

Did you make
someone else's day today?

September 2016

heartfulness

purity weaves destiny



PRAYER

Connect With Your Centre

THE NEXT REVOLUTION

A Quantum Leap

80/20 PRINCIPLE

Gives You Vitality

YOGA

The Four Elements



RNI No. TNENG/2016/68243

SELF • RELATIONSHIPS • WORK • INSPIRATION • NATURE



Heartfulness
Through meditation, lightness

Unwind with Yogic Cleaning

Sit in a comfortable position with the intention to remove all the impressions accumulated during the day.

Close your eyes and feel relaxed.

Imagine all the complexities and impurities, are leaving your entire system.

They are going out the back, from the top of your head to your tailbone.

Feel they are leaving your system as smoke.

Remain alert during the entire process, like a witness to the clouds passing in the sky.

Gently accelerate this process with confidence and determination, applying your will as needed.

If your attention drifts and events of the

day begin to come to mind, gently bring your focus back to the cleaning.

As the impressions are leaving from your back you will start to feel light in your heart.

Continue this process for up to twenty to twenty-five minutes in silence.

Experiencing inner lightness means you are connected with the Source. Feel a current of purity coming from the Source and entering your system from the front.

This current is flowing throughout your system, carrying away any remaining complexities and impurities.

You have now returned to a simpler, purer and more balanced state. Every cell of your body is emanating simplicity, lightness and purity.

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please contact one of our trainers at info@heartfulness.org
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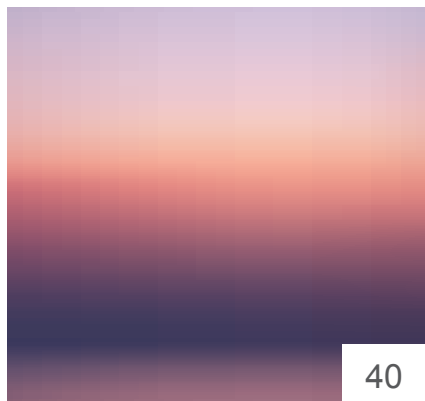
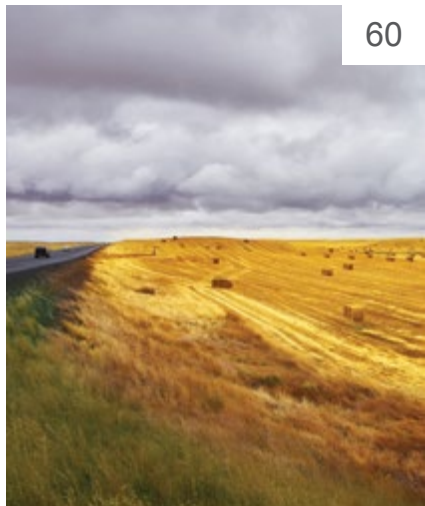
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The Potency of Connection

Science is telling us more and more how everything in the universe is merely vibration. Every particle, every piece of information has a vibratory code, sending out its personal signal. Waves from countless spectra pass through our homes and our bodies all the time. Our minds are elegant filters, tuning into information we find pertinent to our daily existence, converting these wavelengths understanding the world. The mind, however, also filters out what we have yet to tune in to.

What if we can adjust the dial on our vibrational intake and take in the frequencies that nourish us, that inform and inspire us? What if we can shift our awareness to the subtle whisperings all around us and partake in the deeper truths surrounding us every day?

Put your bare feet on the naked earth. Close your eyes and turn your face toward the gleaming sun. Hold your gaze with a dear friend. Close your eyes and tune yourself to the whisperings of the heart. These exchanges hold a wealth of information always present, waiting, begging to be uncovered by our mere attention.

Join us as our contributors share the spaces that have opened up to them: the potency of connecting deep within, expanding consciousness in the workplace, –the joyful awakening as broccoli sprouts to new life, the beach's calligraphic hand, the tale of a lion's disheartening. And we invite you to write in and share how the key of your attention has opened up doors to new revelations.

We would love to hear your stories also, so please send your letters and articles to contributions@heartfulnessmagazine.com.

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Negin lives in Toronto, Canada. She has been inspired by the mystery of existence since early childhood, shaping her interests in philosophy, physics, mythology, psychology and art. She is an architect and planner by profession as well as pursuing painting, photography and poetry in her leisure time. She enjoys being in touch with Nature, whether it's doing gardening at home, walking or simply listening to Nature in silence. She discovered meditation at the age of twenty-two and since then Heartfulness meditation has been an ever-growing part of her life. She is a Heartfulness trainer.



Swati Kannan

Swati is from Atlanta, Georgia, USA, and currently resides and practices dermatology in Santa Monica, CA. She grew up in an environment that fostered spirituality and encouraged meditation. As she gets older, she realizes how important spirituality is in her life, and continues trying to balance her material life and career with spirituality.



Simonne Holm

Simonne lives in Jutland, Denmark, and is an Alkaline coach, chef and mind-body trainer. She has written *Alkaline Smoothies, Juices, Soups and Desserts* to show everyone just how easy it is to stay healthy, rebuild your body and improve your overall state. Simonne practices Heartfulness.



Papiguy

Papiguy de Montpellier, alias Guy Lemitres is now retired after working as a psychologist and trainer in communication. He plays a story weaver, mixing a thread from the traditional spirit with a thread from the meditative heart. Restoring the lost dimension of the oral transmission, Papiguy tries to simplify a story until he finds the spiritual teaching that is impregnated with love and with a certain wisdom of the heart.



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Issue 11, September 2016



The power of Belief & Positive Thinking

Positive thinking, transformed into positive beliefs, can be powerful in shaping our life, mind, heart and character.

It is just the tip of the iceberg! And yet **DR SWATI KANNAN** shares with us enough about the current research on the power of belief to ask ourselves, "How am I shaping my biology with my thoughts?"

The word 'belief' is defined in the dictionary as 'confidence in the truth or existence of something not immediately susceptible to rigorous proof.' But if we examine the origin of the word, we find something far more interesting. This word can be broken down into two separate terms: 'be' and 'lief'. 'To be' simply means to exist or to live. The word 'lief' originates from an Indo-European word '*leubh*' meaning 'love'. The combined word 'belief' now takes on a whole new meaning, which is simply 'to be in love'. Belief used to define faith in God or 'to be in love' with God. And we cannot love without using the heart.

Beliefs do not necessarily represent what is true or factual. Our beliefs are based on perceptions of reality, which are shaped by our experiences and culture. The power of each belief or thought stems from within the individual believer. In this sense, whatever you believe in your heart to be true is a reality in your life. As a result, you then attract events, experiences and people in your life to match your 'loves' or 'beliefs'. This is demonstrated in my parents' relationship where my mom always says that what attracted her to my father was their shared belief in meditation, God and spirituality.

Coming from a background of engineering and medicine, I was taught to question every belief, even the proven theories in medicine. So, how can I believe in the ideas of a soul and of God that have never been scientifically proven? Well, it is simple. It is my conviction that they exist, thus making them real and alive. It is not sufficient to just think the thought with the mind, however, as it must be felt in the heart for positive effect. This is the concept behind prayer, meditation and positive thinking: a simple thought that is felt by the heart. A true belief or prayer resonates both in the heart and mind.

Imagine how the world would be positively changed if we all prayed for the well-being of each other? This concept was actually studied on a small scale by medical researchers in San Francisco, California. Forty patients with advanced AIDS were allocated randomly into two groups: one group that received prayers from strangers and another control group that received no prayers. The subjects allocated to the distant prayer group benefited from a reduction in AIDS-defined illnesses and illness severity, and a decrease in the number of hospital visits. Even though this is considered a small study in the world of medicine, its scope is still very powerful, for it suggests that heart-felt prayers can alter the course of a serious disease. Perhaps prayers and peaceful vigils conducted in masses can alter an entire country's consciousness.

This study is just one of more than 6,000 articles that have been published regarding the relationship between prayer or faith and health. Scientists have also been researching the biological changes caused by certain perceptions or beliefs. One such scientist, Dr Bruce Lipton, has discussed the effects of positive and negative thoughts on the genomic code. Simply stated, his concept is based on the simple paradigm of the laws of attraction: like attracts like. If ideas in the mind send certain vibrations, and everything in the universe, including the brain, the heart and the human genome, emanate a certain vibration, then changes can occur if vibrations match.



Taking
t h a t
paradigm
one step
farther, if beliefs
are simply ideas that
are loved by our heart, then
the vibrations for such beloved thoughts
should be even more potent in their effect. The difference
between a thought and a belief is not only love but also
certainty. A thought implies that something is possible
and could happen. A belief surpasses that possibility and
makes it certain it will happen. It is then the marriage of
feelings, emotions and ideas that will make a mountain
move upon request.

Think of the implication: since every type of idea emits
certain vibrations, thoughts should be pure and positive
in nature.

To many of us, the phrase ‘positive thinking’ sounds
nonsensical, as how can sheer optimism make a
poor, uneducated, jobless man rich? It is true that an
outlandish thought, “I will be rich, I will be rich,” without
any attempt to find a job, might not work. But what if
that jobless man started thinking, “I will find a great job
that utilizes my level of education and will help support
my financial needs”? Even positive thoughts must be
reasonable and, of course, genuine.

Optimistic thoughts become optimistic beliefs, leading
to an optimistic attitude even during dire circumstance
in life. This then triggers a chain reaction: the man finds
a job, and he is well liked for his optimistic attitude and
hard work. He believes he will succeed, and so he attracts
supportive people in his life as a result of his positive
attitude, affording him more opportunities for success.

In the past twenty years, positive thinking has been
acknowledged by mainstream psychology, and is
called ‘positive psychology’. It focuses on enriching
the lives of ordinary human beings. It complements
traditional psychology, as the emphasis is placed on
personal growth and happiness instead of the negative
aspect of mental illness and phobias. It is a scientific
approach to the integration of positive thinking into our

attitudes and beliefs, thus attracting positive outcomes.
It also supports the paradigm of the laws of attraction
and heartfelt beliefs. It is not enough to just think the
thought; we must feel it, believe it, love it, live it and even
transcend it.

Positive thinking, transformed into positive beliefs, can
be powerful in shaping our life, mind, heart and character.
Scientists are now studying this concept in many fields
– genetics, medicine, psychology, biology and quantum
mechanics. A mere two-page article cannot even begin
to summarize these efforts and the myriad of research
publications that investigate the above-mentioned, yet
intangible concepts. How do you measure the power
of belief or positive thinking? But sure enough, we are
finding ways to study it, measure it and then integrate it
into our lives.

This is just the tip of the iceberg ●

Whatever you believe
in your heart to be
true is a reality in
your life. As a result,
you then attract
events, experiences
and people in your
life to match your
‘loves’ or ‘beliefs’.

When heart and skill work together, expect a Masterpiece.
-JOHN RUSKIN



Beholding and Becoming

NEGIN MOTAMED

What would you wish for if you had a genie? A villa in the Canary Islands? A Lamborghini? A luxury vacation? Or something more sustainable: a bank account that never ends, which would maintain a high standard of living with all these things and many more? Or perhaps you wish for beauty? Or for the man or woman of your dreams, your perfect mate, with whom you can live happily ever after?

Let's pause right here, on the very last phrase, "happily ever after", the words that all our fairy tale stories end with. Isn't it the core and the essence of all our endeavors? Isn't this everlasting happiness the reason we need our jobs, titles and money? After all, happiness is what we pursue through all these things. We believe they will make us happy, be it our hard work, our career, our leisure activities, our relationships, and our material possessions and money. So why not focus on our goal in the first place, instead of the tools that might help us to achieve it? Why not focus on happiness?

So let's look at the quiddity of happiness. How exactly can you define it without getting into the trap of equating it with the ways and means to getting it? So to be very clear, happiness is not the money, the luxury lifestyle, the most exotic and desirable food you may think of, a perfect relationship, or being in a happily balanced family life with your children around you, etc. These are all ways we think will help us reach a state of happiness.

