

heartfulness

advancing in love

How to Let Go of
Old Habits
DAAJI

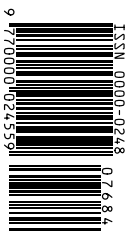
Dreams: Our
Birthright
MYRIAN CASTELLO

4 Ideas for
Healthy Eating
in the NewYear
POOJA KINI

Are Your Thoughts
Your Friends?
STAN LAJUGIE



A Tool Kit for *Change*





MASTERING-
CHANGE.ORG

Heartful Adizes Leadership

Celebrating 13 Voyages together!

What people are saying...

“

It was a great learning experience. If one says, “What they don’t teach you at Harvard”, the learning in this course justifies it one hundred percent!

”

Prabodh Darvekar

“

The concept of the course itself in getting the voyagers to analyze and improve their thinking in the decision making basis the Adizes Techniques with a touch of Heartfulness, with no influence from skippers but with the guided push in the right direction was the WOW for me.

”

Adin Jubell

“

Students edifying each other is a truly powerful idea. Teachers almost need to be careful not to interfere. It opens up a universe of learning.

”

Greg Dekker

Heartful Adizes Leaders continually refine vital skills and equip themselves and others with practical tools to successfully deal with complex challenges.

Always... U-priced!

These courses are offered as a gift, trusting the generosity of participants to support the development and sustenance of similar in-depth learning journeys.

**Stay tuned here for
Spring & Autumn Voyages**

mastering-change.org



alpha

ALPHA PLUS 

RESTART 

UNLOCK YOUR LIFE IN 2023!

*Brighter
Minds* Enriching
Young Minds

LEARN MORE AT
WWW.BRIGHTERMINDS.ORG



SUBSCRIBE TO Heartfulness Magazine



Available in print and digital versions

Order copies online: single, 12-month
subscription and 24-month subscription:

**subscriptions@
heartfulnessmagazine.com**

Printed copies are also available
at selected stores, airports and
newsstands, and at Heartfulness
centers and ashrams.

heartfulnessmagazine.com/subscribe

CREATIVE TEAM

Editorial Team — Elizabeth Denley, Vanessa Patel,
Kashish Kalwani, Christine Prisland, Animesh Anand

Design & Art — Uma Maheswari G, Cassette Bleue,
Vinsenta Adamas Danilceva, Clayton John, Jasmee
Mudgal, Ananya Patel, Arati Shedde

Photography — Heartfulness Media Team

Writers — Ichak Adizes, Pankhi Chauhan, Daaji,
Clayton John, Brian Jones, Pooja Kini, Stanislas Lajugie,
B.J. Levin O'Riordan, Athena Despoina Potari

Interviewees — Myrian Castello, Joel Cross

Support Team — Balaji Iyer, Rathinavelan
Krishnamurthy Liaa, Kumar, Karthik Natarajan,
Jayakumar Parthasarathy, Arjun Reddy, Nabhis Tyagi,
Shankar Vasudevan

ISSN 2455-7684

CONTRIBUTIONS

contributions@heartfulnessmagazine.com

ADVERTISING

advertising@heartfulnessmagazine.com

SUBSCRIPTIONS

subscriptions@heartfulnessmagazine.com

www.heartfulnessmagazine.com/subscriptions

EDITOR — Neeraj Kumar

PRINTED BY — Sunil Kumar

RK PRINT HOUSE, H.No.11-6-759,
3rd Floor, Anand Complex, Lakdikapul,
Hyderabad, Telangana, 500004, India.

PUBLISHER — Sunil Kumar representing
Heartfulness Education Trust
13-110, Kanha Shanti Vanam,
Kanha Village, Nandigama Mandal,
Ranga Reddy District, Telangana, 509325, India.

Copyright © 2023 Heartfulness Education Trust.
All rights reserved.

heartfulness
advancing in love



A Time for Change

Dear readers,

A very Happy New Year to you! It is the time for resolutions and change: change that seeks to propel us into a new mindset, that helps us move forward from the past year. It reminds us that the only constant is change!

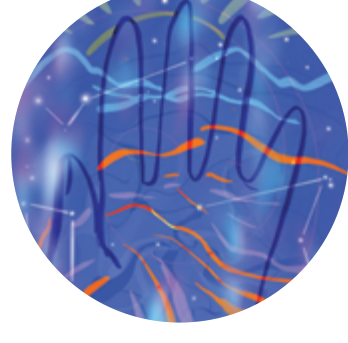
Our January edition is filled with wonderful tips and tricks to help with this. Daaji shares ideas on how to let go of old habits, Pankhi Chauhan focuses on how to imagine the changes we wish for, Brian Jones explores how to remove the barriers to self-compassion, so we can get started, and B.J. Levin explains the guidance we receive from the future so that we can be successful.

Grammy-nominated singer-songwriter Joel Cross shows us how to find the state of flow, Pooja Kini gives us four ideas for healthy eating, and Dr. Ichak Adizes shows us how love and change go hand-in-hand. Myrian Castello dares us to dream, Athena Despoina Potari explores the illusion of the East-West divide, and Stanislas Lajugie asks, “Are your thoughts your friends?” Clayton John showcases his artworks inspired by an environmental fundraising walk along the Larapinta Trail in Arnhem Land, northern Australia.

In 2023, we will also be featuring highlights from Daaji’s latest book, *The Wisdom Bridge*, a must-read for parents and carers who want to raise well-rounded happy youngsters, starting this month with an excerpt from the Introduction.

We hope you embrace everything the New Year brings, including the changes you want to make.

All the best,
The editors



inside

self-care

Imagine that Change!

Pankhi Chauhan

12

How to Let Go of Old Habits

Daaji

16

Guidance from the Future

B.J. Levin O'Riordan

18

Are There Barriers to Starting a Self-compassion Journey?

Brian Jones

22

inspiration

Caring is the Real Preparing

Daaji

26

The Illusion of East and West

Athena Despoina Potari

32

workplace

Are Your Thoughts Your Friends?

Stanislas Lajugie

42

relationships

Dreams: Our Birthright

Interview with Myrian Castello

48

Love and Change

Ichak Adizes

58

environment

Larapinta Dreaming: an Art Essay

Clayton John

62

creativity

Flow

Interview with Joel Cross

70

4 Ideas for Healthy Eating in the New Year

Pooja Kini

77



DAAJI

Daaji is the Heartfulness Guide. He is an innovator and researcher, equally at home in the fields of spirituality, science, and the evolution of consciousness. He has taken our understanding of human potential to a new level.



JOEL CROSS

Joel, aka A Soul Called Joel, is a Grammy-nominated singer-songwriter who grew up singing gospel songs with his seven siblings. In 2022 he released his new album, *Love and Liberation*. In addition to his musical career, Joel is a certified meditation teacher, a life coach, poet and author of the R.I.S.E. journal.



PANKHI CHAUHAN

Pankhi is a third generation Heartfulness trainer, and has been an active practitioner for almost two decades. She holds a Masters in Organic Chemistry, and is a content specialist, ghost-writer, and editor. She spends her leisure time with Indian classical vocal music, birdwatching, and exploring nature.



JANMARIE CONNOR

Janmarie is the CEO of a construction company in the Midwestern U.S.A. A wife, mother, and grandmother, she also enjoys volunteering to serve underprivileged Latino youth, and as a certified Heartfulness trainer.



BRIAN JONES

Brian has been meditating for over 50 years and is a Heartfulness trainer. He is one of the most viewed writers on Quora on the topics of spirituality, meditation, and enlightenment, and is a regular speaker at corporations and universities. Brian is an artist, musician, writer, photographer, and corporate interior designer.



B.J. LEVIN O'RIORDAN

B.J. lives with her husband in Atlanta, Georgia, USA. She met Babuji in France in 1976 and became a Heartfulness trainer at that time. She also contributes to the Heartful Communication program. In her personal life, she tries to live up to the admonition of Socrates, which is to be what one wishes to seem.

contributors



ATHENA DESPOINA POTARI

Dr Athena is a Fellow at Harvard University's Center for Hellenic Studies and teaches at the University of Toulouse. She has extensively studied Ancient Greek Philosophy, Epistemology and Consciousness, and has been instrumental in making Hellenic studies practical and applicable in everyday life.



MYRIAN CASTELLO

Myrian Castello is from Minas Gerais, Brazil. She's an entrepreneur and a silent change maker. As the co-founder of Fábrica dos Sonhos and the International Right to Dream Movement, she's making sure people do not give up on their right to dream.



ICHAK ADIZES

Dr. Adizes is a leading management expert. He has received 21 honorary doctorates and is the author of 27 books that have been translated into 36 languages. He is recognized as one of the top 30 thought leaders of America.



CLAYTON JOHN

Clayton is an award-winning photographer and video journalist, who has also been a mixed media artist since 2016. He was a finalist in the Fine Art Category of the London International Creative Awards 2021 with Imaginata Australis.



STANISLAS LAJUGIE

Stanislas is a civil servant of the Foreign Affairs Ministry of France. He has worked in many countries and enjoys making meditation fashionable wherever he goes. He has developed a course on the science of meditation for universities and corporates.



POOJA KINI

Pooja is based in San Francisco and loves to cook, read, drink coffee, and take long walks with no destination. She recently graduated from UC Santa Barbara after studying Economics and Accounting, and now works in finance. You can find her on Instagram @poojxk.





self-care

What if the world
is holding its
breath – waiting
for you to take the
place that only you
can fill?

DAVID WHYTE

Illustration by UMA MAHESWARI

Imagine That Change!

PANKHI CHAUHAN describes how the power of visualization both facilitates and initiates change. Whether it is a lofty goal or a simple one, creating thoughts linked with purpose establishes the foundation of making new habits.



Imagine you have a long vacation coming up, and you are trying to decide between a tropical beach and a ski resort. How do you choose? Perhaps you imagine yourself at the beach, walking on the white sand, feeling the sea breeze in your hair, and swimming in blue waters under clear skies. Or do you imagine the rush of adrenaline as you ski down the

slopes, as well as the pleasure of having a cup of hot chocolate wrapped in a warm blanket in front of a crackling fire in a log cabin? In short, you will visualize before you decide.

When it comes to making changes in your daily life, you may argue that it is not so easy. However, it is just as simple. Actions originate

as thoughts. A single thought can lead to an intention, and this is then followed by implementation. The human mind is powerful in that “it is closely identical to the root-force that began the process of creation.”¹ Tapping into this power can help you transform yourself, one habit at a time.

Making changes means changing existing habits and establishing a new order. How can you do this? How can the power of the mind help?

Do you rush into bringing about change with a “to do” list?

Do you run out of motivation so that before you know it you are back to square one?

This year, why not add one more step to the process?

Imagine.
Visualize.
Dream.



A great way to start is to imagine that you are already there, just as you did when you chose your vacation. Visualize the change you wish to make and imagine your lifestyle as a changed being.

STEP 1:

Decide upon your aspiration

For example: you wish to make yoga a part of your life. Now, how will you visualize this?



STEP 2:

Visualize the end

Think of what you will be like when you have achieved your goal. Think of all the poses you will have mastered. Imagine showing them to your family and friends. Visualize the energetic and flexible new you.

Imagine in your mind, very clearly, your daily morning routine. See yourself getting up early, setting up your yoga mat in a clean, clutter-free room with open windows that let in the gentle morning sun. Imagine yourself feeling 10 years younger! Smile as you think of all the things you will be doing because you are so much fitter. If it helps, imagine all the adoration you will receive for achieving your goal.

STEP 3:

Keep it alive

Once the final picture is clear in your mind, keep this vision alive when you go about your daily activities. The resulting thought process will naturally and eventually point you in the direction of making it happen. When you put your mind to something, you will attract it. So if yoga is your thing, the means to achieve it will also come to you.

Once the final picture is clear in your mind, keep this vision alive when you go about your daily activities. The resulting thought process will naturally and eventually point you in the direction of making it happen.

STEP 4:

Just do it

Here is where the power of the mind truly comes into being! When you have conceived of the ideal vision enough, the possibility already exists in your mind. So, can you remove some clutter and make more space for it to manifest?

Just one spark is enough to trigger them into action. (Remember the power of the mind? Limitless!) All it takes is one step – just do it.

“He who cherishes a beautiful vision, a lofty ideal in his heart, will one day realise it. [...]

Your circumstances may be uncongenial, but they shall not long remain so if you but perceive an ideal and strive to reach it.

Cherish your visions, cherish your ideals [...]
if you but remain true to them, your world will at last be built.”²

REFERENCES:

¹ Ram Chandra, 2020. *Efficacy of Raja Yoga in the Light of Sahaj Marg*, Heartfulness Education Trust, India.

² James Allen, 2022. 'Visions and Ideals,' *As a Man Thinketh*, Heartfulness Education Trust, India.

Illustrations by VINSENTA ADAMAS DANILCEVA



heartfulness
app

EXPERIENCE SERENITY WITH GUIDED MEDITATION SESSIONS.



Download the app today.



How to Let Go of Old Habits

DAAJI

What will help you to create new habits this New Year? The trick is to remove emotional burdens, stress, disturbing thoughts that linger from the past. These impressions have hardened into habits and tendencies that are obstacles to moving forward. Doing the Heartfulness Cleaning practice every evening will remove these impressions, clearing away old pathways and patterns of thinking, leaving you feeling lighter and more carefree within. This rejuvenating daily practice is most effective at the end of your workday.

You can listen to the guided Cleaning at https://www.youtube.com/watch?v=UrgqTUIu_Qs, find it on the Heartfulness app, or read and follow the instructions below.

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

Close your eyes and relax.

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

Let them flow out from your back in the form of smoke, from the area between your tailbone (at the base of your spine) and the top of your head.

Remain alert during the entire process without brooding over the thoughts and feelings that arise. Try to remain a witness to your thoughts.

Gently accelerate this process with confidence and determination. If your attention drifts and other thoughts come to mind, gently bring your focus back to the cleaning.

As the impressions are leaving from your back you will start to feel lighter.

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

When you feel light within, you can start the second part of the process.

Feel a current of purity coming from the Source entering your system from the front. This current is flowing into your heart and throughout your system, saturating every particle.



You have now returned to a more balanced state.

Every particle of your body is emanating lightness, purity, and simplicity.

Finish with the conviction that the cleaning has been completed effectively.

Cleaning is much more effective once you have been introduced to the Heartfulness practices by a certified trainer. You can find and contact a trainer near you at www.heartspots.heartfulness.org.

Guidance from the Future



B.J. LEVIN O'RIORDAN explores the nature of problems and why we struggle so much with change. She offers some simple guidance on how to approach transformation, in everyday life as well as in the field of spirituality, and how to take help from others, including a spiritual guide.

“When you have a problem, don’t think about it. Think of God instead. This is the Golden Key.”

I am grateful to my friend E.W. for bringing the Golden Key into my life.

