

August 2020

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The Art of Gratitude

- DAAJI

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The Art of Gratitude

Dear readers,

There's something about communal struggle that brings us closer together and brings out the best in human nature. How to make the most of that possibility? How to explore the opportunities in every challenge, which we are yet to really understand? Not that it is easy or painless; so, our authors share the methods that they use to make the most of every situation they face: Methods to raise consciousness, and to choose gratitude and acceptance over fear and worry. In the words of Oprah Winfrey, to "turn your wounds into wisdom."

The science of human response and transformation is fascinating and brings so much hope. In this edition, we hear from Daaji, Dr. Bruce Lipton, Dr. Ichak Adizes, Nimo Patel, Dr. V. Ramakantha, Dr. Simmi Valecha, Ravi Venkatesan and Trevor Weltman. We also feature the stunning nature photography of Soham Desriaux from Réunion Island, and the beautiful artwork of our inhouse creative team.

Enjoy a simply inspiring read!
The editors

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ISSN 2455-7684

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EDITOR – Neeraj Kumar

PRINTED BY – Sunil Kumar

Kala Jyothi Process Pvt. Limited, 1-1-60/5, RT C Cross Roads, Musheerabad, Hyderabad-500 020, Telangana

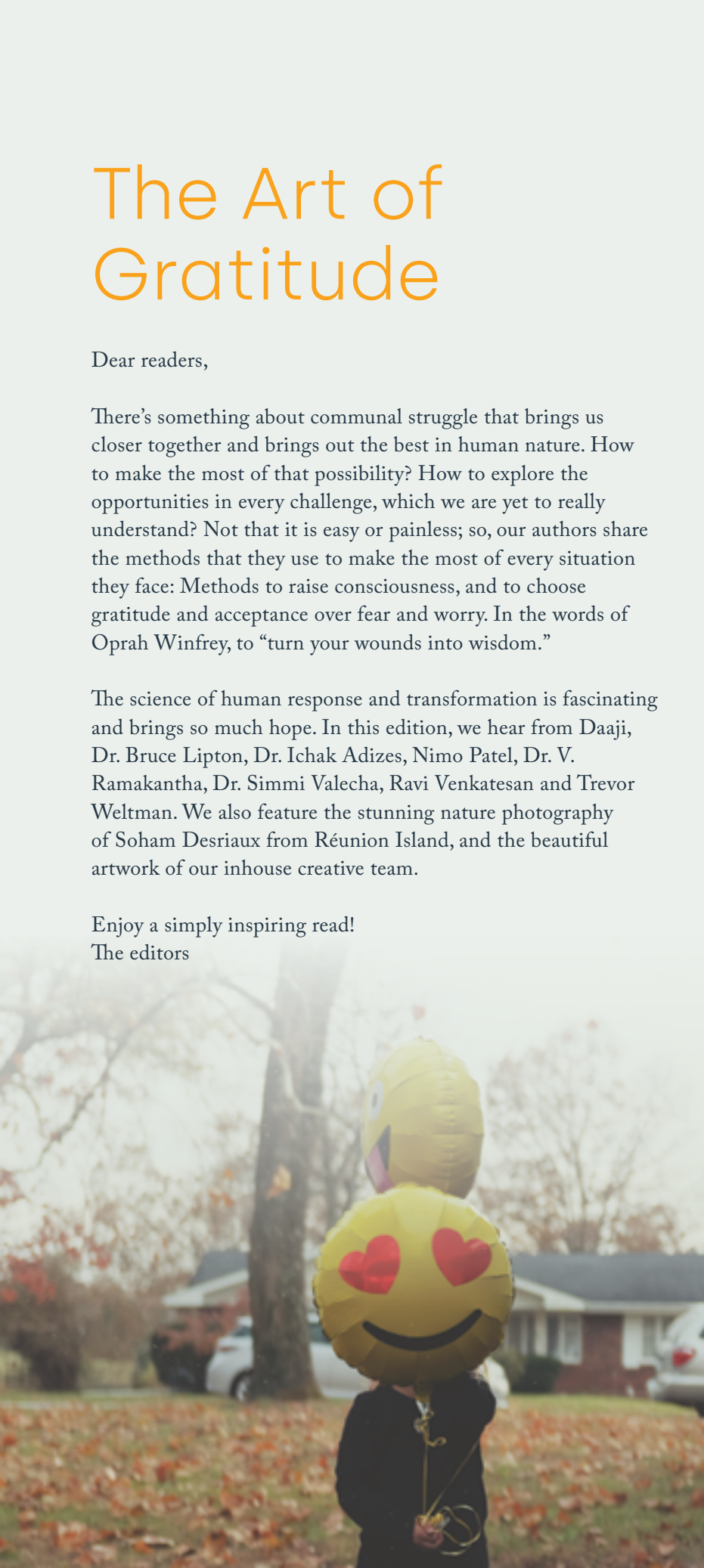
PUBLISHER – Sunil Kumar representing Spiritual Hierarchy Publication Trust on behalf of Sahaj Marg Spirituality Foundation, Chennai.

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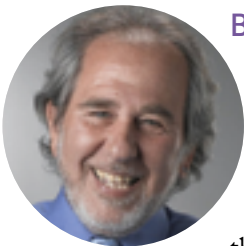


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Also known as Daaji, he is the current Heartfulness Guide. He offers a practical, experiential approach to the evolution of consciousness that is simple, easy to follow, and available to people of all ages and walks of life. Daaji is also a prolific speaker and writer, and his two books, *The Heartfulness Way* and *Designing Destiny*, are both #1 bestsellers.



BRUCE LIPTON

Bruce is an internationally acclaimed leader in bridging science and spirituality. He is a stem cell biologist, the bestselling author of *The Biology of Belief* and other books, and the 2009 Goi Peace Award recipient. He is a prolific and sought-after guest speaker and keynote presenter, who brings awareness of the heart and consciousness into modern science.



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Simmi is a Professor at the Department of Philosophy, Delhi University. Her Ph.D. was in feminism and ethical philosophy, and her M.Phil. in Gandhian philosophy. She is the author of *Gandhi's Law of Conscience* (2001) and *The Married Monk: From Experience to Beyond*, which is soon to be released.



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Nimo is a child at heart. He loves animals, finds heaven in nature, expresses himself through the performing arts, loves food while enjoying a health-conscious lifestyle, and finds deep joy in seeing others in joy, good health and peace. His journey has led him on a path of service and love. A world-renowned musician, he's a simple dude who likes to laugh and share his heart with all beings.



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Trevor is the COO of the Pacific Asia Travel Association. He has over 10 years' experience in Asia, including China, Vietnam, and Thailand. Trevor has also led courses in digital marketing, storytelling, personal development, and meditation, in both Chinese and English. He currently lives in Bangkok, with his wife and two daughters.