In order to define happiness, let's recall the inner state and condition we have when we achieve any of the items on our list. How did you feel in that moment when you reunited with a loved one after being apart for a while? How did you feel when you were holding



So when we go
within, tune into it,
feel the connection
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one with it.

your baby for the first time? Or how do you feel in simple moments of satisfaction, for example after a good meal in a nice environment? It seems that in all these moments we experience a feeling of our needs or desires being fulfilled, whatever they might be, so we are able to go beyond and immerse ourselves in a state of balance, serenity and harmony. We are where we have to be, in the blissful present moment. We do not want to go anywhere else, as we are happy being exactly where we are.

We feel a sense of belonging to something bigger than ourselves, connected, surrounded by it, and fulfilled. It is a feeling of being safe and supported, complete, whole and at home.

This feeling of connection in the moment, of feeling safe and at home, seems to be the key factor associated with happiness. So to further our search for happiness maybe it would be wise to search for its essence; this feeling of connectedness, unity

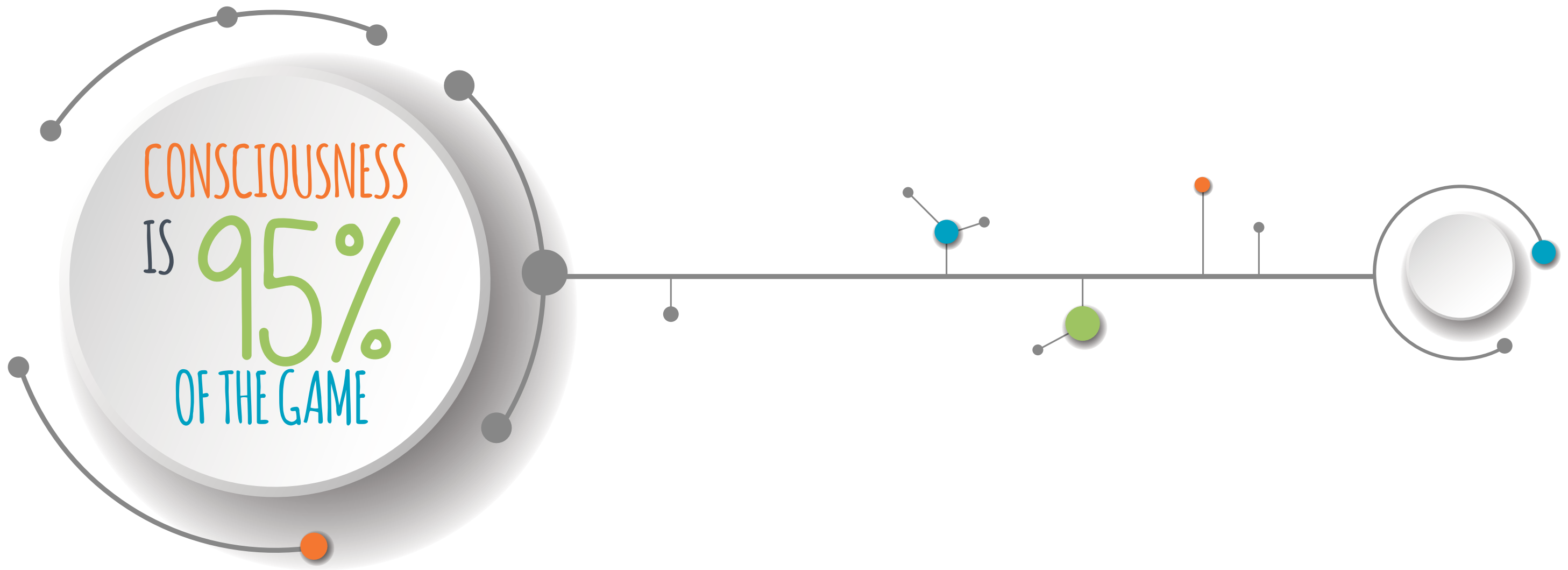
and inner contentment. This brings us to the heart; not the physical pump that we have in our chest, but the field where we receive our emotions. It is the core of our being where we can settle in and enjoy the feeling of connectedness to the whole of creation and feel at home.

So it seems the journey of a thousand miles has brought us to the closest possible corner of the world, right here, available anytime; our heart. Isn't it amazing how available is that we have searched for throughout human history?

Now the question is: how to access this seemingly familiar and close corner, which tends to recede and stay far from reach? Both logic and experience says the means to simple things must be simple.

Meditation is a simple way to access the simplicity of the heart; to feel the inner presence, the joy we all are in our essence, the light that we are. This is our natural state. So when we go within, tune into it, feel the connection and behold it, day after day, we start a process of becoming one with it. This apparently very insignificant and passive activity of meditation that we do every day is the most potent way to explore this inner world. It also allows us to create our day and in perusing it persistently we can create our life in a balanced harmonious state that is full of happiness.

Heartfulness is the process of finding the philosopher stone rather than the gold. For then we can turn every ordinary thing into gold, every ordinary moment into a joyful experience. That is the miraculous alchemy of Heartfulness, when you are in that lovely corner of the whole world, your heart ●



Q: WHAT DO YOU DO FOR YOUR WORK?

CK: I help companies with marketing – content marketing, PR, social media, and Search Engine Optimization. What drives me is the hunger to learn more. When you do things, you practice things, you learn more than when you talk about those situations theoretically. When I work for companies, it is really amazing to see results come. If they don't come, it is really interesting to see why they don't come.

I really like understanding the processes behind how things work, and then figuring out how to game that process.

At the end of the day, what probably drives me is the love to be competitive and just learn.

CK: Failure is part of the journey. I take the approach that statistically 99 out of 100 ideas and experiments will go wrong. So if you are not failing, then you are not innovating.

The best mentality is not to see it as failure; it is the process to figuring something out. Also, it helps to learn from other people, whomever they may be. They can guide you and show you what they do, their 'failures', so that you don't make those same mistakes. It is not that you have to necessarily go through the same situations they did to become successful, but it is part of the journey you need to go through.

It is not something negative per say, it is just part of the journey.

Q: HOW DO YOU DEAL WITH FAILURE?

Q: HOW DO YOU NAVIGATE WORKING RELATIONSHIPS?

CK: Consciousness is, I think, 95% of the game. Work requires execution and ideation, but your ability to understand what is going well and what is not, and having the ability to understand it before it even happens, requires a greater sense of self-awareness and an expansion of consciousness.

With an expanded consciousness, over time you pick up signals quicker and you are more self-reflective and have greater self-awareness. Let's say in your business you are working with a client, and find yourself going through the same situation as with a past client where it didn't work out well. Then you need to be aware, understand and acknowledge: instead of signing a deal for a year, sign it for a month.

You pick up on patterns faster and internalize what is really happening in any situation. Then you can make sure that you spend time on those things that really move your business forward, and avoid things that won't be successful for you in the long term.

With an expanded consciousness, over time you pick up signals quicker and you are more self-reflective and have greater self-awareness.

CK: Working relationships are not different from regular relationships. At the end of the day, a friendship is a friendship. So the way you become friends with somebody at work is no different from the way you make friends with somebody in a social context or in a sporting context. You share a common ideology, a common value system, and that is how you connect; or you connect over a certain aspect of life. So it is not any different, the way I see it. In the workplace it is often about maintaining and cultivating that relationship over a longer period of time.

Q: WHAT IS THE RELATIONSHIP BETWEEN CONSCIOUSNESS AND WORK AND SELF-AWARENESS?

Q: CAN YOU SHARE SOME TIPS ON HOW TO APPLY THESE PRINCIPLES?

CK: Yes, here are a few:



On the core, we all have strengths and weaknesses. Figure out where your strengths lie and stick to those strengths. Generally, if you grasp something, are good at it and like it, you are likely to be more self-aware than when you are struggling to even stay afloat. If you work with your strengths, you are not worried about multiple things going wrong, you are usually pretty steady, and it is easier to internalize what is happening around you.

Meditation is very important. I think it really helps with self-reflection for a start. Every morning you meditate, you give yourself an opportunity to listen to your heart.

Keep a journal for self-development. In the morning, write down what you are grateful for and five reasons why. Write down the course of action for the day. Over time you can look back in that journal and see your challenges and the mistakes you have made in the past. You become more self-aware because you are writing it down.

Ask the people who are close to you, "Hey what can I do to improve?" Then it is up to you to determine whether that piece of information is true or not and internalize and apply it. It is a first step to understanding whether your judgment is actually correct based on what other people say about you.



I think meditation becomes a tool in situations where you may not know the right answer, and you take that clichéd ‘step back’ to internalize the situation.

Q: HOW HAS MEDITATION HELPED YOU?

CK: Greater self-awareness. I think meditation becomes a tool in situations where you may not know the right answer, and you take that clichéd ‘step back’ to internalize the situation. It becomes like mental floss. We talk about working out and eating the right nutrition, but we never talk about refining our brain and being at our peak performance on a subconscious level. Nobody ever talks about that.

Then there is sleep as well. You sleep very quickly, because you are in a more relaxed state, if you meditate before you sleep.

Finally, I used to be pretty angry with other people – not upset, but I would get straight to the point, even with employees. I would fire them left and right. “You came an hour late?” Gone. And there was no reason for that.

I modeled my behavior on other people. I would say, “This guy behaves like that, so I should do that too.” Over time I realized that you have to be your own leader; you have to be an example of who you want to be. You can’t constantly look at other people and try to model your life on them. You can draw inspiration from them, and learn good things and also what not to do. The reality is, however, that meditation has given me the ability to understand who I want to be, and not whom I want to copy.

It comes down to the importance of self-reflection, which happens every single morning with meditation, because you are with yourself. We are all connected with technology all the time, on Twitter or email, so it is important to make time for self-reflection ●

INTERVIEWED BY
SURAJ SEGHAL



Heartfulness Webinar Speaker Series - SEPT 2016

Ambition vs Aspiration

JOIN US SATURDAY SEPT 17TH
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PRESENTED BY: Tushar Pradhan

Tushar Pradhan is the Chief Investment Officer at HSBC Global Asset Management Company (India) Limited, Mumbai. He is responsible for all investment activities and investment strategy. He is an MBA from the Barney School of Business and Public Administration, University of Hartford, CT, USA and has worked in various organizations in the US and India.

Tushar has been practicing Heartfulness meditation for the past 16 years and a Heartfulness trainer since 2007. He is a Zonal Coordinator of Heartfulness Institute for Mumbai Metro Region.

WHAT YOU’LL LEARN:

As our world becomes more and more materialistic in attitude, the measure of success is also becoming increasingly related to what one has, as opposed to what one is. Ambition relates to what one can achieve, or have, as opposed to an aspiration to become. This is the fundamental difference between these ostensibly similar words. How is it possible for companies and individuals to focus on aspiration versus ambition?

The fundamental answer seems to lead us to explore the effect of our actions. If one explores even simple cause and effect in relationships, be it personal or business oriented, it is very easy to see the effect of bad actions on the final outcome. So in a sense the means to the end are far more important than the end in itself if one has to leave a lasting impact. This webinar tries to explore the solution to the problem we face today.

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{ Q & A }

In conversation with
DR PARTHA NANDI



THE NEXT REVOLUTION

Q: TELL US ABOUT YOUR
WORK.

PN: I have been a practicing physician for almost twenty years now. I also have a passion for giving people tools to live a better life. I created and host a television show called 'Ask Dr. Nandi', which is syndicated worldwide including the United States. I am also the chief health editor for Channel 7 and we try to spread our message with social and digital media as well.

Giving somebody a tool like meditation is simple. It helps them achieve some of their goals, live a better life and get perspective. And once you get that perspective you find the joy that you are lacking sometimes.

Q: HOW ARE PEOPLE'S PERCEPTION AND RECEPTION OF MEDITATION SHIFTING AS YOU TALK MORE ABOUT IT?

PN: Number one, give them the sort of proof that they are used to, which is scientific proof. You can't just tell people, "Well you have to experience it," because people don't buy that in the beginning. Once they experience it they understand, but in the beginning, "Hey listen, when you first start meditating, the heart rate goes down. If you measure cortisol levels, the SG (glucose effectiveness) goes down. And then it also affects blood pressure and diabetes.

"In the work place, when people meditate they are more productive, they are more efficient. There is less turn over." So these are things that people understand. Speak about that in the beginning. "Listen, this is not just hocus pocus where you sit and close your eyes and sleep." So this is for the skeptics.