I believe that problems result from the benign conspiracy between two agents – who we are now and who we are becoming. Our current limitations give us the motivation to take the next step, but those very limitations don’t allow us to take that step. The purpose of the problem is to enable us to become a new person operating from a frame of reference beyond the previous set of limitations.

For example, a five-year-old child is ready to go to school. The family’s love, in which she has basked since birth, has given her the confidence to explore, discover, and relate to others. She needs these abilities, but now that she is at school, she can no longer behave like the family’s darling. She won’t get away with it! The very purpose of the problem – school – is to enable her to emerge from the old version of herself into a new version. She can no longer use baby ways, like crying, to get what she wants. To solve the problem, she has to behave like and become a school-aged child.

This pattern of development persists throughout our lives. A child cannot use childish ways to solve the problems imposed by puberty, so the child becomes an adolescent and solves the problems from that perspective. An adolescent cannot use adolescent ways to solve the problems imposed by adulthood, so they become an adult.

We cannot ever solve a new problem by being who we are. We solve it from the perspective of who we are going to become.

Throughout our lives, others help us negotiate these rites of passage. At each stage, we have guides from the past and guides from the future. The guides from the past ideally help us to retain the best of the old values, and the guides from the future usher us into the new perspectives necessary for our future selves.

For example, kindergarten children have their parents (past) and their teachers (future). Middle school children have their parents and teachers (past) and their peer group and new friends whom they want to be like (future). Young

adults have parents, teachers, friends (past) and mentors and role models (future). Older people reminisce about people from the past and also learn from their own parents who are declining or dying (future).

Likewise, spiritually-oriented people have saints and sages from the past and, if they are very lucky, a living spiritual guide or master to usher them into a future of a different kind.

At a certain stage, the game radically changes. It is not a chronological stage, but a stage of character development. Something odd occurs. The problems that come to us seem crucial and hard. Friends who gave us good advice in the past don’t know what to tell us. We have reached a moral precipice where no one knows what to do.

To make things even harder, the spiritual guide does not seem the least bit interested in providing overt assistance. Either he says nothing when we ask for guidance; or he says something that can be taken in ten different ways; or he says something like “*Acha*,” or “Yes,

SELF-CARE

I will pray”; or he refuses to speak at all.

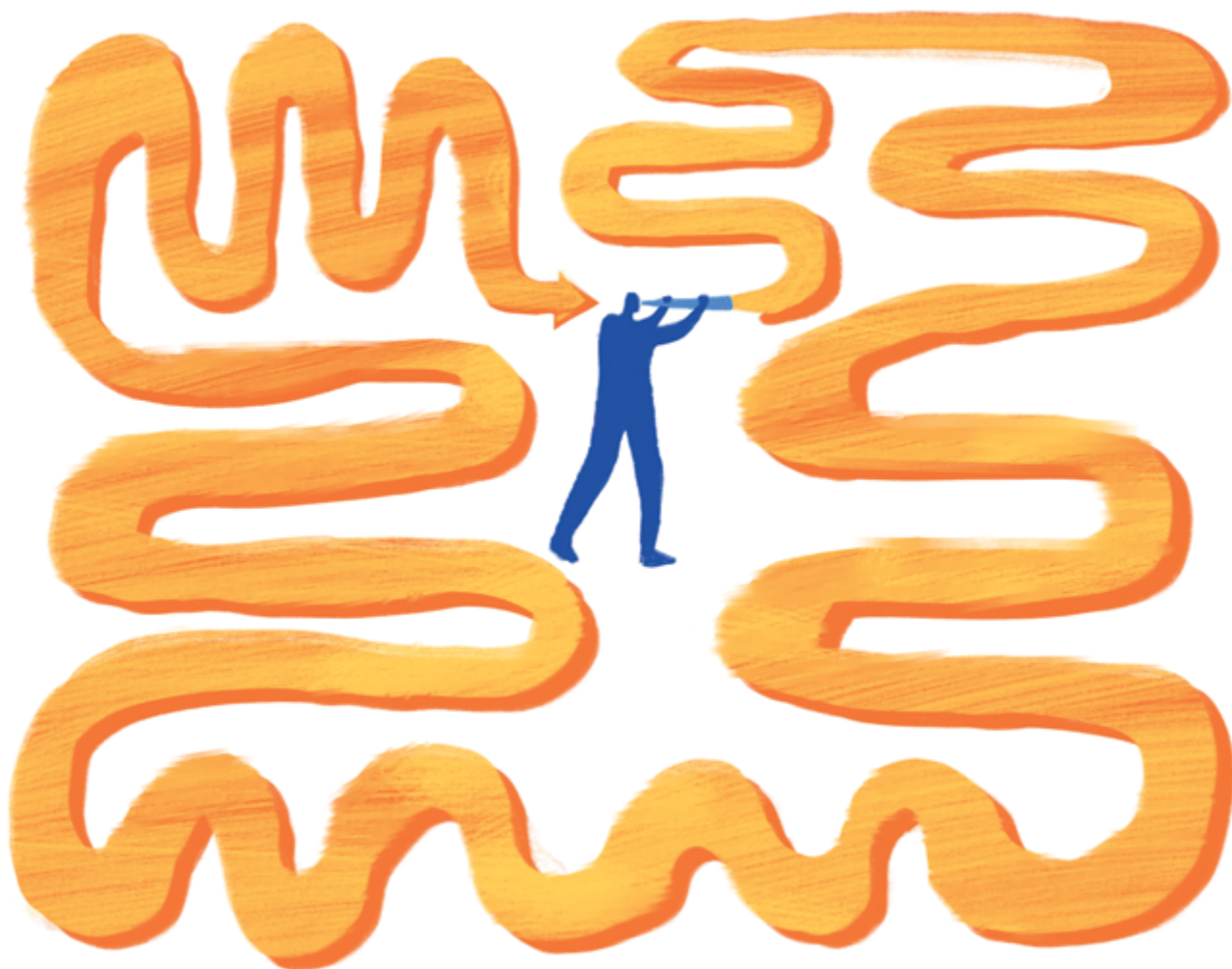
We are left with a problem that our past self cannot solve and which our spiritual guide does not seem interested in solving. The more we think about it, the bigger and more complicated the problem seems to become! We cannot solve it because we are relying on the past to help us, and the solution can only come from the person we are becoming.

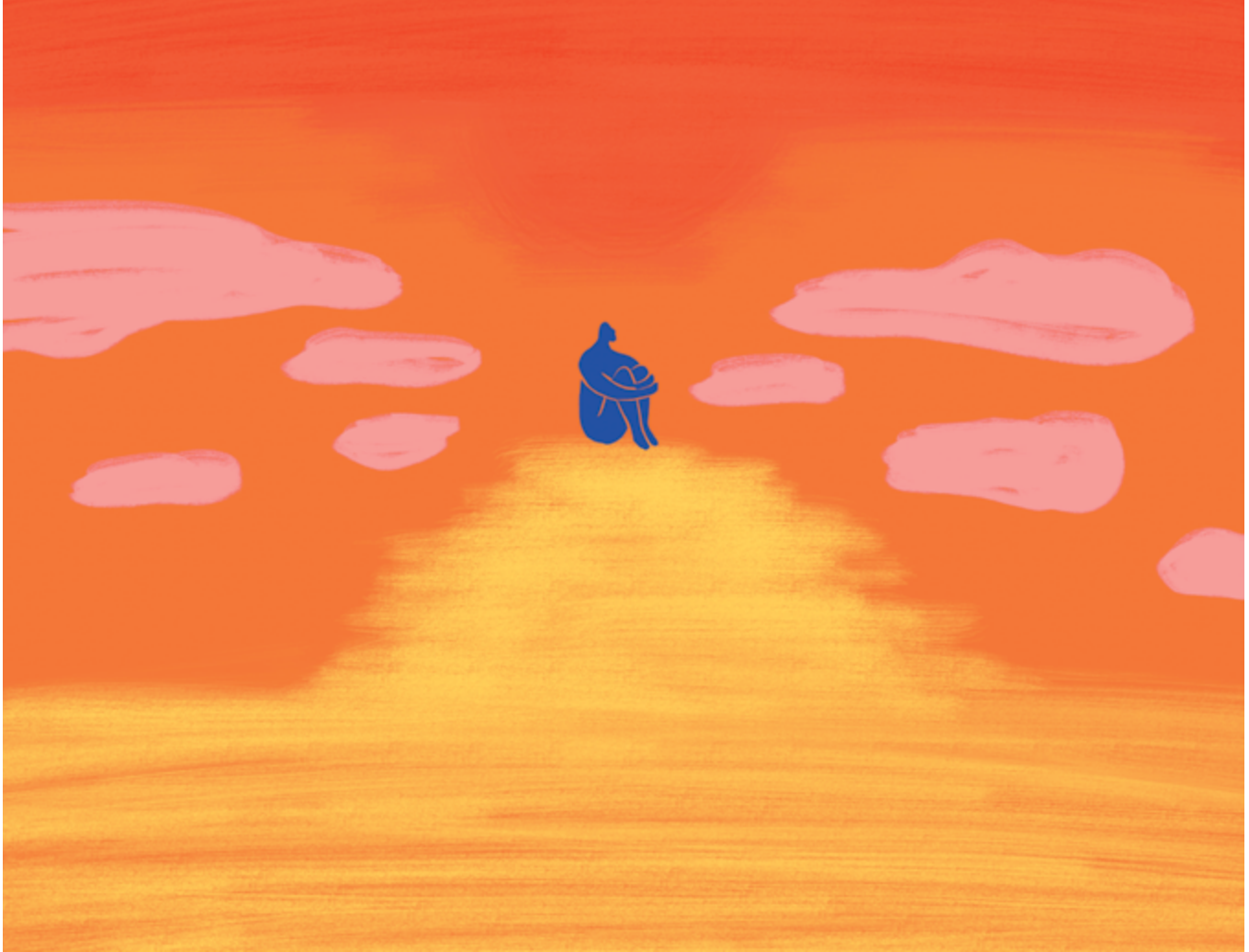
The spiritual guide seems uninterested in helping us because we are not relating to him properly. We are treating him like a wise man, thus making him something from the past. He is not just another wise man, like all those who have helped us before. He is something radically different, coming from a future we cannot comprehend.

We think we are using a problem as a means of growing, but our

future selves may be using the problem as a way of growing us. Perhaps we ourselves are the problem! Our old self from the past and the new self we are becoming are bound together in fetal embrace, struggling to grow out of and into itself.

If we look at the situation from this point of view, the problem is no longer about income, family, or health. The problem is no longer about whether we will eat





or starve, be included or cast out, alive or dead. The problem, quite simply, is how to relate to the new inner self within. That and only that.

The spiritual guide is very interested in this. He is watching us very attentively and carefully, even though his role in the matter is to say and do nothing.

Our work is to emulate him, that is, to also remain silent and do nothing. First of all, we don't know what to do. Second, anything we would do can only come from the past. Third, we are no longer the person from the past, and we don't

quite know who the person we are becoming is. The most efficacious choice is to be quiet and have the faith to allow the nascent inner self to find a way to solve everything, by becoming itself.

It takes self-discipline to stop trying to do something about what we are trying to become. The person who is trying to do something and the person who is trying to become may not be the same, and we may confuse the one for the other.

We may pray, but I wonder if there really is any need for prayers at this time. Perhaps the problem

has already been solved from the perspective of the future. Perhaps all we need to do is to try to live in confidence, savoring the problem as the blessing it truly is. Our prayer becomes one of gratitude.

I think that this may be how things work here on Earth, this training ground for Love, this vehicle for human transformation. It is also why a spiritual guide says nothing when we bring him a terribly hard personal problem. He understands that the problem is working itself out. Our inner self from the future will somehow solve it in a way that is unique and utterly unpredictable.

Illustrations by ANANYA PATEL



Are There Barriers
to Starting a

Self-Compassion

Journey?

BRIAN JONES is a corporate interior design artist and writer, who has been meditating for 50 years. He is also a Heartfulness trainer. Brian has been a regular contributor to the online question/answer sessions on Quora for several years, sharing his stories, lessons, and experiences. <https://www.brianjonesconnect.com/>

Why are we human beings so hard on ourselves?

We are good-hearted, loving beings by nature, and even the smallest emotions, judgments, and criticism send our hearts into ripples and sometimes shockwaves.

The heart is the field of our feelings. The mind, on the other hand, is very tricky. It always interprets our feelings through our past experiences, our filters of right and wrong, our opinions and prejudices.

The mind is a great storyteller. It doesn't care if it's telling the truth or lying to us about how we are feeling; it just creates a story from what it already knows.

On returning homeward to being compassionate and kind to our hearts, we must acknowledge that "my thoughts and stories

are just not going to have power over me anymore." This takes a little practice and persistence.

You can try this practice at night:

Sit on the side of your bed or on your bed. Think of all the people who have been important to you in your life. Feel a sense of love and gratitude for them percolate up inside. Then feel you are sending them your love and gratitude.

Do this at bedtime for a few days. Then include other people too, perhaps someone you have not forgiven.

Now, remember to include yourself in this process. Send yourself love and gratitude.

This is a powerful technique. The secret is that it is the same feeling whether you feel you love others or are loved by them. So, it is for you to send your love. The more you practice, the more you will become loving, and you will feel your inner walls melting away.

So, I don't like to think that there are barriers in the way of self-compassion. There are only the stories you tell yourself.

Create a new story. One that is your aspiration. One filled with love and compassion.

Believe it.

This article first appeared at www.quora.com, September 6, 2022.

