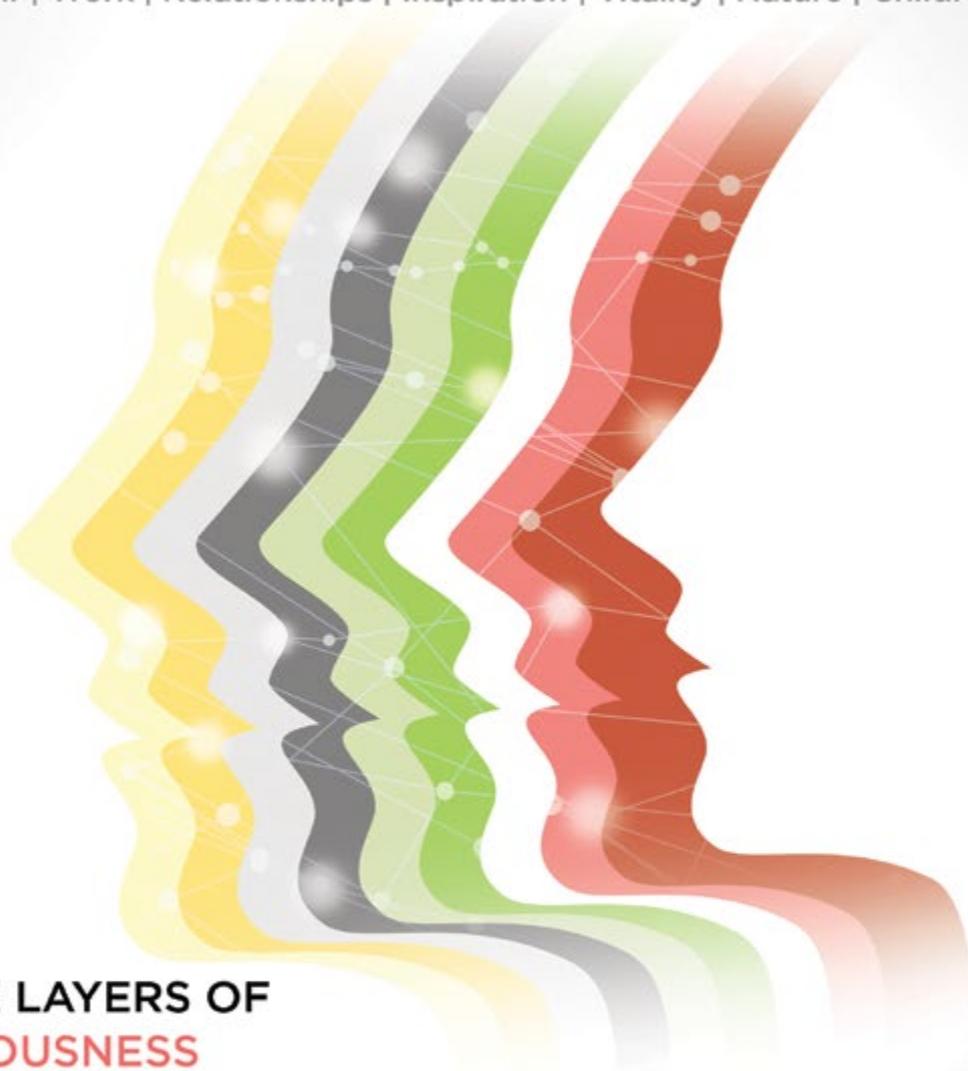


**GOOD HEALTH:  
SEIZE THE DAY**

MAY 2017

# Heartfulness

Self | Work | Relationships | Inspiration | Vitality | Nature | Children



## **INFINITE LAYERS OF CONSCIOUSNESS**

*Daaji on consciousness from  
a different perspective*

## **ODE TO JOY**

*Images that inspire  
wonder and joy*

## **CELEBRATING DIVERSITY**

*Integrating different  
opinions at work*

## **PERCEPTION**

*How do you see yourself and the  
world around you?*



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## EVERY EDUCATED CHILD IS ANOTHER POSSIBILITY TO CHANGE THE WORLD

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## WHY NOT *Magnificence?*

Dear readers,

April was Heartfulness Month. During the whole month we celebrated the magnificence of the human heart with many activities worldwide, including a series of online masterclasses by Daaji entitled 'The Science of Stillness'. The classes are still available for those of you who would like to explore the Heartfulness practices at [www.heartfulness.org/masterclass](http://www.heartfulness.org/masterclass).

The heart is our doorway to infinity, and the source of love, compassion and empathy that makes us human in everyday life. It is the midpoint in our system, our center of balance, and the connector of all things. The heart provides the field of action for our mind – our consciousness field – and is the sanctuary of our feelings.

Did you know that, even at a physical level, if our hearts beats 80 times per minutes that means 115,200 times a day? That is a lot of work to keep us going! It carries on, regardless of whether we look after it or not. The heart also gives us signals about how to live life. We can choose to listen to those signals or not, but just as it keeps beating regardless it keeps alerting us regardless. Somewhere deep within, that voice can be heard by everyone.

This month we have more inspiration for you: Daaji explores the infinite layers of consciousness and Patrick Fleury takes us on a journey of the basics of good health. Many of the articles naturally seem to resonate with the theme of perception – how we see ourselves and the world around us. Our artists, photographers and designers continue to evoke wonder in our hearts, and the children's stories and activities are better than ever.

We hope you enjoy this issue, and hope that you will send us your articles, photos, art, jokes, cartoons, and letters. We look forward to hearing from you at [contributions@heartfulnessmagazine.com](mailto:contributions@heartfulnessmagazine.com).

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## *Ravi Ivaturi*

Ravi Ivaturi works as an information security specialist for a full service investment bank. He is passionate about emerging technologies, movies and meditation. He is also a Heartfulness volunteer and enjoys working on grass roots activities that promote love, harmony and human evolution. Ravi lives in New Jersey with his wife and a newborn.



## *Elizabeth Denley*



Elizabeth is originally from Australia, and is the founding editor of Heartfulness Magazine. She loves meditating, writing, singing, playing the piano, gardening, thinking, spending time with her two grown up children, and life in general. She is active in researching and publishing the writings of the Heartfulness masters of the 20th and 21st centuries. She considers every moment of every day to be precious.

## *Jan Viney*

Jan Viney is a Northwest Fine Arts Photographer, specializing in birds and nature. Her focus is on connecting herself and others to the oneness of the natural world. Her vision is to capture images that elicit emotion, for what we feel and see connects us to the beauty of nature and we move to protect it.



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Heartfulness

Through meditation, impact

## Prayerful Suggestions

How can we make a difference in the world around us? Here are three simple, subtle suggestions that can totally transform the atmosphere at work, in a public place and at home. It can have far-reaching effects also. Try connecting first within your heart and then offering them silently, as gently as possible, whenever you get the chance, and see the effect.

*Everything surrounding us, the air particles, people, the birds, the trees... everything around us is deeply absorbed in Godly remembrance.*

*Everyone is developing correct thinking, right understanding and an honest approach to life. They are attaining rightness in action and perfection in character.*

*Meditate for fifteen minutes, thinking that everyone is being filled with love and devotion and that real faith is growing stronger in them.*

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LED BY MS CHRYSULA WINEGAR  
Senior Director, Communications  
& Special Initiatives,  
United Nations Foundation

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Heartfulness  
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# CALL FOR GRANT APPLICATIONS

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

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

## OBJECTIVE OF THE HEARTFULNESS RESEARCH GRANTS

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

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

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

## ELIGIBILITY

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

## APPLICATIONS

The application should include:

- Biosketches/CVs of the principal investigator and collaborators,
- Research project description, including specific aims and hypotheses to be tested, experimental design, method of analysis of the data, and the significance and potential impact of the study, Preliminary data may be included if available, including data related to other meditation practices. [< 3 pages]
- Resources available, budget and justification. [1 page]

## REVIEW PROCESS

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

## WHAT IS HEARTFULNESS?

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

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

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

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

Please direct all enquiries to [research@heartfulness.org](mailto:research@heartfulness.org).

# DIMENSIONS OF PERCEPTION

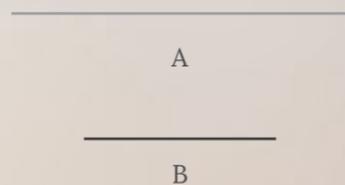
MEGHANA ANAND challenges our doorways of perception to open and our consciousness to expand into absolute oneness.

Here is a small and interesting experiment.



Is line A short or long? Is it dark or light?

Perhaps drawing line B may help.



Now try answering the same questions.

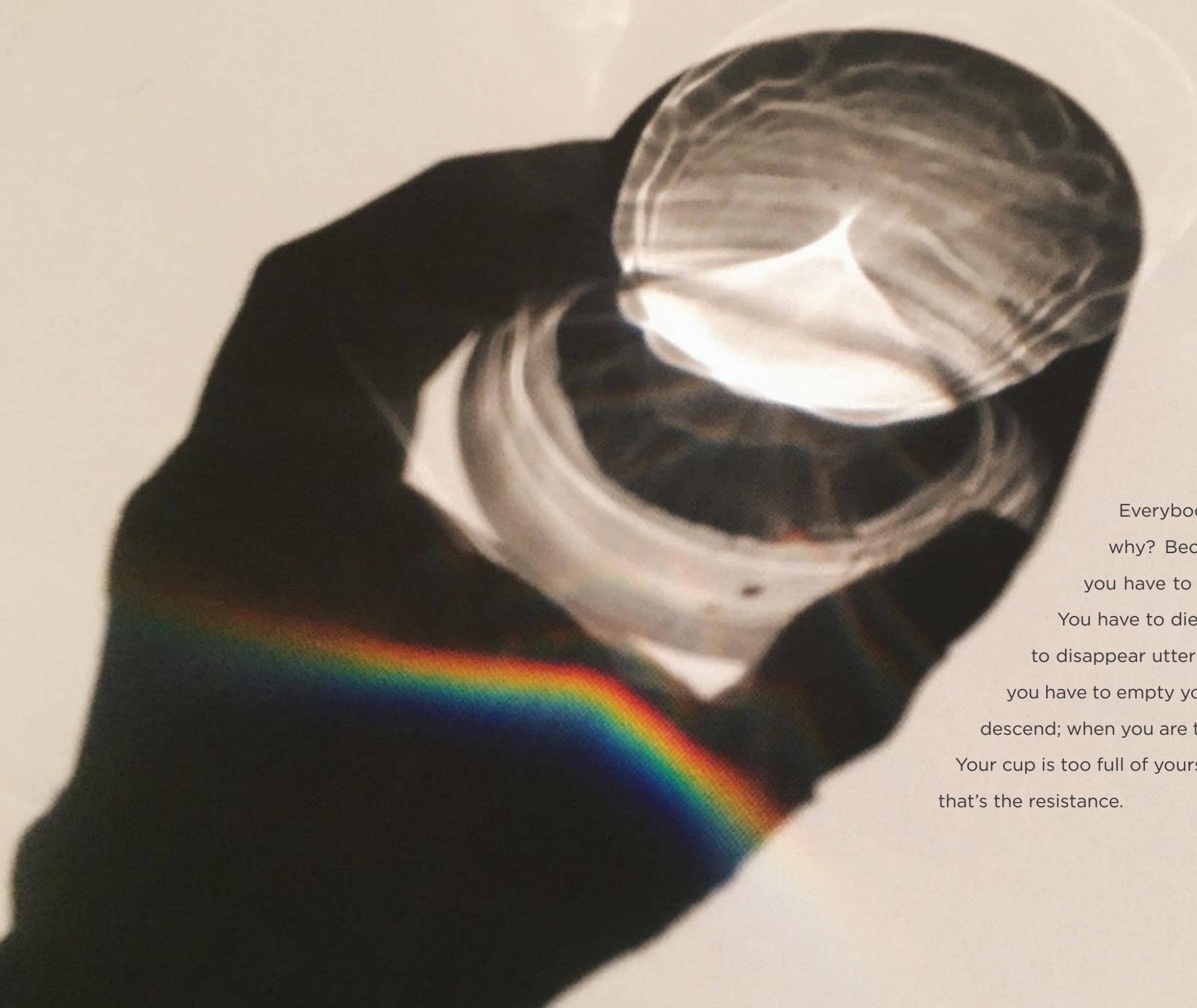
Line A is longer and lighter than line B. In absolute terms, A is neither short nor long, dark nor light. It is what it is. Similarly, the world around us is a product of our perception, which is relative and conditioned. Rare is a person who is able to perceive things as they are, in their absolute, pure condition. If we were able to do so then perhaps there would be no question of likes and dislikes, preferences and prejudices.

But in real life we have our likes and dislikes, preferences and prejudices. In fact, there are as many universes as there are individuals. Do we ever question why?

Swami Vivekananda once said, "Every human being has the right to ask why, and to have his question answered by himself, if only he takes the trouble." Our ancient ones have time and again prescribed meditation as the tool to reveal the true nature of everything. Meditation, along with inner purification, can present the world to us in its absolute form, above these dualities, into the realm of absolute oneness.

Albert Einstein's theory of relativity shows us that what we perceive as the force of gravity in fact arises from the curvature of space and time, and that the speed of light within a vacuum is the same no matter the speed at which an observer travels.

This absolute, unchanging vacuum is also within us, from which everything else emerges. As one of our artists in this issue says: "The question before us is not the process of how. The bigger question ceaselessly resonating within us always is why ●"



Everybody is resistant against God - why? Because if you want to know God, you have to disappear: that is the resistance. You have to die if God is to live in you. You have to disappear utterly, totally; you have to be vacant, you have to empty yourself. Only in your void can God descend; when you are too much, he cannot enter in you. Your cup is too full of yourself. This cup has to be emptied - that's the resistance.