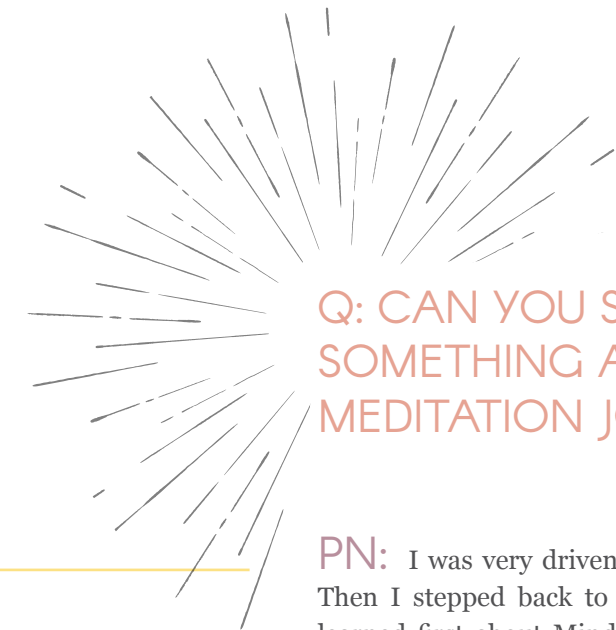
I think more and more people want more than just the newest model car, the best salary, etc. Especially young people, the millennials, are really forcing the issue, pushing to know more. And that is why there is the whole concept of corporate responsibility.

In the Heartfulness conference in Detroit, Gopi Kallayl spoke about that – the chief branding evangelist from Google. Every major corporation is starting to look at, "How do we have corporate responsibility?" No longer do you have to step over a dead body to succeed. You can succeed and thrive along with people who are supposedly your rivals. I think that's critically important.

Q: DO YOU HAVE CASES OF PEOPLE WHO WERE SKEPTICAL OF MEDIATION AT FIRST, BUT THEN FELT A TRANSFORMATION FROM PRACTICING?

PN: I have talked about one of my patients, Mary. She had a transformational experience. She was taking medication, but she really didn't turn the corner until I gave her some simple meditation techniques. In Crohn's disease, the immune system is dysfunctional, so in order for the body to right itself, if you have spirituality I think you can achieve that so much easier.

There have been many patients, but she strikes me because Crohn's disease is a disease of young people, when their lives are ravaged and you take away the best years of their life. And if you give that back, with meditation and medication together, how beautiful is that? How powerful is that? You are using the power of your own body to heal itself so to speak.



Q: CAN YOU SHARE WITH US SOMETHING ABOUT YOUR MEDITATION JOURNEY?

PN: I was very driven and always striving for more. Then I stepped back to ask, "What is it all about?" I learned first about Mindfulness meditation then about Heartfulness. Daaji speaks about it as the 360-degree view. And to me that is important. Because you keep on pressing forward towards a goal that even you are not sure about. And when you do that, you have to step back. And when you step back, what techniques do you have for reflection?

I was sitting on a plane to Los Angeles, and there was a producer. He said, "Have you heard about Mindfulness? Have you heard about meditation?" I said, "I know about it, but tell me more." And he told me about the profound effects in his life. I learned more about it and looked at it and said, "This is amazing."

To me it was not even about not thinking about the consequences of an action, but just taking the action for what it is. Take the classic example of being at a party and the person who is talking to you is looking beyond you, looking for the next best thing. Have you ever been there? So they are not in that moment, and they don't care what you are saying. They don't even know what they are there for, because they are looking for the ever-present next best thing. So then you get lost in it and you eventually find no purpose. And then you find your happiness quotient is not being accomplished. It happens with all of us.

... you keep on pressing forward towards a goal that even you are not sure about. And when you do that, you have to step back. And when you step back, what techniques do you have for reflection?

I said, “What can we do?” And I didn’t know what techniques. There is yoga and I liked relaxation. But meditation gave me a way to just go inside. And the more I do it, the better off I am.

And then we had a guest on our show, Dr Evan Alexander, a neurosurgeon who had a near-death experience, and he talked about what happened. He was a total agnostic who almost died. For a week he was in the ICU. To all intents and purposes he died, and he saw the life force that controls everything. He said, “You know what, I just saw the meaning of it.” When he came back he said, “How do I get back there?” And meditation afforded him the way to do that. We all have it. It is being able to go through the morass and nonsense.

So that is how it was introduced to me. More and more guests on our show had the same story. And he said one thing: if it doesn’t really do anything for you, why would you do it? You hear the same story again and again. So that was part of the reason, and now I am immersed in it. I tell people, “Even if you can do it five minutes a day, or two minutes a day.” Especially in cities like New York, Los Angeles, or any big city, or even in rural life, you just never stop and pause to ask what’s it all about. Even a simple two-minute pause, or five-minute pause in your day will affect your spiritual life, and your physical health will benefit. As a physician, that is huge because we are dying from diseases like high blood pressure and we can solve that. We can take away some of the hormones naturally.

When hearts come together like has been happening in this room, imagine the world. That is the next revolution. It is not just fiction because the twenty-five-year olds are getting it. They are demanding more than just, “When can I get my next raise?” They want something more. People ask, “How did this happen?” Because it is a natural evolution in our society. It is a natural evolution of our species.

Q: WE HAVE BEEN SO HAPPY TO HAVE YOU AT THE HEARTFULNESS CONFERENCES IN DETROIT AND NEW JERSEY. CAN YOU SHARE ANYTHING ABOUT YOUR EXPERIENCE CONNECTING WITH DAAJI?

PN: Daaji has a presence about him that really transcends what you can describe. For me it is important to say that he is a real guy, a real dude. You can talk to him like a normal guy. And that is important because if you have some guy who is hocus pocus, really unapproachable, it defeats the purpose. All this is supposed to be easy and approachable. That is number one. And his spirituality is undeniable.

It is great to see thousands of people experiencing this for the first time and actually meditating for twenty minutes and really understanding and immersing themselves. They are getting an introduction, dipping their toe in the water, and also learning from great speakers. We had Gopi Kallayl in Detroit and Gabby Bernstein here in New Jersey to tell them about their experiences, to empathize with them and say this is what you can experience too. It is a great way to introduce people.

Finally, you take a group of two thousand people and perhaps you can reach 200,000. And that is what it is all about, all over the world. It will not solve the world’s problems in one swoop, but it can help some fundamental things.

When hearts come together like has been happening in this room, imagine the world. That is the next revolution. It is not just fiction because the twenty-five-year olds are getting it. They are demanding more than just, “When can I get my next raise?” They want something more. People ask, “How did this happen?” Because it is a natural evolution in our society. It is a natural evolution of our species.

The next revolution will be spirituality. And that is when we will take a quantum leap, one that will take us to a level we cannot even imagine. Then we will have to stop talking BS. We talk about BS all the time: who has less and who has more? We have plenty for everybody. But that is a giant leap for people to take. When you take giant leaps you need a tool, a spaceship. This is the beginning of that.

If somebody has a different religion from me, they may not be horrible. So someone like Swami Vivekananda studied all religions and applied them and said, “You know what, they are all paths to the same goal.” Imagine if more people felt that way. Despite the fact it seems like there is a lot of divisiveness going on in the world, a greater movement of spirituality is going to take over. And that transcends religious conflict. That is my dream, and I think it is actually happening ●

INTERVIEWED BY
EMMA IVATURI

PRAYING with Clients

When is it appropriate for a health professional to pray with clients? Clinical psychologist **ROBERT R. JACOBS** shares some practical ideas and his own experience regarding this sensitive topic.

Whether or not to engage in prayer with a client can be an important decision for a therapist. I have faced this issue in my own practice, particularly when my work takes place in a medical setting. Hospitals by their very nature focus on issues that are medically acute, and what is necessary for efficiency in critical care is not always calming. The adjustment associated with any surgery, for example, is formidable for a patient. Quite understandably, patients often face a lot of emotions in the wake of a surgery – sadness and depression, anger, hurt, discouragement and anxiety. They often have basic problems and need psychological support.

One particular patient, Candace, greeted me so cheerfully one afternoon, I had to wonder: what had she figured out?

I quickly learned that Candace benefited from three distinct psychological advantages:

- she felt good about life,
- she had the support of friends and family, and, deeply religious,
- she engaged constantly and meaningfully in prayer.

Candace actively reminded herself of her relative security and comfort. “I even have a psychologist here checking on how I’m feeling!” she observed. Looking around, I could not count the number of cards that she had received from loved ones and congregation members, offering their warm regards and support. All of us benefit from knowing that we do not face challenges alone. And since childhood, the act of praying had been a natural part of Candace’s life, woven into her daily experience.

She suggested that we join in prayer.

Reasons abounded for avoiding her request. Since that afternoon, I have consulted with many trusted colleagues for advice. Perhaps it is not surprising that each psychologist with whom I spoke expressed reluctance about praying with a client. One asked me directly, “Would it be absolutely necessary?”, as though prayer was a therapeutic last resort.

Joining in prayer involves a boundary crossing; it is a risky path, but with particular clients, in a particular cultural context, it has a unique and powerful therapeutic value.

Most of my colleagues said that they would join their patient in prayer only under certain circumstances. So

what factors would make a situation appropriate, and how would a therapist go about discerning them?

To answer this, we first need to understand why therapists would resist in the first place.

The Principle of Integrity means that a therapist seeks to be honest, just and fair, monitoring professional and personal boundaries in his or her work. For many people who seek therapy, pastoral counseling is an entry point. Others seek therapy in a clinical setting intentionally avoiding anything religious or spiritual. Clients often do not want to feel pressured or directed to make particular changes, nor do they want to feel judged or shamed during their therapy process.

A therapist’s competence is actually dependent on his sensitivity to particular religious beliefs and practices, which are often highly personal. Crossing into this area during therapy may appear risky or presumptuous. Of course, drawing upon a client’s religious or spiritual practices, or discussing them intellectually, differs from participating in prayer during a therapy session.

It seems to be a matter of degree, according to the various levels of involvement with the actual practice. The first level is to simply acknowledge a client’s religious beliefs and spiritual resources. This was considered by my peers to be unproblematic and none of my colleagues expressed any reluctance. The second level is when the therapist is present in the room, witnessing or supporting the client in prayer. The third level, the focus of this article, is the willingness for a therapist to join with a client in prayer, putting words to the spiritual focus of the moment.

So the question of interest is: will the client find it helpful? Colleagues who said that they would participate in prayer during a therapy session agreed that doing so presented a powerful opportunity to connect with a client and to validate the client’s individual strengths.

Our professional code of ethics states that psychologists must be aware of, and respect, cultural, individual and role differences, including those based on age, gender, gender identity, race, ethnicity, culture, national origin, religion, equal orientation, disability, language and socioeconomic status, and psychologists must consider



Prayer provides a unique opportunity to sooth and comfort, and at times its particular power might make it worth the risk in therapeutic circumstances.

these factors when working with members of such groups.

In the case of Candace, making a decision to pray together certainly would be informed by consideration of and respect for her cultural and religious identity.

Another consideration is whether the request for prayer comes from the client. This is important ethically, as requests to join in prayer from a client do not represent an imposition of a therapist's personal views or moral code.

Prayer provides a unique opportunity to sooth and comfort, and at times its particular power might make it worth the risk in therapeutic circumstances. Vulnerable moments are no time for judgment or condemnation – instead, they call for a focus on strength, perseverance and meaning.

Toward the conclusion of our meeting, Candace smiled and then surprised me with her directness when she asked, “Would you say a prayer with me?”

It was clearly a point of solidarity, a deeply meaningful moment for her. And so, with Candace's hand in mine, I prayed ●

*What are we passing
down to the next
generation? Are we
passing down our
cultural wealth? Or
are we passing down
our liabilities?*



JANE ROLAND MARTIN

Connect With Your Center



THÉOPHILE L'ANCIEN
shares some practical wisdom about prayer.

Théophile the Younger

Greetings! Can we continue with understanding the practices I need to do for my own evolution? I think now I realize the importance of meditation and transmission. Is there anything else that will help me on my inner journey?

Théophile the Elder

Many times we remain at the surface of the heart in meditation, although the suggestion is for us to dive deep to the Source of Light that emanates from the Center. So I invite you to try a 'heart-of-the-heart' intensive practice, on the sublime love emanating from the Center of your being.

