrated with its environment. No system, person, family, business or country exists in a vacuum.

We measure external integration in business by market share, profit margins, repeat sales, EVA, ROI, earnings per share, etc. When we refer to individuals, we calculate external integration by their career success as reflected in status, earnings, or rate of ascending in the hierarchy of the organisation. For a nation the determining factors are balance of payments, average income per citizen, trade conditions and economic growth. Same concept, different forms of measurement.

Internal disintegration is all the internal fighting that occurs in organisations: the rumours, misunderstandings, back stabbings, frustrations with the job and turnover of people, among other manifestations of disintegration. In our personal life, internal disintegration is a function of all the confusion in our head: the self-doubt, self-disrespect and mistrust coupled with some of our most destructive behaviour. In a nation the disintegration is marked by a society where discrimination frequently occurs and where confrontations are the norm, whether in terms of gender, creed, religion, nationality or colour.

The question is: why does this formula predict success? We know from physics that energy is fixed. I discovered that the fixed energy is allocated in a predictable way in every system. It moves first to deal with internal disintegration and only then does the surplus overflow to external integration. For example, if you are ill and falling apart you will have little energy available to discuss, plan or organise how to handle the changing market.

In a company riddled with internal disintegration, most of the energy is dedicated towards protecting one's back, preserving one's political and managerial power, along with a place in the system. For instance, a manager decides to sit in committee meetings he does not want to attend in order to protect his interests.

So what is wanted is less internal disintegration. When that occurs there is more energy available for external integration and much greater opportunity for success of the system. But what does internal disintegration mean? Let us understand it through its opposite. How do you minimise internal disintegration? By integration.



---

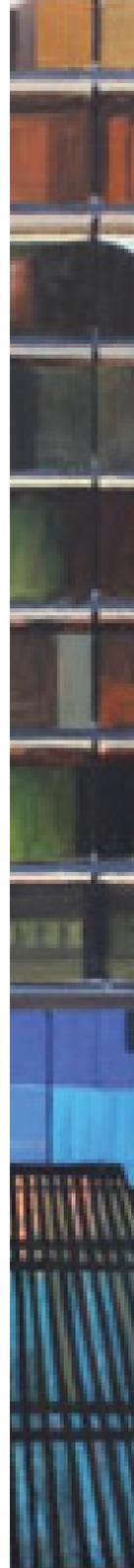
## And what is integration? What is an integrated organisation? A healthy system.

---

And what is integration? What is an integrated organisation? A healthy system. Integration is synonymous with health and disintegration with sickness. What do we say about a mentally healthy individual? He is all together. What do we say about a physically or even mentally sick person? He or she is falling apart. Same for a sick family or a sick country. Falling apart. Disintegrating.

So, now, what is the secret of success? Not external integration. That is the result of having success. That is the output. We need to understand what makes success? Which is to recognise the value of the input.

Success is internal integration i.e. being healthy. Don't we say in all languages, "Be well", when we wish something for the other person as we part company? Don't we raise a glass and wish each other "Na zdravlje", "Salud", "To your health": the same expression in different languages.



What is the value of having a lot of possessions, or whatever success we might measure ourselves by, if we are sick? Have you ever been very sick? You were probably most willing to surrender all your possessions just to become healthy again. The real secret of success resides in how healthy you are. You personally, your family, your business, your country.

Focus on the health of your organisation and how integrated it is, how aligned the subsystems are. Profits are a measurement of how well you have perfected aligning the inputs. It is the scoring board of the tennis match. It tells you how well you played. Focusing on the scoring board and ignoring the balls will not help you win the game. The point rather is to focus on the game, which in turn reflects positively on the scoring board.

So, what is the role of management? Of leadership? Of a parent? Of a national leader? To make and keep the system they are managing, or leading, or parenting, healthy.

My mother, whenever I would tell her about some incredible success I had with a client or with my book, would sigh and say, "*Ha ikar ha bruit* (What is most important is your health)," as if to say, it is nice all you are telling me about your success, but watch it son. What is really most important is your health.