OSHO, *DIVINE MELODY*, CHAPTER 2

PHOTOGRAPHY BY KIRICHENKO DIANA

# INFINITE LAYERS OF CONSCIOUSNESS

## Evolution of Consciousness Series

**KAMLESH D. PATEL** describes the spectrum of consciousness from another perspective, giving us a new level of understanding of human anatomy.

Generally we think of human anatomy as being about the physical body, including the nervous system, the organs, the circulatory system, the structure and functioning of cells and DNA, etc. There has been so much scientific research in this field, especially during the last 500 years; we have really specialized in this knowledge.

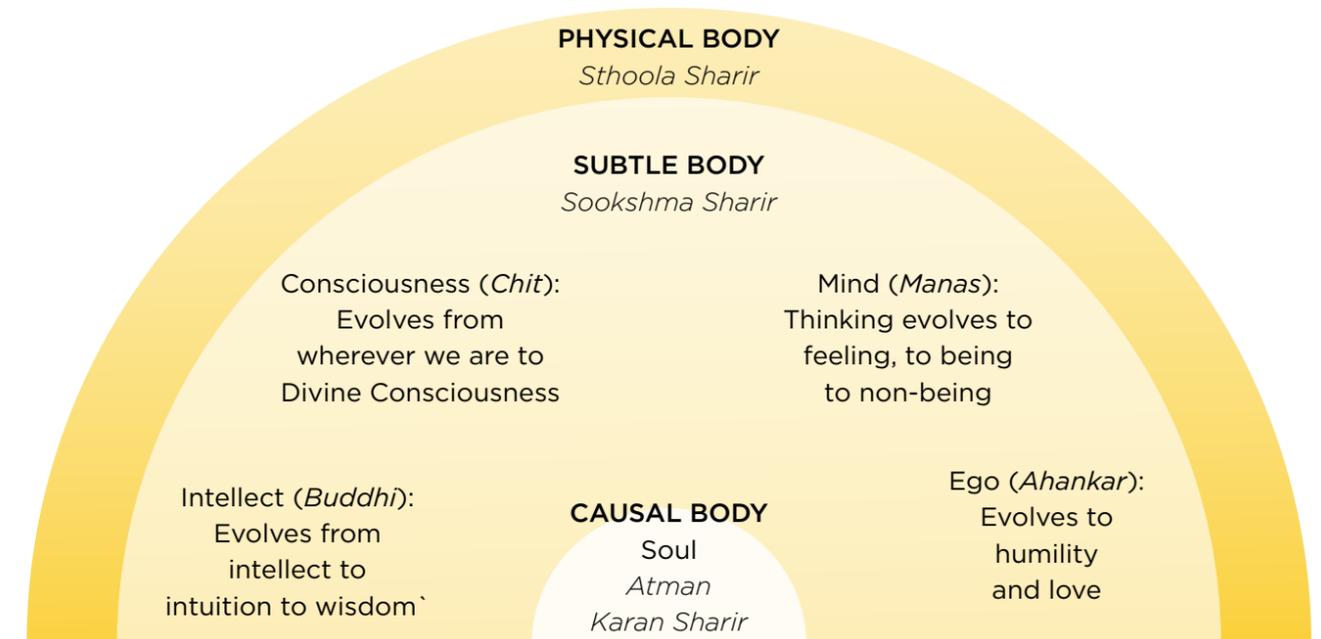
But this is only one aspect of human anatomy. As we have discussed in previous articles, we have three main bodies – the physical, subtle and causal. Over the centuries, the knowledge of these three bodies has developed, and today research in the dynamic field of integrative body-mind-spirit science is unfolding faster than ever before. So we are better able to understand the dynamics of the physical, subtle and spiritual anatomies. This is the juncture of science and spirituality.

For example, we know that the subtle bodies came into existence for the continuous improvement of consciousness. In other words, they arose for our evolution, and they support each other. First of all it was for the survival of the 'I', for our identity. The 'I' could not survive without the discrimination of the intellect and the thinking capacity of the mind. These functions of the mind support each other in a coordinated effort for existence and growth.

These subtle bodies can be used for our betterment or for our undoing, as they are functions of the mind that can be used in any way we choose. The purpose of a heart-based meditation practice with transmission is to learn to use them so that consciousness evolves.

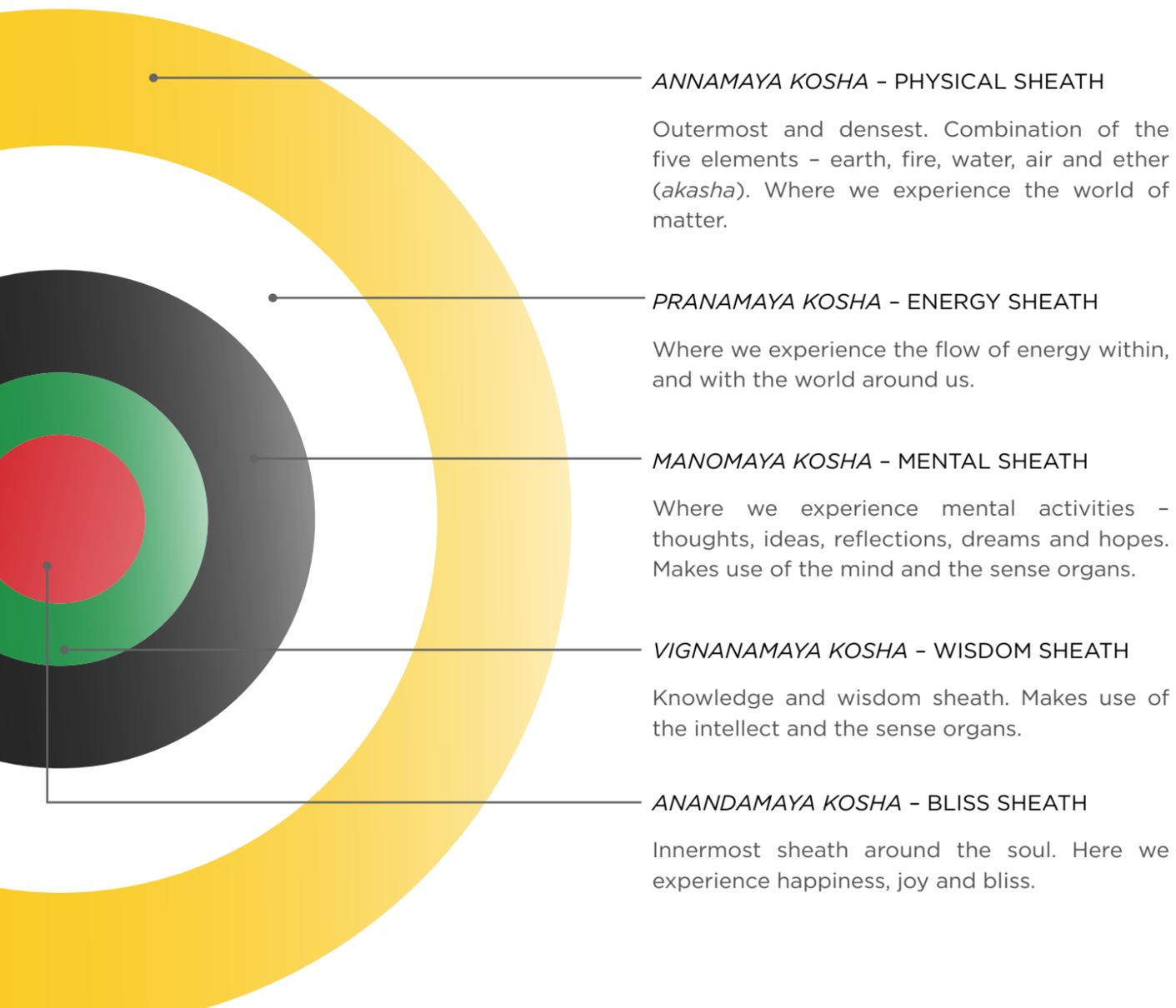
Yogis also describe our complex human system in another way: the *koshas*, sheaths or coverings. In this description, a human being is made up of layer upon layer of coverings, from the outermost to the innermost. The five elements, or *pancha bhutas*, are yet another way of describing the human make-up – earth, fire, water, air and ether (*akasha*). Still another classification is that of the seven regions – the Heart Region, Cosmic Region, Para-cosmic Region, *Prapanna*, *Prapanna-Prabhu*, *Prabhu* and the Central Region.

So in Yoga, a description of human anatomy combines all these things – the elements, points, regions, bodies and sheaths.



Let's explore what the *koshas* tell us about consciousness. There are an infinite number of coverings or sheaths in the human system, the densest being the physical at the outside, with progressively finer and finer coverings as we approach the center of our being. They are indicators of the infinite layers of consciousness we potentially have at our disposal. They are usually presented as five main *koshas*.

The first text describing them is the Taittiriya Upanishad, written around the 6<sup>th</sup> century BCE, where they are described as lying one inside the other, like the layers of an onion or Russian matryoshka dolls:



**ANNAMAYA KOSHA - PHYSICAL SHEATH**

Outermost and densest. Combination of the five elements - earth, fire, water, air and ether (*akasha*). Where we experience the world of matter.

**PRANAMAYA KOSHA - ENERGY SHEATH**

Where we experience the flow of energy within, and with the world around us.

**MANOMAYA KOSHA - MENTAL SHEATH**

Where we experience mental activities - thoughts, ideas, reflections, dreams and hopes. Makes use of the mind and the sense organs.

**VIGNANAMAYA KOSHA - WISDOM SHEATH**

Knowledge and wisdom sheath. Makes use of the intellect and the sense organs.

**ANANDAMAYA KOSHA - BLISS SHEATH**

Innermost sheath around the soul. Here we experience happiness, joy and bliss.

**PHYSICAL SHEATH**

The quality of the *annamaya kosha* depends a lot on the type of food we eat and how we eat it. It also depends on how our mother ate during pregnancy, the quality of that food, the environment, and her habits. These maternal influences contribute heavily towards the make up of our *annamaya kosha*.

When we are in the company of a saint we feel energetic, because the *kosha* of the saint is radiating energy. There are some other people who draw energy from us, so that we feel drained. To avoid draining others, our intake of food and the quality of the food we eat must be light. That is why fasting is prescribed now and then, to balance and regulate this *kosha*. But too much fasting can damage the *annamaya kosha*, just as too much food can damage it. This is not related to having a lean or a heavy body.

---

The *annamaya kosha* is one kosha where we undergo or play out the effect of *karma*. We find a lot of variation in the physical sheaths of people.

---

Regarding the quality of food:

- Tamasic* foods make us feel lazy and lethargic,
- Rajasic* foods make us active, but also sometimes irritable, short-tempered and anxious, if we eat them too often and late in the day. They are best eaten around noon,
- Sattvik* foods promote lightness, calmness and peace of mind, and
- Food consumed with gratefulness has a very special impact.

Apreoccupation with this sheath can have a negative effect, but we do need to pay enough attention to the body to support a healthy life. It functions best when it is under the influence of the subtler *koshas*.

The *annamaya kosha* is one *kosha* where we undergo or play out the effect of *karma*. We find a lot of variation in the physical sheaths of people.

The next three *koshas* are all associated with the subtle bodies:

## ENERGY SHEATH

The *pranamaya kosha* is our vital body, where we experience the flow of energy in our system, and with the world around us. It is subtler and more refined than the *annamaya kosha*.

Yogis have described the energy flow in the human system according to five energetic processes (*karmendriyas*) and five energy flows (*pranas*).

The five energetic processes are elimination, reproduction, movement, grasping with our hands, and speaking.

The five flows of energy within the human body are known as the *vayus* or 'winds'. These are:

The inward flow that governs respiration and the reception of everything, from air and food to ideas and impressions,

The downward and outward flow of elimination – excretion, urination and menstruation on the physical level, and anything that needs to be removed mentally,

The balancing and integrating flow at the meeting point between the inward and outward flows, associated with assimilation and digestion,

The ascending flow that directs energy towards higher levels of consciousness and governs self-expression through communication, and

The flow through the *nadis*, the circulatory system, the nervous system, the lymphatic system, the movement of muscles and joints, and thoughts and emotions.

Hatha yoga is often prescribed to develop this *kosha*, as it is regulated by breathing exercises. But the sheath of *prana* is subtle and not glued to the physical system. It envelops us like an energy bubble, creating the field of the aura. The *chakras* of the subtle body are also associated with this *kosha*, so spiritual practices are needed to refine the *pranamaya kosha*.

This energy sheath is usually affected before any physical ailment appears in the body. That is why acupuncture and acupressure treatments work on our energy meridians. Whenever an imbalance or illness happens, the first *kosha* to be compromised is often the *pranamaya kosha*.

---

This energy sheath is usually affected before any physical ailment appears in the body ... Whenever an imbalance or illness happens, the first *kosha* to be compromised is often the *pranamaya kosha*.

---

Sometimes we can predict the health of a person just by looking at the aura around their face. We feel the difference – someone is angry, a lover in the company of her beloved, a tender mother with her baby, or someone not happy about the work they are doing. It is our attitude that affects our *pranamaya kosha* to a large extent. When this *kosha* is shining, our overall health is benefited. We radiate whatever state we have in our energy sheath, including a loving joyous feeling in certain situations; love is something very palpable.

When we are stressed, angry, or emotionally reactive, we need more energy. So we activate the *pranamaya kosha* by activating the sympathetic nervous system: our heart rate goes up, our breathing changes, and our body goes into its stress response.