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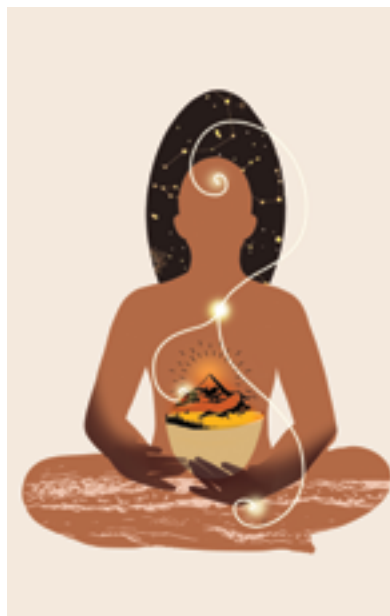


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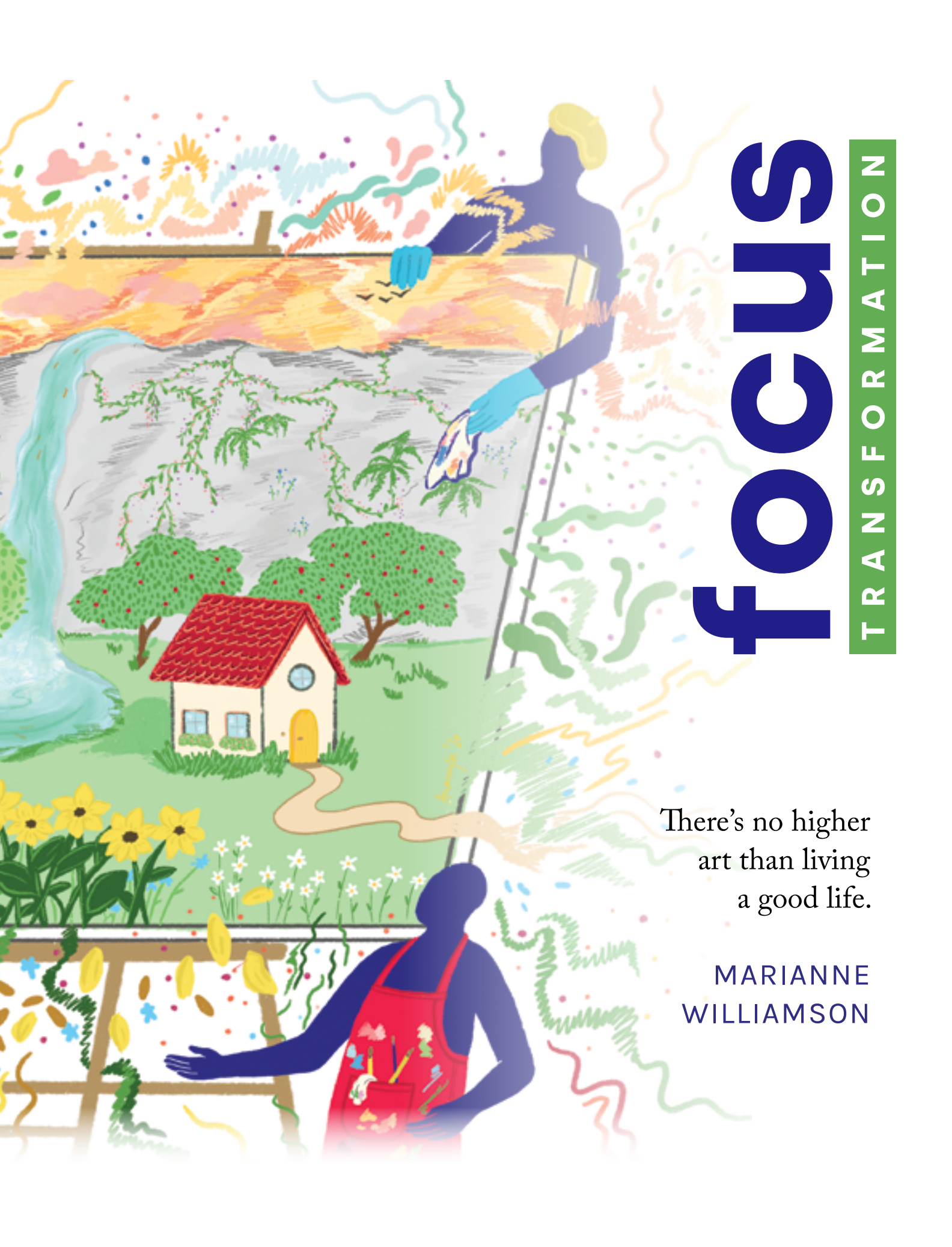
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TRANSFORMATION

There's no higher
art than living
a good life.