Théophile the Younger

Am I capable of this?

Théophile the Elder

Yes of course. During the introductory meditation sessions, you directly connect with that Source of Light, as the Guide's heart is used as an energy transformer so that the power of transmission is modulated and adapted to your capacity.

Théophile the Younger

Do you mean that we receive 220 volts instead of 10,000?

Théophile the Elder

That is actually quite a fair analogy. Our capacity then gradually increases with practice. Help is also there in the form of prayer, which is at once both powerful and subtle. It is a very important tool on your journey of self-discovery. It is a tool of high efficacy.

Théophile the Younger

I am not very attracted by prayer, as I have the feeling that it is like begging. You have often told me that the soul chooses its destiny before coming to Earth, and we just have to follow it. So what use do we have for prayer?

Théophile the Elder

That is right, but do we really let ourselves be guided? Genuine prayer connects us to the Source or the Center. The words that come are inspired. They emanate from higher planes and carry those vibrations. They can directly connect us to the Center.

The prayer picked me up.
Multiple dimensions
opened up in me.
I had the feeling of switching
to superluminal speed.
The rest is indescribable.

Théophile the Younger

The prayer would then be like a switch, in a way, on/off. Interesting!

Would you mind helping me experience prayer?

Théophile the Elder

If you like. Please begin by closing your eyes, relaxing, and getting into a meditative state. Try to listen to the prayer resonate within your heart.

Theophile the Younger, full of confidence, dives into his heart and is immediately overwhelmed by the Light.

Theophile the Elder whispers a very beautiful prayer to him

What do you feel?

Théophile the Younger

The prayer picked me up. Multiple dimensions opened up in me. I had the feeling of switching to superluminal speed. The rest is indescribable.

Théophile the Elder

We are going to explore a number of levels of this prayer.

*Theophile the Elder gives the instructiona one by one, leaving a long time between each.
His peaceful and assured voice alternates with deep silences.*

First say the words of this prayer out loud so that it can fill the whole room.

The young man speaks. Then they sit in silence.

Pray again, this time fervently, so that the words make their way to the heavens.

Again the young man speaks, followed by silence.

Now, say it within yourself. Let it fill your whole inner space.

Silence.

Say the prayer inside your heart, and let it resonate into its depths.

Silence.

Now, let your heart recite it.

Silence.

And now, let it be there without any words. Feel only the vibration of the prayer remaining.

Silence.

Now, erase even this vibration. You are connected to the essence of the prayer.

Erase this essence. You are now in the silence of your Center.

*For a very long time the two friends remained in this prayerful state,
created by the prayer of the heart ●*

Heart = We

ELIZABETH DENLEY explores the nature of teamwork.

There are many buzzwords these days in corporate culture, in psychology and in the growing field of holistic well-being. One of the most popular is 'teamwork'.

Everyone knows that cooperation and teamwork are essential to life and to the modern workplace. In fact, teamwork is one of the most essential life skills for a social species like *Homo sapiens*. We would not survive without it!

There are so many courses, workshops and self-help books on how to develop teamwork – probably because we have lost the art, otherwise we would not need them. They are generally excellent, too. I remember when my kids were in primary school and they learned Edward de Bono's *Six Thinking Hats*. When they were teenagers I bought them Sean Covey's *The 7 Habits of Highly Effective Teens*, and I was so impressed by his approach to teamwork.

...when we identify as 'we', then differences are simply the component parts of a holistic view. Teamwork becomes natural...

We all know the theory:

Be inclusive.

Include people with different perspectives to get a rich mix of ideas.

Include people with different skills and strengths, so that they complement each other.

Include people who fulfill different roles in the team – harmonizers and challengers, innovators and implementers, leaders and followers, presenters and support people, communicators and introspectors etc. Great teamwork is like a great piece of music or a garden, where the different elements blend together through synergy.

Look for the genius, the gems, in everyone.

Make sure everyone listens to each other.

Know how to bring harmony when it is disturbed.

Make sure everyone is familiar with the basic principles of communication and facilitation.

Create your environment so that it is the most conducive to harmonious, creative and dynamic teamwork.

We also know the concept of Ubuntu in African communities and the interconnectedness of the people in many traditional indigenous societies.

Yet with all this, still we don't strike the balance. We know the theory, and we have the set of 'rules' for great teamwork, but something is lacking.

Here is what I have learnt:

First, we can know every good thing to do, but unless we remove all the patterning and habits that causes us to be pulled away from those good things, change will only be superficial. We need a method to remove the patterns and habits from the very root, like Yogic Cleaning.

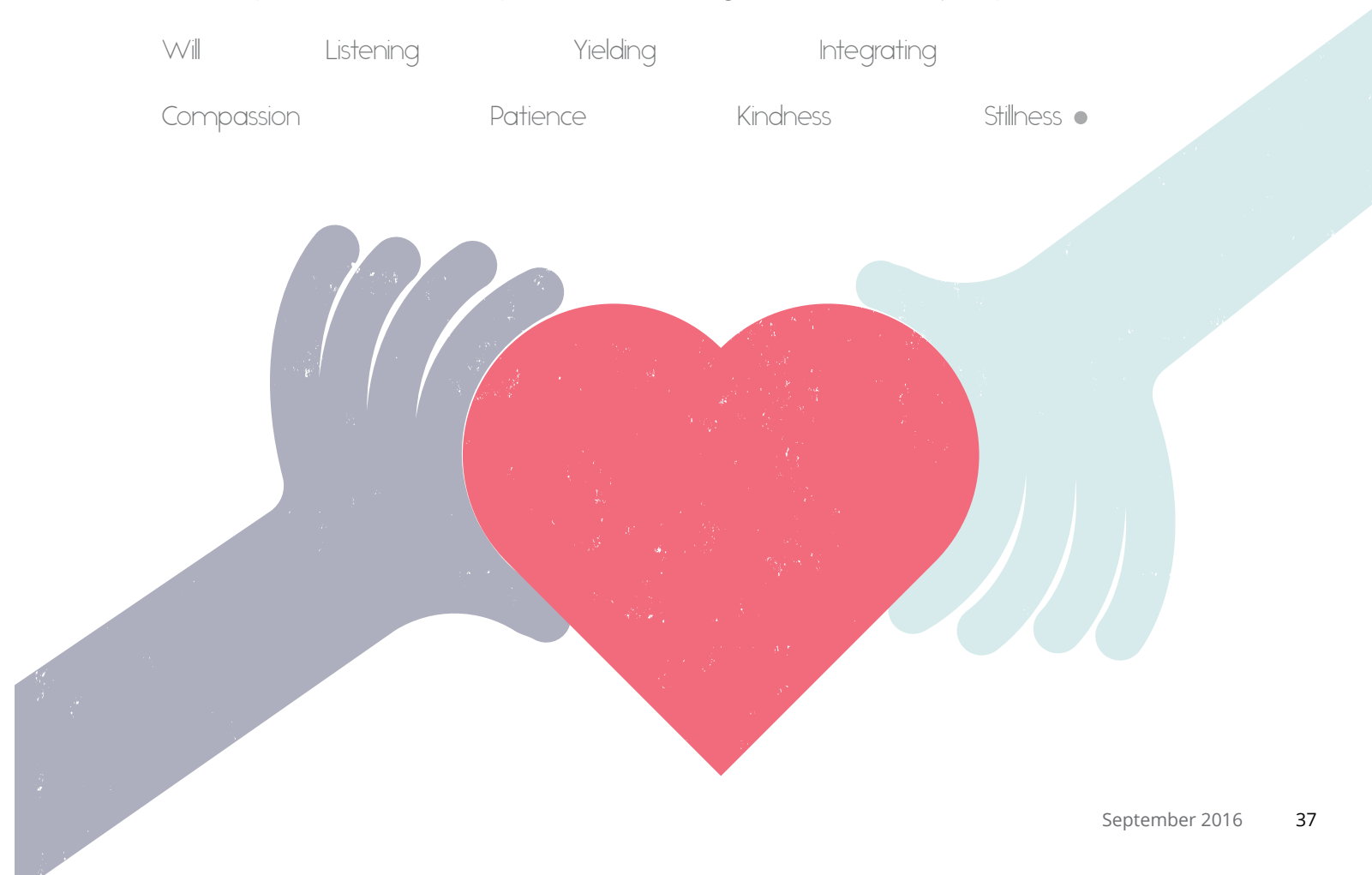
Second, when we identify with 'I', we struggle in teams, because we still put ourselves ahead of others or below others. Either way, it does not lead to effective teamwork, although seeing others as greater than ourselves is definitely better than seeing ourselves as greater than others!

When we focus on our differences with others, the ego is dominant. Whereas when we identify as 'we', then differences are simply the component parts of a holistic view. Teamwork becomes natural, because

heart = we

When we involve the heart, we will be satisfied. And all those heart-based qualities of a good team will shine, like

Harmony	Creativity	Courage	Empathy
Will	Listening	Yielding	Integrating
Compassion	Patience	Kindness	Stillness ●





Each meditation is a love story.

— P. Rajagopalachari



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The Evolution of Consciousness

— PART 6 —

Last month, in Part 5, KAMLESH D. PATEL explored the spectrum of consciousness in more detail and introduced the role of Yoga in this process. In this issue, he explains more about the vastness that is Yoga.

Yoga is all about personal experience. In Part 1 of this series, we looked at the three bodies of a human being – the physical body or *sthool sharir*, the subtle body or *sookshma sharir*, and the causal body or *karan sharir*. Yoga developed as a practical method to help us refine all these three bodies, to achieve our purpose of human evolution. The experience of the finer states generated in yogic practice is for the benefit of all humanity.

Many people these days associate the word ‘Yoga’ with a set of techniques for physical and mental well-being: *asanas*, breathing exercises, relaxation and meditation. But this is not a comprehensive understanding of Yoga. In the traditional yogic literature there are thirty-five different principles and methods that make up Yoga, and they form an integrated whole. What are these thirty-five? And how can we really benefit from the techniques Yoga has to offer in the 21st century?

The Four Elements

Yoga as a discipline has developed over thousands of years to nourish and refine our physical, subtle and causal bodies. The purpose: the expansion of consciousness to its ultimate potential so that we become one with the ultimate state of all existence. All thirty-five elements contribute to that purpose; they are not designed to be independent practices, even though each one contains a vast field of knowledge within itself. *Asanas* are not meant to be practiced in isolation, and neither is *dhyana*, meditation.

The thirty-five fall within four main elements known as *sadhana chatusthaya*.



Viveka – discernment and wisdom in making choices

The first of the four practices is called *viveka*, meaning the awareness of what is good and what is not good for your evolution; what is the cause versus what is the effect; what is harmful versus what is beneficial; and what is necessary versus what is not. To cultivate this capacity, you need to learn to listen to your heart, the source of your conscience. How to do this?

In earlier articles of this series, we touched upon the need to purify the subtle body in order to really listen to a true heart. In addition, we explored the role meditation and prayer play in regulating the mind so that it is able to observe within and connect with the Source of our being.

Vairagya – detachment and renunciation

The second of the four practices, *vairagya*, is the state in which we let go of worldly attachments. For example, when we are fed up with worldly things after indulging in them to our heart’s content, we develop an aversion to them. Our attention turns towards noble ideals and we crave something higher. Also, when we have been deeply pained by the treachery and faithlessness of the world, we feel disillusioned and averse to worldly things. Dissatisfaction and detachment also develop when we grieve the loss of a dear one.

But *vairagya* created under such circumstances is more of a glimpse than it is lasting. It can easily disappear with a change in circumstances, because the seed of desire still lies buried deep within the heart and may sprout again as soon as it finds a congenial atmosphere. True renunciation develops after thorough cleaning of the subtle body.

Viveka and *vairagya* are not practices in themselves; they result automatically by doing other yogic practices, e.g. meditation, cleaning and prayer. *Viveka* develops when the senses are thoroughly purified. This happens when the mind is regulated and disciplined, and when the ego is pure. *Vairagya* is the result of *viveka*. They are really the elementary stages of attainment in Yoga rather than the means of attainment.