This is one of the reasons why *pranayama* came into being in Yoga – to balance the sympathetic and parasympathetic systems. When our sympathetic nervous system is activated by stress, we can calm ourselves by activating the parasympathetic system through the *Chandra nadi*. And when we need to be more active and engaged, we can activate the sympathetic system through the *Surya nadi*. We are able to bring about balance.

This energy *kosha* is quite forbidding to refine, because here consciousness mixes with ego, and that can be like sodium metal exposed to moisture – explosive. All our energetic processes and cognitive senses derive their energy from this sheath, our waking consciousness is regulated by this sheath, and the natural emotions of passion and anger are nourished by this sheath.

Fights and conflicts at work and at home with dear ones are due to the maladjustment of this sheath. When it is spoilt, we can be terribly egotistical whereas if rightly used it supports Self-Realization.

Obsessive attention to pleasure as well as excessive materialism can distort the finer balance of the energy sheath. In contrast, moderation of our emotions and all our faculties harmonizes the *pranamaya kosha*, and this in turn helps to harmonize the *annamaya kosha*. The Heartfulness practices of meditation on point A and cleaning of point B<sup>1</sup> also refine this *kosha*.

The play of opposites is very strong with this sheath. The ever-weighing attitudes of likes and dislikes, attraction and repulsion, make this sheath even more formidable. Moderation is hard to come by when such is the case. We have to remain vigilant with speech, body language, and inner attitude. It means being humble and respectful towards everyone, including young ones and elders. Constantly delving into a state of insignificance, curbing the ego, is the surest way to refine this sheath. It finds its true luster only after we have totally refined the ego to its original purity.

<sup>1</sup> Ram Chandra, 2014. *Efficacy of Raja Yoga in the Light of Sahaj Marg*. Shri Ram Chandra Mission, India.

---

Individual contentment and true peace are possible only when we are freed from the demands of these mental disturbances. And when more and more of us join in this ennobling endeavor, individual peace will lead to world peace.

---

## MENTAL SHEATH

The next sheath is the even subtler *manomaya kosha*, the mental sheath that makes use of the mind, *manas*, and the five cognitive sense organs – sight, hearing, touch, smell and taste. It is vaster than the previous two and is all about mental processes – thoughts, ideas, reason, logic, contemplation, feelings, dreams, hopes, and the feelings of good and bad, joy and sorrow, pleasure and pain.

While the *manomaya kosha* is largely dormant in other animals, it is well developed in humans. This *kosha* defines our human species, along with the heart, and is the bridge between human life and divine life.

By developing this *kosha*, we are able to arrive at our own conclusions. We exercise it by questioning, experiencing, observing, analyzing, exploring and inferring. We need direct experience in anything we do, including spirituality, for our *manomaya kosha* to remain functional and healthy. Will our hunger be satisfied by someone else eating? Will we grow mentally by someone else attending college on our behalf?

The *manomaya kosha* grows even when we make mistakes. When we make efforts to analyze things, we sometimes come to wrong conclusions, but that is how we learn, by exercising our *manomaya kosha*.

It is important to remember this in the education of children. When an education system is based solely on rote learning, we are not helping children develop this sheath.

Even as adults, we will also remain stuck if we only read, watch videos and go on quoting other people, no matter how profound the knowledge, because it is all borrowed knowledge. It must be applied practically and experienced for it to have any benefit.

The *manomaya kosha* develops when it is challenged by day-to-day events. That is why family life is good for the evolution of consciousness. There are challenges every day, and consciousness evolves when the *manomaya kosha* is challenged. So running away from society and problems does not help us grow.

Struggles and sufferings benefit this *kosha*, as they challenge us to find solutions, experience things for ourselves, accept and move forward. They help us if we accept them graciously, and they change our lives instantly, with a quantum leap into a higher level of consciousness, if we accept them cheerfully and with gratitude.

But the *manomaya kosha* can also develop logic to defend our actions, whether right or wrong, justifying our anger, inactions, lethargy, envy, jealousy and mistakes. When it is not pure, this *kosha* will condescend to any extent to justify moral turpitude for the sake of fulfilling desires, resorting to unjust means. If we succumb to a compromised mind, we compromise what is vital for our evolution.

A Heartfulness trainer can easily set such tendencies right in a few sessions by diverting the flow of thoughts towards the next *chakra*, the seat of the soul or *atma chakra*. Over a period of time, and with practice, our thoughts are regulated so that we remain in a state of acceptance. The Heartfulness practices of meditation on point A and cleaning of point B around the heart also help.<sup>2</sup> Heartfulness practices are such a boon in refining this troublesome sheath.

Individual contentment and true peace are possible only when we are freed from the demands of these mental disturbances. And when more and more of us join in this ennobling endeavor, individual peace will lead to world peace.

It is the *manomaya kosha* that offers us the most satisfaction as well the greatest discontent or restlessness. When unrefined and heavy, this sheath adds to our confusion and disasters. When its focus is in the higher realms, it helps us perform extraordinary mental marvels, including the much-talked-about astral travels.

<sup>2</sup> Ram Chandra, 2014. *Efficacy of Raja Yoga in the Light of Sahaj Marg*. Shri Ram Chandra Mission, India.

## WISDOM SHEATH

Next is the *vignanamaya kosha*, the sheath of knowledge or the wisdom sheath, which makes use of our intelligence and discriminative abilities (*buddhi*), and the five cognitive senses. As this sheath is refined, our intellect expands to encompass intelligence, intuition, wisdom and beyond. It is sometimes described as the 'witness mind', because here consciousness is no longer entangled in our thoughts, emotions and actions, so it can witness everything.

It is subtler than the previous three sheaths, and based on previous cognates is able to become cognizant and to re-cognize. At its best, it remains in tune with the highest consciousness. At the very least, it guides us to discriminate between what is ephemeral and what is eternal. This wisdom is needed in spirituality. When this state of discernment matures, we automatically develop non-attachment to temporary things, resulting in a state of unattached-attachment. The mind can remain actively involved in daily activities; the trick is to have the conviction that we are not the doer. If we allow our Maker to be the performer of any act we do, then we are free of attachment.

The *vignanamaya kosha* is mostly about self-awareness. Through this sheath our consciousness can expand into the sky of superconsciousness and the depths of subconsciousness. As this sheath becomes more and more refined, it helps us access finer levels of superconsciousness. Once again it is worth mentioning here that it is the practice of meditation with the aid of transmission that makes such an expansion possible.

---

The *vignanamaya kosha* is mostly about self-awareness. Through this sheath our consciousness can expand into the sky of superconsciousness and the depths of subconsciousness. As this sheath becomes more and more refined, it helps us access finer levels of superconsciousness.

---

This *kosha* also helps us to decide on any course of action. Based on previous cognates, we learn to choose wisely, for example, not to play with snakes, not to put our hand in the fire, etc. The mind receives the cognates, consciousness feeds us with memory (recognition), and intelligence and wisdom help us to choose.

When this discernment results in right and favorable results, we become more confident. When it fails to yield favorable results, we lose confidence. Then we retrace our steps and see where we went wrong. This step of back tracking is important for continuous self-improvement. In due course we learn to listen to the heart. At times the heart tells us to avoid something but we don't listen, and then we see the consequences, resulting in regret. Never mind! Let it not repeat.

Heartfulness meditation accelerates the purification of the *koshas*, the *chakras*, and the overall physical system at a vibratory level. The help of the three *koshas* associated with the subtle bodies is an asset in any pursuit. They perform at their best when there is constant inward attention towards the heart, so that the heart becomes the guide. An innocent pure heart is helped. It is worth recalling the statement of Lord Christ: "Be ye like little children." That childlike state reflects innocence and purity. Children have no ego to say, "I know it all." Such claims prevent the expansion of consciousness.

The trio of subtle bodies and their associated *koshas* also play a major role in the formation and dissolution of *samskaras*, thoughts, memory storage, and recalling of cognates, thus providing information as and when needed.

## BLISS SHEATH

Then finally we have the *anandamaya kosha*, the sheath around the soul or causal body, associated with a yet finer level of consciousness. It is the sheath of happiness, joy and bliss, and its food is joy. This *kosha* is beyond knowledge and experience, beyond the mind. It is about 'being', where we are bliss.

It is the subtlest of the five sheaths. On our journey we come across various spiritual stages offering us various levels of experiences, exposing our consciousness to more and more. We express joy at the level of the other four sheaths depending upon the resonance arising from the *anandamaya kosha*. Even this fifth *kosha* is not the end of the journey, although *sat-chit-anand* is considered to be such a high state.

During the spiritual journey all these sheaths are transcended. And this transcendence is another way of describing the journey of human evolution, the expansion of consciousness.

All the *koshas* have their inherent limitations, however subtle they may be. They are all interwoven, in fact, and not like the wooden Russian matryoshka dolls, one inside the next in a strictly sequential fashion. During meditation, we often have thoughts. Based on the kinds of thoughts we have, we can deduce the *koshas* where we are more or less restricted.

So regarding the alignment between the subtle bodies and *koshas*, we can say that:

*Ahankar*, ego, is the subtle body of willpower and vitality, and is most closely associated with the *pranamaya kosha*.

*Manas*, the thinking mind, is most closely associated with the *manomaya kosha*.

And *buddhi*, intellect, is most closely associated with the *vignanamaya kosha*, the wisdom sheath.

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During the spiritual journey all these sheaths are transcended. And this transcendence is another way of describing the journey of human evolution, the expansion of consciousness.

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What about *chit*, consciousness? Remember that consciousness is the canvas upon which the other three subtle bodies play out their functions, so it is associated with all three *koshas* of the subtle bodies – *pranayama*, *manomaya* and *vignanamaya*. But consciousness is also there in every organ and every cell of the physical body, and at the other end of the spectrum it is also closest to the soul. So where is it?

Consciousness is everywhere. In a fully realized Yogi, consciousness is a 360-degree affair, flowing wherever it is needed in the moment. Consciousness spans all the *koshas* of the human being.

Even if we are not fully realized, and not aware of the full reach of our consciousness, that is only because we have not yet expanded it across the full spectrum of subconsciousness and superconsciousness. The *koshas* are another way to describe this spectrum of consciousness that we expand into as we go further and further on our journey.

Yoga is for this – a set of practices that refine our energy centers or *chakras*, refine the sheaths or *koshas*, and help us traverse through the various levels of consciousness.

Each one of us displays a consciousness based on its play within the complex web of these five sheaths, which are purified through the practice of meditation and cleaning. This purifying process is greatly accelerated by *pranahuti*. When we are able to harmonize our consciousness across all the five sheaths, we will see joy in life flowering on its own ●

## ABOUT KAMLESH PATEL

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

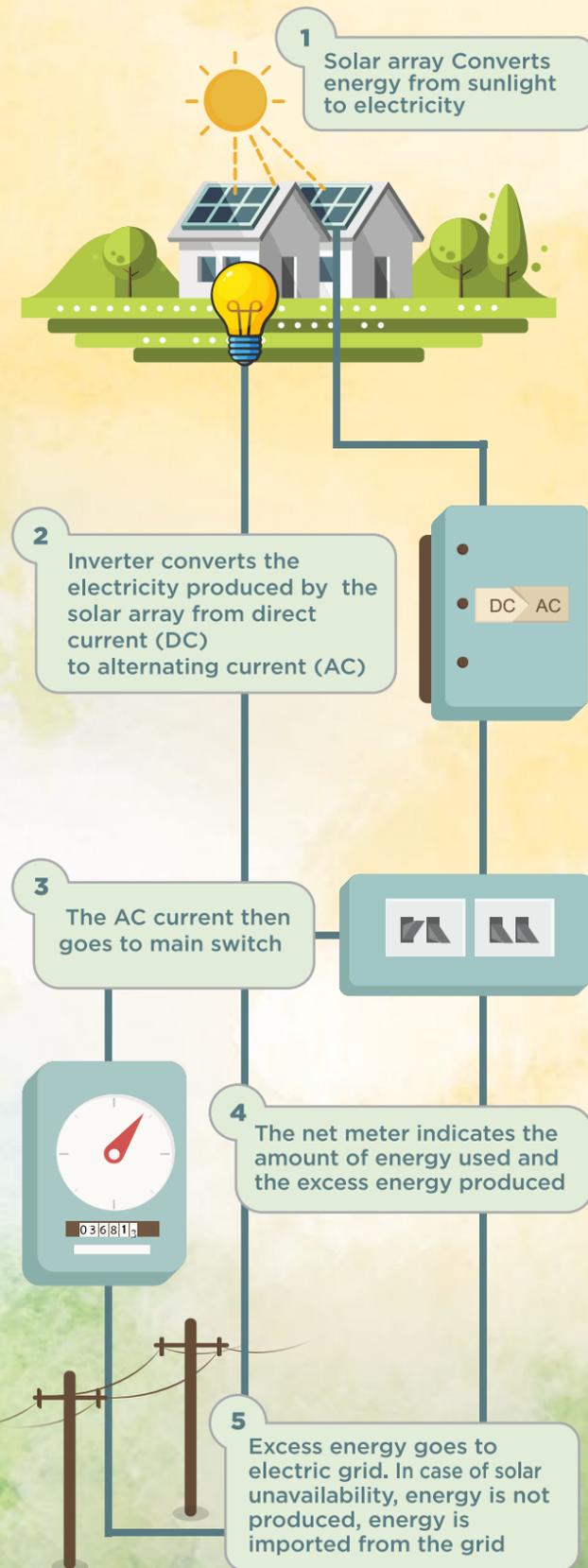
*Known to many as Daaji, he is also an innovator and researcher, equally at home in the inner world of spirituality and the outer world of science, blending the two into transcendental research on the evolution of consciousness. Building on the insights of his first Guide, Ram Chandra of Shahjahanpur,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