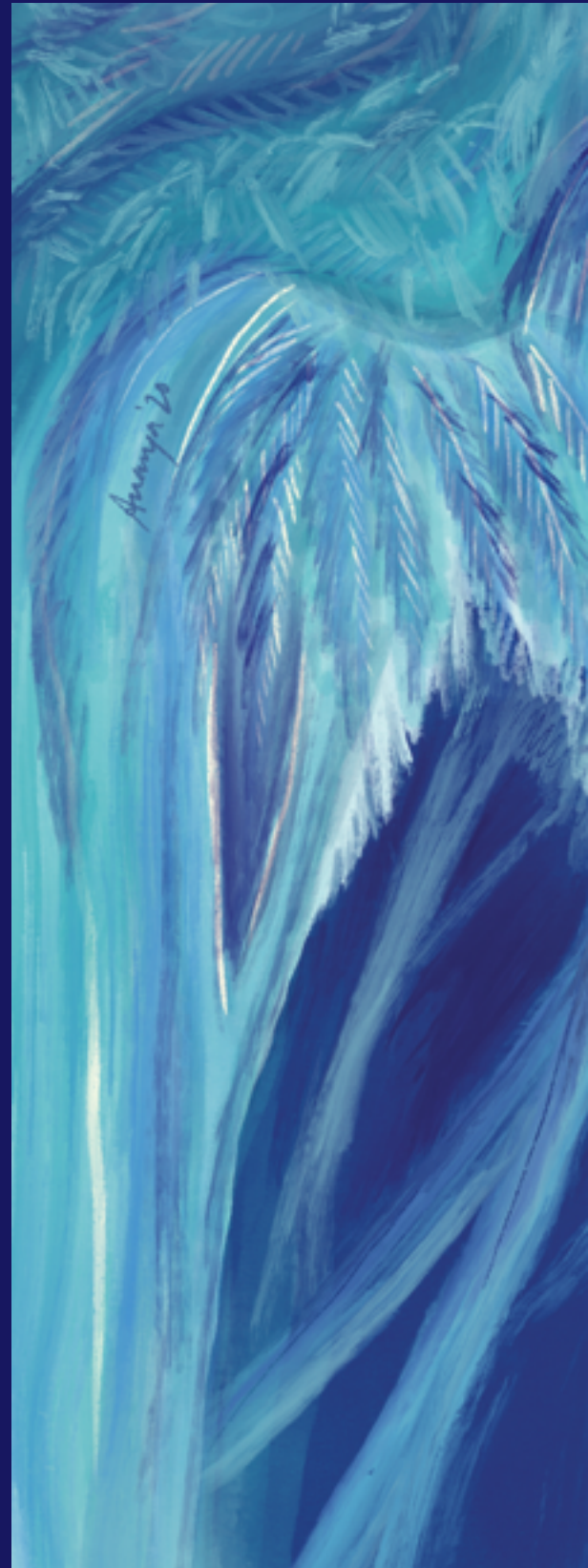
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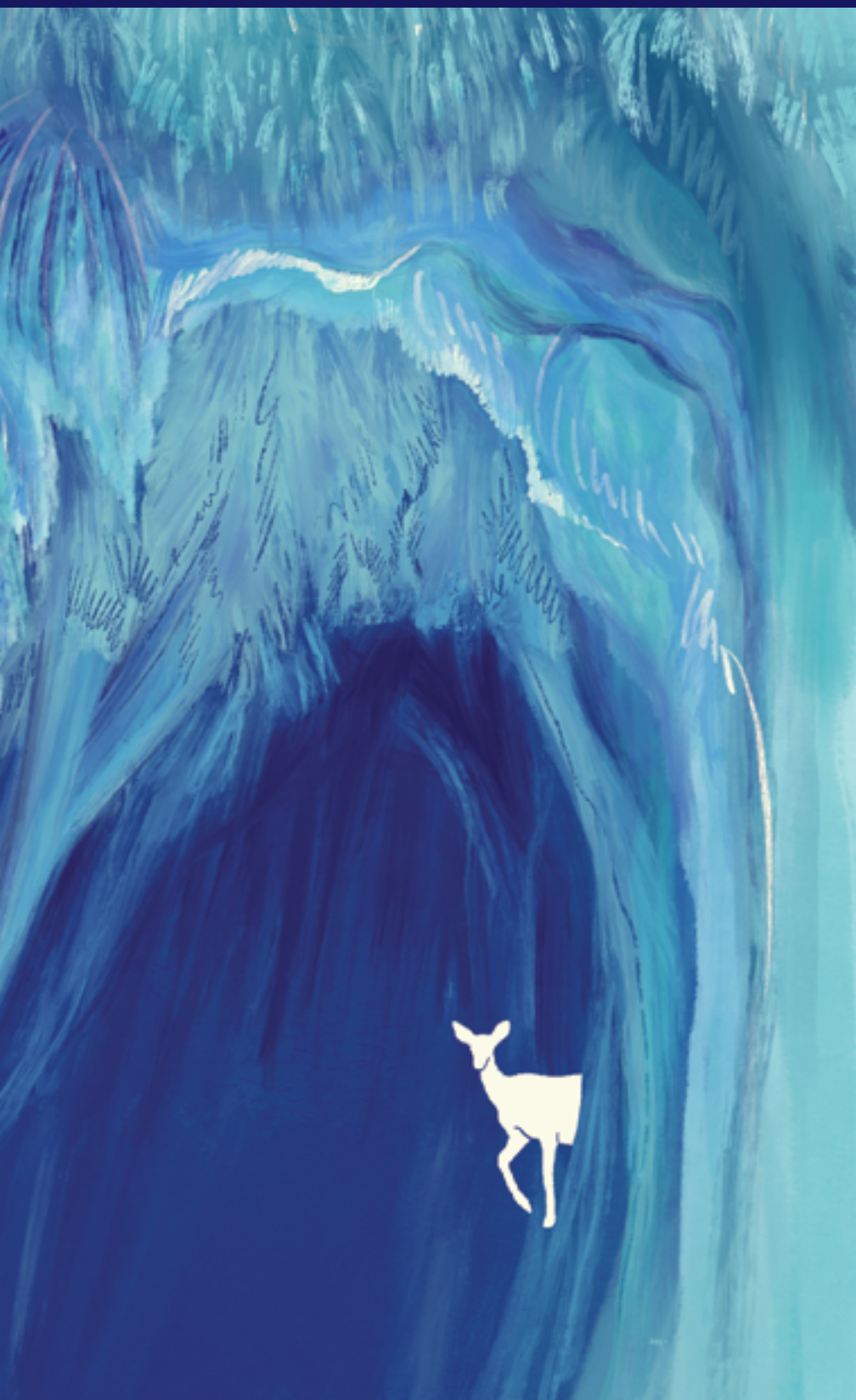
The Four Eternal Truths

DR. SIMMI VALECHA shares her own journey of discovery, and how she found her purposes and joy in life. She also shares her four eternal truths, and how she has realized them in her life.

Beyond every boundary;
beyond every identity;
there is a realm of Pure Consciousness,
eternal and limitless;
where only Love echoes.
Let's find each of us there.

Once there lived a musk deer in the hilly green region of the Himalayas. The snow-clad peaks, exotic valleys, beautiful meadows, rivers and glaciers; what else one could ask for? But the deer was unhappy, and the fragrance of his own musk, a valuable and extremely fragrant salve found in the navel of the musk deer, was making him excited and restless. The deer went sniffing under the trees, running across the forests searching for the source of the fragrance. His efforts were futile, and one day he died, angry and dissatisfied. His soul left the body, and the fragrant musk remained in his navel.





This is our story. Most of us are unhappy and frustrated. We feel helpless and insecure, always hoping that something magical will occur in the near future that will make us happy and complete. We believe in destiny and fear the unpredictable. This search for “something complete and absolute” initiates our faith in a stone figure (a deity in a temple), and halts at some church or mosque, but never ends. Isn’t it that all this while we’ve been trying to locate the ring in the wrong place, the place where it was never lost?

This is my story, too. I grew up in a Delhi-based middle-class family of staunch believers in the conventional system of education, class and status quo. At 19, I chose to marry against my parents’ wishes. Annoyed and frustrated with my untimely decision, they abandoned me for five years. Much to my own disappointment, I discovered that I’d landed into a difficult relationship, only to realize much later in life that we all create and recreate our own patterns. The year 1997 was one of the most difficult years of my life. My husband met with an accident and was bedridden for a couple of months. I found myself surrounded with challenges on all fronts – physical, mental, emotional and, the gravest of all, financial. I was experiencing depression and suicidal feelings, and on the whole I felt that I shouldn’t live. It was during this

time that life unfolded within me in an altogether different way. I started experiencing spiritual mysticism, which today has become an integral part of my existence. With every experience a new arena of knowledge unfolded. My awakening helped me in shaping my new identity that I may define in just one word, "Bliss." Reality, I discovered, is holographic, where we live in a maze of optical illusion surrounded by our own images.

As meditation became my new way of life, I awakened to the truth that spirituality is not just one of the dimensions of existence; rather, it's the only paradigm of meaningful existence, and every other phenomenal reality is simply an offshoot of it. Henceforth, I embarked on a beautiful journey of self-discovery. In my book, *The Married Monk: From Experience to Beyond*, I've tried breaking the myth that being a monk is "a trans worldly identity," as has been normally understood. Rather, being a monk is more about "the connection with your Higher Self." It's an experience of ecstasy that transcends any defined or undefined barriers. Being spiritual is not about the renunciation of materialism, comfort and relationships; it's about the renunciation of anything and everything that is "not-love."