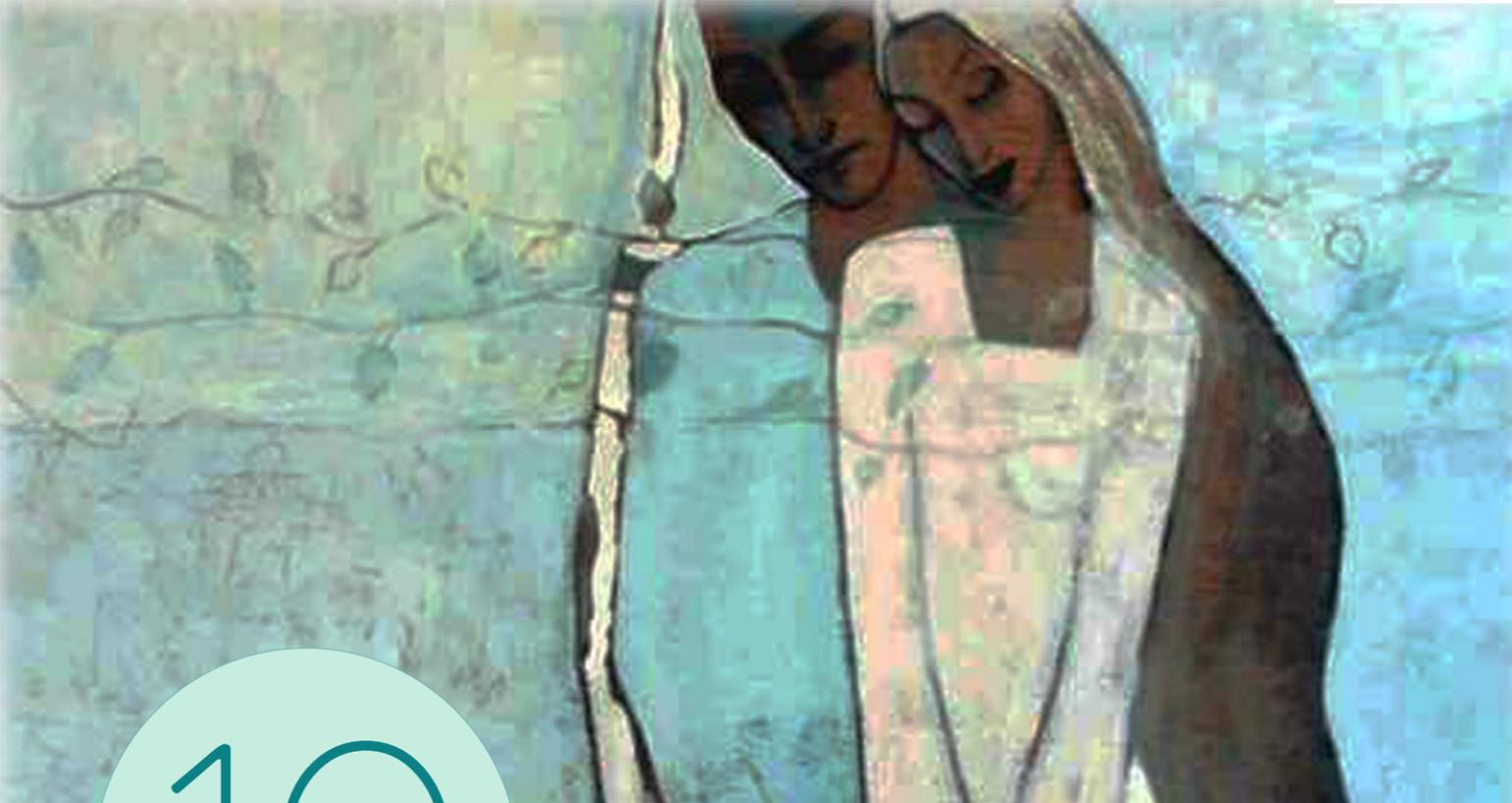
Thank you mom.

Just thinking.

Sincerely,

Dr. Ichak Kalderon Adizes  
CEO/President, Adizes Institute  
[www.ichakadizes.com](http://www.ichakadizes.com)  
[www.adizes.com](http://www.adizes.com)

Reprinted with permission © Dr. Ichak Adizes 2014



# 10

## tips for solving CONFLICTS

We are all connected. Any tension or conflict anywhere reverberates through the hearts of all of us. It is also stressful to have conflict, especially when people get hurt. Yet it happens all the time.

No matter whether we have caused the problem or are at the receiving end, there are a few things we can do to restore harmony:

**1** **harmony**

In your heart, sincerely wish for harmony. Put harmony before being right.

Always see the other person as greater than yourself. Then you will try to understand their point of view; to understand means to 'stand under'.

**stand under** **2**

**3** **meet in person**

Try to meet in person, and remember it is not easy to fix any conflict by email or text. It needs the human touch.

Be humble and openhearted. The attitude and thoughts you have are more important than the words you say. No use saying 'sorry' through gritted teeth!

**humble and openhearted** **4**

**5** **listen well**

Listening is always more important than speaking. Listening enables you to learn and understand what another person is feeling and why.

When you do speak, see if your voice can flow evenly, reflecting a balanced inner state, without harshness or sharp rise and fall.

**let your voice flow evenly** **6**

**7** **be patient**

Some conflicts will not resolve overnight, no matter how much you try. In fact, sometimes trying to fix it only makes it worse because you give it too much attention. Allow things to heal naturally and then act at the appropriate time. The other person also has to be ready to let go.