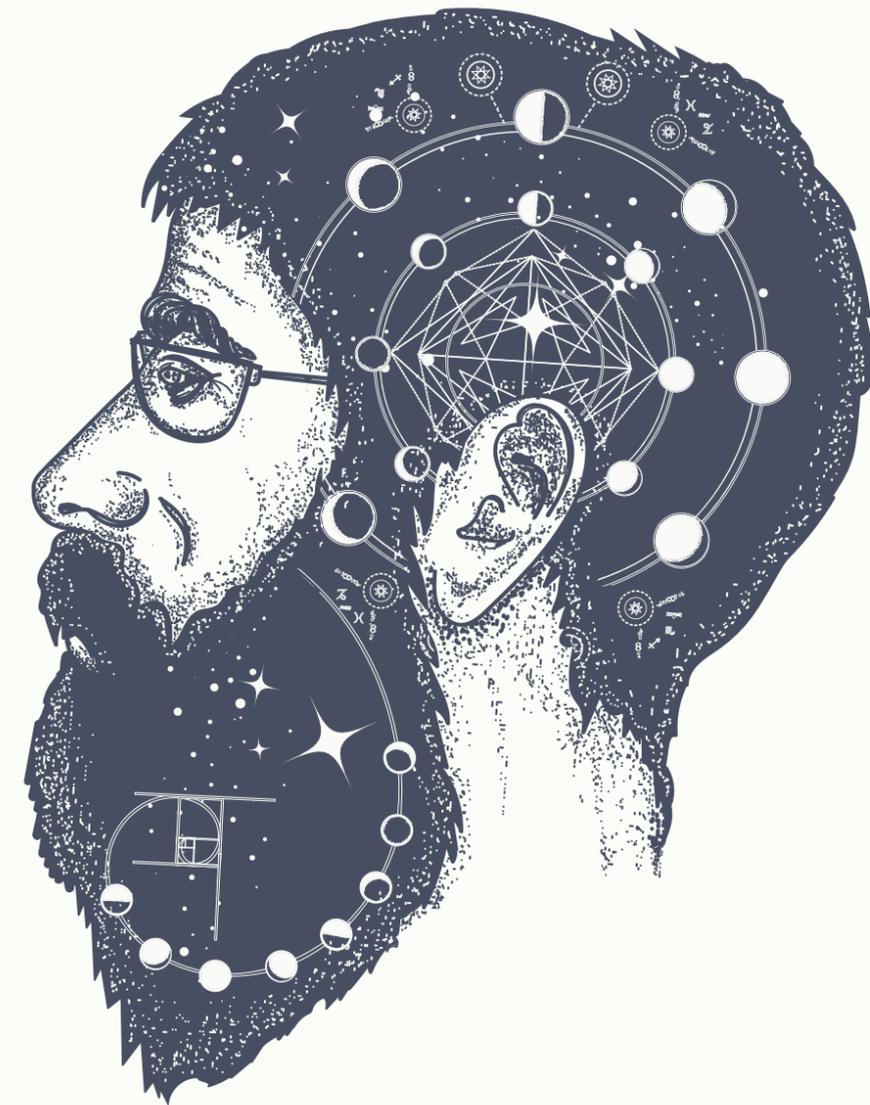
# MAKE YOUR HOME A UJAAS HOME

#ownyoursun



For what you see and hear depends a good deal on where you are standing: it also depends on what sort of person you are.

C.S. LEWIS, *THE MAGICIAN'S NEPHEW*



# Energy flows where Attention Goes

JIGNESH SHELAT shares his experience of how to remove negative thinking patterns and create an abundant future.

Everything in our universe is energy.

I have heard my Guide hinting many a time that human beings are just energy arranged in a certain pattern, and so I felt it was very important to listen with the ears of my heart, absorbing the essence of the science of the flow of energy.

Here are a few simple examples:

When I say, or you say, "I don't want war," we are giving our attention to war; where we give our attention our energy will flow there.

Our thoughts attract and match our energy with that where we give attention, and that will bring it into our three dimensional reality.

So instead of saying, "I don't want war," I can say, "I want peace." Then my attention is on peace. Now I am giving my energy to peace and the universe

will match my energy with peace. My life will be peaceful.

My Guide has hinted many times that this universe works on vibrations.

So it is very necessary to change our statements. The key element I discovered from all his hints is that it has to be from the core within.

This is the key element for utilizing the potent energy of the universe in my favor: it should not come from the logical thought process of the brain, but from the core within.

Instead of saying, "I don't want to fail," say, "May I succeed."

Instead of saying, "I don't want to be fat," say, "May I be slim."

Instead of saying, "I don't want to struggle in my job," say, "May I have a happy and exciting job."

Instead of saying, "I don't want to fight with my better half," say, "May I have a happy relationship with my spouse."

---

By connecting to the core source within, we will create patterns that will help us channel our core energy and our life will change accordingly.

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These are some general examples. Now I will share something that has always worked for me. When anyone asks me, "How are you?" I use it as an opportunity to place an affirmative request to the universe, while consciously tuning with the inner universe. For example, I might say, "I am in a joyous state." Believe me, the universe has always granted any such wish.

I have understood that thoughts are very powerful. They are filled with potent energy, which is always transmitted, whether I am conscious of it or not.

So, if I connect my thoughts to the core and speak about exactly what I need, I will be successful in attracting that.

If I allow the flow of thought and word to be directed towards what I actually don't want, I will attract what I never want to have.

So, after understanding this simple principle of our universe, I have learnt to stop talking and thinking about what I don't want, and change my vocabulary.

*Words flow from thoughts,  
thoughts have an online connection to feelings,  
feelings are connected to the vibrations  
flowing from the universe,  
vibrations have an eternal connection  
with the core within.*

So, always sync your thoughts from within and talk about what you need or want, and what you don't want will gradually vanish from your life.

I have removed a few words from my dictionary: depression, hatred, failure, illness, disease, war, fights, anxiety, struggle, debt, enemies, terrible, accidents.

When we are able to change our thought patterns, our words will change. By connecting to the core source within, we will create patterns that will help us channel our core energy and our life will change accordingly.

Believe me, it will create a future with an abundance of happiness, joy, peace and prosperity ●

# The Power of Gratitude

**RAVI IVATURI** observes the effect of gratitude on his own reactions and behavior and realizes its importance in day-to-day life.

About a year ago I got an email from my employer indicating that they had deposited a contribution into my retirement fund account. It was no life changing amount – far from it – nonetheless a welcome event.

This happened at a time when I was going through a phase of anxiety and stress. Along with a many other volunteers, I had taken up the task of organizing a meditation conference on a scale we had not done before, and things were not looking bright, to put it mildly. Despite scouting almost every single event space in New York City and New Jersey that could accommodate more than 2,000 people, none were available on the dates we wanted. Some of the venues' sales teams would not even talk to us. Add to that, several speakers were also not available. Overall, the writing on the wall was very unfavorable and we badly needed a break.

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The state of gratitude seemed to be a favorable disposition of mind to accomplish things. The lesson learnt is simple: be grateful under all circumstances.

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This was beginning to have an impact on various aspects of my life – performance at work, relationships with my wife and family, and my commitments to this volunteer work. So when this email from HR popped up, a subtle sense of gratitude kicked in. It was not joy, and I was certainly not celebrating, but a sense of gratitude arose in me for being given a resource that could sustain my family at some point in the distant future. This immediately changed my mental state, as the constant stress and anxiety were replaced with calm and peace. A subtle undercurrent of gratitude started to surface, like I sometimes experience during meditation classes.

That afternoon I was on a roll. I tackled challenges at work that I had been avoiding, cleared up overdue tasks, and accomplished quite a lot, much to my amusement, all without even a tiny bit of weariness! The difference was so palpable that I could not avoid noticing it and reflecting on what made the difference.

It did not require a lot of pondering. The answer popped up from inside that it's the inner sense of gratitude. This inner state of gratitude created a poised and composed mind that was capable of focusing and accomplishing tasks. The state of gratitude seemed to be a favorable disposition of mind to accomplish things. The lesson learnt is simple: be grateful under all circumstances.

Now, being grateful for a gift of money is easy and almost natural, but life is no walk in the park. The real challenge is how do I remain in this state of gratitude regardless of situations? How do I learn to take miseries as blessings, and feel gratitude for them? How do I

*“...meet with Triumph and Disaster  
And treat those two impostors just the same;”*

in the words of Rudyard Kipling in his poem *If*?

For now I plan to do my best by living in the present, holding no judgments and holding no hate. I hope to cultivate an inner state of love and gratitude through meditation, and accept what comes my way. I am sure to make mistakes; I have already made several during the last year and I hope to learn from them and foster a benevolent heart that is grateful for all that comes its way ●

# DIVERSITY at work



How do you handle it when others don't agree with you or want to do things differently, especially at work? **ELIZABETH DENLEY** explores the need for different perspectives, and shares some thoughts on how to integrate diverse views in decision-making in the work place.

Thank God for diversity! Many of us don't like the fact that other people have different points of view and ways of doing things, and it often causes tension and conflict at work, but imagine if we all had the same perspective! This story from the mythical Sufi master, Mulla Nasruddin, gives us a hint:

One day, Mulla Nasruddin said to his wife, "I have discovered how to play the violin perfectly. Summon all our near and dear ones for a concert." Everyone was invited and there was much excitement as they all waited expectantly for the most beautiful music from the saintly Mulla.

He lifted the violin to his chin, with a dramatic pause before starting to play. One note came from his instrument – for sure it was beautifully played, but it was only one note. Then he paused. Again he drew the bow across the strings, and again the same beautifully-played note resonated throughout the room.



People started fidgeting and looking at each other with surprised and confused looks. What was the Mulla up to? His wife turned red with embarrassment, as people started smiling and giggling. She had expected such a wonderful performance, and now this.

Finally she mustered the courage to ask, "Husband, why are you only playing one note, instead of playing beautiful music like other musicians do?" "Well," replied the Mulla, "Other musicians are still searching for the perfect note. I have found it!"

While at work, how often do you think, "The perfect way of solving that challenge or problem is so obvious! Why is he doing it a different way?" or "She is so inefficient in her way of doing that," or "They are not doing it right!" without exploring the different perspectives they might have on the issue? Are we able to see a broader perspective or are we limited in our worldview.

Here is an interesting analogy that I learnt from Daaji one morning. He drew a picture of a mountain on a piece of paper, with two people climbing up the mountain, each on opposite sides.

He said, "You see, this person climbing up this slope can only see her side of the mountain, and that colors her perception. This person climbing up the other side of the mountain can only see his side, and may have the opposite perspective." The two sides could be any duality – he mentioned science versus religion, but the concept holds equally well for fast execution versus a quality product, company productivity versus employee well-being, profit versus environmental sustainability, duty versus job satisfaction ... and the list goes on.



Daaji continued: “Only when a person reaches the top of the mountain can he or she have a 360-degree vision of the whole and see all sides of any issue.”

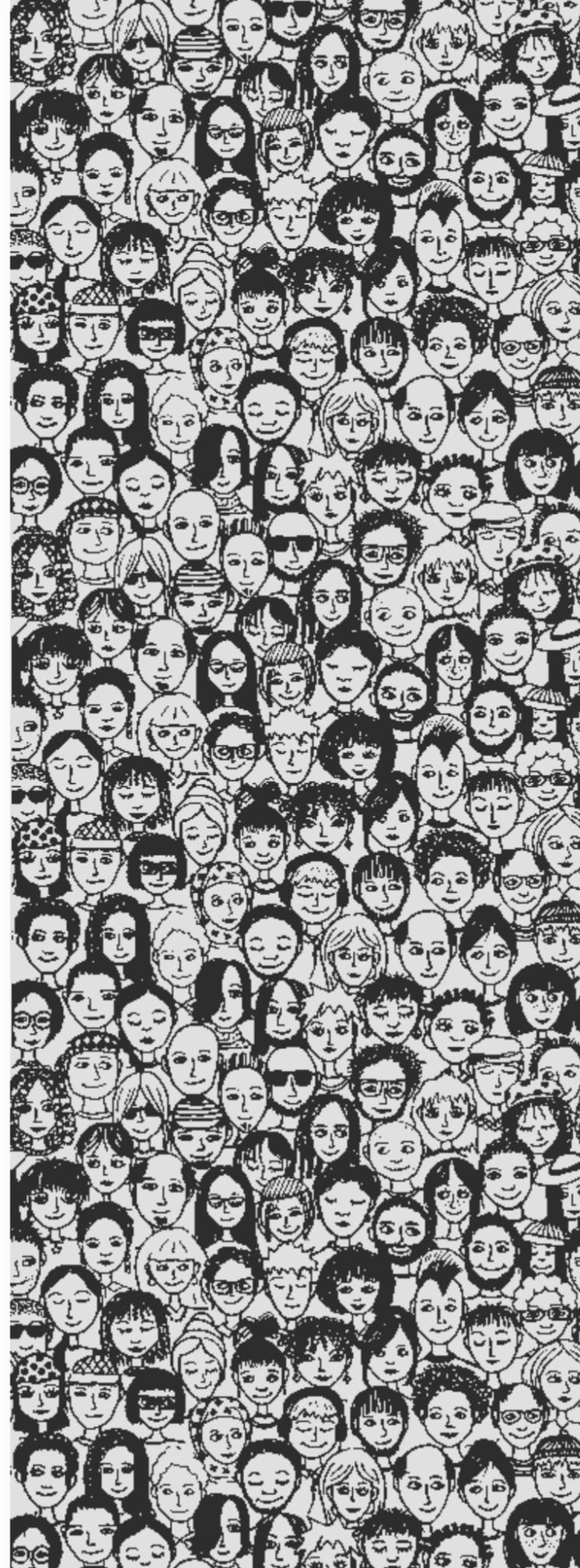
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I think everyone would agree with the need for diversity, so the issue is not with the concept, but in how we make use of this concept at work, especially when there is polarization between people who are working together, leading to conflict and disharmony.