The solution to every problem or dilemma lies within. It's only when we're able to unveil our



In our lives too, we've wrapped ourselves in so many layered identities of being good versus bad, affluent versus less affluent, belonging to some specific caste, religion, nation – the list is endless. But when the wisdom of the sun shines, these identities make us feel trapped and suffocated; and there's a need to drop everything. Then nothing exists. All boundaries and limitations dissolve.

fake identities and dissolve any distinctions that our hidden potential is unleashed and we become our greatest friend.

Let's dive a little deeper.

When nothing exists, everything unfolds

It is definitely a myth that we're just human beings. We are much more than any metaphysical entities. We are simply divine, unique and beautiful in our own ways. It's the mind or the ego that keeps us disillusioned. When the weather is cold, we keep ourselves wrapped in layers of clothes, but as the sun shines we start feeling suffocated. In our lives too, we've wrapped ourselves in so many layered identities of being good versus bad, affluent versus less affluent, belonging to some specific caste, religion, nation – the list is endless. But when the wisdom of the sun shines, these identities make us feel trapped and suffocated; and there's a need to drop everything. Then nothing exists. All boundaries and limitations dissolve. We become like a child – a baby who's just filled up with bliss. We then experience happiness, not because we've attained something, but because our connection with our own magnificence brings joy. The awareness of being "absolute" descends. The veil that separates us from others no longer exists, and we're light and liberated.

The scientific world makes us acquainted with facts. We have to abide by them unconditionally. For example, the law of gravitation holds good irrespective of our choice. Water boils at 100 degrees Celsius, and I cannot say, "This doesn't suit me." Similarly, when the dust of ignorance is brushed aside, the cosmic consciousness familiarizes us with certain undeniable truths that are relevant in both the spiritual as well as the empirical world. Truths are neutral, they are neither good nor bad. It's our understanding of them that shapes our lives both empirically as well as spiritually.

Here is my own understanding of some profound yet subtle spiritual laws:

The Four Eternal Truths of Bliss and Ecstasy

First Eternal Truth: "What we seek is seeking us."

This is a very popular quote of 13th century Persian poet, Rumi. It seems too simple, but it took me many years of spiritual insights to be able to decode this. Normally, "seeking" is interpreted as a wish or a desire that a person is having. But seeking here has a deeper meaning: it's the purpose or a cause that your mind aligns with your higher self. In other words, this is something you tune with so brilliantly (perfectly) that you're



thinking about it, *even when you feel you're not.*

The purpose needn't be necessarily creative or positive, because good or bad, positive or negative, all such distinctions prevail only in the empirical domain of this phenomenal world. In the spiritual domain you're your own master. Mother Teresa sought love and compassion for the sick and the ailing, and her intention attracted energies across the globe where masses joined her in large

numbers in fulfilling her mission. A terrorist may seek destruction for someone and, in the process, lands up destroying himself, his family, his nation. Whatever we fill ourselves with pours outside. In the energy world, "what flows in" is "what flows out." What we look for comes searching for us.

Second Eternal Truth: What we seek outside is present inside.

Like the musk deer who stays mesmerized with his own

fragrance all his life, we too waste our lives searching for what's already with us. Absolute health, love, harmony in relationships, material abundance everything was, is, and will be always with each one of us. Infinity is our essence. The only problem is our lack of understanding or what we may term as some kind of "misunderstanding."

The door of eternal happiness and potentiality is labelled "*pull*," but we're busy pushing this outside.

The highest Intelligence, our higher Self, the Ultimate, the Absolute – whatever name we call it – resides within, guiding and supporting us. Therefore, the most important aspect of our outer creation is the need to be aligned with our inner world.

Most of our lives we're busy focusing on the scarcity that we see in the outside world. The world is not a game of musical chairs, where someone else has to leave for our accommodation. We focus on the lack, and unconsciously manifest the same. You might be admiring your neighbour's sophisticated brand new car. Now, if you've enough funds, will you buy a second-hand car for yourself and your family, or do you prefer to visit your nearest car showroom and buy a new one for yourself? A

new car would probably give you much more joy than any second-hand piece.

This is exactly how we (mis)behave in the phenomenal world too. In our daily lives we find ourselves surrounded with endless issues – seeking better job opportunities and economic abundance, aspiring for healthy and happy relationships with colleagues, family and friends – but here, too, our mind starts playing the game of musical chairs. For example, “Only two in the company will be promoted and I have to be in the top two.” That's how our mind traps us, driving us into the zone of fear, competition and eventually unhappiness and depression. We fail to realize that the universe has its own diverse, infinite ways of supplying our demands. Stealing, snatching, or acting smart won't work in the astral realm. The creator is residing within. Our highest Self is the ultimate software that caters to our each and every wish.

Why are we always seeking outside?

Maybe we've never been told that the power resides within. We've been conditioned to place our faith in external factors like availability, scarcity of resources in the external world, and favors from others. Nobody taught us in schools that life is not about winning or losing, rather it's about creating and experiencing. No one needs to be blamed for not making us aware

of our own magnificence because our parents and elders were equally unaware. In fact, today most of humanity does not trust in our innate powers.

Positive thinking helps, but it's not only what we think that we create; rather, what we get with in our inner world with absolute authenticity is what is manifested in the outer world as our perceptual reality. Our thoughts need to be solidified into repetitive patterns (beliefs) to be manifested.

Thoughts – beliefs – reality. Brick by brick a wall is built.

With every thought that we think, we strengthen our beliefs, and these in turn create our experiential reality. We, therefore, don't experience what we desire; rather, we are rewarded with everything that we're ready for. The universe knows it all. The highest Intelligence, our higher Self, the Ultimate, the Absolute – whatever name we call it – resides within, guiding and supporting us. Therefore, the most important aspect of our outer creation is the need to be aligned with our inner world. What we radiate is what we receive. I cannot expect my universe to bestow me with love and blessings if I'm radiating only shame and guilt. What we create inside, either consciously or unconsciously, is exactly what we're entitled to experience in the outer world.

Our experience of life is directly proportional to the frequency of our own vibration. In other words, the universe responds according to the electromagnetic fields that we create in and around ourselves by our thoughts and belief patterns. Therefore, the universe responds according to our inner state, whether we're operating from the lower states of consciousness or connected with our inner Being.

All of us have experienced these subtle connections sometimes or the other. It may come to you as a little subtle voice within, or as soft whispers of your guardian angels, or as a gut feeling when you're inspired to take some action that transcends any human logic. Even butterflies in the stomach convey messages that otherwise stay untold. Each has their own unique way of connecting with the highest Intelligence. If you want to find yours, just close your eyes and take a few deep breaths. Let the magic happen. You may come to know instantly, or it might take a while. Have patience. The treasure belongs to you.

Third Eternal Truth: Existence.
All that we don't seek is there too, though in a dormant form.