Consciously let go of resentment. See the situation as an opportunity to become a better person.

**let go of resentment** **8**

**9** **brothers and sisters**

Treat others as your brothers and sisters. Small siblings often fight, but ten minutes later they are hugging and playing, and no love is lost. Can you be like that?

At bedtime, close your eyes for a few minutes, go into your heart, and feel sorry for anything you have done to hurt anyone. There is no need to feel guilty. Promise yourself that you will not do the same again. You will feel light and sleep with a clearer conscience.

**go into your heart** **10**



“*Parenthood has opened up new vistas of learning in my life. Rather than learning I feel it is a process of unlearning, because if I wish to reach my child in the most positive and nourishing way, I need to become as empty and as pure as he is. I should be able to see the world through his eyes, and then the best comes out of me as his mother.*”

# Parenting

- the art of **PRESERVING**

**MEGHANA ANAND** asks if we are preserving the purity, the innocence and the sense of wonder in our children as they grow.

A few months ago, I shared an interesting conversation with my four-year-old. I was working at my computer, when he insisted on a bowl of his favourite fruit. I was more than happy to oblige – it is not every day that your kid demands for ‘health’ instead of the usually tabooed list of ‘junk’. As I fulfilled his ‘healthy’ demand, he started nibbling away, savouring every tiny bite with a look of such contentment and glee that I was forced to pull myself away from the screen and rested back to observe him with amusement.

Suddenly he stopped eating and, with a matter-of-fact look on his face, said to me, “Mommy, I love God.” His spontaneity generated an equally spontaneous reply from me. I answered, “My dear, I love

God too.” I thought the dialogue would end at this. But then I was caught unawares. He promptly said, “Come, then let’s go to God.” I thought for a while and then said, “Okay, but you know the way better; so you will have to take me to Him.” Pat came the reply, “Okay, mommy, I shall take you to God tonight.”

Many books have been written on the subject of parenting – more so in the current times where the definition of ‘family’ has undergone a drastic shift from togetherness to isolation. Concepts like ‘nuclear family’, ‘double income family’, ‘single parent’ etc were unheard of even a decade ago, at least in India. They constitute the modern society of today. At thirty, I seem

“Walking  
this path I realise  
that parenting is  
an art of learning  
through experiences  
of the heart rather  
than mere bookish  
knowledge, catering  
to a holistic  
development of the  
child’s body, mind  
and soul.

to face a generation gap with young adults only ten years younger! As the shadow of materialism looms large over our heads, as a parent I am concerned about my child losing himself in this mad rat-race towards a destiny where ambition overrides aspiration, where prosperity is measured in terms of monetary gains and success. My own upbringing has made me realise the need for a strong character built upon the foundation of inner values to face the challenges of life in a spirit of acceptance and with conviction.

Spirituality and mysticism have held a strong attraction for me since a very early age. In my quest of the mysterious and unknown, I stumbled upon a natural path of meditation based on the principles of restoring balance into our lives, in a world which is dangerously tipping towards a state of extreme imbalance. Walking this path I realise that parenting is an art of learning through experiences of the heart rather than mere bookish knowledge, catering to a holistic development of the child’s body, mind and soul. It is an experience that is not only rewarding in terms of the mental

“..remember  
to restore this child  
back to God in  
the same pristine  
condition that you  
have received from  
Him. Preserve with  
love his purity, his  
innocence, his sense  
of wonder.

and emotional, but it can also be a spiritually enriching journey for both the parent and the child. I have come to firmly believe that even more than nourishing and upbringing, parenting is all about the art of preserving. Preserving what?

I received one of the soundest pieces of advice from my mother when I was at the threshold of motherhood. She said, “Dear, remember to restore this child back to God in the same pristine condition that you have received from Him. Preserve with love his purity, his innocence, his sense of wonder.” With every passing day, these words ring louder and louder in my head. When I take time to pause from my ‘busy’ routine and decide to spend some quality time with my kid, I realise how empty he is. Empty of all prejudices and preconceived notions of how the world should be. He exists in the moment, and that’s it. For him there is no difference between good and bad, rich and poor, health and sickness. All he understands and responds to is the language of love – no matter who speaks it and from where it comes.

Once I was careless enough to use the word ‘hate’ in front of him. He immediately jumped on it, “Mommy,



what is hate?" I really couldn't answer this one, for the very act of trying to explain the meaning of the word to him would be the first step towards making him aware of its verity. Why seek knowledge where ignorance is bliss? This and other such instances have made me very cautious about what is being uttered or displayed before him. In that state of emptiness with which they are born, children are like sponges, ready to soak themselves and absorb whatever they are exposed to.