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This principle holds true for all relationships and communication in the workplace. It is also the basis of good teamwork. Mutual trust and respect can only underpin any company ethic when the leaders and managers understand this and allow it to happen. It also means that employees need the space to think for themselves and contribute their ideas to the whole, otherwise all of them will only be climbing up the one beaten track to the top, following in the footsteps of the current leader.

That doesn't mean chaos and anarchy, disobedience and lack of structure at work – not at all. Again, two different perspectives don't need to be opposite; they can be integrated. The problem lies in the fact that most of the time we think in dualities, of this or that, instead of this and that.



Look at Nature. Is there one single note in Nature? Is every oak tree exactly the same, or every butterfly? What would a garden be like with only one type of plant, all exactly the same?

Should every human being look the same? Should there only be one human culture, with everyone following the same style of living: same clothes, same houses, same cars, same hairstyles, designer this, designer that? It would be like the movie, *The Stepford Wives*, or Aldous Huxley's *A Brave New World*. There is an English proverb, “Variety is the spice of life.” I think everyone would agree with the need for diversity, so the issue is not with the concept, but in how we make use of this concept at work, especially when there is polarization between people who are working together, leading to conflict and disharmony.

One of my dearest colleagues, with whom I work on many projects, has very similar tastes and opinions to me. We almost always agree and that creates a problem, because our views are too similar. So often when we are working together, we will bring in another person – someone we know will have a very different perspective. It adds richness, challenges us to expand our perspectives and perception, and always results in a better outcome.

It also means that we don't end up like the Bandar-log in Rudyard Kipling's *The Jungle Book*; the monkeys who are always blowing their own trumpet with, “We are great. We are free. We are wonderful. We are the most wonderful people in all the jungle! We all say so, and so it must be true.”

How to manage diverse opinions and come to a collective conclusion? That is the difficult question for many managers. The answers to that question apply to any relationships, whether at work, between spouses, parents and children, friends or strangers on a bus or in different cars in heavy traffic. Here are a few ideas:

**Love diversity.** See other people's opinions as an opportunity to expand your horizons.



**Choose harmony.** Put harmony before being right. A sense of humor helps.



**Respect all** so that you want to understand their perspective. To understand means to 'stand under'.



**Meet in person.** Emails and texts don't cut it. It needs the human touch.



**Be open** to trying and accepting different things. Your attitude is more important than what words you say. No use saying 'okay' or 'sorry' with a frown!



**Listen.** Listen. Listen. It is more important than speaking. You will learn what others are feeling and why.



When you speak, let your **voice flow evenly and warmly**, without harshness.



**Have poise.** Don't expect immediate resolutions. Let things unfold naturally and make decisions when the time is right.



**Be like little children.** They fight, but ten minutes later they are hugging and playing, and no love is lost.



At bedtime, take the time to close your eyes for a few minutes and consciously **let go of any negativity**. If you did anything to upset anyone during the day, promise yourself that you will not do it again. Then sleep with the lightness that results ●



To effectively communicate, we must realize that we are all different in the way we perceive the world and use this understanding as a guide to our communication with others.

TONY ROBBINS



# Can HUMOR Be An ANTIDOTE To Hurt?

How do you react when someone dear to you hurts you? My earlier immediate response was a momentary paralysis of my ability to understand what went wrong, and then a sudden bout of anger towards whomever caused that hurt.

When I allowed myself to be angered by the 'hurt', then I would find myself engulfed by two powerful negative emotions – hurt and anger. So I have been exploring how I can handle this with no damage to the relationship between the other person and myself.

The first and foremost step is to avoid that sudden bout of anger that joins with the hurt to precipitate the issue, and instead concentrate on how to handle the hurt from the level of hurt alone. I have discovered that handling hurt is easier with a little wisdom, a little thoughtfulness, and a lot of understanding and compassion.

The most common form of hurt that bothers us seems to be caused by the words and actions of



SHARADA NATARAJAN explores various ways of responding to feeling hurt and angry over an incident with a close family member, and shares with us how she learnt to keep harmony and love in such situations.

the people we love, who play a significant role in our lives. Most of us inadvertently depend on our loved ones to make our lives happier and more secure.

Let me explain how I faced this type of hurt recently, how I was able to respond to the situation, and how I emerged a happier, friendlier person in the end, with no trace of the hurt to spoil the love we had.

The other day I sent a WhatsApp message to a member of our family – a close one at that – conveying the news of an important event that called for celebration. She is very dear to my heart and I expected her to feel equally happy and feel the same way, but the message she sent back was as though the news had

no significance to her. I had expected her to be in sync with my mood of fulfilment and joy, and respond with equal gusto, so I was naturally disappointed, sad and deeply hurt.

I could not immediately organize my thoughts and decide how to handle the situation, so, as I am learning to do when confronted with some negativity, I decided to meditate and let things cool down. When I came out of meditation, my mind was enveloped in a beautiful serenity of its own. In that clarity, I found new vistas opening up to accommodate a wider range of perspectives, so my mind was able to review different options to bring harmony and move forward with the issue at hand:

The first idea was to just ignore... but I knew that the residual hurt would stay embedded in me and eventually form an impression, which may not augur well for the otherwise beautiful relationship we have. So I ruled that out.

The question of forgiving did not arise since no deliberate insult would have been intended on her part. She may not have even meant it. It might have been just the way she felt at that moment. So I let that go.

Perhaps I could communicate my hurt to her, but then it would amount to begging her to sync with my mood. She may not like that, and she may try to convince me by faking enthusiasm. So I ruled that out.

Why not convert the whole issue into one of absolute insignificance and respond to her with humor? The sanctioning authority in me said, "This is the spirit, go ahead."

So I wrote back chiding her with a fake anger that was not there, coupled with a few fun emojis. That spirit paid off. She felt sorry for her reaction and attributed it to her mood at the time. All ended well. What started on a depressing note ended with laughter and celebration.

If I had reacted with hurt and anger, she might have reacted in the same manner and things would have gone really sour. But instead a sense of humor acted as an antidote to hurt and anger ●

# Being ARJUNA



**H**i, I am Arjuna. Aeons ago I faced a severe emotional crisis – what and whether, to do or not to do. Standing between two warring armies, in the battle between good and evil, I saw the task at hand: fighting my own kith and kin. “There is no way I can do this,” I told myself and I dropped my weapons, feeling totally disillusioned and despondent.

My friend, philosopher, guide and charioteer, Krishna, came to my rescue. He taught me the Karma Sutra – the secret of work. The mist cleared and I was enlightened. I picked up my weapons and the rest is history.

Time has passed. I am Arjuna of the twenty-first century. I live in an age where actions are more or less guided by Kama Sutra – the secret of fulfilment of desires – and Karma Sutra has taken a backseat.

Yet Krishna continues to guide in various ways. Sometimes he appears in flesh and blood, as a friend, a parent, a teacher or a simple well-wisher. Sometimes he is reflected in the paragraph of a book, through the innocence and wonder of a child, in a magnificent phenomenon of nature, or even as a life-changing experience.

Krishna always teaches by example.

## TO ARJUNA THE STUDENT

**Krishna:** Arjuna, lethargy and procrastination are your main enemies here. So,

- Tackle the difficult things first! Then you have all the time to enjoy the easy tasks or things that you like and want to do. For example,
  - When food is served, eat first what you don't like then enjoy your favorite items.
  - During exams, tackle the toughest questions first.
  - After returning from school, first finish your homework then involve yourself in recreation.
  - This cool principle helps in resolving time-management issues, and you will feel less confused while making decisions regarding your priorities.
- In your free time, pursue a creative hobby, giving the 'idiot box' and other gadgets a well-deserved rest. This also helps you pursue activities that are not so interesting, but which have to be done. You will feel less distracted and better able to focus.
- A game of badminton, or any outdoor sport, or even just a walk in the community park will perk you up any time. A healthy mind rests in a healthy body. Feeling fit physically will boost your level of confidence in all other activities.



## TO ARJUNA THE HOUSEHOLDER

**Krishna:** This can be the toughest phase of life! A lot of the stress comes out of our inability to meet the expectations of family, friends and relatives. It is not always easy to be yourself.

- Know that you cannot make everyone happy all the time. Focus on what needs to be done rather than what others want from you.
- The intention matters as much as the action itself, if not more. So do everything with a feeling of goodwill, without any intention of hurting anyone.
- The key here is to accept rather than expect. Work on accepting the situation, other people and yourself, as you are.

## TO ARJUNA AT WORK

### Krishna:

- Arjuna, be very vigilant about the green-eyed monster. Jealousy and competition are devils in disguise, which drain us by channeling our efforts in the wrong direction.
- Competition is an essential motivator for achieving goals. But when you use someone else's achievement as a benchmark for yourself, you not only give room to stress and frustration but also limit your own potential.
- So take the chill-pill: compete with yourself.
  - Your performance yesterday becomes the benchmark for improving your performance today. This enables you to realise your highest potential at work.
  - It promotes the team's interest over individual interest.
  - When individual performances improve, the team's productivity also increases. The boss is happy and so are you. This is one of the key secrets to dealing with stress at work.



## TO ARJUNA WHEN FEELING DOWN

### Krishna:

- Moods affect our work. But do you know that work also affects our mood? It has the capacity to dispel the clouds and revive us from any kind of depression. So whenever you feel low or depressed:
  - Go for a long walk.
  - Involve yourself in some mental or physical activity.
  - Reach out to others, trying to participate in their joys and sorrows. This benefits you and others too. Try it, as the proof of the pudding is in the eating!



## TO ARJUNA THE BORN WINNER

### Krishna:

- “Failure is the stepping stone to success,” although preaching this may not ring a bell if you have been facing failure after repeated attempts.
- The secret, in this situation, is to live in the present. Living in the present automatically helps in detaching yourself from the result of work.
- Practice mindfulness, which is nothing but the art of living in the present.
- When faced with challenges, take to heart Nike's slogan: “Just do it.”



## WHERE TO BEGIN?

### Krishna:

- All this is easier said than done, but it is important to begin somewhere, for well begun is half done. Find your heart and stay there. Computer-savvy people know the importance of the motherboard. Find your motherboard, your centre, and stay rooted in it. The rest will automatically follow. This is the ultimate *Karma Sutra* ●



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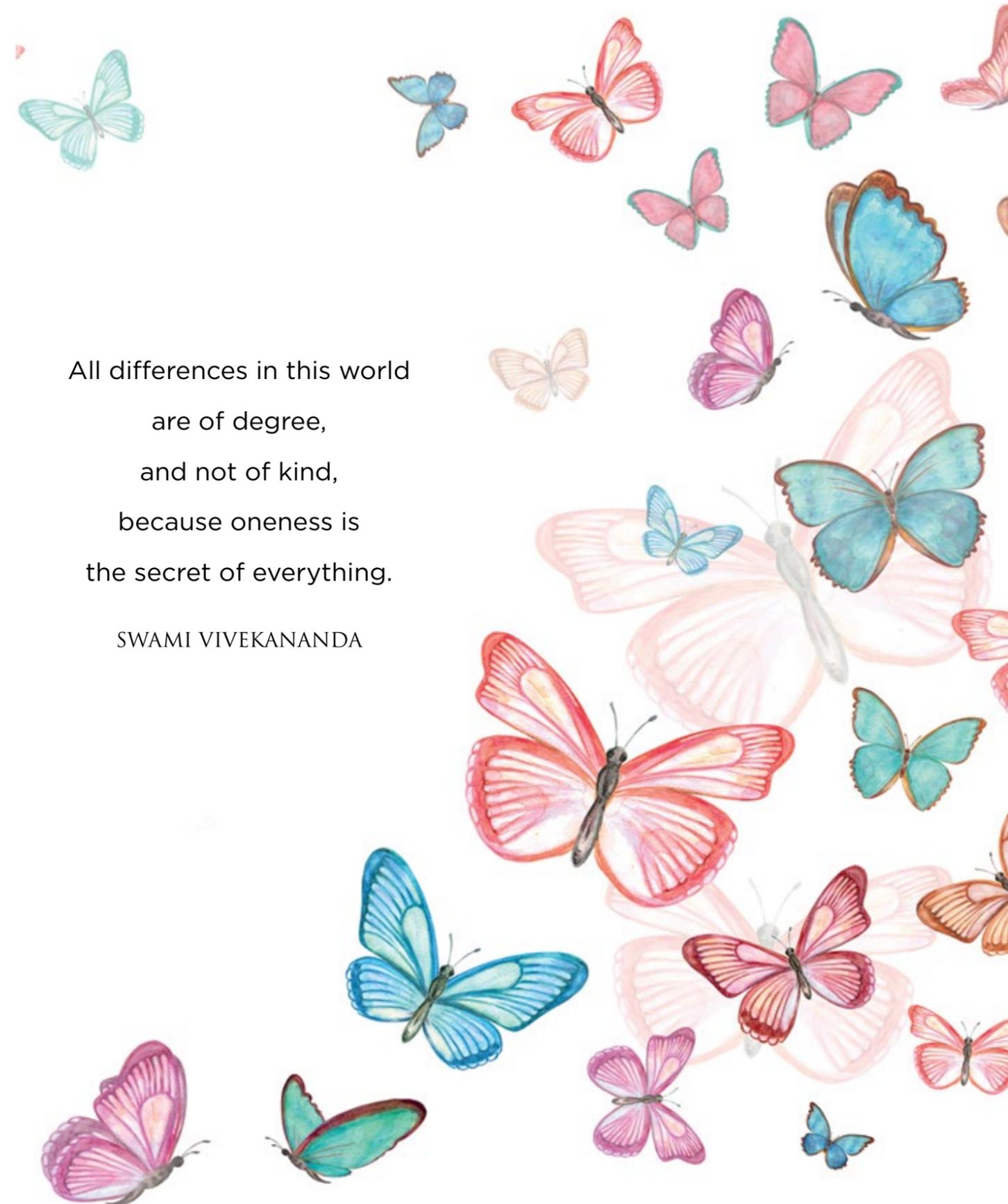
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All differences in this world  
are of degree,  
and not of kind,  
because oneness is  
the secret of everything.