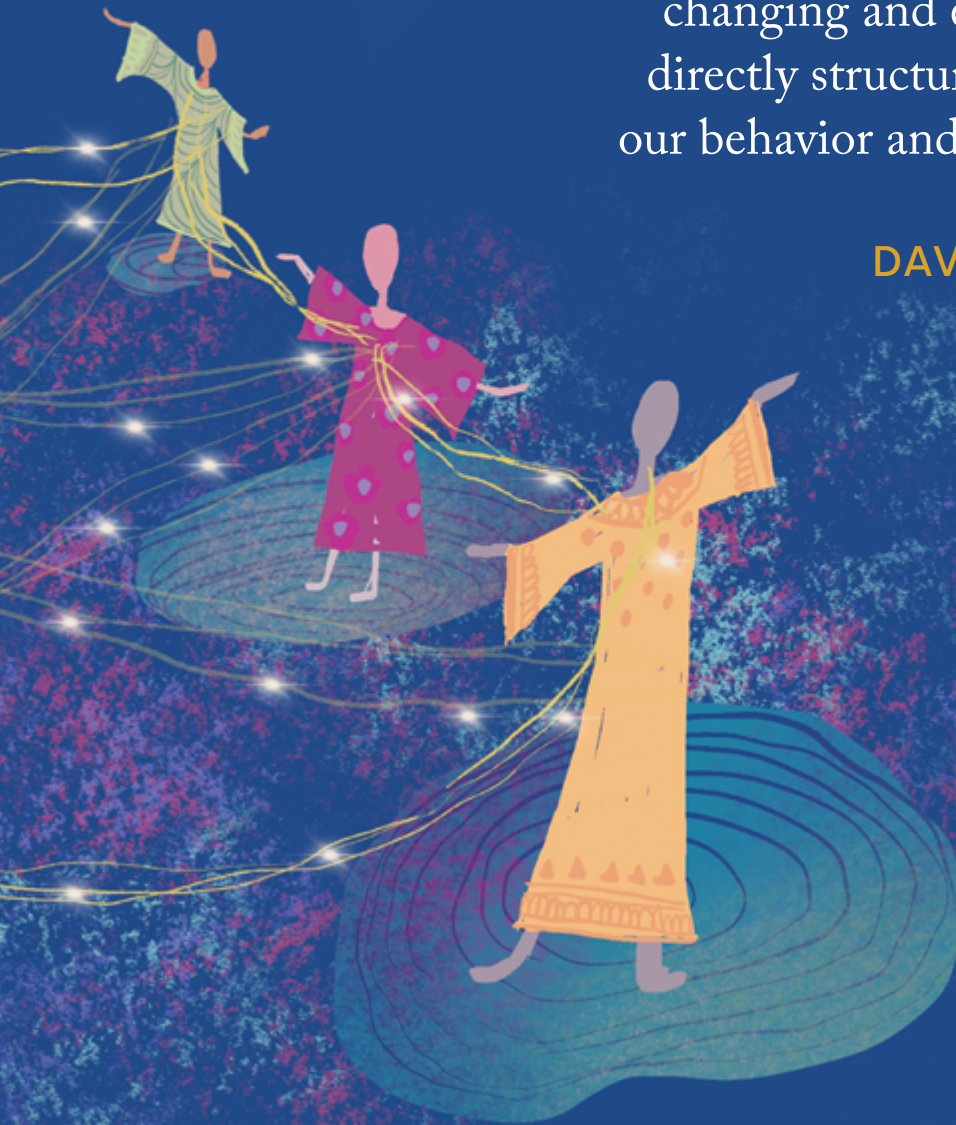
Illustration by JASMEE MUDGAL



inspiration

We are all linked by a fabric of unseen connections. This fabric is constantly changing and evolving. This field is directly structured and influenced by our behavior and by our understanding.

DAVID BOHM





Caring is the Real Preparing

THE WISDOM BRIDGE SERIES

In September 2022, **DAAJI** released his latest book, *The Wisdom Bridge*, which has already become a national bestseller. Throughout 2023, we'll be releasing excerpts from various chapters of this insightful book to give you a taste of the wisdom it offers. The book starts with an introduction to parents and carers, setting the scene for the practical tips and guidance to come.

Dear Parents

I once read a story of a master and a disciple who lived with him. After years of training, one day the master told the disciple that he was now ready to go out in the world and make a mark of his own. On the day of parting, the master's wife kept delaying the disciple's departure, giving some excuse or the other. Finally, in the evening, after running out of excuses to keep him from leaving, she reluctantly handed the disciple a lantern and some of his favourite food for his travels. A long journey lay ahead for him, and part of it wove through dirt tracks and wilderness. The disciple had walked only a short distance when he heard the voice of his master calling him back. He turned around and dutifully walked back. Upon arriving, the master took away the lantern from the disciple and then said, 'Dear son, now you may go home. May you grow and grow.'

Why would the master take the lantern away? Did the disciple reach home safely? Why was the disciple allowed to leave while

it was dark? Through these questions, the story encapsulates what every parent goes through while raising a child. In the story, the master is a metaphor for discipline, the master's wife is a metaphor for love and taking back the lantern symbolizes children guided by their inner light.

As parents, we care for our children, love them, nurture them and a day comes when they step outside the protective bubble of home. *The Wisdom Bridge* will help parents guide their children on the path of wisdom as they grow up in life. When children are exposed to the good and the not-so-good of life, wisdom will help them in making the right decisions. My experience as a meditation teacher, concern as a grandfather, learnings as a father, and observations as a student of life all came together in writing *The Wisdom Bridge*.

This book is for parents. I use the word "parent" as an umbrella term to address anyone caring for a child in some capacity. It includes parents, grandparents, uncles, aunts, teachers, and caregivers. Also, I use the word "family" to

address the many flavors that families come in – large joint families, nuclear families, families with co-parents, single parents and so on.

In the past forty years, I've had the privilege of meeting thousands of families from all over the world. I have meditated with them, dined with them, traveled with them and counselled them. I have also done a fair bit of matchmaking and officiated at hundreds of weddings. Many of the children who grew up around me are now married and raising beautiful families of their own.

Daily I receive emails from parents who share their joys and sorrows. In their "happily ever after" messages, parents send me pictures of their newborns. They tell me about their children's hobbies, graduations, and college admissions. I also get a steady stream of "we tried everything, but nothing changes" emails. Being a victim of bullying, struggling with gender identity, suffering from low self-esteem, relationship troubles, and grappling with substance abuse are some of the challenges

The Wisdom Bridge will help parents guide their children on the path of wisdom as they grow up in life. When children are exposed to the good and the not-so-good of life, wisdom will help them in making the right decisions.



parents say their children face. And when things go wrong, parents blame themselves. They blame themselves for not acting in time, for not having instilled the correct values, and for not being available when they were needed.

How can families face challenges with more resilience? What can a family do to avoid some heartache? What can parents learn from wisdom and science? I have pondered over these questions for many years. I have meditated for answers. I have had enlightening conversations with psychologists and educators. And ever since I became a grandfather three years

ago, the motivation to share what I have learned has only become stronger.

It all came to a head during the pandemic. As the virus hunted down humanity, families lost loved ones. Two adolescents I know were orphaned overnight. Their parents and elders succumbed to Covid-19 and died in different hospitals within days. The children now live with me and study at the Heartfulness Learning Center.

During the early months of the pandemic, the question that kept coming up in my mind was, “How do I help parents through this

new normal?” While the Covid-19 pandemic will end, I am concerned about its after-effects on families, especially children. For the past many years, I have been speaking about the well-being of families, the nurturing of children and the need to take care of our elders. Against the backdrop of the pandemic, with an increased sense of urgency, I started writing this book.

Parents Are Doing Their Best and They Need Support

For most parents today, the scene at home is different from when they grew up. If you are forty and

older, you may have spent more time enraptured by stories from grandparents and elders than your children did. Families today lack support and are somehow DIY-ing parenting. The DIY-ing starts well before the baby arrives. From breathing classes and setting up the nursery, to mind-numbing research on car seats, strollers and cribs, parents have to figure out everything on their own.

But most parents, especially mothers, have no help or prior experience in taking care of children. The first time they burp a baby or put one to bed is when their little one arrives. A few decades ago, the situation was different. In those days, families were large and lived together or in proximity. There were uncles and aunts to help them out. Elder siblings doubled up as caregivers and homemakers. Life skills flowed serenely from the elders to the children. In contrast to the

past, today's parents are toiling to make up for the support many no longer have.

As a result, these days, parents are present in their children's lives with more attention and intensity than ever before. "Tiger," "helicopter," "lawnmower," "free-range," and "dolphin" are some of the terms used to describe styles of parenting. All the attention of the parents are well-intentioned. It shows the eagerness of parents to prepare their children: prepare them for STEM; prepare them for change; prepare them for leadership; and prepare them for success.

Prepare is the new care.

The prepare frenzy has swapped carefree summers with advanced math and science classes. Soccer mothers and chess fathers shapeshift into schedule managers and chauffeurs, driving children

from one activity to another. Many children start computer programming as early as grade 5, but I wonder how many are taught about their emotional programming with the same enthusiasm. Parents strive to send their children to leafy private schools that can cost their savings and then some to improve their chances of joining an IIT or IIM in the future.

Again, it's all well-intentioned, but I don't think it's working as planned. Data show that pre-teens and teens from affluent, well-educated families are an at-risk group. They are identified with the *highest rates* of depression, substance abuse, anxiety disorders, and other emotional issues, such as unhappiness, when compared *with any other group of children* across the USA.¹ While I don't have similar data for India and other countries, my conversations with parents from these countries





Care is a sacred activity and it begins at home.

give me a grim feeling that they're trending the same way. We are feeding our children a super-sized diet of desire and ambition. The question is, are we doing enough to nurture a child's inner growth?

Parents are doing what they can. Given their stress and the lack of support, parenting can at times feel like a hopeless effort. Not to mention expensive. The baby product industry in the USA alone is around \$30 billion, and it shows the eagerness of parents to do a good job. They enroll in parenting classes, read books (including this one), learn from other cultures and make personal sacrifices, because deep inside, they want to be the best parents they possibly can.

The Wisdom Bridge will channel the parents' energies away from anxiety to appreciation. It will give them a new appreciation of how to

tap into their heart's wisdom and raise happy and resilient children. *The Wisdom Bridge* will take the focus away from *prepare* and put the spotlight back on care.

Preparing children is like teaching them the block and tackle of surviving in the world – don't talk to strangers, follow a routine, study hard, don't eat junk food and so on. One may call it the transactional side of parenting. No doubt it's essential, and it's a lot of work. But on its own, "prepare" is an incomplete idea. "Care," on the other hand, includes nurturing the child spiritually, mentally, emotionally and physically. Prepare pushes the parents to "do more, do more," while care guides the parents to "do what matters." Prepare is a transaction, while care is a deep relationship. Care comes from a place of "What is good for my child's development?" Care

is a long-term view of the child's flourishing in life. Care is a sacred activity and it begins at home.

In its essence, caring is the real preparing.

From the Introduction of *The Wisdom Bridge*.²

To be continued.

REFERENCES:

¹ S.S. Luthar and C. Sexton, 2005. 'The high price of affluence' in *Advances in Child Development*, ed. R. Kail Academic Press, San Diego, CA.

² Patel, K.D., 2022. *The Wisdom Bridge: Nine Principles to a Life that Echoes in the Hearts of Your Loved Ones*. Penguin, India.

Illustrations by ARATI SHEDDE

BEST SELLER

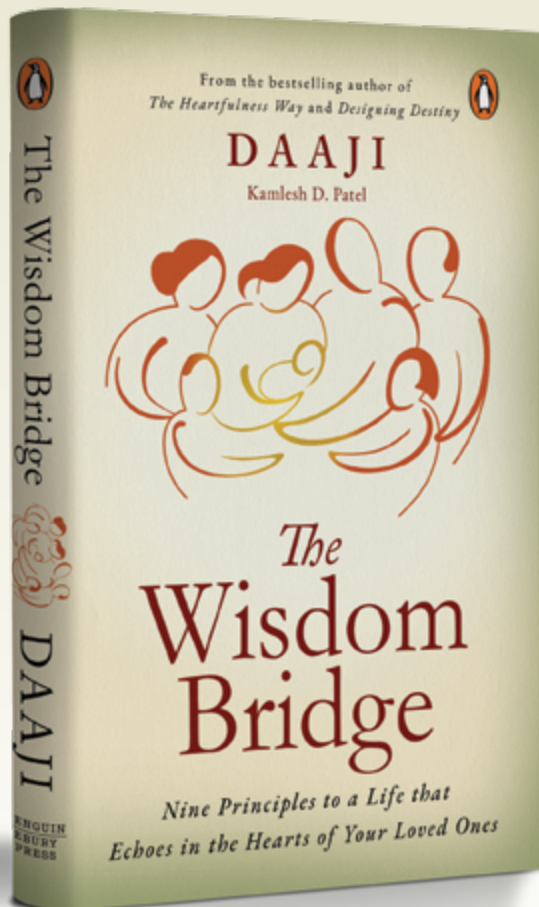
From the bestselling author of *The Heartfulness Way* and *Designing Destiny*

DAAJI
Kamlesh D. Patel

The Wisdom Bridge

In *The Wisdom Bridge*, Daaji offers nine principles to guide you, the reader, to live a life that inspires your children and your loved ones. These principles are important references for parents, parents-to-be, grandparents and caregivers to create fulfilling and happy lives. They will not only help you enrich the lives of your children and raise responsible teenagers, but pave the way for an inspired life and resilient bonds in your family.

ORDER your copy at
hfn.link/orderTWB



”

“It is both an inspiring and practical resource the parents will refer to often as they care for their children.”

- **JACK MILLER**, Professor, University of Toronto, and author of *The Holistic Curriculum and Whole Child Education*

“As the old African Proverb states, “It takes a village to raise a child,” you can now consider Daaji part of your family’s village.”

- **LASHAUN MARTIN**, National Vice President, Operations, Mocha Moms, Inc. Gospel Recording Artist

“A timely book that families will benefit from, including my own.”

- **PULLELA GOPICHAND**, Chief National Coach Indian Badminton Team, recipient of the Padma Bhushan

“Whether it’s music or life, what matters is growing self-awareness. I impart this lesson through the flute, and Daaji does this through his teachings.”

- **Pt. HARIPRASAD CHAURASIA**, internationally acclaimed flautist, teacher, and winner of multiple awards and recognitions globally

“I find the wisdom in this book enlightening.”

- **CLANCY MARTIN**, Professor of Philosophy, contributing editor, Harper’s Magazine



W I S D O M B R I D G E . I N

THE ILLUSION OF East and West

DR. ATHENA DESPINA POTARI shares her insights on Hellenism, the ancient civilization of the Mediterranean and cultural cradle of Western civilization, and the birthplace of Western science, politics, democracy, and philosophy. Her interests in Hellenism lie at the intersection between philosophy, epistemology, and consciousness, and she shatters the notion of East and West that has permeated our thinking for hundreds of years.

Her studies reveal that the Hellenistic tradition is also a spiritual tradition of awakening, divine devotion, purification, virtue, non-duality, and self-realization that are usually associated with the spiritual traditions of the East. She shows us that the East-West divide is our illusion.





In the Ancient Hellenic language, “El” stands for the Light of Being or spiritual Light. As its root-syllable expresses, (H)El-lenism is a worldview, a civilization, and a spiritual tradition which centers around the ontology and practice of Light. The Sciences, and above all philosophy, are methodical routes towards self-liberation and the realization of Light. Focusing on the notions of Eros and universal consciousness, Hellenism is, in its very essence, a path of Enlightenment.

Hellenism

What most people know about Hellenism is that this ancient civilization, born in the heart of the Mediterranean, is the cultural cradle of Western civilization. Its heritage is marked by an impressive devotion to scientific research and the pioneering commitment to Reason or Logos. All of the above justify its status as the birthplace of Western science, along with politics, democracy, and philosophy.

What many people don't know about Hellenism is that its tradition developed over thousands of years in an ongoing co-creative dialogue and exchange with the numerous Eastern traditions of the pre-Christian world. The Hellenic sages had strong ties with their Egyptian, Persian, Babylonian, Hindu, and Buddhist counterparts. For example, Pythagoras was educated in the revered esoteric schools of Egypt, where he served as a high priest for twenty-two years, then studied next to Persian magi in Babylon for another twelve years, before becoming a spiritual teacher in Greece and southern Italy.