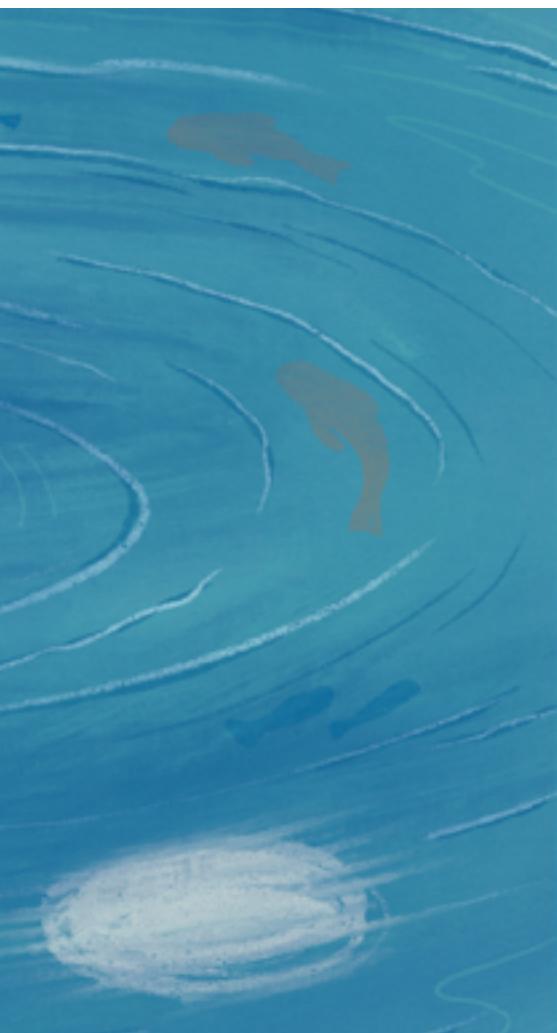
The creator is one and only one. We may or may not choose to seek Him in infinite reflections: the choice is ours. He is there in each and every atom of the universe. In every thought, word and deed, His magnificence prevails. Our planet



Earth, for example, has one natural satellite. Our Moon is one, but we can seek its infinite reflections in the vastness of the Indian Ocean and in a tiny glass of water. Reflections vary – some are clear, some vague or dim, depending upon the medium. The moon remains the same, unconditionally. We may choose to stay indoors and still the existence of the moon prevails. Just because the beauty of the moon doesn't mesmerize someone doesn't imply its non-existence; similarly, whatever we

are not seeking doesn't imply its non-existence. It's there in dormant form. This is a world of duality where everything is known to us through opposites. We know that something is blue because it is not red or yellow or green, and so on. So, the existence of something becomes known to us through the absence of the non-existence of its opposites.

We look at a seed and know it's not a plant or an herb; but they exist in the seed in dormant form.



Every seed has an innate potential to become a plant, and then a tree under favorable conditions. *Every situation where you happen to experience pain or suffering or scarcity has the potential to bear its opposites – joy, bliss, harmony and abundance.* Either you are not seeking them, or are not seeking them in the right way. But in the matrix of consciousness, infinite possibilities lay hidden in a dormant form.

Where you experience pain,
there pleasure too prevails;
Where you experience scarcity,
there abundance too is hidden;
Where you experience disease,
health too is there.

Most of us are not able to see it because we believe our perception and ignore our intuition. It's in the realm of intuition (inner connection) where infinite possibilities exist.

Seek happiness always. Radiate love everywhere. Make it a choice. In whatever situation, pleasant or unpleasant; in whatever profession, whether you like it or don't; choose happiness over and above everything. Other good things will eventually follow as this is the law of Certainty.

First a choice, then a habit and eventually a destiny.
This is how you can turn the tables in your favor.

A smile, laughter – all these are contagious and spread with a ripple effect. In scientific terms energy flows. With every smile and joyful existence, we raise our frequency and attract the same high frequency objects, persons and opportunities in our environment too. Isn't that so simple?

Fourth Eternal Truth: Purpose.
When we stop seeking, we are dead.

Being or Source is one. At the pinnacle of consciousness there is total void or nothingness. As we proceed from subtle to physical, however, from pure consciousness to body consciousness, "becoming" is the unavoidable truth.

At the subtle level, Being (Oneness) is the reality. While at the physical level, becoming (many-ness) is the reality.

If we observe closely, we discover that everything is in the process of becoming. Darwin's theory of evolution talks about the "becoming process" at the cellular and genetic level. Every individual species is engrossed in this process and is in the process of unfoldment. Becoming is a journey from potentiality to actualization. We germinate the seed in soil, and after a few days we see a seedling and then a bigger plant. But these are only the visible changes. At a subtle level, the change that's taking place in the seed is an ongoing process. A caterpillar changes into a beautiful butterfly. It's pleasing to our senses to experience the result – a vibrant, colorful creature. However, what we witness are purely the visible changes; everything that happens at the subtle level stays hidden and is yet there. While for plant and animal species, the purpose that moves them is more about growth and sustenance, for human beings the purpose is more about



Purpose means
*what you identify
yourself with,*
something that
won't let you sleep
... your passion,
your engraved
potential for
something that
gives a momentum
to your own
existence,
something that
makes you feel full
and complete.

discovering and aligning with our
higher Self.

Purpose gives life a profound
meaning. Purpose doesn't just
mean goal setting or New Year's
resolutions. Purpose means
what you identify yourself with,
something that won't let you sleep

... your passion, your engraved
potential for something that
gives a momentum to your own
existence, something that makes
you feel *full* and *complete*. This can
be as great as the mission Mother
Teresa identified herself with or as
simple as remaining joyful all the
time.

A baby or an infant finds this
purpose with *anything* and
everything. He can play with his
own body parts. Even the clutter
of the house will excite him. Each
and every moment of his life is
fused with a purposeful existence.
As we grow up, our purpose is
conditioned with social norms like
success in terms of numbers or
figures, being superior or inferior,
hierarchy, seniority, promotions,
and so on. The very concept of
"purpose" loses its essence then.
It's no more a dream or a passion;
rather, it's a conditioned rat race
where the society tells you where,
when, and how to experience
happiness. So, something that's
intrinsic and eternal becomes
something that is extrinsic,
simulative or conducive. Happiness
then becomes a task and not an
inherent attribute.

Have you ever wondered why a
baby derives joy from anything,
while grownups feel depressed

when they have to wear the same
branded clothes or jewelry on two
separate occasions? This shows
that happiness has nothing to do
with the object; instead the locus
of happiness is within us, our own
state of awareness. The external
stimulus stops bothering us and
seems insignificant once life is
infused with a profound purpose.
When purpose enters life, every
other agenda loses its momentum.
There is no such thing as having
a bigger or a smaller purpose.
Wherever you are and whatever
you may be doing, purpose is more
about how you do it.

Purpose acts as a fuel that
accelerates our life force. It induces
rhythm in our lives, removes
inertia and raises our vibrational
frequency. Once the purpose is
lost, life becomes mechanical, loses
grace and becomes meaningless or
dead. My life changed the moment
I discovered my purpose. Now I
fuse this with whatever I do and
wherever I am. I found this in the
inspiring words of Mother Teresa:
"Spread love everywhere you go.
Let no one ever come to you
without leaving happier."

Please find yours.

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F1 FLEXIBLE ARRAY
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Invisible Ropes of Love:

ON CROSSING THE BRIDGE OF YOUNG ADULTHOOD

TREVOR WELTMAN describes the rite of passage he has experienced moving from youth to adulthood, how he navigated this crossing, and how meditation and yogic Transmission supported him along the way.