SWAMI VIVEKANANDA

Heartfulness

# Settling to Leave

The shelves on the wall, holding my favorite music CDs,  
attest that I am settled all!

The familiar tune of music dancing in the air, meandering down  
memory lane, robs me of the reality of the present moment

Takes me to remote years in the past

A travel in time, to a time when I thought I was settled then,  
where I was.

How many times after that have I thought the same? Yet I kept  
going, moving in time

Voyaging into various stages of my being ... changing!

How many more times will I feel settled and still keep moving ...  
molding myself, my home, my world?

How illusory this notion of settledness seems in a world that  
changes from moment to moment.

How momentary could our stay be in each stage of our stay?

And in the end there is no stay.

All there is is only leaving.

Loving ... yet leaving.

Letting go of what is and longing for what is yet to be ...

A thread however seems to connect all this scatteredness,  
uniting all the pieces into one being.

This illusive being that we are. In our everlasting unsettledness.

Not the wisp of whims and wishes that wish to cling, but the very  
essence of that unknown longing that keep us going.

For here below no home gives a permanent sense of belonging,  
hence our everlasting longing!

NEGIN MOTAMED



# We Are Moving

## GALAXIES OF STARS

First and foremost I am an artist. It is the way I experience the world and it is how I best express happiness. When I am immersed in the creative zone – a non-verbal place of joy, delight, awe and wonder – it is akin to deep and profound meditation.

LOUISE CAROTA explores creativity and the question of why we live our lives the way we do.

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To the majority of people the process of how art is created is a mystery. Visual artists are not usually comfortable expressing themselves with words – that is why they create art. As an artist, my outlook on life and my personal philosophy about why we are here is expressed through painting, sculpture and through any medium I can get my hands on.

Miraculous as the process of creating art is, an even more remarkable insight is the parallel between the way art is created and how we create our lives.

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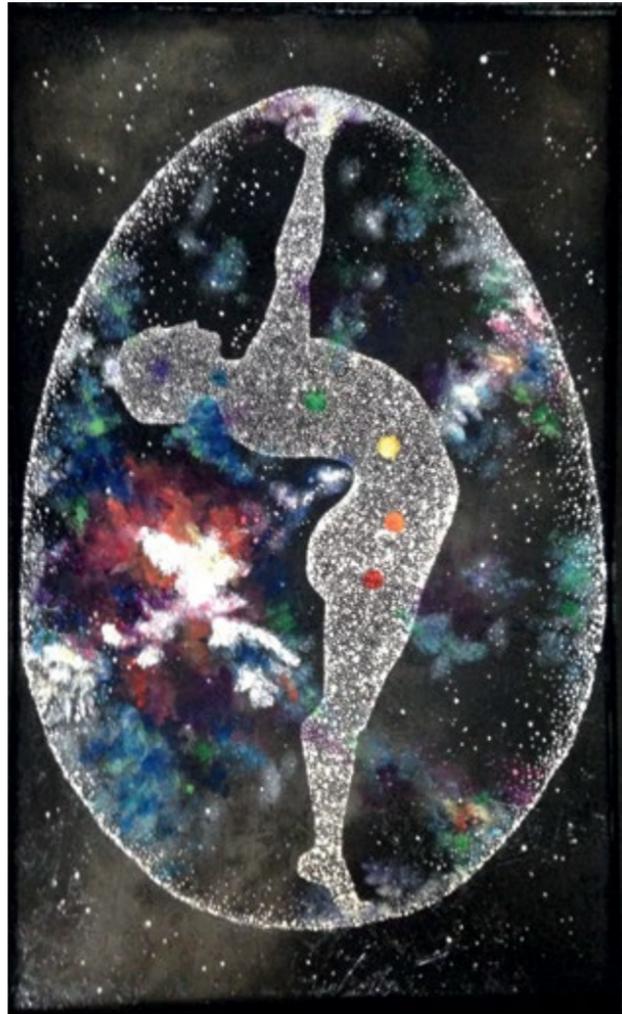
Miraculous as the process of creating art is, an even more remarkable insight is the parallel between the way art is created and how we create our lives.

It starts with a fully 3D thought form that arrives out of the blue and takes up residence in my being. If it is persistent enough it demands to be transformed into physical form immediately. Some projects sit around and wait patiently for years to come into being.

Every piece of art comes with a story: not so much the story of how it was created but why. There is a

If the doors of perception were cleansed everything would appear to man as it is, Infinite. For man has closed himself up, till he sees all things thro' narrow chinks of his cavern.

WILLIAM BLAKE



story about one particular piece of mine that I would like to share. It was inspired by something beautiful I read that referred to us as moving galaxies of stars. Since every cell in our bodies emits light, the image of a figure totally composed of points of light was easy to see. This was one of those pieces that insisted on being created now and is in no way similar to anything I had done before or will ever be likely to do again. It's large and the dots of white glow on the black background. Painted on textured wood, it depicts a figure enclosed in the egg shape of an aura. The colors that swirl in space represent the emotional storms and energy surrounding our bodies. And of course there are the *chakras*.

Even more amazing is the effect this work has on people. It literally gets them to see themselves in a different light. Not long ago, while it was on display, people stopped in midstride, exclaimed in awe, and took pictures of it. The work itself is simply dots of paint on a wooden background.

The language of art speaks to people in a different voice. It is the language of images and visuals and imagination – the place of intuition, inspiration, stillness and peace, where I am the happiest and feel the most at home. If I could wave a magic wand and have everyone in the world express their creativity in a voice that makes them sing, the world would be a happier place, because we are never happier than when we are creating.

The process of creating art, for me, is simply bringing the non-physical into tangible form. It struck me not long ago that we create our lives the same way. Our feelings, our emotions, our imaginings, our hopes and dreams exist in the non-physical. Then through our actions, our words, and our thoughts, the vision of our life is brought into being. The question before us is not the process of how. The bigger question ceaselessly resonating within us always is why ●

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Since every cell in our bodies emits light, the image of a figure totally composed of points of light was easy to see.

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# FRESH SPRING ROLLS & FLAVORFUL SAUCES

## QUINOA, FRESH HERBS AND VEGETABLES

Vegan, plant-based, organic, low-glycaemic index and gluten-free



ALKALINE-INSTITUTE  
Photos & recipes by Simonne Holm

## FRESH SPRING ROLLS

You can use any vegetables you wish but just make sure you have a lot of fresh herbs as it makes the spring rolls tasty. Here are some variations you can start with.

### FILLING

- 10 round rice paper wrappers
- Herbs and spinach lettuce
- 1 cup coriander (cilantro)
- 1/2 cup fresh mint leaves
- 1 handful fresh spinach leaves or fresh lettuce
- 2 cups fresh bean sprouts or any sprouts
- 2 carrots
- 1/2 red pepper or 1 green pepper
- 2 avocados
- 1/2 or a small courgette
- 1/3 red cabbage
- 1 lemon, the juice
- 1 lime, the juice
- 1/3 cup extra virgin olive oil

Extra delicious variation:

- 8-10 asparagus
- 1 cup cooked quinoa, any color mixed with juice from 1/2 lime and 1 tsp Himalayan salt and set aside.

### PREPARE THE VEGETABLES

Wash them all.

1. Thinly slice or julienne all the vegetables (carrots, bell peppers and courgette)
2. Wash the herbs and green lettuce/spinach
3. Slice the avocados

Choose one of the following vegetables or all of them:

4. Thinly slice the red cabbage and mix in a bowl with the juice from 1/2 lemon and 2 tbsp oil for 1/2 hour
5. Thinly slice courgette and toss them in a dressing or sauce you choose.
6. Sauté the asparagus over medium high heat, stirring until tender 3 minutes.



## DIPPING SAUCES

### SPICY SAUCE

- 1 tbsp almond butter
- 1 cup cashews, soaked for 15 minutes
- 1 cup water
- 1 tbsp soy-free seasoning sauce / low sodium soy sauce / Braggs liquid amino
- 1 fresh chilli
- 1/4 red pepper (option)
- 2 tsp ginger root
- 1/2 lime, the juice

In a blender mix all ingredients. Blend it and taste with Himalayan salt and pepper.

### GREEN DIPPING SAUCE

- 1 handful of parsley/coriander
- 1 tsp lemon zest
- 1 garlic
- 1/3 cup extra virgin coconut oil
- 1/3 cup water

In a blender mix all ingredients. Blend it and taste with Himalayan salt and pepper.



## NOW THE ROLLING PART

Fill a bowl with warm water.

Take one piece of rice paper and make a quick dip in the a bowl to soften the rice paper, about 3-5 second.

Transfer to a cutting board with a smooth damp surface or on a clean damp cloth and gently spread out into a circle.

Start adding 3-4 different vegetables and always use herbs and lettuce for each roll.

I like to make them look different.

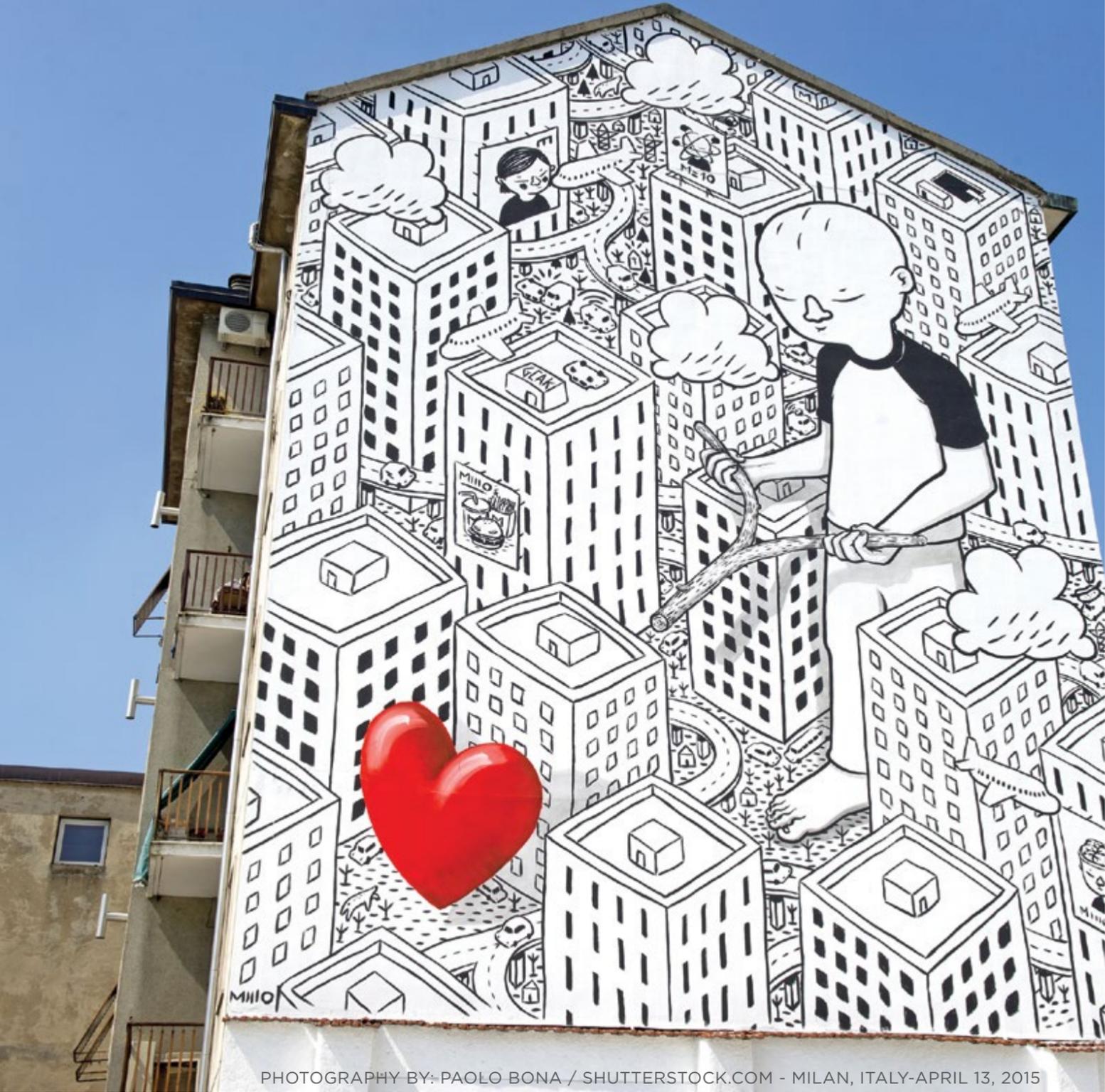
Add the vegetable to the bottom third of the wrapper:

1. Place a spoonful of quinoa, and layer carrots, red peppers, courgette, and fresh herbs and spouts on top.
2. Add a spoonful of quinoa, and 1 fresh herbs, 2 sliced avocado, few leaves of spinach and sprouts on top.
3. Arrange a layer of herbs, 1 asparagus, spiralized courgette and sprouts on top.
4. Fold uncovered sides inward, then tightly roll the rice paper and continue rolling until seam is sealed.
5. Place seam-side down on a serving platter.
6. Don't be afraid of making your own spring rolls with any vegetables you like. The first few rolls might be a bit messy. But they will still taste good.