Another aspect that I have observed is that they learn largely by imitating

and emulating. I see some of my own traits in my little son. So this puts back the onus on me. I have to first become what I want my child to become. I keep introspecting constantly to check if I, myself, possess those values that I want to see inculcated in him. Each time I am prompted to react to any mischief or an act of apparent indiscipline, I try to put myself in his shoes and get a feel of how I would like to be treated in that situation.

Parenthood has opened up new vistas of learning in my life. Rather than learning I feel it is a process

of unlearning, because if I wish to reach my child in the most positive and nourishing way, I need to become as empty and as pure as he is. I should be able to see the world through his eyes, and then the best comes out of me as his mother. When the heart is safe and sound, it acts as an inner beacon of light that guides us in our journey towards fulfilling our destinies. Inner courage and conviction develop that help us to stand against all odds. Imagine if each one of us, like the child, did not have the word 'hate' in our dictionaries! I mean, a world made up of such individuals would be no less than paradise. One of the most enlightening stories that I read during my school days is Leo Tolstoy's *Little Girls Wiser Than Men*. Tolstoy beautifully conveys the message of following the example of the children, taking their spirit of forgiving and forgetting into our own hearts.

As a parent I only aspire to be an example to my child; I aspire to see the world through his eyes. As I march ahead in my endeavour to preserve his innocence and wonder, I discover my true self, my real identity. This little poem by William Wordsworth says it all:

# The Rainbow

*My heart leaps up*

*when I behold*

*A rainbow in the sky:*

*So was it when my life began;*

*So is it now I am a man;*

*So be it when I shall grow  
old,*

*Or let me die!*

*The Child is father of the  
Man;*

*And I could wish my days  
to be*

*Bound each to each by  
natural piety.*

(The Rainbow, is also known as the poem, My Heart Leaps Up) ●

# KABIR

## *The Mystic Weaver*



The story of the mystical poet Kabir is surrounded by legend. Born around 1440, early on he became a disciple of Ramananda. Kabir was a great religious reformer, yet it is as a mystical poet that he lives for us – his songs survive as expressions of his vision and his love.

Some claim him as a Sufi and others as a Yogi, but he was a man of God not of a particular religion or creed. Side by side with his inner journey, he was a skilled musician as well as a poet. He was also a weaver, simple and unlettered, who earned his living at the loom. He was a family man, extolling the life of the home with its opportunities for love and renunciation. His teachings of a simple union with Divine Reality included neither

ritual nor bodily austerities. The God he proclaimed awaited discovery everywhere, accessible to all. Because of his approach, Kabir was subjected to considerable persecution.

In 1518 he died at Maghar near Gorakhpur. A beautiful legend tells us that after his death his Mohammedan and Hindu disciples fought over his body, which the Mohammedans wished to bury and the Hindus to burn. As they argued, Kabir appeared before them and told them to lift the shroud and look beneath. They did, and found flowers in the place of the corpse. Half of the flowers were buried by the Mohammedans at Maghar and half were carried by the Hindus to the holy city of Benares to be burned. ●

*O brother, my heart yearns for that true Guru,  
who fills the cup of true love, and drinks of it himself,  
and offers it then to me.*

*He removes the veil from the eyes,  
and gives the true Vision of Brahma:*

*He reveals the worlds in Him,  
and makes me to hear the Unstruck Music:*

*He shows joy and sorrow to be one:*

*He fills all utterance with love.*

*Kabir says: "Verily he has no fear,*

*who has such a Guru to lead him to the shelter of safety!"*

*Faith gives you  
an inner strength  
and a sense of  
balance and  
perspective in life.*

GREGORY PECK



# THE NEED OF GURU

*Swami Vivekananda*



Every soul is destined to be perfect, and every being, in the end, will attain the state of perfection. Whatever we are now is the result of our acts and thoughts in the past; and whatever we shall be in the future will be the result of what we think and do now. But this, the shaping of our own destinies, does not preclude our receiving help from outside; nay, in the vast majority of cases such help is absolutely necessary. When it comes, the higher powers and possibilities of the soul are quickened, spiritual life is awakened, growth is animated, and man becomes holy and perfect in the end.

This quickening impulse cannot be derived from books. The soul can only receive impulses from another soul, and from nothing else. We may study books all our lives, we may become very intellectual, but in the end we find that we have not developed at all spiritually. It is not true that a high order of intellectual development always goes

hand in hand with a proportionate development of the spiritual side in Man. In studying books we are sometimes deluded into thinking that thereby we are being spiritually helped; but if we analyse the effect of the study of books on ourselves, we shall find that at the utmost it is only our intellect that derives profit from such studies, and not our inner spirit. This inadequacy of books to

“ *The Guru is the bright mask which God wears in order to come to us. As we look steadily on, gradually the mask falls off and God is revealed.* ”

quicken spiritual growth is the reason why, although almost every one of us can speak most wonderfully on spiritual matters, when it comes to action and the living of a truly spiritual life, we find ourselves so awfully deficient. To quicken

the spirit, the impulse must come from another soul.