In addition, what is also not widely acknowledged is that Hellenism's core concept of reason (Logos), so highly acclaimed in our modern discourses and their correlated political societies, has little to

do with mind-based faculties or discursive abstraction resting upon the use of purely rational and linearly logical methods. Reason as Logos, in its original sense, refers to the essence or substance of consciousness that everything is made of, which permeates the entirety of cosmic creation (like the notion of atma).

Epistemologically, it is a state of consciousness beyond discursive knowledge, where individual experience merges with the all-pervasive wisdom of being. Despite its linguistic affinity, Logos is at once the defiance, the transcendence as well as the culmination of logic. Its essential meaning is most conveniently described as universal consciousness revealed to us through and as non-dual, unified awareness.

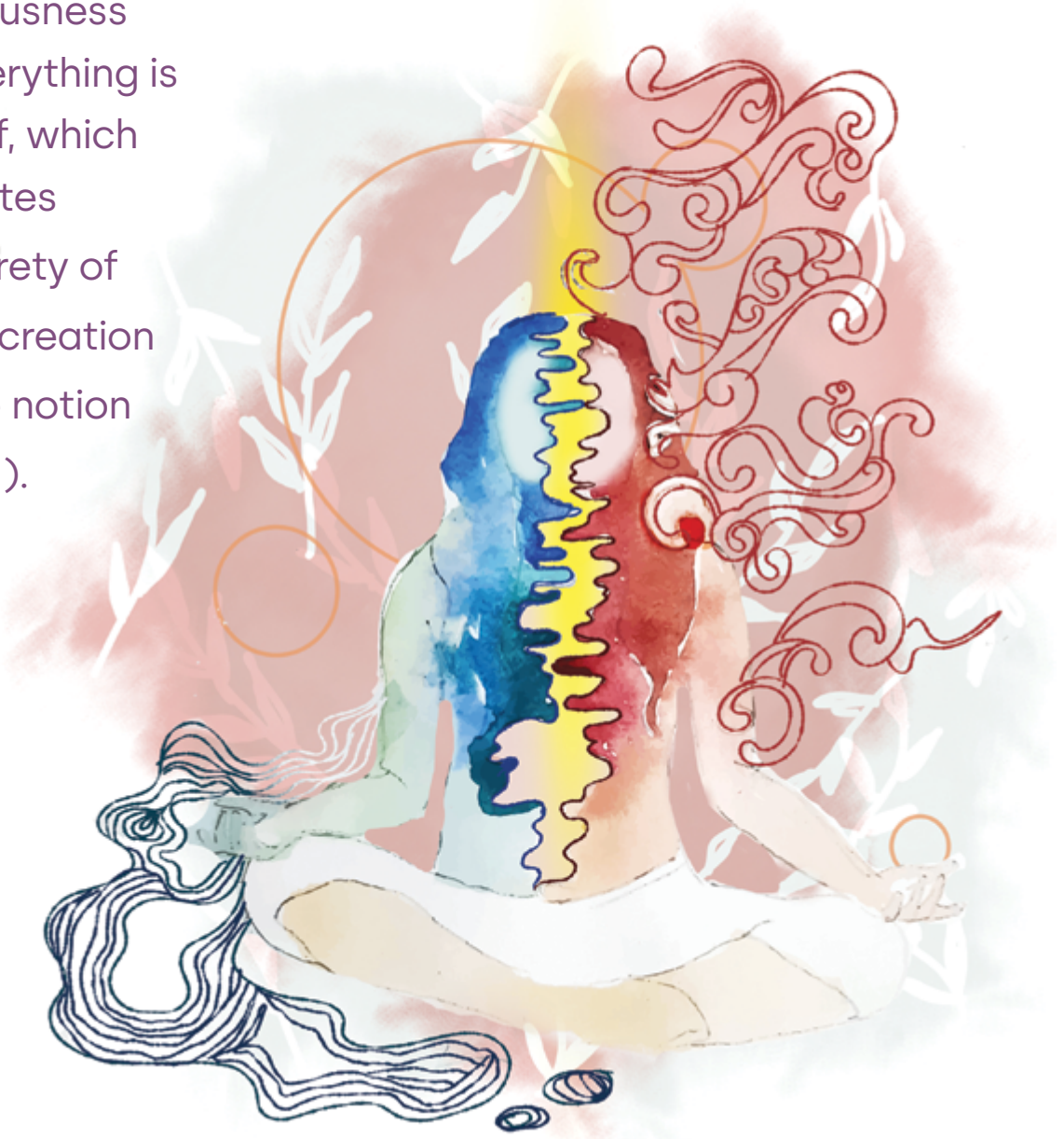
A few intriguing repercussions follow. First, if Hellenism is

Reason as Logos, in its original sense, refers to the essence or substance of consciousness that everything is made of, which permeates the entirety of cosmic creation (like the notion of atma).

the cultural and epistemic landmark demarcating the West from the East, then we have stumbled upon the very exciting realization that the myth of the West-East division is severely undermined once we start

delving deeper into the root-tradition of the West.

A closer study into the precepts and history of Hellenism reveals that whatever we think of as the cradle of Western civilization is

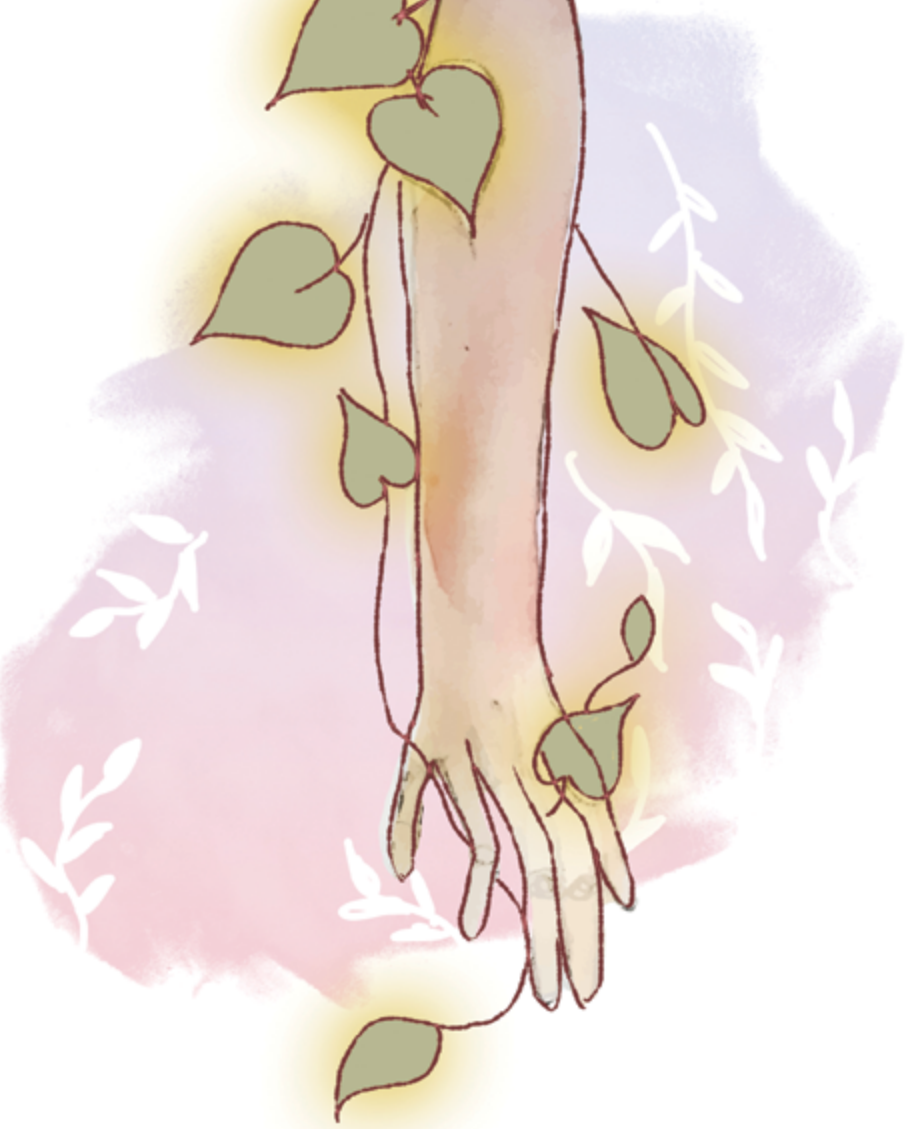


integrally constituted by what we consider as the sine qua non of the East – spirituality and the possibility of awakening. The Hellenistic tradition is also a fascinating variation of the spiritual teachings of awakening, divine devotion, purification, virtue, non-duality and self-realization that we find in abundance in the East. With that understanding, the East-West divide collapses.

Second, since Logos, as the realization of Being or universal consciousness, dwells at the heart of science (*episteme*) and philosophy, then the widely held view of philosophy as a rational, argumentative, armchair vocation, removed from direct experience, appears as an outdated caricature.

Therefore, Hellenism is essentially a spiritual tradition like yoga, Advaita Vedanta, or any other practice of self-realization. Hellenic philosophy, which literally means “the state of falling in love with wisdom,” is an intimate, self-transformative, experiential path of awakening to the unity of all experience and the experience of that unity as the true Self.

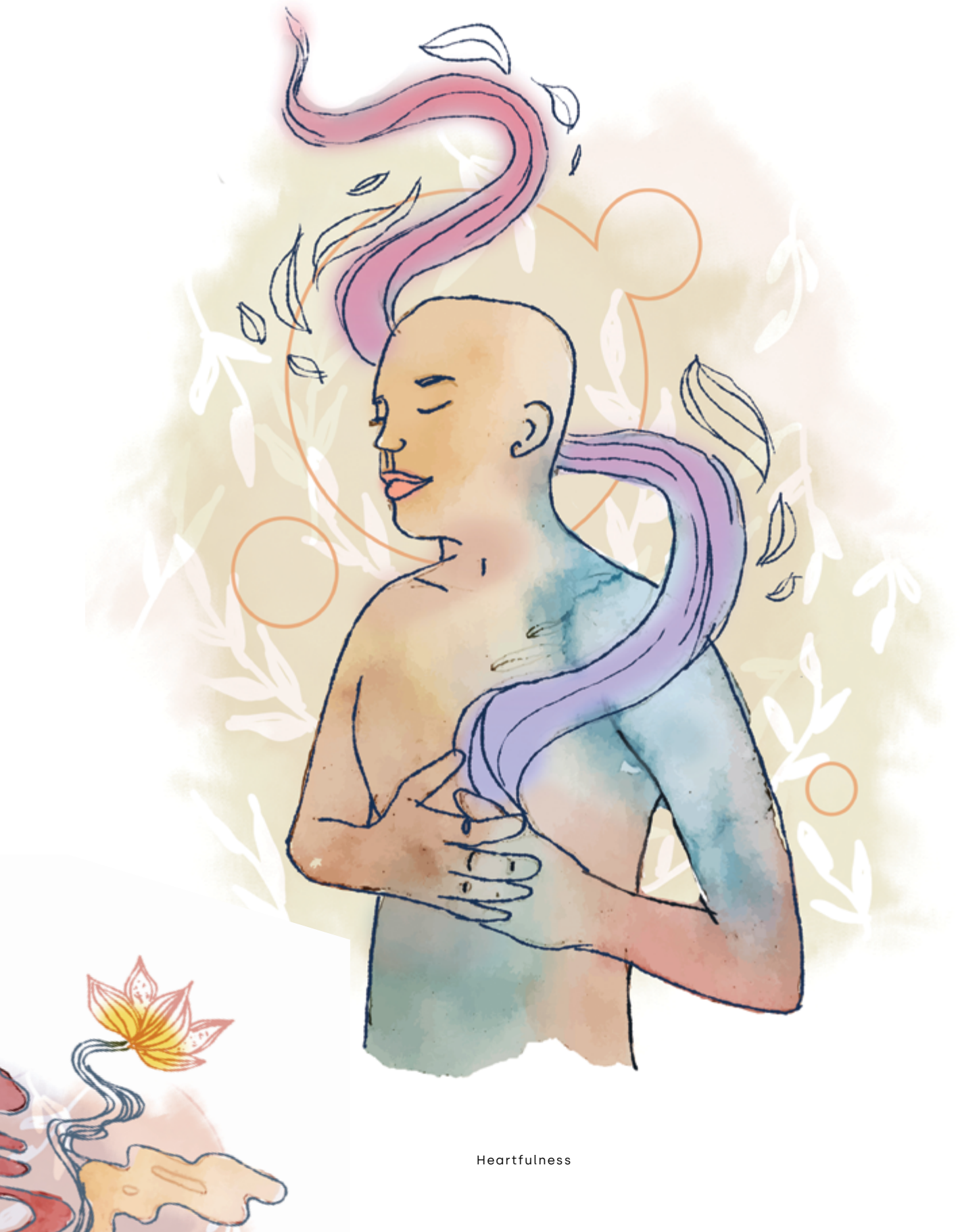
“He who has been instructed thus far in the path of Eros, and who has learned to see



the beautiful in due order and succession, when he reaches toward the end, he will suddenly come to *view* a nature of wondrous beauty: a nature which is everlasting; which is not born nor perishes, which does not grow nor decay, which neither waxes nor wanes; a beauty which is not beautiful from one point of view and ugly from another, nor sometimes beautiful and sometimes not, nor beautiful in relation to *this* and ugly in relation to *that*, nor beautiful here and ugly there,

nor beautiful for some and ugly for others. Neither will this beauty appear to him in the likeness of a face or hands or any other bodily part; nor as any form of speech, or knowledge, or science, nor as existing in any other being, such as for example, in an animal, or in earth or in heaven, or in any other place; but only it, in itself, by itself, eternal singular being, absolute, separate, simple, and everlasting, and all other things beautiful (are so because they) in some way partake in it, such

INSPIRATION



Heartfulness

that when they come- to-be and perish away, *that* neither increases nor diminishes, nor changes and nothing happens to it. He who from these beautiful things, ascending in the path of true eros, begins to perceive that beauty is not far from the end. This, my dear Socrates ... is that life above all others which man should live.”

That is how Socrates’ teacher, Diotima, a female teacher, priestess, and well-known shaman of her time, summarizes the philosophical path – as a path of Eros, beauty, and goodness. In Greek, “*kalos*” means both beautiful and benevolent. Divinity, benevolence, and beauty coincide as one and the same thing (which is a no-thing) – they are the main qualities of Being itself.

The path of philosophy is a path of Eros and light.