Serve your homemade fresh spring rolls with the sauces and enjoy!

To serve for later you can cover the rolls with a moist towel to keep them fresh ●





PHOTOGRAPHY BY: PAOLO BONA / SHUTTERSTOCK.COM - MILAN, ITALY-APRIL 13, 2015

Love is that splendid triggering of human vitality the supreme activity which nature affords anyone for going out of himself toward someone else.

JOSE ORTEGA Y GASSET

# What is Health?

{ Q & A }

IN CONVERSATION WITH  
PATRICK FLEURY

In this interview, PATRICK FLEURY explores the question: What is health? It seems that it is very much influenced by the perception of how we view ourselves.

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Human beings are not only biology. We have so many dimensions in ourselves and we have to consider this when we speak of health.

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**Q** Welcome Patrick. You are a healer, and you are also a Heartfulness Trainer, so can you tell us what you think health is?

**PF** As well, I am a trainer in Chinese Medicine and acupuncture, and I also know a little Ayurveda, and all these medicinal approaches have been inspired from above, and are in the holy books. We have to understand that human beings have to be placed in Nature, and there is a purpose to our existence. In medicine today we are too far from that purpose and the goal of this incarnation.

Human beings are not only biology. We have so many dimensions in ourselves and we have to consider this when we speak of health. What are we doing here on this Earth? The body and the personality are wonderful instruments to realize what we have to realize, but generally we do not try to understand why we are present on this Earth.

So to come back to your question: to be healthy is normal. When you are in good health, you don't think about it. You start to notice something is wrong only when you are sick. What does it mean? That you have to change something, to adapt yourself, to transform yourself, to be in tune with Nature.

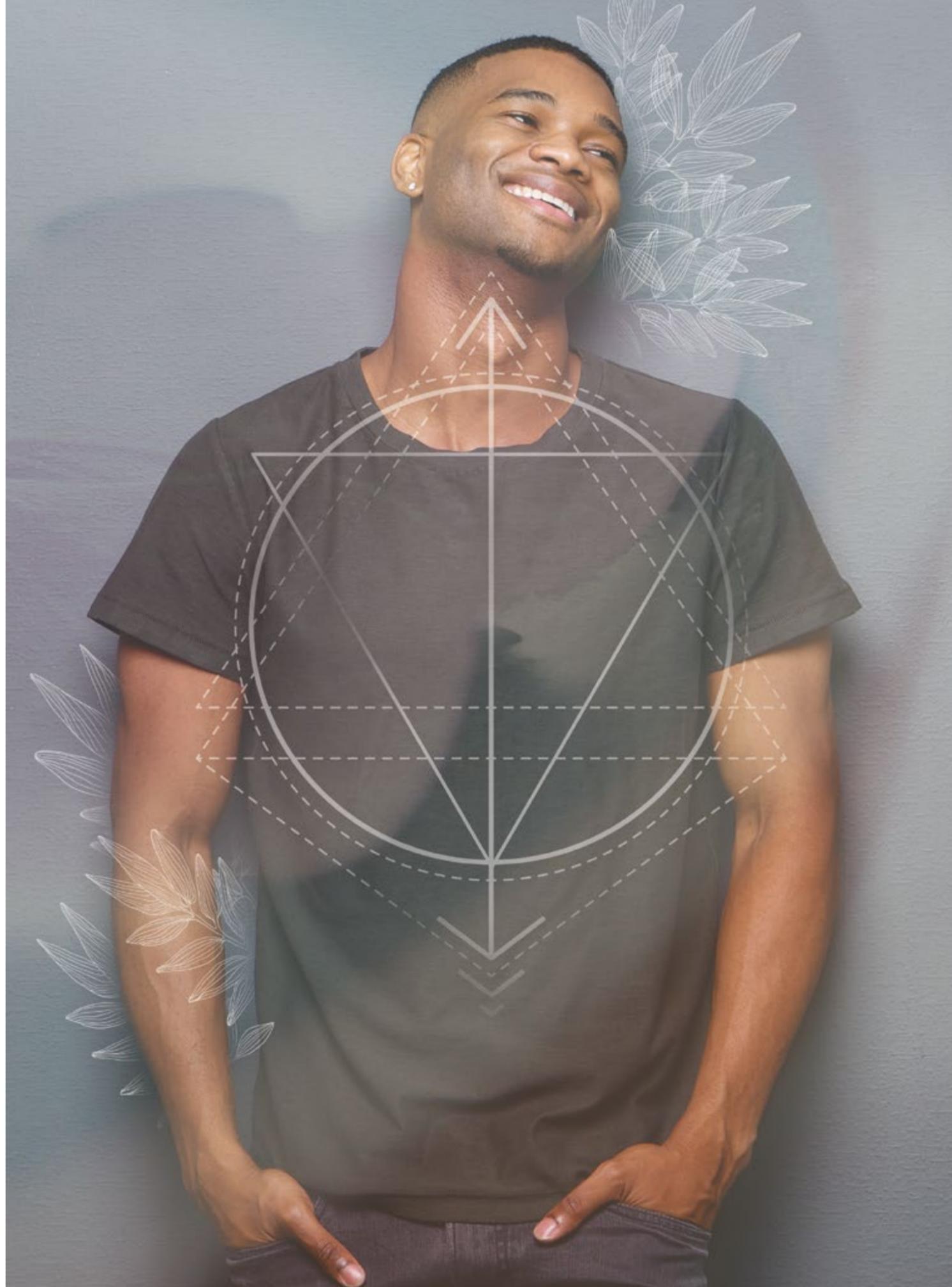
What does it mean, to be in tune with Nature? Our own nature? Inner nature? So what are we? We are not only bodies. We are not only personalities. We are also spiritual, and even more than spiritual. So it is important to understand the constitution of a human being.

Today we speak of genetics, DNA, and we know that with only four kinds of protein, T-G-C-A, we can write the whole genetic code of Creation – not only human beings. Proteins can write the name of everything, the constitution of everything. But where does it all come from? In the Vedic tradition, we speak of *samskaras*; the genetics, the DNA, is a result of the *samskaras*. And now, with the work of Dr Bruce Lipton and others, we know that we can work on the epigenetics and transform some parts of our genetic code, but how?

For example, now for cancer they give specific medicine to change the DNA so that a sick person can recover their health. But if you want to be more efficient, you have to go to the root, and the root is the constitution of the human being from the soul (it is difficult to use another term), then to the subtle body around the soul, in which you have complexities, impurities, *samskaras*, and then the expression is going directly through the DNA into the outer constitution of the human being.

That is the reason that, if we really want to change, we have to work through meditation, through the purification of our system, to be in tune with ourselves, with our destiny, and with Nature.

It amazes me that today, when scientists study the DNA of a person, they can know what kind of illnesses that person may have in the future. So it shows that there is something programmed. So what is this destiny? To know your destiny you have to go into yourself, to be in contact with your inner Self or the soul. And you also have to be yourself.



But what is to be yourself? To be in contact with the root of yourself and to know what you are doing here.

So now people are wondering: are we human beings with a soul, or are we souls experimenting with the life of a human being? What is the purpose? To my understanding, the purpose is evolution. What kind of evolution?

If we look at medicine and health from this angle, we understand that sickness is a signal. If you want to be healthy, you need to be in balance. The problem for the occidental mind is that balance has no movement in it. We have to be in balance with movement.

With age, the body changes, our physiology changes, our energy levels change, everything changes. Our mental capacities also change. So there is something that is ruling us, and we think that it is coming from outside, whereas really it is coming from inside.

For me to be a good doctor, for example, I have to know my Self at a deeper level, in order to be in tune with the person in front of me, to feel the person, and to know what is the purpose of this life.

Now, coming back to a practical question, Chinese Medicine and Ayurveda are very helpful, because they say that we have two poles – one is Yin and the other one is Yang. With the occidental mind we think of Yin and Yang – not at all! It is Yin Yang. How do you consider Yin Yang when it doesn't exist? Take a mountain. When the sun is on the Yang side, the opposite side is Yin, away from the Sun, but what we forget is that it is a unity. We have to be One, in balance, in movement, from within.

In Ayurveda, *tamasik* is Yin, *rajasik* is Yang, and *sattvik* is a balance of the two. So in fact what we need is to be *sattvik*, but being *sattvik* only comes from within, in balance: to be able to observe inside and outside; to be in contact with your own destiny. Where does it come from? It comes from your soul that decides which kind of personality, which kind of purpose you will fulfill during this incarnation. And it is not esoteric. It is there.

It is the reason why I think meditation is very important, in the sense that if you can go deeper within your heart, through the Light there, you are really in contact with your Self and also in contact with this universal intelligence. Then you are able to receive so much information, and you don't need others to tell you what to do. You will know what you need for yourself.

The first level is intuition. But you also have some knowledge coming from within, from revelation, about what you need to do for this life. What you have to do in this life has to come from inside. So basically, if you want to be healthy, you need to be balanced between spirituality and materiality. Why? Because if you are in balance you can go to reality, beyond the spiritual aspect, and there is no more conflict between these two aspects, like Yin Yang. Materiality is Yin, spirituality is Yang – are they bad and good? No! They have to be combined, balanced. If you are balanced you can go ahead.

**Q** How do we get to that? Look at the way most of us think – we have compartments and we think Yin is opposite to Yang. We think in dualities most of the time. So what do we do to change our thought process so that we integrate these states?

**PF** For me it is through meditation. I cannot see another possibility. Because we have to unify ourselves. Of course we live in this world, and we need the opposites, as everything is like

that around us, but to be able to go ahead means to be unified at all moments, not just sometimes. For this we have to be connected with the Self, and the heart is the best integrator in our system. Take the *chakras*, for example; if you take the heart and make an expanding spiral outwards from your heart, it is integrating all the levels, all the other *chakras*, all the other dimensions.

In Chinese Medicine they speak of *Shen*. *Shen* is the heart, which is helping to organize all our life, at all levels – with the blood, with the emotions, and with the mind. And now in the West we are also starting to realize that the ruler is the heart, not the brain. The brain receives information from the heart, and scientists have found that there are neurons within the heart giving instructions through the sympathetic and parasympathetic nervous systems, also by the limbic system, through the amygdala and the hippocampus to the frontal cortex

So what most of us are doing is like programming a computer [the mind], which is growing by itself – a huge one – but without any ruler behind it. The ruler is the heart.

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*Shen* is the heart, which is helping to organize all our life, at all levels – with the blood, with the emotions, and with the mind.

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Also in Chinese Medicine, the heart is harmonizing all the other organs, and there is a distribution of energy, and if you want to be healthy the five main elements associated with the five main organs have to be balanced. And the Chinese studied this with the seasons, with Nature, because at each time one element is stronger than the others, but not too much stronger.

For example, now it is springtime, and energy is coming from the Earth. You see the effect – leaves, flowers, green colors and wonderful light are all around us in Nature. So during the winter the regeneration was deep within the Earth, and in the same way we go inside. Then in spring it comes out. And it is the same with the seasons of life: first you are a baby, and then you grow, and become a mature adult, and then there is a decline at the physical level, and sometimes with the brain also. But what we forget is that at the end of this cycle, at the end of a life, the soul is shining out brightly, and the person can be wise – a wise man full of light, spreading this light all over. So the result is that.

Most people don't consider this aspect. They think only that they are going to die, and that's all. But we have also to flow with the movement of Nature, and that is the reason why I spoke with you about movement. Everything is in movement, but the movement is like a circle, where you have to be the center, still.

To be continued ... ●

INTERVIEWED BY ELIZABETH DENLEY



# Oneness in Nature

A PHOTO ESSAY BY **JAN VINEY**

*My intention is to capture images that elicit emotion, for what we feel and see endears us to the beauty of nature and we move to protect it.*

*I think of my camera as the tool that connects me in intimate ways to my world, giving me the opportunity to capture a moment of time. It is much like a runner 'in the zone' and it often allows me to experience the deep sense of Oneness that is.*



## SEIZE THE DAY

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*A juvenile trumpeter swan with a wingspan of 7 to 8 feet seemed to be greeting the new day as it turned to the morning sun. It arrived in early October in the Puget Sound area of Washington State, after a 3,000-mile first flight from Alaska with its family.*

## ONE MIND

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*A group of dunlins, small shorebirds, who often gather in large groups in the late winter across Puget Sound, move together like a choreographed dance, from one form to another in a split second. Are they practicing for their next journey north to Alaska to have their young? The Olympic Mountains are in the background.*



## ODE TO JOY

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*A juvenile snowy owl greeted me at Boundary Bay, BC, on a cold and frosty morning. The warm morning light seems to fill her with joy.*

## POTENTIAL OF A NEW DAY

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*Holland Lake, Swan Valley, Montana.*



*My focus is on nature, the awe and wonder of it all, and humanity experiencing life. I have come to know that the experience is more important than the photography. My spiritual practice is to just be present and ready for what shows up. More often than not I am overwhelmed by the beauty that I witness, and then all there is to say is thank you.*

*Back at my computer my first goal is to find the image that clearly expresses the emotional impact I felt at the moment. The second is to display the photography in a way that will allow others to share in the beauty I've experienced. I am so grateful for this Planet Earth and all its Beings ●*

*[www.janvineyphotography.com](http://www.janvineyphotography.com)*

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Led by Santosh Sreenivasan,  
Heartfulness trainer & strategic technology consultant

## Sacred CHINESE MOUNTAINS

DR ADRIAN COOPER is inspired by mountains. He shares this passion with some of the greatest Chinese philosophers and sages, including Confucius and the Taoists. What do they have to teach us?

Traveling through the beautiful landscapes of China can be one of the most inspiring and life-changing experiences we can encounter. And yet, there is so much about China that is completely alien to the western mind and imagination.