The person from whose soul such impulse comes is called the Guru – the teacher; and the person to whose soul the impulse is conveyed is called the Shishya – the student. To convey such an impulse to any soul, in the first place, the soul from which it proceeds must possess the power of transmitting it, as it were,

to another; and in the second place, the soul to which it is transmitted must be fit to receive it. The seed must be a living seed, and the field must be ready ploughed; and when both these conditions are fulfilled, a wonderful growth of genuine religion takes place.

“The true preacher of religion has to be of wonderful capabilities, and clever shall his hearer be,” and when both of these are really wonderful and extraordinary, then will a splendid spiritual awakening result, and not otherwise. Such alone are the real teachers, and such alone are also the real students, the real aspirants. All others are only playing with spirituality. They have just a little curiosity awakened, just a little intellectual aspiration

kindled in them, but are merely standing on the outward fringe of the horizon of religion. There is no doubt some value even in that, as it may in course of time result in the awakening of a real thirst for religion; and it is a mysterious law of nature that as soon as the field is ready, the seed must and does come; as soon as the soul earnestly desires to have religion, the transmitter of the religious force must and does appear to help that soul. When the power that attracts the light of religion in the receiving soul is full and strong, the power which answers to that attraction and sends in light does come as a matter of course.

There are, however, certain great dangers in the way. There is, for

instance, the danger to the receiving soul of its mistaking momentary emotions for real religious yearning. We may study that in ourselves. Many a time in our lives, somebody dies whom we loved; we receive a blow; we feel that the world is slipping between our fingers, that we want something surer and higher, and that we must become religious. In a few days that wave of feeling has passed away, and we are left stranded just where we were before. We are all of us often mistaking such impulses for real thirst after religion; but as long as these momentary emotions are thus mistaken, that continuous, real craving of the soul for religion will not come, and we shall not find the true transmitter of spirituality into our nature. So whenever we are tempted to complain of our search after the truth that we desire so much, proving vain, instead of so complaining, our first duty ought to be to look into our own souls and find

whether the craving in the heart is real. Then in the vast majority of cases it would be discovered that we were not fit for receiving the truth, that there was no real thirst for spirituality.

There are still greater dangers in regard to the transmitter, the Guru. There are many who, though immersed in ignorance, yet, in the pride of their hearts, fancy they know everything, and not only do not stop there, but offer to take others on their shoulders; and thus the blind leading the blind, both fall into the ditch.

“Fools dwelling in darkness, wise in their own conceit, and puffed up with vain knowledge, go round and round staggering to and fro, like blind men led by the blind.”  
– (Katha Upanishad, I. ii. 5).

The world is full of these. Every one wants to be a teacher, every beggar wants to make a gift of a million dollars! Just as these beggars are ridiculous, so are these teachers ●

~ Complete Works of Swami Vivekananda,  
Volume 3, Chapter 4

**SWAMI VIVEKANANDA** (1863-1902) was a spiritual giant of the 19th century whose guru was the saint Ramakrishna Paramahansa. He introduced the Indian philosophy of Yoga to the western world and raised interfaith awareness. He is probably best known for his inspiring speech at the Parliament of the World's Religions in Chicago in 1893, which began, “Sisters and brothers of America”.





# THE ART OF SIMPLE LIVING

*Bharath Krishna*

This is the village of Khuri, near Jaisalmer in Rajasthan. It is surrounded by desert and barren land. Peacocks and antelopes run wild.

As a photographer, what attracts me are the stunning sunsets in the desert. In Khuri there are no streetlights, so people rise as soon as the sunlight appears in the sky. From dawn, women and children walk about six hundred metres to the nearest well to fetch water for the day.



The village is known for its safety. People live in a very simple way, with few resources, and they are openhearted, welcoming and smiling. I ask some children if I can photograph them, so they take me inside their house and introduce me to their grandmother, who offers me a drink and something to eat. Whatever little they have, they are so happy to share.

Every family has domestic animals – camels, cows, dogs and goats. They respect and care for their animals as if they are part of the family, with no sense of exploiting them.



There is only one vegetable that grows in this region, so meals comprise mainly this vegetable and chappatis.

I am surprised that nobody is looking for money, trying to sell something or take me somewhere in order to make money. They just go about their simple lifestyle, happy to help with no expectations.

The men work in the camel safaris and rent their camels for heavy transport. The village has a couple of small shops offering very basic groceries and stationery.

Children go to a nearby government school, so their basic educational needs are met. When they return in the evening, they play games on the streets with wooden sticks and stones and also help take the animals for grazing and drinking water.