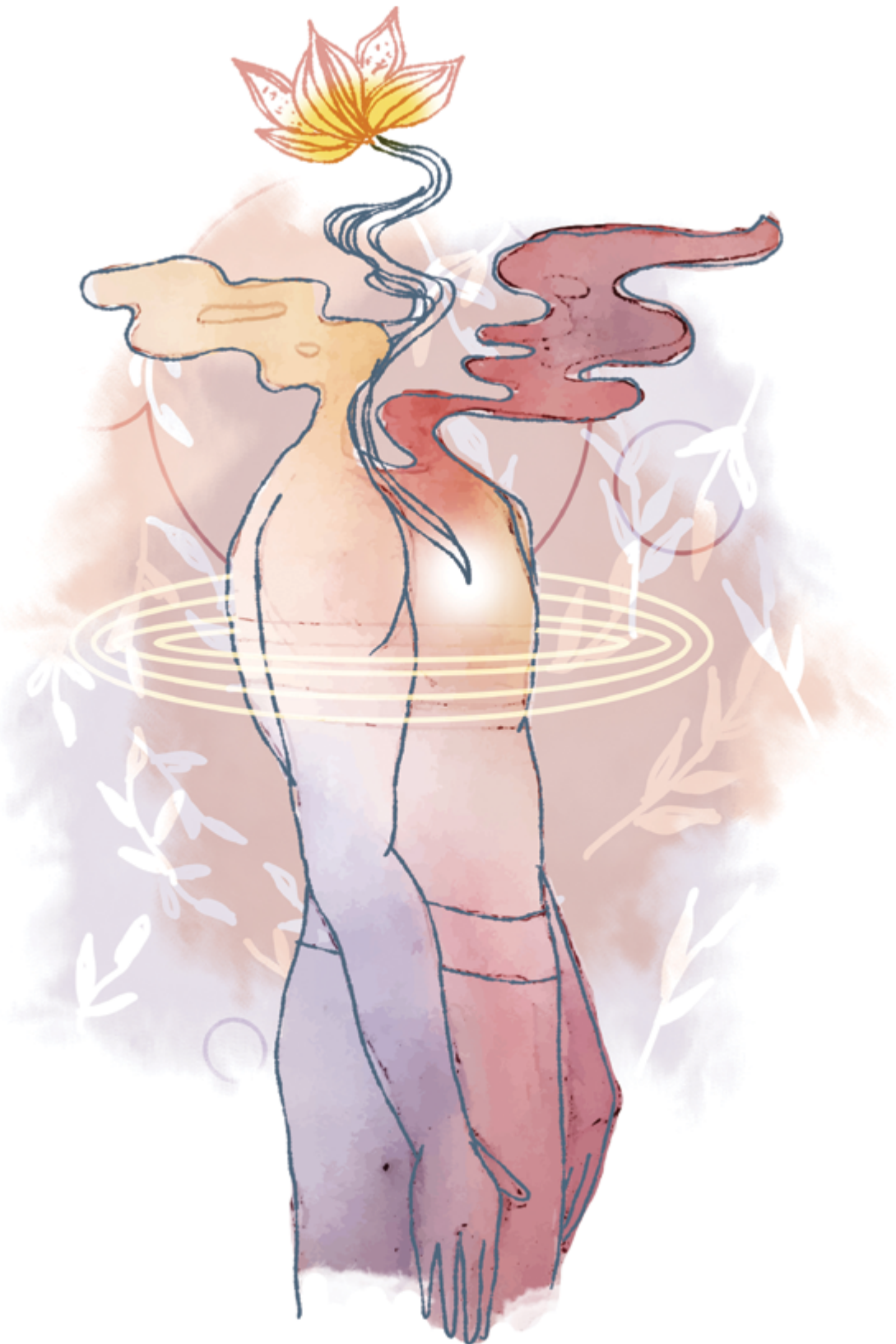
The quest of self-realization is essentially a love affair – a divine love affair (*erotiki pedagogy*). It is a relationship of Eros, where Eros means “merging,” and merging implies the dissolution of all separation, the vanishing of duality. This process involves an ever-increasing expansion of the radius of Eros, until that

circle of love comes to include and encompass everything. The philosopher is patiently trained to be in love *with everything*, because the ultimate intimacy emerging from merging with everything is the realization of oneness. Through successive ascensions in the quality of Eros experienced, the end goal is reached suddenly, unexpectedly, in a lightning strike, and the spiritual seeker reaches “the view of the vast sea of beauty (the Good).”

No words can really describe this experience: “We are talking about an inconceivable, indescribable beauty” (*Republic*, 509). Socrates’ description reminds us of the notion of the Tao “that cannot be told,” “the nameless” that is “the beginning of heaven and earth.” The experience of this view is called “*theoria*” in Greek, what we nowadays call a “theory” although the meaning is different.

Theoria comes from “*theon oro*,” which means, I see (*oro*) the Divine (*theon*). *Theoria* means ascending to the view of the Divine, where the veil of ignorance drops and the cosmic play is revealed as it is – the miraculous, mysterious, ever indescribable play of oneness.

Theoria means ascending to the view of the Divine, where the veil of ignorance drops and the cosmic play is revealed as it is – the miraculous, mysterious, ever indescribable play of oneness.



Eros is the thread that unites the outward movement of Being with the returning to its source; it is the thread of Unity between One and All. It is the energy of universal consciousness.

Nothing around changes, nothing is gained or lost, nothing happens, but this one event, which is really a “non-event,” a perspective, a view, is simply revealed.

From that view, what I experience as a form of seeing is the stripping away of all knowledge, all science, all objects. The very self, its sensations, and the objects of its sensations, all dissolve into a “vast ocean” of “singular being” which “always is” and which feels like an “ocean of pristine beauty.” This is the view or the experience of Being, the Good, Divinity itself.

Aristotle refers to Divinity (God or First Principle) as Universal Consciousness, which is in a pure state of being aware of being aware of itself. It is the pure energy of self-awareness (*noesis noiseos*) (Aristotle, *Metaphysics*, 1074B 20-

1075). He also identifies it as the prime cause or prime mover – that which perpetually sets everything in motion, in existence, in life. And why does “it” do so? What is the motivation or end goal behind Divinity’s activity as a prime mover setting into motion, thereby manifesting, existence?

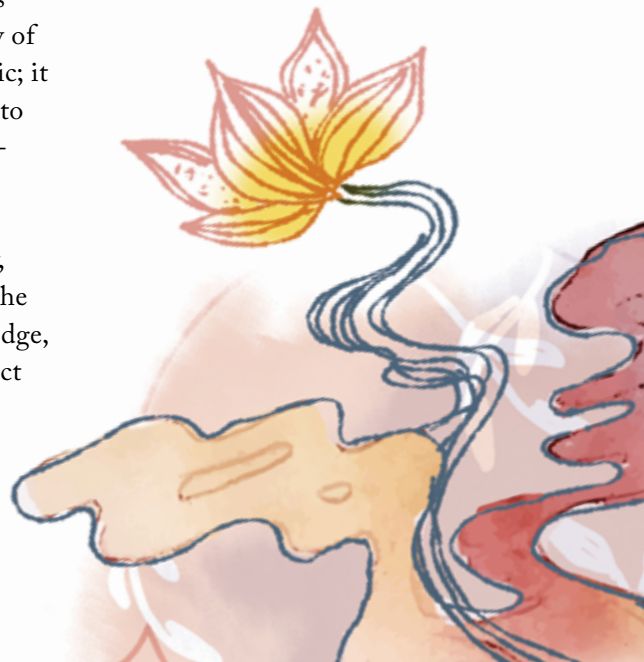
Aristotle’s explanation is at once astonishing and completely mystical: The prime mover moves in order to be the beloved, in order to be the object of Eros (“*os eromenon*”). The teleology of consciousness is entirely erotic; it manifests the world in order to merge back into itself by self-realizing as pure love.

The love affair of philosophy, as seeking knowledge, leads the devoted lover beyond knowledge, beyond science, beyond subject

and object duality, to a view of Being as consciousness-aware-of-itself. The end of Eros is the view of and the merging within the vastness of Being. But then the end goal of Being manifesting itself is also Eros; the divine self-Eros of Divinity. Does the philosopher substantiate the teleology of cosmic manifestation? Is our urge for merging with oneness an expression of oneness’ urge for merging with – or returning to – itself? Or is perhaps our eros for Being, Being’s Eros for itself, since we and it are one? Eros is the thread that unites the outward movement of Being with the returning to its source; it is the thread of Unity between One and All. It is the energy of universal consciousness.

This excerpt is printed with permission from the author. First published on April 21, 2021 at <https://www.embodiedphilosophy.com/the-light-of-hellenism/>.

Illustrations by JASMEE MUDGAL



workplace





Just try new things.
Don't be afraid.
Step out of your
comfort zones and soar.

MICHELLE OBAMA

Are Your Thoughts Your Friends?



STAN LAJUGIE explains the science behind focus and attention, and the role of meditation in helping us develop these vital mental skills.

When we focus on one object, the brain mobilizes its resources to identify the target. Once identified, it has its aha moment, and it requires time to redirect them toward the next activity or target. This is called the attentional blink.

Helen Slagter at the University of Amsterdam found out that a 3-month intensive meditation course can shorten the attentional blink and improve the accuracy of attention. This suggests that meditation can help in developing a high level of awareness and a greater capacity to manage our limited resource of attention. This was observed when performing both repetitive and new tasks, meaning mental agility.

Unfocused 50% of the time

Richard Davidson found that, during sharp focus, key circuits of the prefrontal cortex synchronize with the object of attention¹ in a state he calls “phase-locking.” As we focus on what we are learning, the brain maps that information onto what we already know, making new neural connections. We become more efficient at understanding, learning, and memorization.

The ability to stay focused on one target and ignore everything else is due to the brain’s prefrontal circuitry, which boosts the strength of incoming signals to concentrate on what we want and dampens those we choose to ignore. Also, focus demands that we tune out

our emotional distractions. So those who focus best are relatively immune to emotional turbulence, and remain unflustered in a crisis.

Whereas, when we lack focus, we store no memory of what we are learning. We are also more prone to mental or emotional agitation.

A research study done in 2010 by Killingsworth and Gilbert² found out that:

47% of the time participants of his study were doing one thing, but thinking of something else, drifting into mind wandering.

People were less happy when their mind was wandering than when they were not.

WORKPLACE

It is not unhappiness which makes us unfocused, but lack of focus which leads to unhappiness.

Let's try to understand why.

Negative by default

Neuroscientists have discovered that when people are doing nothing in particular, their brains are still very active. It is the autopilot mode of the brain known as the Default Mode Network (DMN). The DMN is associated with:

Self-referencing: personal information and memories, future goals, and events. In short, me, myself and mine, worrying what I have done or what I should do.

Social comparison: me and others, wondering what others think of me, or what would they think of me, if I am better or they are better, etc.

Rumination: repetition of the same thoughts.

Do you sometimes see yourself in that state?

No wonder a wandering mind causes unhappiness! Our thoughts may not be our friends!

Mental training

While it is good to be able to focus well, sometimes being too focused can be an obstacle. We may miss the trees for the forest. To understand how this works, watch the video at <https://youtube/ubNF9QNEQLA>.

Regular practice of meditation supports both the development of high-resolution focus and the ability to zoom out to a broader perspective. The ability to switch between micro and macro is important. This is the type of awareness that we naturally develop in Heartfulness Meditation.

Meta-attention is our awareness of paying attention. After directing the attention to one object, we may have difficulties holding it there, as it may drift away. With awareness of that attention we can gently bring it back to our original activity. And this is exactly what we practice during meditation.

Judson Brewer found that the DMN is less active during meditation, enabling a greater ability to refrain from worrying.

He also found that the DMN was easily deactivated when practicing meta-attention or focusing on feelings, which also develops naturally in the Heartfulness

practice as we bring our attention to the heart.

Even better, in regular meditators, the DMN was not only deactivated during meditation but also after the practice, which suggests a change in baseline brain activity.

During meditation, we activate parts of the brain related to sensing, feeling, and being in the present moment. We are free of mind-wandering thoughts and fully engage in what we are doing.

During meditation, we activate parts of the brain related to sensing, feeling, and being in the present moment. We are free of mind-wandering thoughts and fully engage in what we are doing. This supports performance and a sense of happiness.



This supports performance and a sense of happiness.

In other words, we change our daily consciousness from an “interpretive world” of worrying about the past or future, interpreting what others think, and ruminating on these concerns, to an “experiential world” with our attention grounded in the present, moment to moment, experiencing what is happening.

The suspension of mind chatter frees us from worries of all sorts, and allows us to fully focus on the

present moment and performing our activities. This leads to a greater sense of fulfillment and happiness.

To sum up, focus is at the base of performance and mental and emotional stability.

Unfortunately, it is easy to be unfocused nearly 50% of the time, and this mind wandering leads to a sense of unhappiness.

Fortunately, meditation helps us to turn off this default functioning of the brain, so that

we are present in the moment. Heartfulness practices support such transformation as it naturally trains us to develop focused attention, meta-attention, and tuning in to our feelings.

REFERENCES:

- ¹ Goleman, D., 2013. *Focus, The Hidden Driver of Excellence*, Harper USA.
- ² Killingsworth, M.A. and D.T. Gilbert, 2010. A wandering mind is an unhappy mind, *Science*, Nov 12, 330 (6006): 932.

If you don't like
something,
change it.
If you can't
change it,
change your
attitude.
Don't complain.

MAYA ANGELOU





relationships



Dreams

Our Birthright

MYRIAN CASTELLO has always believed in dreams and their power to transform us. She is on a mission to help people dream and turn their dreams into reality. Here she is interviewed by **KASHISH KALWANI** about her life and her organization, the Dream Factory.

Q: Let's start with the book you are currently reading.

I read many books together. One I am reading right now is *21 Lessons for the 21st Century* by Yuval Noah Harare. I also like Leonardo Boff's books.

Q: What do you like about these books?

They exhibit critical thinking. It's an important skill for this century. Also, they talk about how we are doing as humanity, and different ways we could make it better. They give us hope.

Q: I love that. Who has been your role model?

My mom. She has always been there for me in my adventures, even though she sometimes doesn't understand what I am doing. She has taught me about love, not just because she's my mom, but by the way she lives her life, being kind to others. She's a doctor who sees people irrespective of their age and standing. She has inspired me to do the same, and it has helped me a lot.

I also love Mr. Rogers. I'm a huge fan. He's one of my heroes. I learned from him about really connecting with people, being empathetic, and just opening space for people to be who they are.

Where I come from

Q: Could you tell us about your childhood and your journey? What brought you to where you are?

I was born in a very small town in the countryside. Brazil is full of such small towns. People born in small towns often believe they won't make it. I never felt I was a good student or belonged in the educational environment. I had friends, but I always felt like an alien.