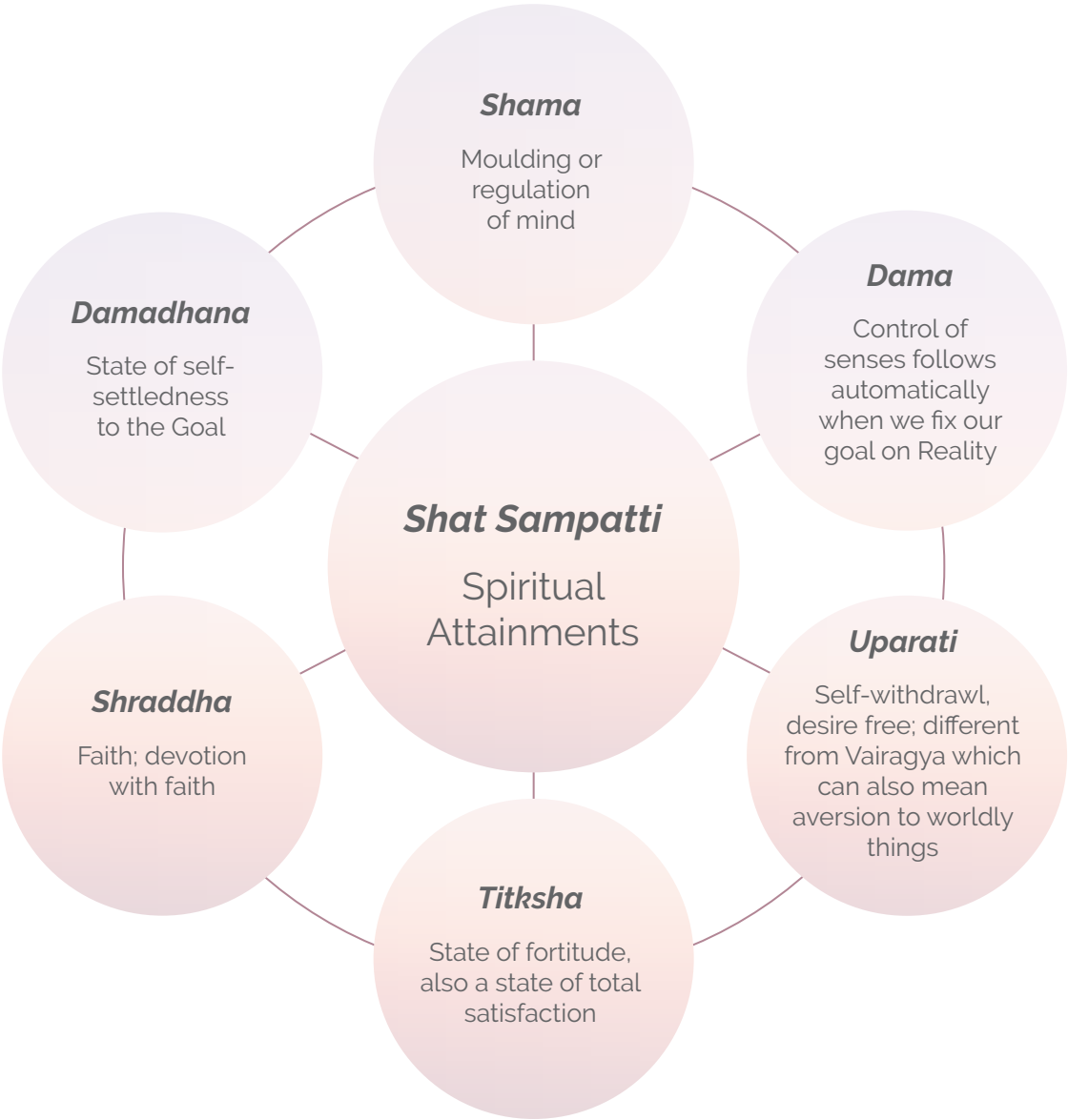
Yogic practice is not useful unless it naturally leads to *viveka* and *vairagya*. In real *viveka* you begin to realize your own defects and shortcomings and feel a deep urge within your heart to change for the better.

Shat Sampatti – the six forms of attainment

The practical tools of Yoga are to be found within the third of the four *sadhanas*, known as the *shat sampatti*, the six spiritual attainments. The first of these, *shama*, is the peaceful condition of a regulated mind that leads to calmness and tranquility. When this inner calm is achieved through practice, *viveka* and *vairagya* follow automatically.

This proper moulding and regulation of the mind is easily accomplished with the aid of Yogic Transmission or *pranahuti*.

The second *shat sampatti* is *dama*, control of the senses, which results from learning to focus the mind on one thing alone in meditation, ignoring all others. Most yoga aspirants follow this course, while a few attempt *sham* through *karma*, action, or *bhakti*, devotion. Still others proceed through the medium of *jnana*, knowledge.



In Heartfulness, regulation of the mind and control of the senses are taken up together through meditation practice, automatically creating discernment and renunciation in the true sense.

The third *sampatti* is *uparati*. In this state you are free of all desires, not charmed by anything in this world, nor the next, as your mind is centered on Reality. It is a more refined state than *vairagya* in the sense that *vairagya* produces a feeling of aversion for worldly objects while in *uparati* the feelings of attraction and repulsion are both absent. At this stage your subtle body is completely purified.

The fourth *sampatti* is *titksha*, the state of fortitude. At this stage you are perfectly satisfied with whatever comes your way, with no feeling of injury, insult, prejudice or appreciation.

The fifth *sampatti* is *shraddha*, true faith. This is a very high attainment and an unspeakable virtue. It is the dauntless courage which leads you to success. It makes your journey smooth and solves the problem of life.

The last of the *shat sampatti* is *samadhana*, a state of self-settledness without even being conscious of it, in total surrender.

Mumukshutva – the craving for liberation

The fourth of the four practices is *mumukshutva*. It was so highly regarded in the past, but now we know that it is in fact just the beginning of the real journey, as there is so much more in Yoga beyond liberation. What remains now is to develop a close association with the ultimate Reality and become one with that state.

...now we know that it is in fact just the beginning of the real journey, as there is so much more in Yoga beyond liberation. What remains now is to develop a close association with the ultimate Reality and become one with that state.

The importance of practice

If you explore *shama*, you will discover that this is where all the practices of Yoga are to be found – whether through the Ashtanga Yoga tradition of Patanjali, the more specialized streams of Hatha Yoga, Raja Yoga, etc., or the modern approach to Yoga through Heartfulness.

Patanjali’s system took care of the physical, subtle and causal bodies of the human being, for example through *asana* and *pranayama* for physical well-being, *yama* and *niyama* for human qualities and refinement of character, and the other four to refine the subtle body to discover the Ultimate state.

Patanjali presented his practical approach to the world a few thousand years ago, as the eightfold path:



But just as specialization has crept into modern medicine over the years, the same thing has developed in the field of Yoga, probably because each individual practice or principle required so much focus for self-mastery in the past. Perhaps that is why today so many people focus on the *asanas* for physical well-being. It is symptomatic of our times that the main focus of Yoga is now on physical development, when it has so much to offer all the three bodies.

Yoga provides us with a vast potential for personal evolution and collective human evolution. Heartfulness provides a way of integrating all thirty-five elements of Yoga, without having to take up each step individually. *Asana, pranayama, pratyahara, dharana, dhyana* and *samadhi* are taken up through the practices of relaxation, meditation, cleaning of the subtle body, and connecting with the Source through prayer. *Yama* and *niyama* are also a by-product of these practices but are taken up as well through character refinement, conscious living and the development of noble inner qualities with the help of *sankalpa*. It is a complete package that provides simple practices for anyone who aspires to evolve.

In part 5 of this series, I mentioned that with the aid of Yogic Transmission consciousness can expand to experience the full three-hundred-and-sixty-degree vision of *sahaj samadhi*. And this is the culmination of Yoga. It is how the soul is nourished and enriched. The most exalted *samadhi* is possible when Yogic Transmission guides our consciousness during meditation.

So why be satisfied with a small plate of hors d'oeuvres when you can experience the full meal? There has never been a better time in human history to experience the pure essence of Yoga, supported by Yogic Transmission and Yogic Cleaning. And what is the outcome? Oneness with the Source of all existence. What better way to create a hopeful future for our children and our children's children – in oneness and unity ●

...so many people focus on the *asanas* for physical well-being. It is symptomatic of our times that the main focus of Yoga is now on physical development, when it has so much to offer all the three bodies.

About Kamlesh Patel

Embracing the many roles of a modern-day spiritual Guide, you will find Kamlesh Patel equally at home meditating with a group of followers in the sublime stillness of a Himalayan ashram, teaching thousands of people to meditate at an international conference in Lyon France or Los Angeles California, addressing recruits in a police academy in Delhi and sharing tips on life skills with students at a high school campus in Mumbai.

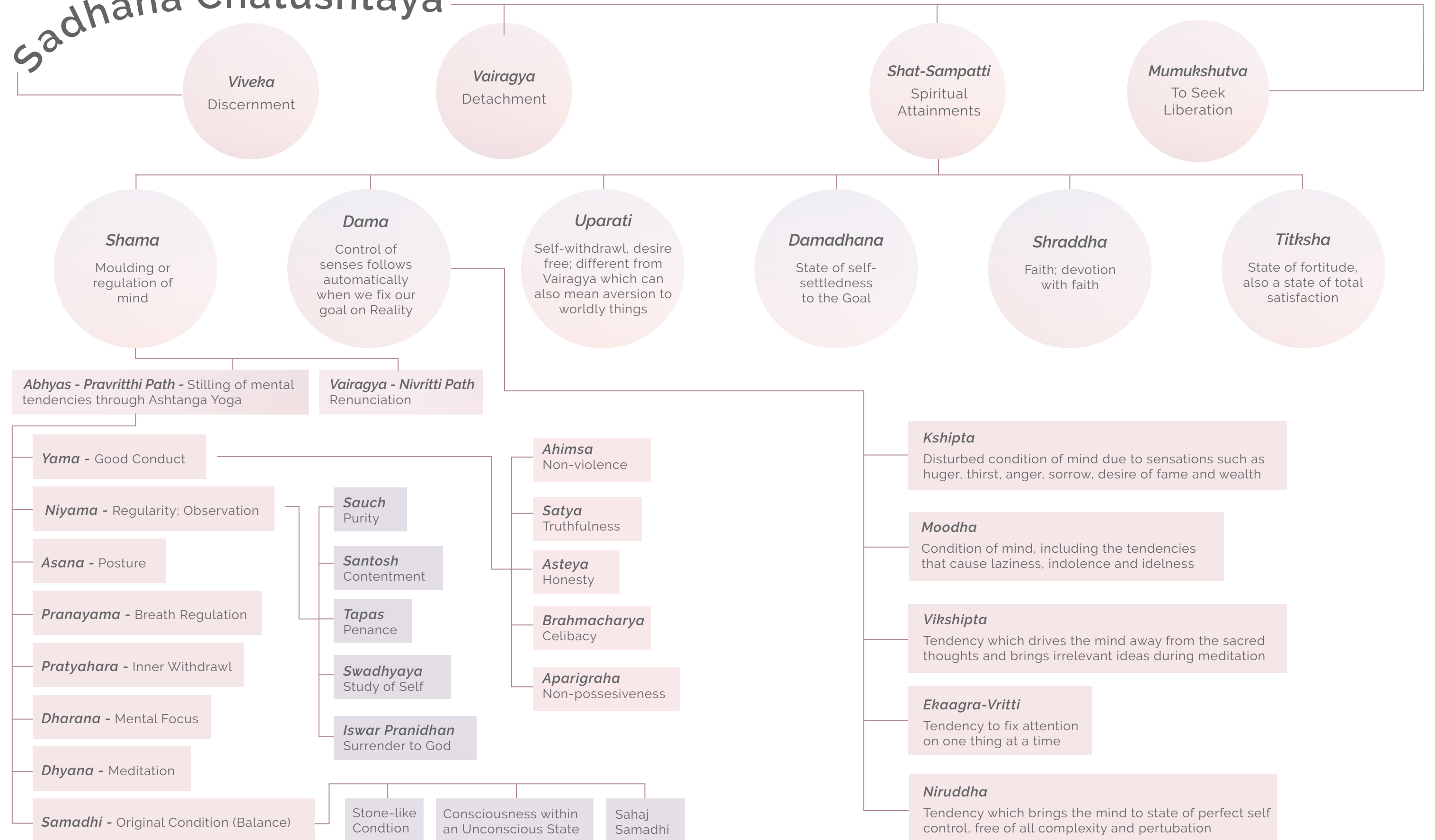
Known to many as Daaji, he has that rare and beautiful blend of eastern heart and western mind that allows him to dive deep into the centre of his existence in the heart, and simultaneously have a scientific approach to original research in the field of meditation, spirituality and human evolution.