Though people from all over the world visit the vicinity, the customs and lifestyle of the Khuri villagers seem untouched. For me, this trip to the desert was much more than photography; it was an amazing life experience ●



The planet does not need more successful people. But it does desperately need more peacemakers, healers, restorers, storytellers and lovers of every kind. It needs people who live well in their places. It needs people of moral courage willing to join the fight to make the world habitable and humane. And these qualities have little to do with success as we have defined it.

DAVID W. ORR



# LESSONS FROM THE garden

**ALANDA GREENE** is an avid gardener from British Columbia, Canada. She explores the natural cycles of birth, life and death and what we can all learn from the plants around us.

My hands are busy in the dirt as I dig holes for daffodil and hyacinth bulbs. I plant the bulbs to surround a grey standing rock that marks my father-in-law's newly placed ashes.

Here, when it is spring, fresh green sprouts of grass emerge along the cliff edge. They entice the deer to forsake winter shyness, to forage in clear view. Deep violet and golden crocuses have returned with the new grass many times. Now larger blossoms will join them around the rock, which sits perched on a ridge at the cliff's edge. I raise my head from planting to see the lake below and the grey-blue mountains

across the valley, wrapped with woolly strands of cloud. I imagine how this scene changes through the seasons. But I do not imagine seeing my father-in-law again. This finality is the hardest part to grasp. My thoughts turn instead to the flowers and how they will please him.

I place each bulb carefully, noting that the dirt is pale and sandy, poor in nutrients. The bulbs carry what they need for the spring's bloom, so I make a promise to later carry to them the compost, garden soil and organic nutrients that will give them what they need to store food to bloom in yet another spring. For now, it is enough to make a start. Not a perfect start. In earlier years, I might have thought that to place and plant the bulbs with proper soil was more than I could do. I would have left it undone. Now, I understand it is enough to make a start.





Years ago, all the soil here was like this pale and rocky earth. Yet today I look across to the garden and see terraces of rich black loam, nurtured and built through season after season of digging organic material into it. Just yesterday I planted garlic in that loam and marvelled at the plenitude of earthworms uncovered with each shovel I turned. They cultivate and enrich the soil. Every fall, the leftover harvest goes back into the ground, or into the compost which I later carry to the garden. The worms thrive and multiply on the decomposing matter and the vegetables just get better each year. Not only is nothing lost, there is a sense of gain. “When have I ever become less by dying?” asked Rumi, the renowned Persian poet of the twelfth century. The garden becomes more and more. It’s easy for me to grasp it here and to understand the cycles.

Earlier today I gathered dill seeds from the now brown flower heads that spray like fireworks frozen in time. Many seasons ago, I planted the ancestors of this dill. Each year, seeds fall and sit in the soil all winter, covered by snow. In spring, when grass shoots are pleasing deer on the cliff, the delicate fernlike fronds of dill emerge also, in places that leave me wondering if the seeds move around from bed to bed under the snow. All summer dill grows between the potatoes, cauliflower and calendula. I snip the leaves to make small freezer packages whose distinct flavour will enliven winter meals with garden memories. The seeds season soups and stews when I manage to gather them before they fall to the dirt. These plants today are at their natural end and I dig what is left back into the earth.

At times, I have been reluctant to cut down plants until they have ‘run their course.’ A few years ago, when the autumn temperatures stayed warm long beyond the usual, I kept harvesting tomatoes as they reddened on the vines. At last, realising that little time remained to finish the garden work before the winter snows, I breathed deeply and

“ Today I look  
across to the garden  
and see terraces of  
rich black loam,  
nurtured and built  
through season  
after season...”

“*Everything in nature tells me of this cycle: birth, death, rebirth.*

*When has it ever been less by dying?*

headed to the tomato patch to pick the last of the fruit and dig in what remained. These plants had produced all summer in prolific quantities. I felt as if I was betraying their efforts by cutting them down before they finished their cycle naturally. But when the process began I felt relief. The feeling penetrated my mind as clearly as the pungent scent of tomatoes penetrated my nostrils. It had never occurred to me that these plants might be tired and ready to have their work finished. Since then, I watch for signs that a plant is weakening, its leaves becoming pale or small, and take that as a signal that the plant is ready to nourish the worms at its roots.

My friend has a great-aunt who is one hundred and four. She is frail. All of her close friends have long ago died. She says, “I don’t know why I am still here. I don’t know why I can’t die.” Like the tomatoes, she is ready to go. She anticipates relief. But the willing embrace of death seems rare in humans. My father-in-law feared death. He sought repeated reassurances from his doctor that his problem would be healed. He did not meet death willingly.

I held my mother in my arms when she took her last rattled and shallow breath.

She had been in a coma for three weeks. I felt relief then, too, mixed with grief, a sense of loss, and also doubt. My father had died a few years earlier and I find I often pause to recall them. The pang of missing them, missing their presence in my life, often surprises me. My dill will grow again each spring, recognisable and connected to the dill of other years. I will not see my parents in any recognisable form again. I will not see my father-in-law.