I wanted to do something for the world when I was seven years old. I raised awareness by making cards and drawings to ask people to save

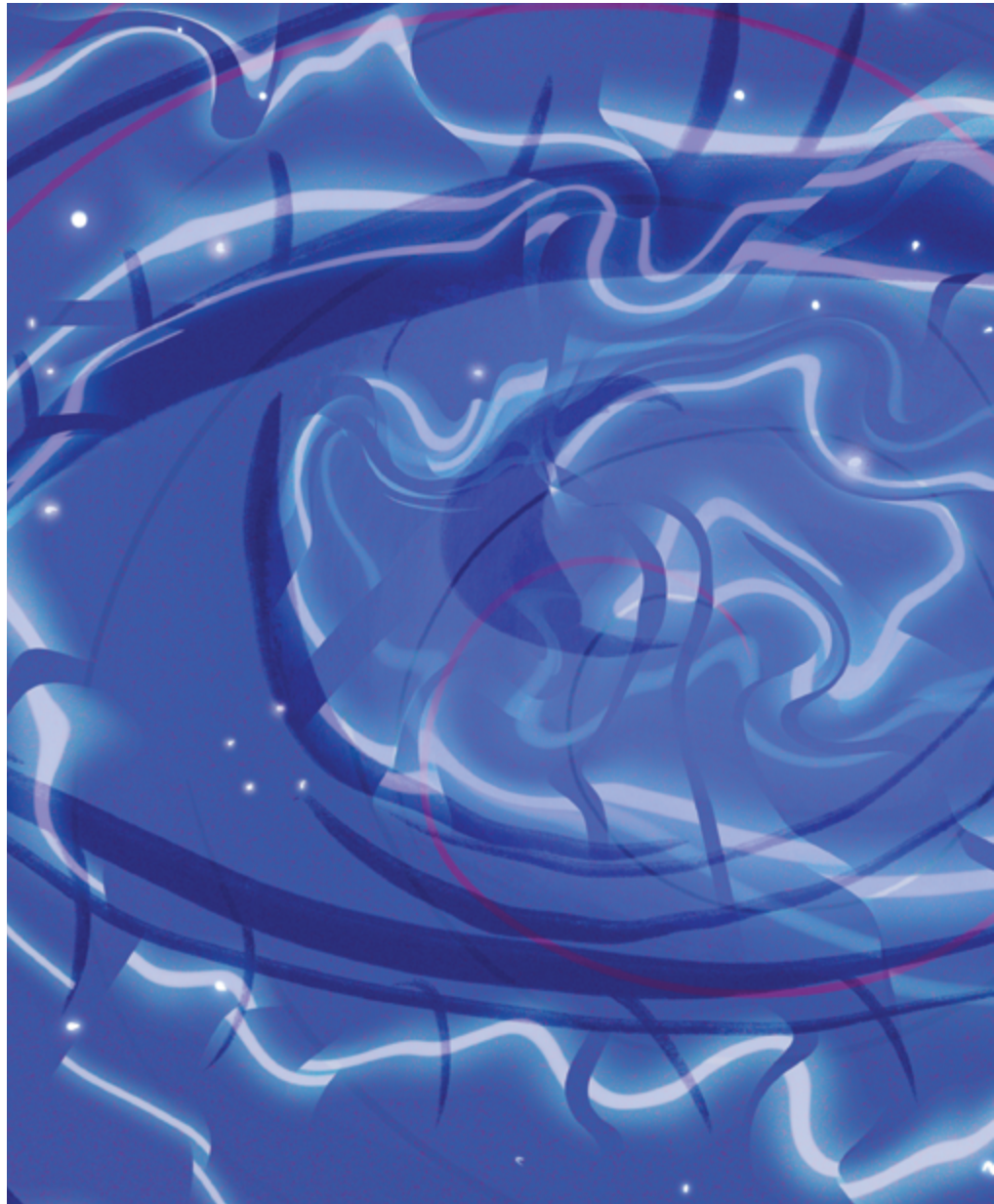
RELATIONSHIPS

water. I thought the world's water was going to run out, and people responded with, "Okay, let's save water." During childhood, I tried to save the world in my own way.

As an adult, I taught English. Later on, I studied engineering because I was good at math, but it was hard. I learned a lot, but I couldn't connect with what I was learning, even though it was a really good university and there was a lot of social pressure to continue.

I had problems learning, so I asked my peers, "Have you thought about dropping out?" and "Do you love engineering?" I discovered that all save two had the same problems I was having. I realized that I wasn't the problem, the system was, and to evolve we needed to do something instead of complaining.

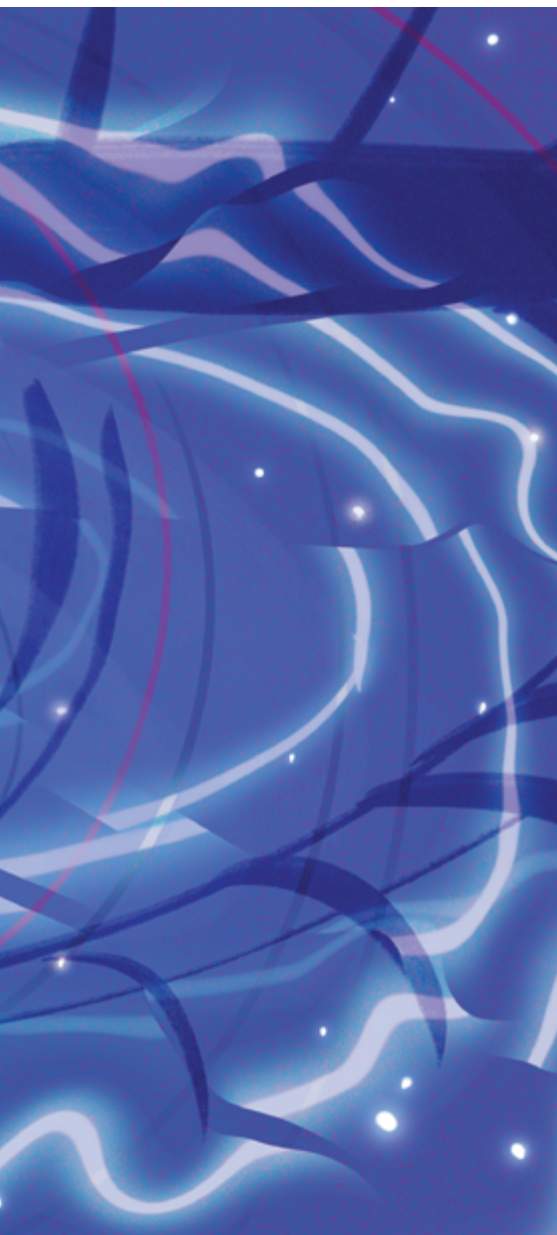
One tip I can offer is to bring people together – the people you trust and those who trust you. Tell them what you want to do and ask for help.



Working for change

One day, I got this inspiration! I saw 100 butterflies flying and I realized that dreams were the path. I realized I had to work with people's ability to dream; helping them to dream and to work toward their dreams. But I had no idea how to do it.

Many people who want to change the world face a similar problem. They don't know how to start. One tip I can offer is to bring people together – the people you trust and those who trust you. Tell them what you want to do and ask for help. I brought some friends together and said, "Okay, I am the crazy



Dream Factory

So in 2013 we had a meeting, and we gave our project the name “Fábrica dos Sonhos,” meaning “Dream Factory.”

I also learned about a leadership program for young people who wanted to change the world called “Warriors Without Weapons.” I registered and when I went to Prague in 2014 it was the first time I felt like I belonged. I met 59 other people who were doing amazing things, who believed in dreams.

We worked with a collective dream, with community building, which was powerful and beautiful. It gave me more structure for what we wanted to do. I didn’t know about methodology, and they showed me the methodology.

I also discovered a postgrad program called “Cooperative Games and the Culture of Peace.” They used movement and dynamics. I thought, “This is cool. I want to do that.” I understood that the approach they used was my way of learning. It was about people and movement. I felt super happy, smart, and intelligent.

When I went back to university it was terrible. I was not learning anything, everyone sat one in front of the other listening to lectures, and then I would go back to the bus station. In my fifth year I got sick, I got depression. I couldn’t

take it anymore. So I chose to leave. I was worried about how my parents and friends would react, but I chose to live in the moment.

I remember calling my parents and saying, “I’m leaving. Even though it’s the last year, I can’t do this anymore.”

I went home, and my dad hugged me and said, “I love you, and it’s always gonna be alright.”

Something changed that day in our relationship; we became best friends.

I moved to Sao Paolo, did some workshops, and worked with a school in the city where no teachers wanted to teach, because the school was considered one of the worst. And the work was brilliant. By the end, people were connected. They were respecting each other and loving each other. The school started to change and the youth started to change. And so that they would really learn, we said, “Now, imagine the secretary doing this work in other schools in the city.” So one of the people working with us turned to the secretary and said, “Hey, let’s do this work.” So we worked in 93 schools at the same time. It was crazy, beautiful, and really nice. It’s one of the projects I’m very proud of.

From that something emerged, so we worked with women and we did a lot of work with schools. Then I went to Egypt to expand my worldview, and to understand

woman who wants to work dreams. I don’t know how to do it, but I want to do it. We need to change this environment as a lot of people are getting sick.” And they said, “Yes, let’s do it. We don’t know how either, but let’s do something.”

RELATIONSHIPS

how education works in different countries and environments. We were 30 young leaders with different backgrounds and cultures, living together in the same house and studying together. We spent hours together, and this was an education in itself: “We want to save the world, but who is going to wash the dishes?” I believe that many of the problems of the world would be solved if we locked all the global leaders in one house and threw away the key. They would have to live together, and we could come back after they have learned to talk and respect each other. Our planet is a common home and we need to respect each other and reflect on that.

My next internship was in the Philippines, where the political aspect was similar to Brazil. I had one of the best times of my life there, because we partnered with another organization and I had the opportunity to do workshops in a lot of places. I was with two friends and sometimes we didn't speak the local language, but we would find a way to communicate and to interview people there. There was a lot of connection with the souls of beautiful people. I'm grateful to the Philippino people.

Then I went to Indonesia and, as always, I tried to connect with educational projects that were really cool. And I got an invitation to go to South Korea to a very innovative international school called Hogeschool, and

stayed there for one month to do Refectory workshops and things like that.

Then came the opportunity to go to the Spirit of Humanity Forum. It's a forum for global leaders, and that's where I understood what the civic service part of spirit meant. From there, a group of us decided we wanted to work here in Latin America.

So Dream Factory was really working. And the SDGs became more alive, because we were doing the work and it was a really good work.

Then something changed again, in 2018. I got the opportunity to go to a conference at the UN headquarters in New York, and suddenly I was in New York asking myself, “Oh my God! How did I end up here? I never allowed myself to dream to be here, because where I come from people say it's not possible.” And then I asked, “How many people don't know where they want to go because they come from less privileged places?”

I started to cry, and then I cried and cried like something monumental happened. I felt that we really need to give more opportunities to people. Dreaming needs to be a human right. It has been taken away from people. People need it back. For instance, some people are facing food insecurity. They don't know if

they're going to eat. How are we going to ask them, “What is your dream?” It would somehow be violent.

We have a role, a social responsibility here. We need to do something to ensure people can meet their basic needs, and consequently dream. So we decided to focus on this. So Dream Factory rescues people's ability to dream, and turns it into a human right. Inside Dream Factory, we founded The Right to Dream Movement, an international rights movement. The idea was to promote and to invite people around the world to do activities, to support them to dream, to incentivize them to dream, and to help them make their dreams come true.

We almost didn't do it at first, because we were very insecure. Then we decided, “We need to give birth to this. This week. Even if we only have five activities, let's do it.” We ended up having more than 1000 participants and 20 activities. It was more than we expected.

Now, every year we are so excited because from September 18 to 25 we do a week-long campaign. Last year 3000 people participated with 50 activities, and this year we have spread to more countries, with at least one organization in each country to spread the idea of the week. We have one week where everybody knows that dreaming



Inside Dream Factory, we founded The Right to Dream Movement, an international rights movement. The idea was to promote and to invite people around the world to do activities, to support them to dream, to incentivize them to dream, and to help them make their dreams come true.



should arise. There are many cool organizations around the world, and it's also a way to bring them together. It's part of a common goal.

And what else? We give workshops, and we do campaigns with a lot of advocacy. Less than two weeks ago, something really important happened. We designed a legal project, because we wanted it inside the Constitution. And we were invited by the deputy's chamber to give a speech and to present our law project, and they really liked it. It's another step we are celebrating.

We've been working with women and the vulnerable, and last year we decided we would work in other countries. With the pandemic, we asked, "Should we work somewhere else? Should we work locally as well?" Because I really believe that we need to think global, but we also need to change things locally. And we did that.

We started to add more local activities in the organization. And it's been beautiful to see how that's been important for the city, and for the youth, because many of them want to go away because of lack of opportunities. We're creating opportunities, so they can have more choices locally.

Q: It's such phenomenal work! You've gone really global, but now you're also working locally. How do you feel as a

leader? Where do you get your inspiration?

In the Refectory, we have a saying, "Dreams are seeds, and together we are a forest." I really like to bring metaphors. And for people and for dreams to thrive, to grow, we need fertile soil. We need willingness to change.

When young people come from non-fertile soil, we need to make the soil fertile, so that some of them awaken. We can look around and find things to make the soil good, and to plant there. Basic needs are important, like food and water, because then we can dream more, and plan, and act for our dreams.

Love is an important aspect as well. I think love is everything. Even when you don't have basic needs met, if you have love and a place where you feel loved and safe you will find a way to do what is important for you.

In *Psychology for Peace Activists*, Dr. David Adams says that people think peace culture is just being passive, when it's not only about that. If you meditate, for example, it is also about being present, and taking decisions that make sense to you. In the book, he says that how you deal with anger is one of the factors of the culture of peace leaders. Activism is not about being angry, but about not doing nothing with the unfairness that you see in the world, and wanting

Activism is not about being angry, but about not doing nothing with the unfairness that you see in the world, and wanting to act to do something to change that. This is something young leaders do.

to act to do something to change that. This is something young leaders do.

Sharing ideas is also important. I don't have a religion, but for me it is like Christ sharing the loaves, like sharing the seeds. Don't keep your wisdom to yourself. Give it to the world, it's not just yours. If you don't give, what is the sense?

Q: Wonderful. Thank you so much. I'm very interested in your Dream Factory workshops and activities. Do you have something to share with us as an example? What kind of questions do you ask in your workshops? How do you facilitate these workshops?



I have a paper on what we do with a little bit of our methodology, but it's in Portuguese. We explore the participants' stories to really look at who we are, and who we were, and who we want to be. We use a lot of comparative games and theatre games. In the comparative games, as we play games we play life. So we learn a lot about ourselves. We use storytelling, biography, and agreements, and we ask, "What do you need to

express yourself? What do you need to be who you are? And how can we be together in a way that we can be our whole selves, so that we can dream?" We inspire each other, we bring invited guests, and try to expand. Then we dream. And we help each other to make our dreams come true. We develop the dreams, test them, commit mistakes, and normalize committing mistakes. In school, we are punched when we commit

mistakes, so most of us are afraid of committing mistakes. Here, we see mistakes as an opportunity for learning, not something to make us feel bad about ourselves.