As President of the Heartfulness Institute and the fourth spiritual Guide in the Sahaj Marg system of Raja Yoga, Daaji oversees Heartfulness centers and ashrams in over 110 countries, and guides the 6,000 certified trainers who are permitted to impart Yogic Transmission under his care.



Sadhana Chatushtaya

The traditional understanding of Yoga



THE CONSCIOUS MASTER

James Allen

Of all the beautiful truths pertaining to the soul which have been restored and brought to light in this age, none is more gladdening or fruitful of divine promise and confidence than this – that man is the master of thought, the moulder of character, and the maker and shaper of condition, environment and destiny.

As a being of Power, Intelligence and Love, and the lord of his own thoughts, man holds the key to every situation, and contains within himself that transforming and regenerative agency by which he may make himself what he wills.

Man is always the master, even in his weakest and most abandoned state, but in his weakness and degradation he is the foolish master who misgoverns his 'household'. When he begins to reflect upon his condition, and to search diligently for the Law upon which his being is established, he then becomes the wise master, directing his energies with intelligence, and fashioning his thoughts to fruitful issues. Such is the *conscious* master, and man can only thus become by discovering *within himself* the laws of thought; which discovery is totally a matter of application, self analysis and experience.

Only by much searching and mining are gold and diamonds obtained, and man can find every truth connected with his being if he will dig deep into the mine of his soul. That he is the maker of his character, the moulder of his life, and the builder of his destiny he may unerringly prove, if he will watch, control, and alter his thoughts, tracing their effects upon himself, upon others, and upon his life and circumstances, linking cause and effect by patient practice and investigation, and utilising his every experience, even to the most trivial, everyday occurrence, as a means of obtaining that knowledge of himself which is Understanding, Wisdom and Power.

In this direction, as in no other, is the law absolute that, "He that seeketh findeth, and to him that knocketh it shall be opened."¹ For only by patience, practice and ceaseless importunity can a man enter the Door of the Temple of Knowledge.

Chapter 1, from *As a Man Thinketh*, 1902

¹ St James Bible, Matthew 7:8 and Luke 11:10



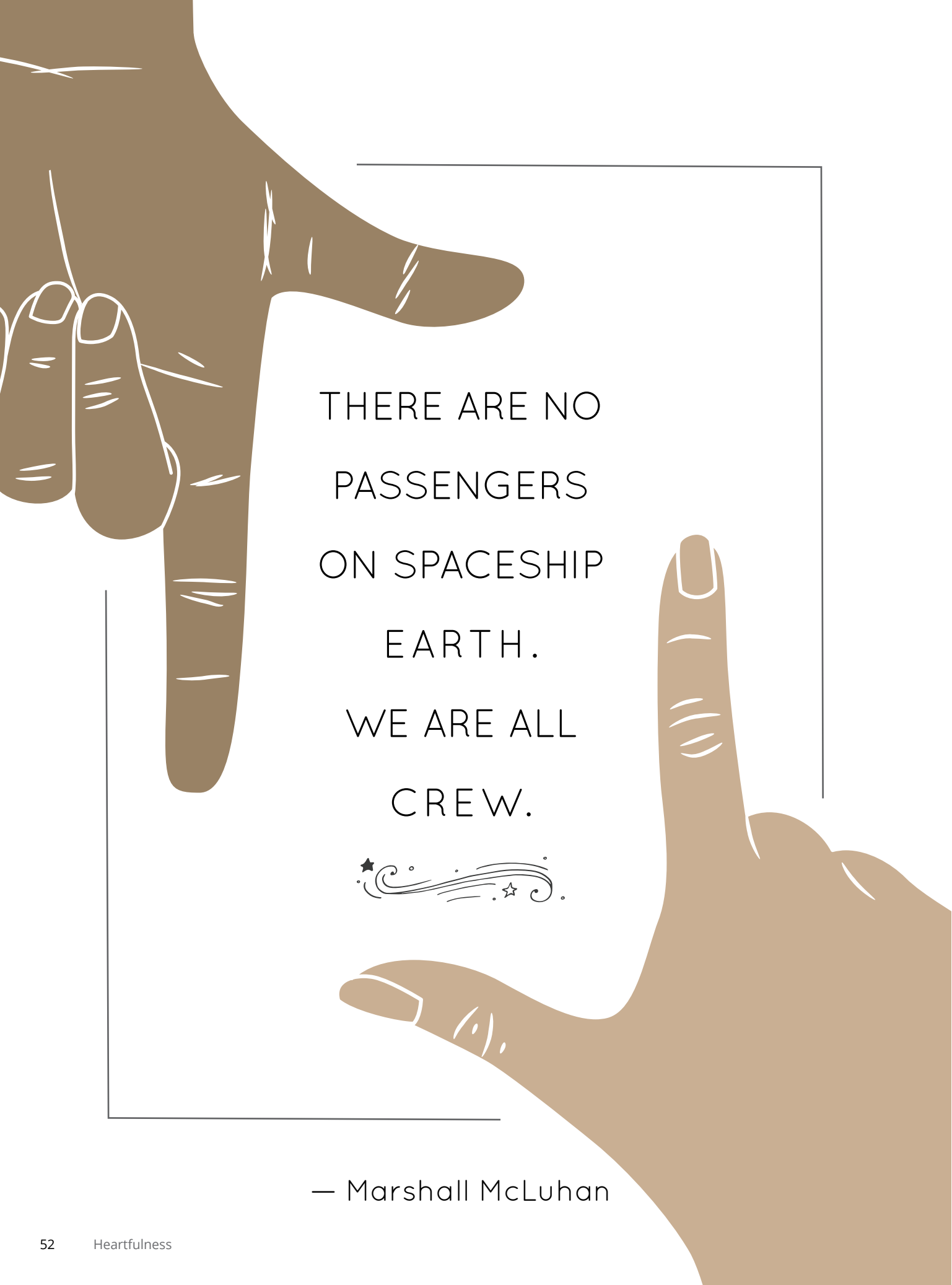
About James Allen (1864 – 1912)

Allen was a British mystic and philosopher, known for his inspirational books and poetry and as a pioneer of the self-help movement.

Born in Leicester, England, to a working-class family, he left school at fifteen to support the family, after his father died. In 1903 he retired to devote himself to writing and moved with his wife and daughter to a small cottage in Devon, where he spent the rest of his life.

As A Man Thinketh has influenced many contemporary writers and has inspired millions to recognize that our visions can become reality, simply through the power of thought ●





THERE ARE NO
PASSENGERS
ON SPACESHIP
EARTH.
WE ARE ALL
CREW.



— Marshall McLuhan

The Impermanence OF BROCCOLI



ALANDA GREENE explores the nature of impermanence and permanence through observing the growth cycles and stages of existence of the humble broccoli.

I'm transplanting tiny broccoli seedlings, moving them from a densely planted row in a large tray to four-compartment seedling holders. They have paired heart-shaped leaves, deep dusty green, with what is called 'true' leaves just beginning to emerge between these two. In the four-pack tray they will continue to grow until the outside temperature warms enough to set them in the garden.

No matter how many times I plant the tiny round black seeds, this small miracle excites me, to see them emerge as little knobs of green, then continue changing to the heart-shaped leaf pairs, to become magnificent heads of beaded clusters that I will eat. When I miss getting the heads at their best form for cooking and freezing, they are left to metamorphose to stalks of delicate pale yellow flowers, enticing myriads of bees that hum in delight. Many of these I cut

No matter how many times I plant the tiny round black seeds, this small miracle excites me, to see them emerge as little knobs of green, then continue changing to the heart-shaped leaf pairs, to become magnificent heads of beaded clusters that I will eat.

and toss over the fence for the deer that especially like these blooms. The blossoms left standing will continue to change until the tiny black bead-like seeds appear in what was the floret center.

Like the bees and the deer, I delight too in this process, awed by it. I see how broccoli has so many ways of presenting itself in this world. Usually, the word conjures images of the bright green vegetable florets in a stir-fry, or crunchy nibbles on a veggie platter. Yet these small plants before me this day, with their tender heart-shaped leaves, are also broccoli. The new leaves to emerge will be broccoli. The head that swells later in summer is one more phase in a process of growth and change that is broccoli.

Broccoli stalks are strong and slow to decompose. But eventually, although they take longer to decompose than the leaves dug into the ground last autumn, they will disappear completely, chewed and digested by worms and beetles and bugs, reappearing as dirt, not recognizable at all. I ask myself whether this dirt is in fact a form of broccoli in the unseen. Although the dirt will not appear in a broccoli form, it will still provide the nutrients that allow the very small seeds to swell, grow and sprout delicate heart-shaped leaves. Without that soil, the seeds would not evolve in that process. So where indeed does broccoli end and soil begin? The swelled florets of broccoli that grace our plates and provide nutrients to our bodies are incorporated into that body. Am I broccoli in a human form? Part of the broccoli has become this body.

Observing this process, I cannot help but question how I see my own identity at any given time and that of other living things. My body, like that of broccoli, is in continual flux. My thoughts flit and move and travel, even with my best efforts to relax and bring them to stillness. My emotions are a flowing river of change. A photo on the wall of a six-year-old version of me bears a faint resemblance, if any, to the me of six decades later.

Who or where is the ‘real me’ in this journey from birth to death, and I ask what ‘real me’ exists? My body shares in an expanded cycle that I call growth and decay. The air I breathe contains water molecules that have cycled on the earth for millennia. What then of my mind? What of that sense of self that I carry of someone inside my body who is me, and is not the deer munching on broccoli florets at the bottom of the garden? Is this sense of identity an illusion? Is everything cycling in a ceaseless flow of change?

These questions carry a memory of teachings that speak of the illusory nature of existence. Constant change, they remind us, is the condition. Something exists in any given moment, but the form is not permanent; it is ceaselessly changing. The broccoli of yesterday’s transplant has already altered in appearance. Its nature is to grow, but its nature is just as much to decay when that phase of the cycle begins. And so it is with me.

Yet I know there is a consciousness that stays consistent in me, the broccoli, and other forms that guides this process of change. I also know I cannot limit that consciousness to any time or place or form. I am reminded of the ancient yogic teaching: *I am not my body, I am not my mind, I am not my emotions, I am Light eternal.*

In Hatha Yoga practice, I see my tendency to identify the pose as occurring at a certain point, thinking I am moving into the pose and then out of it, as if a certain position is the goal. But the whole process is a ‘pose’ and not some singular position to enter and leave and go on to attain the next one. The whole process is Yoga, aimed at bringing awareness fully to the moment. And then the next. A seamless flow. In that process of timeless ‘now’, I can sense the consciousness that does not change in the process of ceaseless change.

I understand better what many teachers have said – that all life is Yoga. I remember that I engage in a yogic *practice* in order to practice, so the insights will come into all that I do in all actions, in presence and awareness and in the now, in a ceaseless flow. In this way, remembrance and awareness of what endures and is not limited is strengthened.

In the garden, the petals are falling from the cherry tree, carried about the yard as if thick flakes of snow are falling. I remember experiencing this in Japan, where the popular cherry blossom viewing celebrates the moment of perfectly formed blossoms turning to petals dropping, acknowledging and honoring the flow of change in everything. Life is a series of causations. The poignancy of this transitoriness touches my heart. From the blossoms come the tiniest beginnings of fruit. Swelling, turning from green to red, digested in bellies or into the earth. From the seed hidden within the fruit is the potential for another tree, for blossoms and fruit and seeds.

Just the same teaching faces me in these small broccoli plants with their heart-shaped leaves and the hidden light that guides their transformation.