A story about Ramana Maharshi claims that when he was sick and obviously dying, his disciples gathered around him, crying and begging of him, “Babuji, do not leave us.”

“Don’t be silly,” he laughed. “Where would I go?”

His perspective on dying was different than that of his disciples, or mine about

my parents’ death, my father-in-law’s, or the anticipated deaths of those I love and cherish. What is it that Ramana Maharshi understood about his death that let him be light-hearted with his grieving followers? What did my father-in-law not know? Where did my mother’s fear of death come from, before she slipped into her coma?

The bulbs are planted, covered with earth patted firmly and carefully around the rock. My eyes sting from insect bites and tears. The beauty of the coming spring blossoms feels like a fitting tribute. These flowers will bloom season after season. The nearly empty garden, the dried and brown grasses, will surge again in new life. Everything in nature tells me of this cycle: birth, death, rebirth. When has it ever been less by dying? ●

# Respiratory Health

## Peppermint Tea

*Mentha piperita* or peppermint is native to Europe, but is now available worldwide.

- Helps with respiratory problems: coughs, colds, asthma and allergies. It is an expectorant and decongestant.
- May reduce stress. Boosts the immune system. Reduces inflammation.



## Tulsi Tea

*Ocimum tenuiflorum* or tulsi is known as sacred or holy basil, and is a principal herb of Ayurveda. There are three main varieties – Rama tulsi, Krishna tulsi and Vana tulsi.

- Helps the body cope with stress.
- Rich in antioxidants.
- Helps with respiratory problems, fever, colds and infections.
- Boosts the immune system.
- Purifies.



## Nettle Tea

- *Urtica dioica* or stinging nettle is native to Europe, Asia, northern Africa and North America.
- Boosts the immune system.
- Helps with respiratory tract infections and asthma.
- Reduces inflammation and allergic rhinitis.
- Eases the common cold,
- Reduces gingivitis and plaque when used as a mouthwash.

## Oregano Oil

*Origanum vulgare* is native to the Mediterranean, but grows in many other parts of the world, including the Himalayas.

- Contains vitamins and minerals for the immune system.
- Contains natural decongestants and reduces histamines.
- Put a few drops of oregano oil in a pot of steaming water and inhale the steam.
- Always dilute it in a carrier oil or water – you only need a few drops. Not to be used during pregnancy.

## Essential Oils



## Eucalyptus Oil

*Eucalyptus globulus* is native to Australia, and grows in many other parts of the world.

- Treats colds, coughs, runny noses, sore throats, asthma, nasal congestion, bronchitis and sinusitis.
- Antibacterial, antifungal, antimicrobial, antiviral, anti-inflammatory and decongestant.
- Gargle with a few drops of eucalyptus oil mixed with warm water to treat sore throats.
- Massage 1-3 drops on the chest. The vapour calms the throat and dilate the blood vessels, bringing more oxygen to the lungs.



## Tea Tree Oil

*Melaleuca alternifolia* native to Australia, and now grows in other parts of the world.

- Treats colds, coughs, runny noses, sore throats, asthma, nasal congestion, bronchitis and sinusitis.
- Antibacterial, antifungal, antimicrobial, antiviral and anti-inflammatory.
- Add a few drops to a dehumidifier or steam inhalation or on a handkerchief. Not for internal use.





# Let's make a Mandala

## WHY?

Mandala means 'a drawing in a circle'.

Since the dawn of time, all traditions and cultures on earth have used mandalas. A mandala expresses the link between man and the universe, between man and the Divine.

Whether you draw, paint, use sand, flowers or petals, the idea of a mandala is always to bring everything to the centre. We move to what is the source, what is at the heart of each person.

In many traditional cultures, the mandala is a way of expressing the sacred and mysterious in life. It symbolises the divine in us, our most profound potential. It brings peace.

In schools, teachers use mandala activities to bring children to calmness and a deeper focus.



## How?

- Find a quiet place where you will not be disturbed.
- Prepare a large work space, without anything drawn on it, like a large table or bench or piece of ground.
- Gather all the material that you will need: jars filled with flowers, leaves, moss, seeds, branches of various size and shapes; natural sands or earth of different hues; paints, crayons etc.
- Stand gently in front of the workspace and keep your eyes down for a moment, in silence, with your attention towards your heart.
- Draw a big circle on the workspace.
- Let your hand choose without any specific intention to realise your mandala and to listen to what inspires you at this moment. Listen to your heart.
- Take as long as you like for this activity. Give yourself some space. Be inspired and let yourself be creative.
- At the end, explore what you feel while looking at your mandala.

# WITH YOUR FRIENDS

## ASK

everyone to bring materials to add to the mandala.