A helpful way to unlock many of the mysteries of Chinese spiritual wisdom is to explore its sacred mountains. Those mountains figure prominently in Chinese art, literature, history, thinking and mystical insight.



For Confucius (551 – 479 BC), mountains were towering symbols of fertility, which nourished and sustained the natural order in all things. Confucius also taught that those same mountains nourished and sustained the human imagination. In fact, Confucius described his ideal leader as being the mythical Emperor Shun, who drew so much inspiration from the sacred mountains of ancient China. For everyday people, Confucius taught that Chinese mountains can be regarded as sources of personal stability.

The *Analects* are the most important collection of Confucian teachings. They frequently make reference to Chinese sacred mountains as sources of life-changing wisdom. The waters which flow down mountain slopes as rivers were regarded as being some of the most enduring of all symbols of renewal, fertility and hope.

Even beyond pure wisdom, Confucius placed the virtue of benevolence as being the pinnacle of being human. That too was inspired by the sacredness of mountains. Confucius justified this belief with his idea that, just as mountains are peerless in their natural and supernatural magnificence, so too is benevolence. These words are from *The Analects* (6.21):

*The wise take pleasure in water, but the benevolent in mountains; because wisdom moves about, but benevolence remains still. Wisdom leads to happiness; benevolence to a long life.*

Taoism is also wise in appreciating the sacredness of Chinese mountains. The Taoist poet Li Po found his greatest inspiration from walking in mountains, seeking solitude, and realizing that it is often necessary to see our daily problems from the benefit of distance. From high in the mountains, our problems can be seen from a completely different perspective. Li Po captured that realization in the following:

*Why, you ask, do I live up in these blue mountains?  
I smile and do not reply. Leave me in peace.  
Peach blossoms drift on waves of flowing water,  
There is another sky, another earth, beyond the  
world of men.*

For Li Po, and other Taoist writers, mountains help us to strip away unnecessary attachments and to concentrate on what is really important.

*Up high, all the birds have flown away  
A single cloud drifts across the sky  
We settle down together, never tiring of each other  
Only the two of us: the mountain and I ●*



If you want to find the secrets  
of the universe, think in terms of  
energy, frequency and vibration.

NICOLA TESLA



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# SHAKING OFF THE SAND

VICTORIA TELES brings us a simple metaphor from Nature, showing us that our perception of ourselves is limited only by how we view ourselves.

To write about something that is beyond thought is not possible; it can only be reduced to metaphors and stories of life-changing experiences. I feel that a deep understanding of love, joy, and peace can only be known through our spiritual hearts. I was talking to a friend the other day when this metaphor emerged. I hope it resonates with you somehow.

Think of consciousness as an ocean that one day decided to experience itself as sand (symbolizing our bodies). It became drops of water covered by grains of sand. Now, if these drops of water were to look at each other, they would see grains of sand. Not knowing they are water in essence would allow them to fully experience what it is to be a grain of sand. To feel the wind transporting them from place to place, the sun turning them brown, the rubbing of their grains against each other and so on. If the drops knew they were the ocean, this kind of interaction wouldn't happen. Think of enlightened people and how they lose interest in earthly things. These people know they are water and not sand, so their experience changes completely.

Imagine that all the drops are enjoying their experiences as sand, but then the grains start to fall off, like in sickness, old age and death. These drops begin to see the water beneath the grains and recognize themselves as the ocean. The drops now live a different kind of experience; they know they are the ocean disguised as sand. How interesting and amazing this would be!

As the sand continues to fall off, the drops become more and more ocean-like. When the last grains of sand fall, the drops happily return to their eternal essence.

Now, what happens when drops still don't know they are the ocean, even when the sand starts to fall off? Fear sets in. In fear, the drops grieve and suffer for every grain of sand they lose, especially when they witness other drops also losing theirs. Their belief that they are sand won't allow them to see the water beneath, even though it is right in front of them. These drops remain on the shore for an unthinkable amount of time, covering themselves with new grains of sand. They can only reunite with the ocean when they remember that they are water.

The mystery of life is beyond any metaphor, but recognizing a small fraction of the truth can liberate us from suffering, as Buddha once taught. There is deeper knowing that connects suffering to love. All our physical and psychological pains are doorways to joy and peace ●



# Spring & Sprouts

If it's spring where you live, Nature puts on a new face with new shoots and buds. It's the right time to change your menu and introduce salads after the cold winter months. Let's grow sprouts to bring the energy of spring to your plate. It's simple and is a marvel of nature to witness at home, when the small sprouts come out of the grains and seeds.

## You will need:

Jars or containers - you can save jam jars from the kitchen. Use a transparent glass jar so you can watch your seeds coming to life. It is easier if the jar has a wide opening.

Seeds, beans and grains for sprouting. Not all grains sprout so see below to know more.

Fine mesh or cotton cloth.



Fill one-third of the container with seeds: the seeds will swell when water is added and then take even more space while sprouting.

Pour lukewarm water over the seeds until it reaches two-thirds of the height of the container.

Cover the opening with mesh or cotton cloth.

Let this stay overnight (8 hours) in a clean, well-aired place.

The next day, drain the water.

Rinse the seeds well in drinking water, swishing them around.

Drain again.

Repeat this operation twice a day.

If you live in a warm place, you might have to do it more often, and make sure that you wash the seeds well so that no smell is coming. Be gentle so as not to break the young sprouts.

Watch your seeds turn into sprouts from the



first day onwards. It's spring in your house, no matter what the season. It might take two to five days before they are ready to eat.

When they are ready to eat, rinse them well again before you place a lid on the jar and store it in the fridge. Add sprouts to your salads, eat them as a snack, or have them as a side dish with olive oil, salt and a dash of lemon.

Draw the different stages so that you can share this experience with your friends, and then invite them to share the taste also.

## Easy things to sprout

Chickpeas\*, lentils, moong beans, adzuki beans.

Quinoa, wild rice\*, millet, amaranth grains.

Alfalfa\*, sesame seeds, sunflower seeds.

Avoid red kidney beans as they contain a toxic element.

Only seeds that are wild can sprout, choose them from an organic store to make sure they are not treated.

*\* Needs 12 hour soaking*

## Sprouts as superfoods

Sprouting a grain makes it richer in vitamin C, E and beta-carotene and in certain amino acids.

The content of fiber and antioxidants also increases when sprouted.

Sprouts increase the absorption of some nutrients by increasing the activity of certain digestive enzymes ●

# The Three Brothers

## PART 3:



In accordance with the promise they had made as children, the three brothers, Polo, Jack and Danny met again ten years later in Montpellier. Polo and Jack had, by now, already told their stories. Danny was twenty-two. But what had he done during all these years? Nobody knew.

From Montpellier, the three brothers took a small country train to Serverette to see Sister Mary Magdalena, and this gave them plenty of time together to share more of their stories.



“Come on Danny, it’s your turn now. Have you had any extraordinary experiences?”

“Well! You know, I have been studying mostly.”

“We can remember as a kid you used to chase butterflies! You would have long bike rides with your friend in search of rare butterflies, wouldn’t you?”

“Oh, butterflies! Yes!” exclaimed Danny. “Do you want to know why? During our first years at the orphanage, I missed mum terribly. So I used to sigh. One day, as I sighed deeply I felt a wave of

love filling my heart. It was a strange mixture of sadness, sweetness and love. Like a sour candy that leaves a sweet taste in your mouth at the end. The sweetness of that tender motherly love was appeasing the bitterness due to separation. Then I tried to sigh a second time to feel it again, but it didn’t work anymore. So I said to myself that there must be sighs everywhere in the countryside, under the trees, behind the bushes, near a fountain, or even under a gutter, and that if I could catch them I would fill my heart with our mother’s love.



“I made a net for capturing sighs and started chasing them. I heard plenty of sighs – under the park benches, in churches, in public gardens, in gazebos, under the lime tree in the village square, near barns and by the river. So many sighs: long, languid sighs; short, exasperated sighs; desperate sighs; deep sorrowful sighs; sighs of exhaustion; and some whispered loving sighs. But the latter were rare and rather difficult to catch.

“Yet I found them. I caught some in my net, but when the wind blew there was a ‘whoosh’ and they were gone! Although I could find and hear them I couldn’t catch them. The old men sitting on the park benches asked me what I was looking for. When I told them about my hunt they smiled and said, ‘You’d certainly be luckier with butterflies! Don’t we say that love is as light as the flight of a butterfly? Do you know that?’

‘I don’t. Why?’ Danny asked, his curiosity awakened. ‘Love is like the flutter of a young mother’s eyelashes as she bends over her baby’s cradle. Once a young mother from Rieutord, a nearby village gave birth to an extremely fragile baby girl. She was so frail that it could hardly breathe. The whole family took the greatest care of the baby. But one morning, she just ceased to breathe. The mother was desperate. She clasped her baby to her bosom and she cried, she sang, she prayed and she wept. Her face was close to her baby’s face. “Oh! Ye, the vital force! Please, stay with my child,” she begged.



“The mother’s eyelashes started fluttering faster and faster, shedding the tears that were filling her eyes. Then, through her misty eyes she saw a sort of fuzzy eiderdown surrounding her baby’s head. As she looked closely she could make out that there were tiny creatures with small wings on their backs buzzing around the baby.

“Mother Michèle says that these creatures are called devas. There were over twenty of them around the baby’s face and they were flapping their tiny wings as fast as they could. The mother’s



long and beautiful eyelashes started fluttering again. Then she perceived a sort of vibration, a sort of light draught that entered the baby’s nose. The baby had a hiccup and breathed in deeply. Then she breathed out with half a sob and opened her eyes. The little fairies clapped their hands and disappeared in a chaotic flight, like a cloud of butterflies. The mother went on blinking, but now her eyes were shedding tears of joy.’

“Since that day when I was so moved by this story, I have been chasing butterflies with my friend P’tit Louis. I caught a good many of them awed by their beauty and their delicate shades. I admired them, I respected them, I loved their beauty. But I couldn’t feel our mother like I did that first day.

“P’tit Louis told me that it was because I was not chasing the right ones. I had to find the Butterfly King, the Monarch butterfly. He said his father had seen a group of them in the tall pine tree forest near Lake Charpal.

“We dedicated the whole summer to our search for the precious Monarch. From Severette we would bike as far as St Ferréol. I felt that the three-hour bike ride was worth the effort even if it landed us one Monarch butterfly. One day, at long last, near a copse of milkweed, we spotted one! It was a big, impressive Monarch. Without the slightest hesitation P’tit Louis cast his net and the Monarch was caught. There it was, the elusive Monarch, fluttering in the net. We didn’t dare touch it. I waited for something to happen.



“Suddenly these words came tumbling from my mouth, ‘Seeing that butterfly caught in a net makes me sad. P’tit Louis, please, how about letting it free?’ ‘P’tit Louis stared at me for a long while. He understood I was disappointed. I had not felt the love I had expected for such a long time. He shook the net loose and let the Monarch flutter away. It landed on a leaf close to us and we stared at it completely silently.



“Then suddenly it seemed that I heard a voice from the butterfly. It was saying to us, ‘Hunting butterflies won’t fetch you love. Look for it in your hearts.’

“Now you can understand why I said to Sister Mary Magdalena that I wanted to find my heart’s desire.”  
 “Okay, but what happened to you while you were at the Montpellier Brothers’ boarding school?”

The train slowed to a stop. “Nîmes. Five minutes stop. Connection with Alès at Platform 2. Connection with Marvejols-La Bastide – St Laurent-les-bains at Platform 3.” The three brothers got out at Nîmes.

We shall probably meet them again in the next train, next month, to hear more about Danny the dreamer’s story.



To be continued ... ●

STORY BY PAPIGUY OF MONTPELLIER  
 ILLUSTRATIONS BY JULIETTE ALAY

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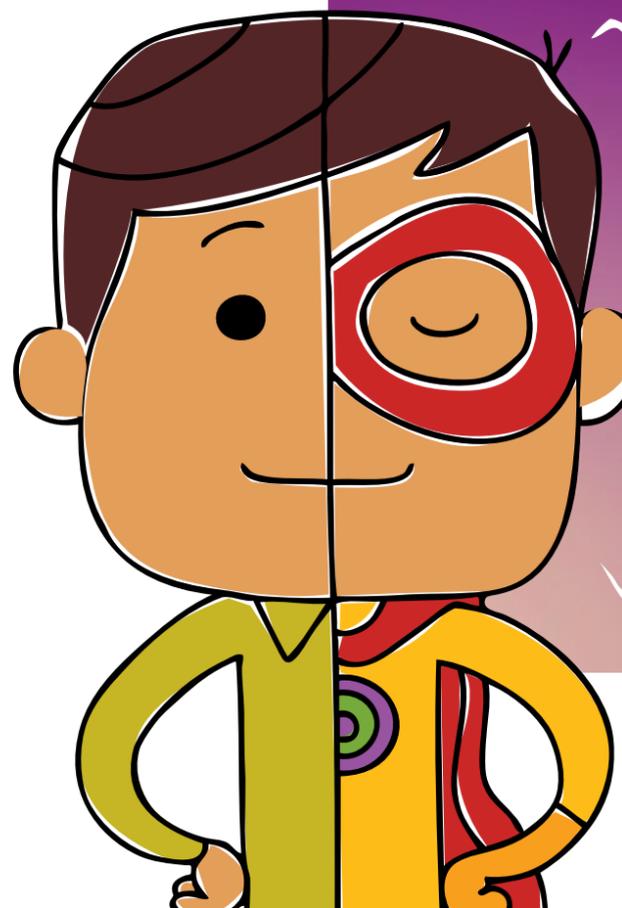
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