Last year’s broccoli has been digested into my body. Broccoli has transformed into human. This year’s broccoli will transform to many forms. I get glimpses into the nature of impermanence and of that oneness that does not change. I continue to transplant, part of the process of ceaseless change and remembrance ●



80/20 Principle

SIMONNE HOLM shares some practical tips on pH balance in the body and healthy eating.

Everything we eat influences our body's pH balance. Consequently, it is important to find the right balance between acidic and alkaline food.

To achieve the correct balance, strive for a diet of 80% alkaline-forming foods and 20% acid-forming foods. In reality, most people are doing the exact opposite, eating 20% alkaline-forming foods and 80% acid-forming foods.

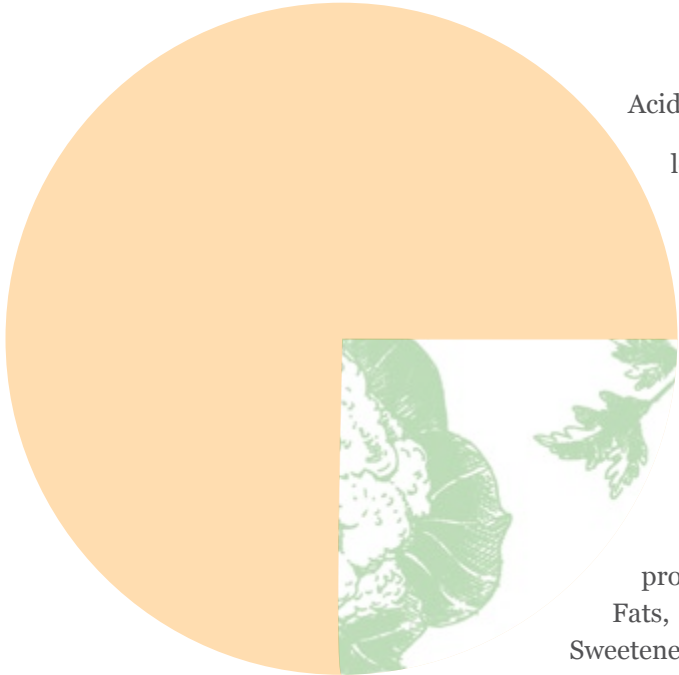
Raising your consciousness about what you eat is easy when you fill your plate so that acid-forming foods like meat, fish, potatoes, rice and pasta only take up 20% of what you eat. The remaining 80% of what you eat should be raw fresh vegetables and other alkaline foods. You need not concentrate on counting carbohydrates or cholesterol, as long as you follow the 20-80% principle of acid-alkaline balance.

Keep in mind, though, that we are each unique individuals with different bodily needs. We need to be our own best expert and begin to recognize our body's true needs. You can eat as much alkaline-forming food as you like, as it contains important nutrients and has a low glycaemic index. Alkaline food is plant-based and contains proteins, minerals, vitamins, antioxidants and essential fatty acids.

The alkaline fruits and vegetables all have high water content and high levels of minerals, which increase the oxygen content of the body. An alkaline diet offers the optimal way to fully bring yourself back into balance from any disorder, be it physical, emotional or spiritual.

Using the balance principle, it is possible to create vibrant health, facilitate weight loss and slow the aging process at any stage in your life.

Eating 75% acidic food is common for most people



Acidic foods that rob you of nutrients

low-quality processed, refined foods, nutrient-devoid, pre-packaged non-foods, fast foods, trans fats, genetically modified and oxidising foods.

No nutrients to your body but a lot of stress, toxins and acid!

Low-quality processed foods:

Soda pop, Sport drinks, Fruit juices, Dairy

products, Ice cream, Sugar, Hydrogenated and Trans Fats, Processed acidic meats, Farmed salmon, MSG, Yeast, Sweeteners, Canned foods, Potato chips, Fermented foods, Sugars, Highly processed white flours, GMO's, Artificial sweeteners, Diet anything, Alcohol and more.

Eating 50/50% is a great start to your new healthy lifestyle



Adding fresh, unprocessed, raw foods is simply the key to health. It is what our body needs.

Let fresh, organic fruits, vegetables taking more than 50% of your plate.

Regain nutrients with:

Wholemeal, Spelt pasta, Beans, Lentils, Millet, Spelt, Seeds, Nuts & Grains, Quinoa, Himalaya salt, Pure water, Green vegetables, Sprouts, Wheatgrass, Green drinks, Almond milk, Omega Oils, Polyunsaturated oil, Alkaline fruits and more.

Eating 80% alkaline food is the optimal balance for your health



High-energy, fresh, raw, organic, whole foods and breathing, exercise and meditation.

Live full recharged with:

70/80% high-energy, fresh, raw, alkaline, organic, whole foods, alkaline juices, smoothies, water and alkaline exercises. 20/30% cooked foods, fruits and other less alkaline foods. So choose your 20/30% carefully ●



Silence and Soundscapes

I grew up thinking that I was a listener except on my way to graduate school one time, I simply pulled over making the long drive from Seattle, Washington, to Madison, Wisconsin, pulled over in a field to get some rest and a thunderstorm rolled over me. While I lay there and the thunder echoed through the valley and I could hear the crickets, I just simply took it all in. And it's then I realized that I had a whole wrong impression of what it meant to actually listen. I thought that listening meant focusing my attention on what was important even before I had heard it and screening out everything that was unimportant even before I had heard it.

In other words, I had been paying a lot of attention to people, but I really hadn't been paying a lot of attention to what is all around me. It was on that day that I really discovered what it means to be alive as another animal in a natural place. That changed my life.

- Gordon Hempton, from *The Last Quiet Places*, <http://www.onbeing.org/program/last-quiet-places/4557>

As night fell, I felt enchanted and blessed to be enveloped in a world of 3-D sound. A deliverance from the monotonous single-track recordings of older models, the sound was more illuminating and evocative of a place than was any photograph. The captured ambiances – rich textures that infused the entire frequency spectrum with elegant structure inclusive of multiple tempi, melodies, and filled with dazzling soloists and choruses, alike – intensified my experience of the habitat through their vibrant nuances generated as points of sound transported through the acoustic space.

But that realization, alone, was simply not enough. We needed to define and measure the broader soundscape in terms that addressed its three fundamental sources to this concept. The three terms are: the geophony, the biophony, and the anthrophony. The geophony were the first sounds on earth, the natural sounds: wind, water, earth movement, and rain; it is a source of beauty and complexity and deserves to be explored on its own terms. The word biophony comes from the Greek prefix bio, which means ‘life’ and the Greek suffix phon, which means ‘sound’. Biophony: the sounds of living organisms. Anthrophony includes all of the sounds we humans produce ●

- Bernie Krauss, from *Orchestra of the Wild*, <https://www.globalonenessproject.org/library/articles/orchestra-wild>





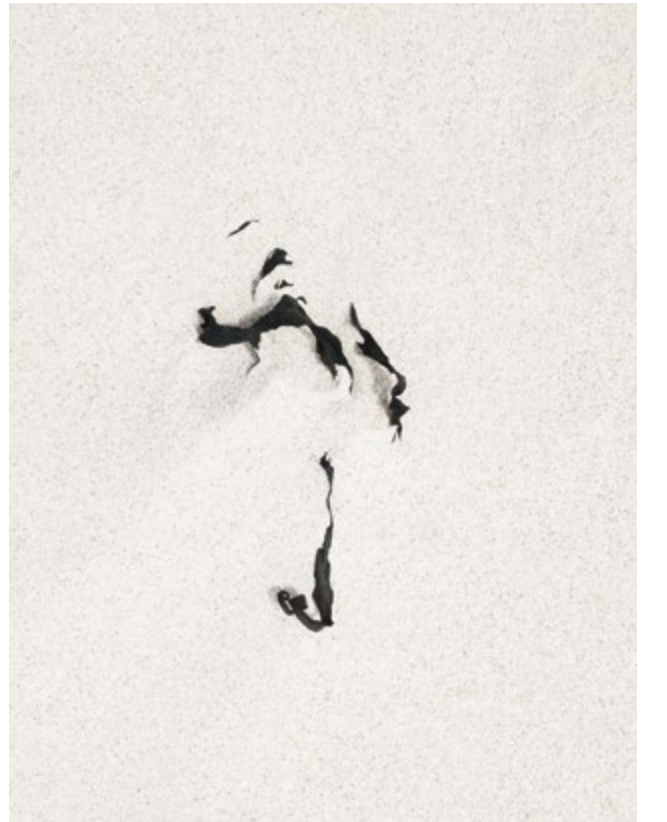
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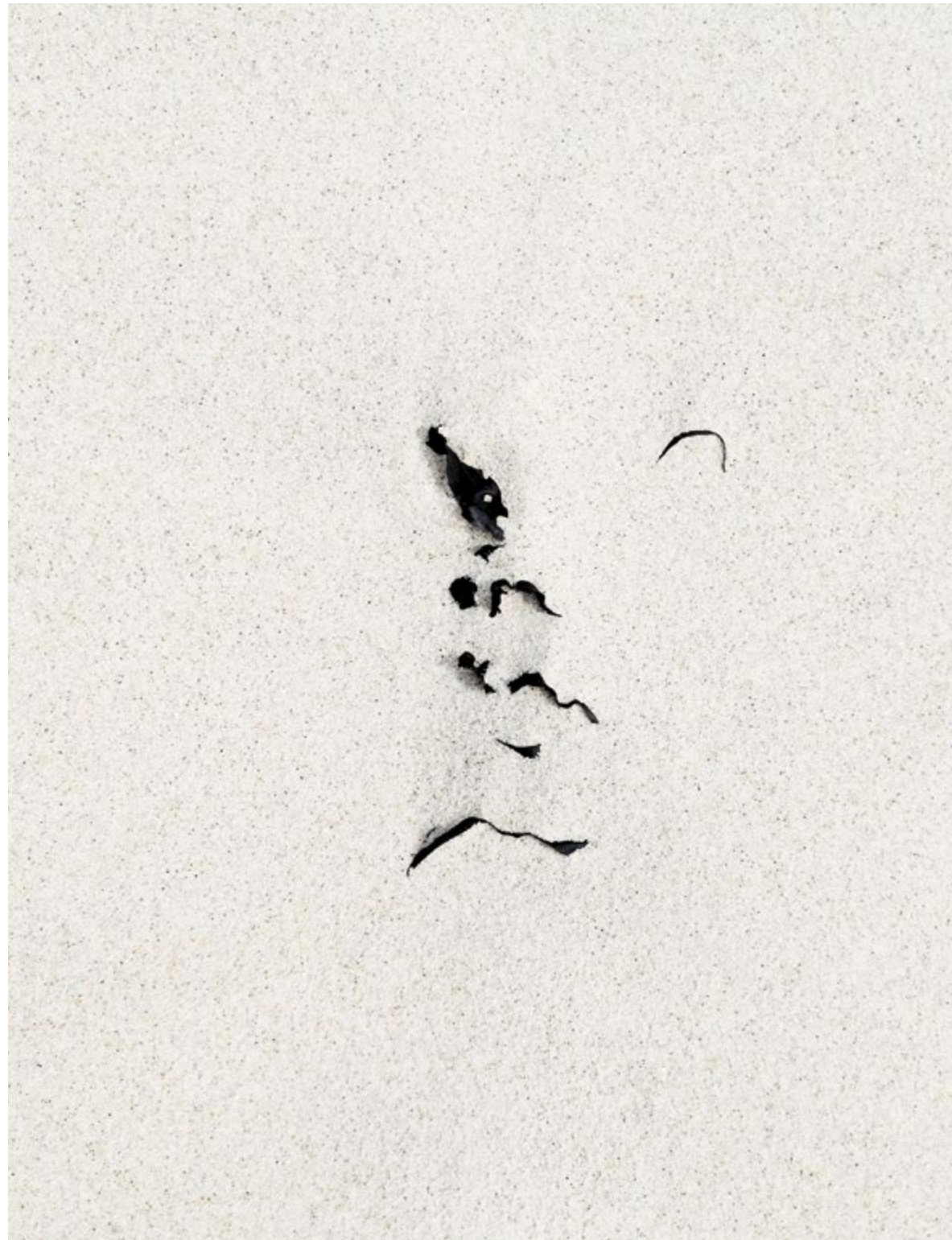
Seaweed embedded on the beach
of a North Sea island
after a heavy storm.