## DRAW

a giant circle in the sand, on the earth or on a large piece of paper.

## CREATE

and maintain an attitude of contemplation so everyone keeps their attention inside.

Ask everyone to

## OBSERVE

the evolution of the mandala with each piece that is added.

Let it be spontaneous! Be careful not to favour beauty over inspiration. Work gently towards maintaining the mysterious and fragile dynamic of the group creating this **MASTERPIECE.**

“I sketched every morning in a notebook a small circular drawing,...which seemed to correspond to my inner situation at the time. Only gradually did I discover what the mandala really is:...the Self, the wholeness of the personality, which if all goes well is harmonious.”

—Carl Jung, *Memories, Dreams, Reflections*



IN THE DEPTH OF WINTER I FINALLY LEARNED THAT THERE WAS IN ME AN INVINCIBLE SUMMER.

ALBERT CAMUS

Artwork: Gabrielle Rajkumar



# The King Who Removed the Veils of Illusion

In a far off kingdom, there was a young and intrepid ruler, full of wisdom, whose name was Vikram. His friend and counsellor Bhatti was by his side for every adventure. With his renowned composure, Bhatti could always temper the fire of the young king, bringing him back to balance and to his senses.

Together they had many adventures, each one more surprising than the previous one. We will tell you all of them in good time, if you are curious enough to ask. But during these days, tired with all his exploits, the king had decided to live a quiet life for some time, marked simply by prayers, meditation and the day-to-day affairs of the kingdom. It did not last long! His curiosity was so easily awakened by any new knowledge or information he came across.

Listen to what happened when one of his courtiers told him about a queen as mysterious as she was beautiful. Her name was Abol-Rani and she lived in a parallel and hidden world. King Vikram found a way to approach the queen, but four veils prevented him from directly talk to her. He decided to try to remove each one of the veils of illusion. Can you guess how he did it?

Well, read on and you will find out. He told stories that were more like puzzles. Here is the first one.



Once upon a time, in a village, lived four boys who were good friends. The first one was from the caste of priests, the second from the caste of warriors, the third from the merchant caste and the fourth was a craftsman. They decided to travel the world together to learn a profession.

So they bid their goodbyes to their parents and dear ones and set off on their travels. The first evening they arrived in a village and found shelter at a sculptor's house for the night.

The next morning, as they were getting ready to take the road, the sculptor asked if one of them would stay as an apprentice. The craftsman's son stayed and the other three took to the road. That night they found themselves at the house of a weaver, who invited one of them to stay and learn his craft. The son of the merchant stayed.

In the morning the two remaining friends started out and reached a village in the evening where they spent the night at a goldsmith's home. This time it was the warrior's son who stayed. So the son of the priest went on alone the next morning. In the afternoon he reached a hermitage in the middle of the woods, where a saint was living and became his disciple.

So the four boys each found a master and studied assiduously.



After twelve years of studies, the priest left his revered teacher and headed back home. On the way he stopped at the goldsmith to find his friend and together they went to the weaver's home. They collected their friend and at last reached the sculptor's village to find the last companion.

Together they travelled to their native village, but night fell quickly and they stopped to rest in the middle of the woods. They decided to take turn to stand watch.

The first one on watch was the craftsman, the one who had lived with the sculptor. He was sleepy, so to prevent himself from falling asleep he took a big branch and started to carve a young lady out of it. The second boy on watch was the disciple of the weaver, so he made clothes for the young girl. When his turn came, the apprentice of the goldsmith fashioned necklaces, bangles and earrings that he lovingly placed on the girl. When it was the turn of the disciple of a saint, he chose to give her life. He whispered magic mantras and, lo, the young girl opened her eyes and spoke a few words.

The three other boys woke up and the four companions started fighting, each one claiming that he was the one who deserved her hand.



King Vikram stopped his story here and asked: "Tell me, with whom should the young girl spend her life?"

Most of the people who heard the story started voicing their opinions in low voices: "The one who gave her life!" "No! It should be the one who really took care of her." "Without the sculptor, nothing would have happened, it must be him!" ●

Who do you think should marry the girl and why?

Will you find the right answer and bring down the first veil of Abol-Rani?

Please send your answers to [magazine@heartfulness.org](mailto:magazine@heartfulness.org).

Next month, we will all come closer to the Truth by listening to the rest of this story and the next one from King Vikram.

To be continued...

Artwork: Veronique Nicolai



# Heartfulness

## PROGRAMS AND WORKSHOPS

We offer experiential programs around the world for inner wellness and self-transformation.

- For children in schools
- For students and faculty in universities and colleges
- For working professionals in government, public and private sector organizations
- For all other community groups

For more details on workshops and events:

[info@heartfulness.org](mailto:info@heartfulness.org)

[www.heartfulness.org](http://www.heartfulness.org)