We make it very soft, not heavy. In the end, the idea is that you enjoy it. It's not just about the results, it's also about the passionate relationships. After we learn from our mistakes, we improve our dreams, our project, or whatever

we have. From there we can restart the cycle. Then we can grow and grow. That's how we do it.

What is the message?

Q: Wonderful! Is there any last message you'd like to share with us?

I think sharing is really important. Because it's hard to do something alone. We are more than 20 volunteers. So I'm here representing a lot of people.

And one last thing is the phrase: we are a forest. When someone tells you their dream, support them. Acknowledge them, "You can do this." Be a believer, as long as it's not going to harm anyone. One of the questions I always ask myself is, "Is this going to hurt someone else or is it going to hurt me?" That's my principle of ethics. If it's with love and it's not harming anyone, we need to support the ones that want to do it.

When someone tells you their dream, support them. Acknowledge them, "You can do this." Be a believer, as long as it's not going to harm anyone.

Q: Is your organization donation-based, and how do you fund the volunteers?

We receive donations, and we also partner with enterprise organizations that believe in us and hire us to do the work. We also apply for grants to fund our volunteer program. Right now we have more than 20 volunteers. In addition, four of us are paid to work fulltime in the organization.

Q: Thank you so much for taking the time to share your life's journey. We've got some great pieces of wisdom.

Illustrations by ANANYA PATEL



Love and Change

DR. ICHAK ADIZES deals with change in the corporate world every day. It is his *raison d'être*! With a shift in focus, here he describes the interplay of dynamics between love and change at the personal level, how pain is a necessary accompaniment to love, and how we can allow both to coexist in a healthy way.

Why do love and pain go together? As a Serb song says, "*Zar bez suza ima ljubavi*," meaning, "Can there be love without tears?"

Here is a commentary by Hazrat Inayat Khan, the founder of Western Sufism, who lived from 1882 to 1927:

The effect of love is pain. The love that has no pain is no love. The lover who has not gone through the agonies of love is not a lover; he claims love falsely. ... Rumi describes six signs of the lover: deep sigh, mild expression, moist eyes, eating little, speaking little, sleeping little, which all show the sign of pain in love.

Why does love give both the loved one and the lover a sense of unending happiness – and at the

same time a feeling of deep pain and despair? What is going on?

In previous blogs and other works, I have claimed that love is the expression of total integration.

When we love, we feel completely united with – we feel one with – the object of our love. That exalted happiness is caused by the feeling of being fully integrated, because integration, instead of expending energy, creates it. We feel more energized when we are integrated, when we are loving or being loved.

Love prolongs life. Hate shortens it. Look at people in love. They look radiant. Younger than their age. And look at people that hate. They look old.

Now, why do love and pain go together? The pain happens because total integration cannot be sustained. The reason is: Inevitable

change. And with change, by definition, comes disintegration. With disintegration comes pain: Even if the disintegration is temporary, it hurts to feel the joy of integration fade away.

Take the following example: You are with your beloved, walking on a secluded beach at sunset. No interruptions. The two of you are one. But one cannot continue walking on a secluded beach forever. Life and work intervene. Sometimes there are unavoidable absences, and one of the lovers might feel neglected. That is when the fear sets in: Is there a threat to our unity? Is this separation forever?

The higher the rate of change, the more threat to the state of total integration that we call love, and the more yearning for love there will be. And naturally,



when change is accelerated and unpredictable, the fear of disintegration is at its highest and the search for love at its most intense. In fact, it is during such periods in history, where change is disruptive and intense, that religious revivals occur and new religions are born. That is when people yearn for the eternal love of God, or Jesus, or some other guru.

Another application of the above thesis that love and change are interrelated is the sense of alienation and intense search for love in fast moving metropolises. If you want to find lonely people, desperate for love, go to any big city where the tempo of life is fast. People in large cities are more lonely and their need for intimacy and love more intense than people in small villages. Look at bumper stickers on cars in large cities. Lots of them proclaim love for something, “I love NY,” “I love my horse,” “I love the Yankees,” and it is a big business selling LOVE in countries experiencing high rates of change, selling anything that gives a sense of integration.

You want to love and feel loved?
Slow down.

Just thinking and feeling,
Dr. Ichak Kalderon Adizes

<https://www.ichakadizes.com/post/the-relation-of-love-and-change>

Illustration by CASSETTE BLEUE

The whole
universe is based
on rhythms.
Everything
happens in circles,
in spirals.

JOHN HARTFORD



A long-exposure photograph of a night sky showing numerous concentric star trails in shades of blue and white. The trails are centered around a point in the sky, creating a spiral effect. At the bottom of the frame, the dark silhouette of a cactus is visible against the dark blue background.

environment

Larapinta

Dreaming

CLAYTON JOHN'S latest series, Larapinta Dreaming, was inspired by a fundraising walk on the Larapinta Trail in northern Australia, near Alice Springs and Uluru. Clayton is currently showing these paintings at the Linton & Kay Gallery in Subiaco, Perth, Australia. You can also visit his work on Instagram at @clayton_images.

In July 2022, I walked the Larapinta Trail in the center of Australia near Alice Springs. It was a fundraising walk for the environmental NGO, The Climate Council.

The Larapinta, which literally means “salty water” in Arrernte (the local Indigenous language), is thought to be the oldest riverbed on planet Earth. Some of the gorges on the trail are home to up to 60,000 rock carvings or petroglyphs, made by the first Australians during two distinct time periods – 10,000 years ago and 3000 years ago. They made these carvings by hitting one rock with another and gradually chipping away at a large flat rock surface.







To honor nature is to honor ourselves,
honor in equality and reverence rather
than in dominance.

The really fascinating thing is the idea that the *same* creation stories have been told on that country for all that time. The characters in the stories and the petroglyphs are the same as those told to young Arrernte girls and boys today. The *tjukurrpa* (dreamtime story) of the Arrernte revolves around the caterpillar as the central creation being. This got me thinking of the story of Kakabhushundi, the sage in the ancient Hindu texts who transformed into a crow and chose to live out his days in that form. He was the first person to narrate the Ramayana and, being immortal, will remain alive on Earth until the end of its existence.

These parallel stories got me thinking just how circumscribed our creativity and inventiveness have become under our modern systems of education – why not a crow or a caterpillar as the central character in our texts? How human-centric have we made this world, removed farther and farther from nature. When once nature was the grand narrator (and animator) of our ancient cultures of this Earth, now it is humans. How we have strayed from the source ...





The comment of one of my spiritual Guides, Chariji, “God made man in His image whereas the tragedy of the modern world is that man has made God in his image,” comes quickly to mind.

How fitting then is the Principle, “simplify your life so as to be identical with Nature.” It strikes me as the quintessential call of the hour. To honor nature is to honor ourselves, honor in equality and reverence rather than in dominance.

Artworks by CLAYTON JOHN





creativity



The creative process is
a process of surrender,
not control.

BRUCE LEE

JOEL CROSS, aka A Soul Called Joel, is a Grammy-nominated singer-songwriter. He grew up singing gospel songs with his seven siblings. In 2022, he released his new album called Love and Liberation. The well of his creativity and passion is deeply spiritual. In addition to his musical career, Joel is a certified meditation teacher, a life coach, poet and author of the R.I.S.E. journal. He is interviewed by **JANMARIE CONNOR**.



FLOW

How's your heart feeling today?

Q. It's wonderful to finally speak with you. Someone sent me a link to your Instagram feed with the instruction, "Check this guy out!" I did and immediately knew what inspired her to share. Shall I tell you my 30-second experience on Instagram as I recorded it in my journal?

Yes, please do.

Q: A lovely man with a wide-brimmed hat, bright smile, peaceful presence, surrounded by mountains, trees, azure sky, and birdsong greets me, and thousands of his followers.

"Hello, beautiful souls. How's – your – heart?"

My soul, surprised at being directly addressed, cooperates. I move my attention inward to assess. He does the same. With eyes closed, he takes a deep breath, places hand on heart, and he waits, waits,

waits. I feel an inner impulse, a wave of energy, lightness. A slow, contagious smile spreads across his face, and mine. At that moment, I'm reminded of something my mentor and Guide often said, "The heart speaks!" And on cue, I hear a rich, baritone voice:

"May you be open so that you may heal. And may the fruits of love, compassion, and peace grace your lips – always. Much love and light."

Can you describe what's happening when you pause and tune into your heart? You seemed to be having a nice chat with it.

I get that question a lot, but I haven't really answered it publicly yet. What I've discovered in my own meta-meditation, connecting with my heart center, is that the heart is always speaking. But we are rarely listening.

As I ask the question, "How's your heart feeling today?" I connect to

a space within that I've grown quite familiar with in my practice. When I close my eyes, I can literally see my heart in bloom. Often, I see it as a flower – I see it open. I can feel its energy, its love exuding from its center. And then I hear very clearly whatever the blessing is for that moment. I also get asked, "Do you prepare these blessings in advance?" No, never. It's as you describe it. I can feel it, which is a beautiful thing.

My story

Q. Most people don't arrive at the kind of depth you're expressing here without a story. Can you share a little of your story with us?

I definitely have a story. I've come to recognize that the greatest wisdom is always experience.

I was raised in a big family with seven siblings. My parents were very religious, from the Christian tradition, and my dad is a Baptist preacher. The common question in our household was, "What is spirit



I surrendered my need to see any other being as anything less than divine. In that moment, even though I experienced some heavy hurt, I felt so light. I started experiencing joy.

surrendered my need for suffering. I surrendered my need to be a victim. I surrendered my need to be superior to anybody else. And I surrendered my need to see any other being as anything less than divine. In that moment, even though I experienced some heavy hurt, I felt so light. I started experiencing joy.

saying?” So, there was always this query to connect and tap in.

As I got older, there were some things in that tradition that were challenging and troubling for me, that didn’t resonate with who I felt like I authentically was. There was a disconnect from my family for a while, as I was reconnecting to my truth. They didn’t understand

my departure from their tradition. One of my greatest fears was not to be accepted by my parents. I was considered the perfect son, the baby boy, right? I felt like an outcast for a long time, as we were all trying to figure each other out. There was a lot of turmoil.

Until one day. I remember standing in the kitchen, and I

I followed my intuition and went for a walk. Did you ever read Neale Donald Walsh’s book, *Conversations with God?* During that walk I felt like I had my own version of that, except for me it was a conversation with B.O.B., a playful acronym for the Big Ole Beautiful, which is nature for me. I felt like I was communing with nature. I had a bird’s eye view of our existence. And from

that vantage point, I recognized that we're all just trying to find grounding from our hurt, from our misunderstandings in this world, so that we can find clarity. And from that comes healing, transformation, transcending patterns, and evolving into a more heart-felt experience.

The R.I.S.E. Journal

Q. I understand that journaling has played a big part in your personal transformation. So much so that you've developed and published the R.I.S.E. Journal. Can you tell us about that?

Growing up, I was a decent student. I didn't have to study much. Then I got to college and I was a horrible student. A friend of mine, whose nickname was Chief, said, "Joel, all you must do is write it down. Copy it from the book until you can recite it from memory." So, I would just write and write. A few years later, I was in a moment of deep heartbreak with a girl I was seeing. It ended abruptly and I was hurt. Sleepless nights for months. And finally, intuitively, in the middle of the night, I got up, grabbed my college notebook and began to write everything that I was feeling. About an hour and twenty pages later, I had a perfect night's sleep for the first time. I was like, "I don't know what this journaling thing is about, but I've got to investigate this."

My R.I.S.E. Journal process has four parts. It starts with R, which stands for Release. I just let everything out, all that energy I was feeling or thinking, to clear my canvas. Next comes I, which is connected to all the heart questions. The foundational question I ask is, "*How's your heart?*" But there are so many other heart questions: *What am I longing for? What am I afraid to hear myself say?* My heart would speak and so I would write it down. Which

leads to the S for Self-awareness, through the real wisdom right at our core, that scared space. I didn't want to end this journaling process with any heaviness. That's where the E comes, which stands for Empowerment. I learned about intentions and affirmations through Louise Hay and that remains a strong part of my practice. It's been 15 years now and the R.I.S.E. journaling process has changed my life.



CREATIVITY

Love and liberation

Q. I'm part of the Heartfulness Institute. Each night at 9 p.m. local time, we align our hearts with people all over the world with a beautiful intention for peace. The intention establishes lightness and peace within ourselves, and then radiates this lightness and peace outward into the world. When I listened to your new album, *Love and Liberation*, it had an enchanting quality and effect, like that 9 p.m. intention. It's clearly coming

from deep within your soul. Where has this inspiration come from?

My heart and my higher self. That is where my inspiration comes from. Around 2020, I felt there was a shift happening in my life. Much of my process has been about surrender. So, I left New York City and went to Texas, stayed with family and worked through some of the disconnect I mentioned, to do some deep healing. In the process, I knew I was supposed to travel the country

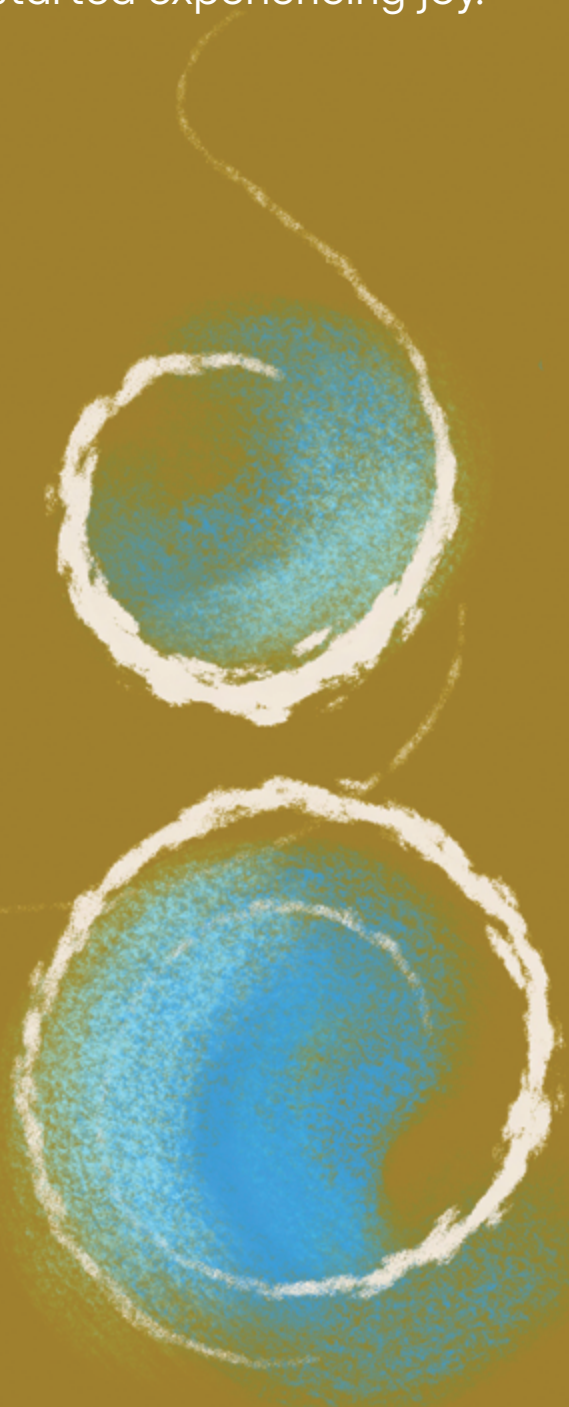
and record in nature. I told my friends, I think I'm going to get a field recorder and find remote locations with great energy. When I feel the call, I'm going to hit record and play.