“When I was young, there were very few elders willing to talk about the darkness; most of them pretended that success was all they had ever known. As the darkness began to descend on me in my early twenties, I thought I had developed a unique and terminal case of failure. I did not realize that I had merely embarked on a journey toward joining the human race.”

Parker J. Palmer, *Let Your Life Speak: Listening for the Voice of Vocation*

Traversing young adulthood in modern times is like hiking with a group of close friends and coming upon an unavoidable rope bridge covered in fog: the only way forward is through, but of suspicious carrying capacity and wide enough for only one person, you're suddenly forced to go it alone, yet can't see more than an arm's length in any direction, say nothing of the other side.

You intend to walk slowly and deliberately, but are beset by primal fear pushing from behind, uncertain if the failure and therefore danger of your next step will send you down simply a half meter into shallow water, or a thousand to a point of no return, or instead just reward you with another opportunity to continue inching your way forward into further unknowns.

So you pick up your foot, place it down, and ...

Do you decide to give up and try your best to return back to the places and people you just came from, or do you feel the ropes underhand and choose to trust they are leading you toward the where and the who you're supposed to become?

This idea, while pitifully telegraphic, is the best

articulation I have for how I oftentimes felt during my twenties.

And whether you're still out there standing on the bridge right now, or you've already passed on through, you know precisely the feeling I am referring to: the desperation, the shock at finding yourself so suddenly alone, the feeling that no one really understands or cares, the pressure that it's all on you to make these important life decisions with little to no confidence or experience to back them up, and the overall lack of clarity over where you're headed.

This was exhausting, and as I reflect now on my experience "crossing the bridge" over the last ten years, the single thing above all that stands out to me as the root cause of pain on my journey was the extreme pressure I constantly felt to have had my life more figured out than it actually was at any given moment.

Meditation helped, but not entirely

I'll be the first person to tell you how beneficial it was to have a sustained and disciplined meditation practice during my twenties. In fact, I would even go as far as saying that my meditation practice is why I – unlike so many others – didn't



wind up with anxiety, depression, panic, or drug or alcohol abuse. While meditation cannot cure these things, as a preventative it gave me the inner tools and resources I needed to cope with young adulthood that many of my peers didn't develop.

And yet, I may be the first person to tell you that meditation in and of itself wasn't the decisive factor. As a purely mental or emotional training I did for about 90 minutes every day, I benefited from Heartfulness in all the ways you'd expect to benefit from virtually any other sustained meditation practice: greater focus, greater concentration, greater relaxation, greater empathy, greater sense of purpose, and a greater ability to center myself during particularly trying times.

But what about the chronic, unrelenting pressure? What about the loneliness? What about the devastating lack of confidence I felt almost every day about the important life decisions I had to make or was putting off?

Thus, meditation helped, but not entirely. While it no doubt helped ground me where I was, while I was still there, there was another force at play that gave me general confidence in the direction I was headed.

Yogic Transmission was my source of solace and confidence

The fact of the matter is this: I have been meditating in Heartfulness for nearly 13 years

If I had to credit one thing above all else that helped me navigate the darkest of times during my passage through young adulthood into full adulthood, it would undoubtedly be the surge of confidence I felt every day in meditation, feeling the yogic Transmission.

now and a trainer for over 10. In addition to my own practice, I have conducted literally thousands of introductory meditation sessions and given hundreds of talks and lectures around the world about this practice since 2007.

And you know what? The absolute last thing I want to talk about or write about publicly or privately is *pranahuti* or yogic Transmission. It's the key aspect of Heartfulness, the "secret sauce" if you will, and I have no words or desire to describe it.

This is mainly because I feel like I sound crazy talking about something that by definition is undefinable. In the books it says "*pranahuti* is the life of life," an "energy that is not an energy," and – most unhelpfully – a "forceless force." Furthermore, yogic Transmission is a *deeply personal experience*. It is precisely its undefinable yet experiential nature that renders it so intimate and therefore unspeakable to me.

But, in the hope that my experience with yogic Transmission can similarly benefit another person so hopelessly caught "on the bridge," here I am doing my best to share one of my deepest, yet-unspoken truths, and it's this:

If I had to credit one thing above all else that helped me navigate the darkest of times during my passage through young adulthood into full adulthood, it would undoubtedly be the surge of confidence I felt every day in meditation, feeling the yogic Transmission.

Following the feeling

Yogic Transmission helped for two key reasons: first, it feels good.

Like a warm inner hug, or a comforting vibration, yogic Transmission cannot be quantified but can absolutely be felt. This is no different than love, joy, kindness, and other abstract concepts we are more casually comfortable with describing, as yogic Transmission is also "unseen but real."



To quote one meditator, a mathematician by training and computer programmer by profession who used to sit with me many years ago: “This is not logical or illogical. The fact that I experience it but can’t quantify it means this yogic Transmission thing is actually a-logical, as in, it exists outside of any framework for logic I have ever learned, studied, or known.”

Thus, at times when I was really feeling anxious or worried about my future, this comforting feeling would wash over me and act as a welcome counterbalance.

From constancy to confidence

Second, though, and more important to young people: yogic Transmission gave me confidence. It was always there, waiting, ever accessible. No matter what was happening around me, I could sit down virtually anywhere and feel it in the same quality and volume I could feel it anywhere else.

Such a dependable constant is disproportionately profound for a young adult, as this stage of life is defined by its transience – the literal passage between youth and adulthood. Thus nothing is constant, and nor is it supposed to be!

Everything external is in a constant state of change, from schools to jobs, new cities to new people.

We are also changing internally – from new ideas to new identities, new dreams to new regrets, new habits to new fears, and also new confidences to new insecurities.

But no matter how overwhelmed I felt, I’d sit down. I’d start to meditate. And after a few moments...

I’d feel the tug on my heart. I’d exhale. I’d smile. And many, many times, I’d find my shoulders would untense and lower for the first time that day.

Keep in mind, nothing had actually changed – the pressure still existed and was mounting. The job still needed to be found or quit. The girl still loved me or didn’t. The move either needed to be made soon or was already under way.



Heartfulness

But the feeling overcoming me was the same one I’d felt on all the good days, too. It literally connected me in a powerful way to all the amazing moments I’d experienced after A+ exams and long nights with friends and epic road trips and even my transformational journeys to the far ends of Earth, meditating in beautiful places with beautiful people from all over the world.

In essence, then, yogic Transmission, by its constancy above all else, taught me that finding balance and sanity during the rapid transitions of young adulthood was less about seeing through the fog to know definitively where I was headed, than it was about learning to *reach through each moment* I found myself in to *derive comfort and confidence in every other place I had already been and felt*, both positive and negative.

One year north of 30 now, and this “practice,” or “belief,” or “experience,” if you will, continues with me to this day. For when I find the fog has descended (because let’s be honest, it never really leaves), I find my hands are already reaching out, searching through the mist and grasping for those invisible ropes. And, as it always has, across all these years now, the yogic Transmission is still there waiting to continue guiding my way.