Uprooted from the ocean,
washed onto the shore,
dried in the sun,
largely covered by sand,
transformed into calligraphy.

One with Nature.
Oblivious to all around.
Alive only in the eye of the beholder.

– Images and text by Rike Michaelsen –





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- Birthplace of Seaweed-Calligraphy
Langeoog, September 2011 -



HAINA and M'BAYE THE LION

Ages ago, in the Kalahari Desert, the San people and the animals talked and lived together. M'baye was a lone lion who lived a quiet life in the savanna. He lived close to the desert. This way, the other lions would not bother him, since they preferred richer and wetter grazing spots. One day as he was hunting, he met a very young girl who seemed to be lost. She was wandering aimlessly, crying and calling her mother. The night was falling and she was frightened. Her tattered clothes had a taste of misery. Moved by the child's appearance, M'baye approached her softly.

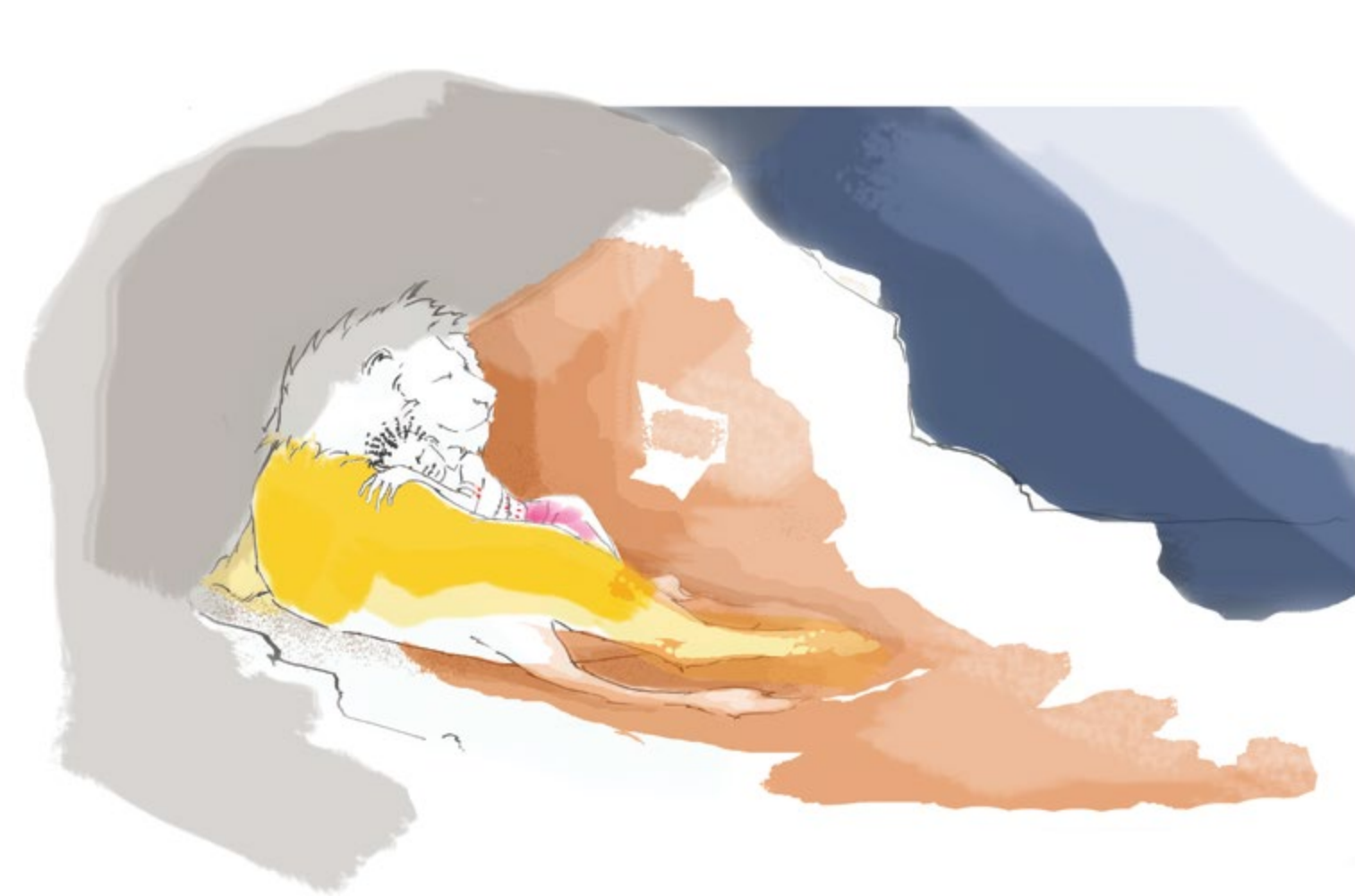
"Where do you come from, little girl? There is no village around here. And what is your name?"

The tearful girl answered in a faint voice, "I am Haina. I am lost. I don't know where my mother is now, and I am thirsty!"

In tears, she let herself fall to the ground, her whole body shaking.

At once M'baye decided he could not leave the girl alone, but how could an old lonesome lion help such a poor little girl? After reflection, he decided to put her up for the night, and see what could be done in the morning. M'baye lay down next to the girl and with his head he motioned her to climb on his back. Haina hung on to the lion's mane until they reached the cave where he lived. There M'baye gave her something to drink and to eat and he watched over her throughout night.





Next morning, M'baye brought some fruits he had collected and then lay down to watch her eat. To his surprise, Haina nestled against him as soon as she swallowed the fruits. Did she have the intention to stay longer? Clinging to him, she fell asleep. Whenever the lion was trying to move away from her, she would just cling harder to his mane.

"Don't worry my dear. I am here," he whispered.

A few days passed in this way. Haina was comforted, snuggling against him and reassured by his whispering to her, "Don't worry my dear. I am here."

She would repeatedly answer, "Yes, daddy M'baye, please don't leave me!"

She let him go out to hunt and look for something to drink, but she would hang on to the shadows of the cave until he returned. At night, when the prairie dogs and the jackals howled, her body shook all over and then she would burrow her face against M'baye, murmuring to him to stay with her.



Years passed. For years she was wrapped in his love, the love of her daddy M'baye, a love that helped her gain confidence in herself and in life over time. She overcame her fears and became as peaceful as M'baye. She developed the courage of the heart that lions are known for.

Haina was now twelve years old. She freely moved around her daddy's territory and together they often went for long walks through the savanna.

One day, having gone farther than usual, they decided to spend the night at the edge of an acacia forest. Night was falling and in the darkness they heard some sounds, songs and drums; a village celebration was going on nearby. They approached the village, cautious to stay away from prying eyes. M'baye recognised the San village. Being gatherers, the San move around, following the rains. They had just settled in this place.



Haina felt her heart beat faster. The songs, the drum beats, all echoed within her. She knew them. Her eyes began to shine, her body tensed with joy and curiosity. She turned her head and met daddy M’baye’s loving eyes. They spoke softly to her: “Go, go to your destiny.”

She hugged him and ran towards the village. The San villagers recognized her straight away and led her to her family. There was much rejoicing. They all hugged her and the village celebration and songs continued with more joy, with singing and dancing around the fire.

Later in the evening, the entire village sat down to listen to Haina.

“Tell us, what was he like, your lion, Haina.”

“Infinitely kind and invincible,” she replied.

“Weren’t you afraid of him?”

“Never! He watched over me all the time. He protected me, he cared for me and he loved me. He is my daddy M’baye. He is all fairness, all kindness. He loves me as much as I love him.”

So she told her story with her daddy M’baye, the lion that saved her life. She told them what a marvelous father he had been, how he had saved her and brought her up. There were no limits to her praise for him.

Everyone was raving about such a wonderful story. As for daddy M’baye, he was hiding behind the trunk of a nearby tree, listening to his daughter’s tale. Hearing what she said made him feel very proud. There were tears in his eyes.

“Didn’t he have any drawback?” asked a villager.

“No ...well, he did have one.

“What was it? Please, Haina, tell us about it.”

“He had foul breath.”

And all burst out laughing.

Daddy M’baye lowered his eyes. Feeling hurt, he went back to the desert and never came close to the village. Time passed. The tribe was about to move again. Haina was worried. Where was he? Why did Daddy M’baye not visit her?

One morning, at dawn, Haina went to his cave. She found him and at once felt better. She was so happy to see him. She expected a heartfelt reunion, but the lion remained reserved, distant, and looked down on her.

“Pick up a stone, daughter, and hit my forehead with it,” he said.

“What a strange idea! How could I hit you, father? No, that’s impossible. I can’t hurt you!”

“It’s an order,” he replied. “You must obey.”

With a heavy heart, Haina did as he wanted. Blood gushed from the lion’s wound.

“Now you have to nurse it,” he said.

So she washed the wound and dressed it, and then for ten days she dressed the wound of the lion in silence.

After ten days, M’baye agreed to speak:

“My skin is sutured now. Nothing remains of the harm I suffered, at least physically. The scar on my forehead still shows and one can say that it is healed. But when the heart is hurt, it does not show. Sometimes, you don’t even realize you have hurt the person you love. Once hurt, the heart takes time to heal and you cannot see when the wound closure is complete. The words of a beloved one are far more murderous than stones. Haina, you hurt my heart on that night when you were reunited with your family. Since then, my awareness has been veiled by pain and my heart is no longer open to kindness. Will you please cure the wound your words have caused?”

Hearing that, Haina burst into tears. Now she remembered the talk around the fire and her clumsy words about daddy M'baye's breath. She had meant no harm then. It had just been for laughs. She could never have imagined that mocking words could hurt the one who had saved her life. She was really sorry. She sincerely regretted it, with all her heart. It was true that she had said those words without even thinking of their impact on her daddy. Of course he would have heard about it, one way or another, as there are no secrets in the savanna. And stories change form and waft out like dust in the desert wind.

Then she cried. She cried wholeheartedly. Her tears gathered into a rivulet of wet light that filled daddy M'baye's heart. Thus do our wounds heal, to give way to a rejuvenated sweetness of the heart. Daddy M'baye gave his daughter a big hug and they wept together over such a hard lesson.

As goes the Armenian saying, "Words, like arrows, never come back once they have been shot."

But a sincere regretful weep can restore peace between hearts and turn into tears of joy ●



ENHANCING

the **senses** of
OBSERVATION
INTUITION
and **COGNITIVE ABILITIES**
in children



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ARTWORK BY CLAIRE BIGAND

Make Someone's Day Today

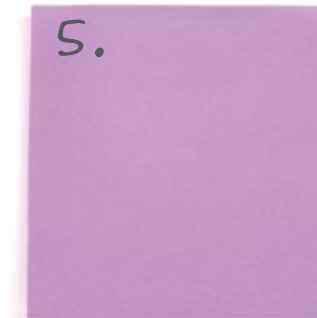
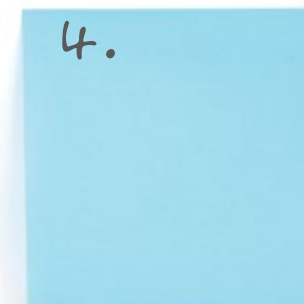


Have you heard of random acts of kindness? A whole movement has been created around doing kind things for strangers as well as the people we love. The idea is also to inspire others to be kind, to pass it forward, without expecting anything in return.

Here is a list of kind acts you might like to try:

1. Call your grandparents just to say hullo and ask how they are doing.
2. Hold the door open for people.
3. Give your seat on the bus or train to someone else.
4. Plant a tree.
5. Make two lunches for school and give one away.
6. Be encouraging to others when they doubt themselves.
7. Do the dishes at home, even if it is someone else's turn.
8. Be especially loving to someone when they deserve it least, as that is when they need it most.
9. Give your parents the benefit of the doubt.
10. Listen well to anyone who talks to you.

Or, make your own list below:



And send us your experiences of being kind to others at:

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A wide-angle photograph of a calm body of water at sunset. The sky is a gradient of orange and yellow, with the sun low on the horizon. Two people are in a small boat on the water; one is standing and holding a long pole, while the other is sitting. The water reflects the warm colors of the sky.

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