I got a camper, and ended up in Maine. One early morning, I felt called to follow a remote trail. I ended up on a beach where the energy was palpable. I set up my camera and my guitar and all I heard was "*play*." This was the shift which gave birth to a new direction and the song "Flow."



I recognized that we're all just trying to find grounding from our hurt, from our misunderstandings in this world, so that we can find clarity. And from that comes healing, transformation, transcending patterns, and evolving into a more heart-felt experience.

I surrendered my need to see any other being as anything less than divine. In that moment, even though I experienced some heavy hurt, I felt so light. I started experiencing joy.



Q. You introduce the album by speaking of the power of self-love and surrender, and ask us to “connect with something deep within ourselves and as we listen, to open our hearts, quiet our minds, go inward and rise upward.” I don’t know of any other artist that helps the listener in such a beautiful way to receive what you’re pouring out from your heart. How did this come to you?

About 7 years ago, I’d had a beautiful guided meditation, and I was in that flow state. I had a very clear download: *“What if there was a meditation that didn’t have a linear guide. What if the listening of the music immediately brought you to that space where you could listen and connect to your own inner guidance?”*

I held that intention, which inspired the phrase, “poetic resonance meditation,” which paints a picture for you to climb into, and you can connect to your own flow, your own self-love experience. Also, not long after, I had that moment with B.O.B. I had a divine inner knowing that the next step of my healing was to help support the healing of others in a very intentional way.

It’s been affirmed by so many people entering that heart space with me, whether it’s on Instagram or through the music, we all feel that presence. It’s at the core of our humanity. As an empath,



once I learned to ground myself, I learned that I could also emanate. That's something that's very important to me with the music.

Global harmony

Q: Since we're meeting together on this important International Day of Peace, in a world with so much chaos and strife, how

do you make the connection between the illumination of self-love and its essential relationship with global harmony?

Self-love gets a bad rap sometimes, because it's assumed that it's a synonym for selfishness. Self-love isn't about me over you. It's recognizing that I see the world as I see myself. So if I'm dealing with

a lack of self-worth, unworthiness, or even self-hatred, I'm going to receive the world that way.

The energy that you hold is the energy that will unfold, which is why there is so much discord in the world. I've discovered as I love myself more, and I'm able to recognize, "Okay, I'm triggered right now by this person in my life. Let me tend to me first, and figure out why this situation brought up feelings of anger, frustration, discord, turmoil," that usually it's an old story, which isn't serving me well. It's ready to be let go of. Peace really must start here [points to heart].

I say it like this in my poem,

I'm the Love of my Life

For my purpose is not to outshine another.
 My purpose has always been to do my share,
 in the shining of us all.
 For as one shines so does another.
 And as I am able to see myself more clearly,
 it becomes far easier, to see you too.

You can watch and listen to *Flow* at <https://www.heartfulnessinstitute.org/peaceintention>.

You can find Joel and listen to his music on his website, <https://www.asoulcalledjoel.com/>.

Illustrations by JASMEE MUDGAL



4 IDEAS

for Healthy Eating in

THE NEW YEAR

POOJA KINI simplifies the art of eating healthy food to 4 simple principles that are easy to follow. She brings joy to eating well, and encourages us to start the New Year with an approach to food that is both realizable and sustainable.

CREATIVITY

January has truly earned its reputation as a fresh slate. Every year without fail, the departure of the festivities is followed by an outpour of resolutions. We are filled with excitement for the future, for possibility, and for opportunity. Naturally, this translates into the goals we set for ourselves.

While healthy eating and fitness are among the most common New Year's resolutions, they are also some of the toughest to achieve. Much of this has to do with setting unrealistic expectations and approaching wellness as a chore. Think restricting certain foods, crash dieting, and saying you'll go to the gym every single day. While it may seem like quite the achievement to go from never working out to running a marathon overnight, jumping from one extreme to the other is not sustainable. Your body and mind will exhaust themselves, and as a result, your progress will be short-lived.

Thankfully, there is a way to incorporate healthy practices – from food to exercise to meditation – into your routine so they become part of your lifestyle. It starts with eliminating the idea that these practices are a means to an end. Detach from the need for instant gratification and this





deeply about how things make you feel. *Do you feel refreshed or drained after your workout? Does incorporating a variety of foods into your diet make your meals more exciting?*

Think about this as you zone in on healthy eating as a practice, rather than another task on your to-do list. If you've never been a fan of fruits and vegetables, or you've never cooked for yourself before, approaching healthy eating can be daunting. Forget about the cooking! Just assembling the components of a "balanced" meal can seem intimidating when the public image of health is a boring salad.

When it comes to healthy eating, I do away with the notion of rules. Rules, especially strict ones that take a "black and white" angle, make any deviations from them

seem like failures. This is very unrealistic when you're trying anything new, let alone eating, something we as humans depend on for survival.

FOUR IDEAS FOR HEALTHY EATING

1. Make sure your plate is colorful and includes all three macronutrients: carbohydrates, fats, and protein.
2. Understand where your food comes from.
3. Be excited about the meals you are going to eat.
4. Know that by healthy eating you are nourishing your body and mind so you can maintain and improve your quality of life.

Think about this as you zone in on healthy eating as a practice, rather than another task on your to-do list.



CREATIVITY

Let's explore these:

1. A colorful plate with all three macronutrients

Rather than targeting specific fruits and vegetables, adding color to your plate allows you to try new things and get the essential nutrients that give these foods their vibrant hues: lycopene in tomatoes, anthocyanins in blueberries, anthoxanthins in potatoes, beta-carotene in carrots ... the list goes on.



Macronutrients, on the other hand, are nutrients your body depends on to survive. These come in many forms, for example, carbohydrates as starchy vegetables and grains; fats as dairy, avocados and nuts; plant-based proteins as tofu and lentils. This is just the tip of the iceberg, and a simple online search can help you find foods that fit your dietary needs, budget, and preferences.

Following these guidelines gives you enough flexibility to customize your meals while being more-or-less certain that you're feeding yourself everything you need to thrive.

2. Where does your food come from?

When you connect with whomever is growing your food, or you grow it yourself, you develop a personal investment in your healthy eating practice. One of the simplest ways

is to center your grocery shopping around your local farmer's market.

The best part about getting your produce from the farmer's market is you will eat local foods that are in season. Our bodies require different nutrition for different seasons, and seasonal produce is healthier, cheaper, tastier, and fresher.

Visiting the farmer's market gives you an idea of what fruits and vegetables are locally available, so you can plan your meals and gain insight into the nutritional value of what you are eating. You also meet the people who grow your food, and are supporting local farmers.

3. Be excited

If you approach healthy eating with the thought that you're

sentenced to a lifetime of rabbit food, it's going to be miserable and impossible. Instead, think about the foods you love and try to incorporate them into the meals you eat. Learn about spices and put together visually appealing dishes that feature a variety of textures and flavors.

The internet is overflowing with food content, from recipes to cooking videos. You are sure to find a blog or YouTube video that resonates with you. Eating is such an essential part of life, you might as well make it fun.

4. Know that healthy eating is improving your quality of life

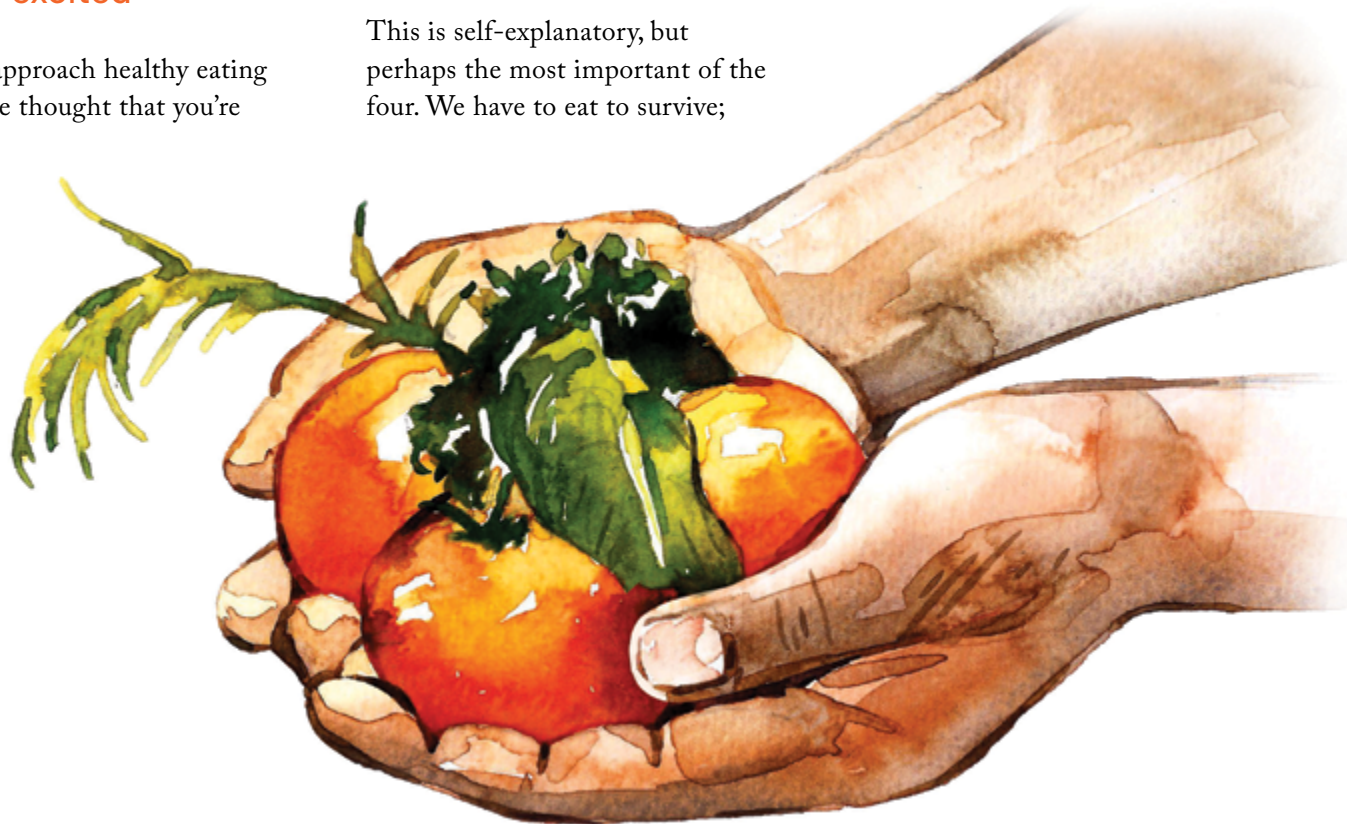
This is self-explanatory, but perhaps the most important of the four. We have to eat to survive;

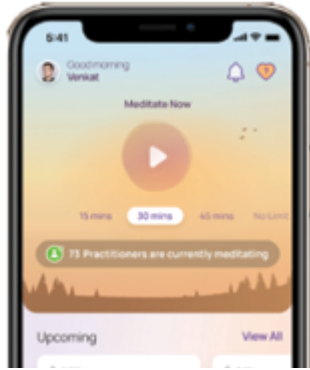
providing our bodies and minds with the fuel they need to thrive is critical.

Whether you wish to spend time with your loved ones, explore your passions, or achieve your goals, nourishing yourself gives you the energy and ability to do the things you love to the best of your ability.

Healthy, balanced eating shouldn't be a chore; it can instead become a natural part of your lifestyle. Hopefully this guide makes it a little less intimidating.

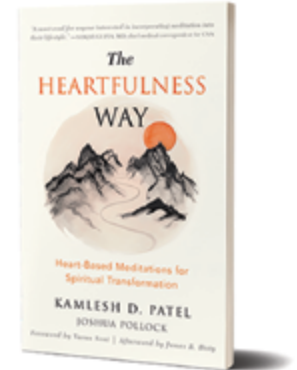
Illustrations by ARATI SHEDDE





heartfulness app

Master the habit of meditation
The Heartfulness app offers daily practices to awaken the potential for a joyful existence. Download app at heartfulnessapp.org



The Heartfulness Way By Daaji

#1 BESTSELLER BOOK
Discover a special collection of meditations that awaken the depths of human potential and initiate a mystical inner journey. heartfulnessway.com

Heartfulness Yoga Teacher Training Course

Learn to teach the eight limbs of yoga. Merge the traditional art of yoga with a modern professional approach. heartfulness.org/yoga/



Designing Destiny By Daaji

#1 BESTSELLER BOOK
How meditative practices lead to changes in lifestyle, both personal and in relationships, which lead to greater freedom in designing our destiny. designingdestiny.com



Meditation Masterclass

In these 3 online masterclasses, you will learn the practical benefits of meditation and other yogic practices. Masterclasses are available online each day after you sign up and accessible throughout the day. heartfulness.org/masterclass

Find Your Community

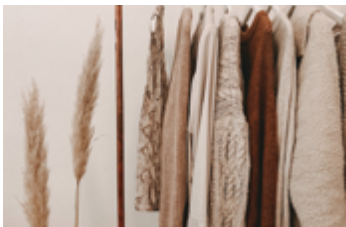
Find a trainer or meditation center near you!
heartfulness.org/en/connect-with-us/





**Learning,
The Heartfulness Way**

Explore simple Heartfulness practices through our self-paced courses for beginners and advanced learners alike.
learning.heartfulness.org



HFNLife

HFNLife strives to bring products to make your life simple and convenient. We offer a set of curated partners in apparel, accessories, eye-care, home staples, organic foods and more. The affiliation of our partner organizations with Heartfulness Institute helps in financially sustaining the programs which we conduct in various places across the world. hfnlife.com



We are planting millions of trees across India

An initiative of Heartfulness Institute to nurture, protect and conserve native, endemic and endangered tree species of India.



Participate in this movement by volunteering locally, gifting trees and partnerships, more details at:

Website: <https://heartfulness.org/forests/>

Gift or Contribute to loved ones at:

<https://heartfulness.org/forests/donations-gifting>

Write to us: fbh@heartfulness.org



REIMAGINING
A BETTER
SHARED WORLD