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thought in action

Doing nothing
often leads
to the very best
of something.

WINNIE THE POOH

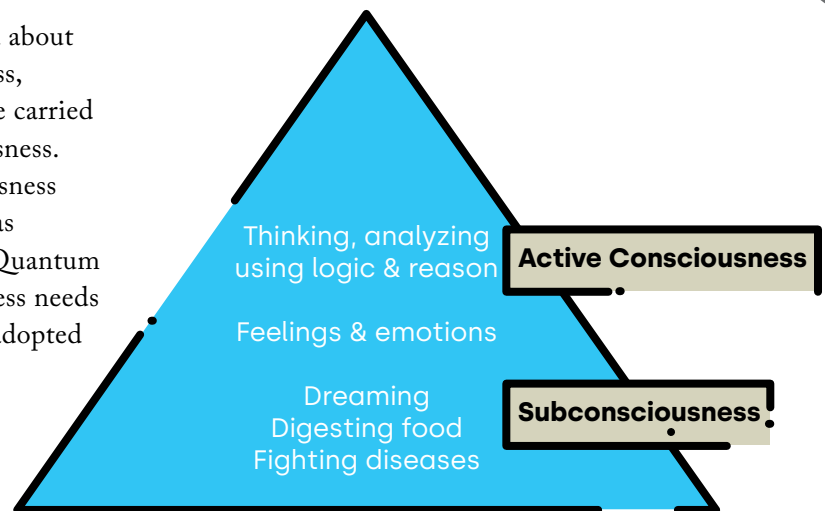
THE HEARTFUL STRATEGIST

PART 6

In the previous five articles of this series, [RAVI VENKATESAN](#) introduced the Heartful Strategist framework, how our consciousness results in the strategies we adopt, and the choices we make, which in turn have consequences that impact the ecosystem in which we exist. He also explored the concept of thought patterns, and in the last article how past impressions create these tendencies or thought patterns in us. He reviewed the Heartfulness technique of Cleaning, which uses the power of auto suggestion or self-suggestion to clear past impressions and make positive shifts to our thought patterns. In this article he dives specifically into the ideal level of consciousness for a Heartful Strategist.



In the third article in this series we talked about active consciousness and subconsciousness, distinguishing between functions that are carried out by us through these states of consciousness. This is a good way to understand consciousness at a basic level. However, just as physics has evolved from Newtonian to Relativity to Quantum theories, our understanding of consciousness needs to go deeper. The generalizations that we adopted earlier will need to be left behind.



Just as physics has evolved from Newtonian to Relativity to Quantum theories, our understanding of consciousness needs to go deeper.

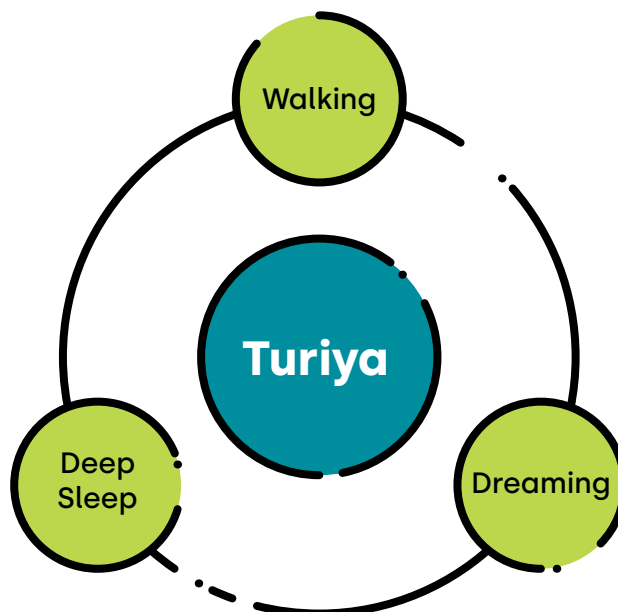
We now look at consciousness from the lens of an ancient Indian scripture called the *Mandukya Upanishad*. It is of unknown authorship and an unknown timeline, but was passed on through generations, initially by memorizing, and later through written text.

This Upanishad describes states of consciousness in four parts: Waking, dreaming, deep sleep and *turiya* (which means “fourth” in Sanskrit). Sleep studies and medical research have made great progress in understanding that the dream state and deep sleep states are meaningful in our existence, and that vital functions related to immunity, memory etc., are performed during these states. However, we find no descriptions in scientific literature about this fourth state. So, what is it, and how do we understand it, let alone reach it?

If we think of the waking state as our interactions with the physical and manifest world, and the dream state as our interactions with the non-physical, subtle world of our own creation, we

can say that both these states have objective consciousness. In the deep sleep state, we don't have this objective consciousness, however the seed of it is there, which is why deep sleep terminates and we go back to the dream state or the waking state. These three states are therefore temporary, starting and ending, and cannot be the foundation of whatever is **essential consciousness**. This essential consciousness is what we refer to as *turiya*. It can also be considered as transcendental consciousness, since it integrates and transcends the other three states. Hence, it can span the subconscious, superconscious, and waking conscious states, offering both inspiration and intuition, which we sometimes call the sixth sense.

Gaudapada, a medieval philosopher, wrote in more specific terms that a state of consciousness where the mind is withdrawn from both external and internal objects, and also becomes one with its source is known as *turiya*. This state of consciousness being the essential state, and the underlying state, is also what illuminates all other states.



Turiya is present in all of us, but it is not developed in a manner where it is without defect. Ram Chandra of Fatehgarh, the first teacher of Heartfulness, describes some examples of how this *turiya* condition manifests. Children sometimes understand certain things that even grown-ups cannot understand after much effort. Unsophisticated village folk sometimes demonstrate extraordinary wisdom. He provides us with Heartfulness practices that can lead to permanent awakening of this state where it is continuous in its flow. Strategies that we adopt while abiding in this state of *turiya* will be the best, not just for us as individuals but for our entire ecosystem. In subsequent articles we'll look at the practices that help us to reach this level of consciousness.



THE BENEFITS OF DOING NOTHING

DR ICHAK K. ADIZES

Every day in the modern world poses an increasing number of problems and opportunities in our lives. There are so many existing and new opportunities, that we simply don't have enough time to address them all. We are all busy, and if we slow down for even a second, we feel guilty because "there is so much to do." But if you stop for an interval of time and do nothing, you might find it has its benefits.

Firstly, doing nothing gives you the time to reminisce; to review what you are doing and analyze whether or not you should continue doing it. You get to see the value, or the futility, of doing something or anything.

Doing nothing for a moment is like pulling yourself out of a picture, so that you can see the picture from a different perspective. We all know how difficult it is to see the picture when you are in it.

When you do nothing, you give yourself the opportunity to ask, "Is it time to change?"



Another benefit of doing nothing for an interval of time is that it provides space for creating something new. When your brain is fully engaged it is not available to be creative.



Filling your time with something to do is a perfect escape from yourself, while doing nothing forces you, sometimes painfully, to face yourself and your concerns.

I have noticed an interesting phenomenon among people who ask for a divorce. I asked them, when did the idea germinate; when was the final decision to make a change “born?” It often happened when the person was on vacation or sick in bed with nothing to do. When you do nothing you give yourself a chance to review everything.

In the Hindu tradition, zero and infinity are related. Everything is nothing. Nothing is everything.

Another benefit of doing nothing for an interval of time is that it provides space for creating something new. When your brain is fully engaged it is not available to be creative.

I have found an interesting common denominator among my entrepreneurial clients: When they were young, they were either sick for a long time or, for some other reason, they were alone with nothing to do.

Having nothing to do, they had to create something by themselves. Often they did lots of daydreaming, and over time, they developed their dream, which became their reality.

With nothing to do, they had the time to evaluate their past and make plans for the future.

What I have been saying so far boils down to this: Having nothing to do is a prerequisite for making a change. Have you ever had the resolve to make a strategic change when you were stressed to catch a plane?

Look at a train. To change the rails it is riding on it needs to slow down, or even stop all together. Full speed ahead and changing direction are not compatible activities. The management styles of a Producer and an Entrepreneur are incompatible. You need an Integrator in the middle to enable change.

Having nothing to do can create the opportunity to make a strategic change in one's life. What may seem to be a problem could be a blessing in disguise.

Many entrepreneurs, for example, started their companies after they were fired from their previous jobs and had nothing to do for a while. Being employed, and struggling to remain employed, used all the limited energy they had; they simply didn't have the energy to even think about starting a business. Getting fired was the best thing that could have happened to them. It gave them the time and energy to analyze what they really wanted to do with their lives and what strategic changes they wanted to make.

Recession might also be a blessing in disguise. Falling sales, falling production and less pressure to fulfill orders, all provide a window of opportunity

Doing nothing is doing something very important. It enables you to change, and in the hectic world in which we live, change is a prerequisite for success.

for the decision makers to re-evaluate the past and implement strategic changes for the future.

Now a word of warning: Watching TV or reading a book in the shade of your sun umbrella or swimming or surfing or biking ... none of them count as doing nothing. They could be classified as vacation, but not as "doing nothing."

Nothing means nothing. Nothing means having no agenda, no goal to achieve, nothing that engages your mind in any way. Nothing means that your mind is allowed to be free to wander.

In yoga, lying relaxed on the floor (the "dead man pose") is a pose in itself and a very important one. One has to know how to do nothing. It is a science and an art in itself.

How, then, should you go about doing nothing?

Here is what I believe is the answer: You will never find the time to do nothing; you have to consciously and intentionally take the time to do nothing.

The easiest way to implement this philosophy of life is to meditate. I meditate twice a day for an hour.

If you do not want to meditate, make a commitment to sit and do nothing every day for an hour without feeling guilty about it. Have a pad and a pen available; you may be surprised by what you will think up.

Doing nothing is doing something very important. It enables you to change, and in the hectic world in which we live, change is a prerequisite for success.

Just thinking and feeling,

Dr. Ichak Adizes
adizes.com







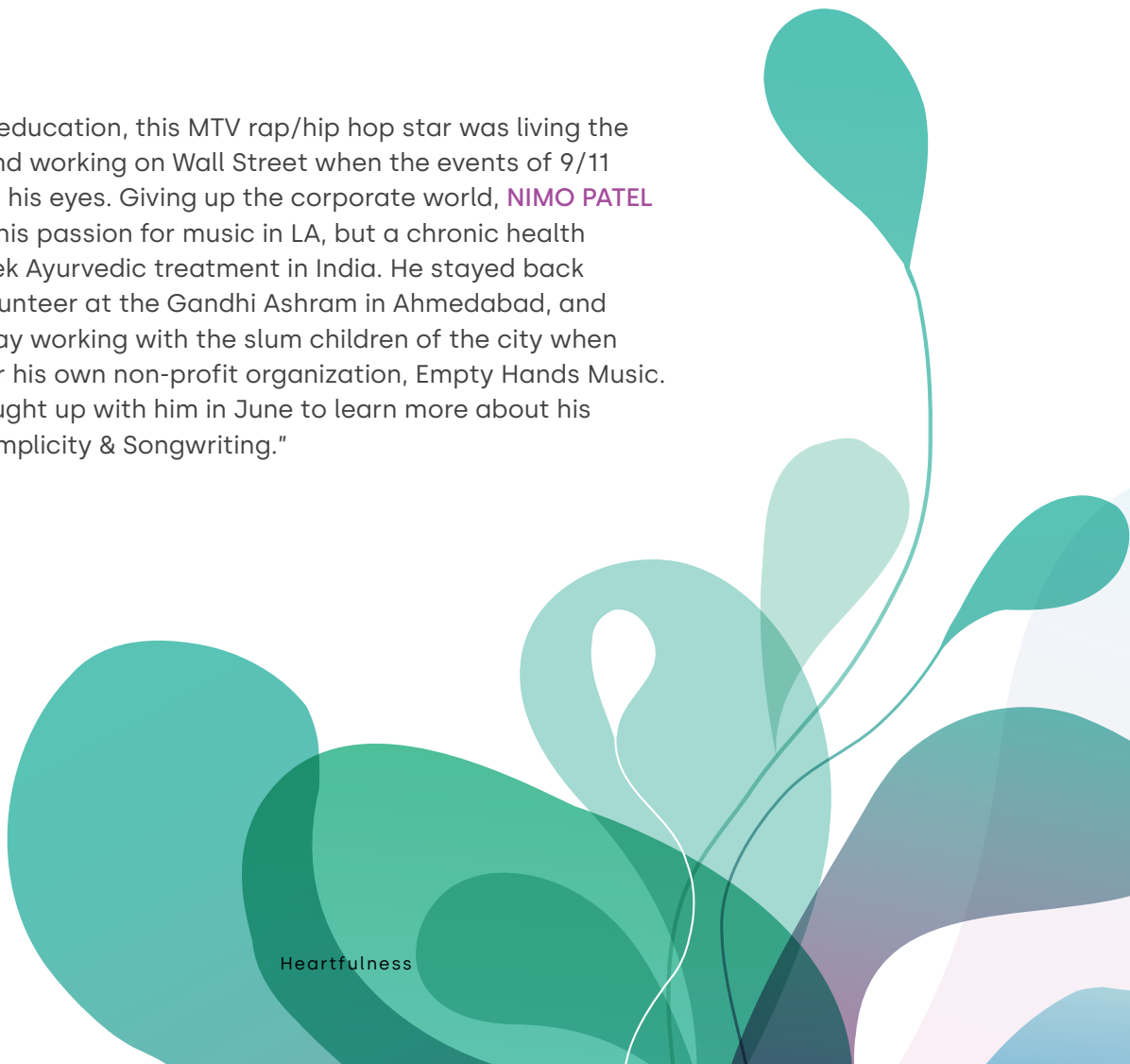
• *interview* •

Service is another
dimension of
communal love.

BELL HOOKS

Service, Simplicity & Songwriting part 1

With an Ivy league education, this MTV rap/hip hop star was living the American dream and working on Wall Street when the events of 9/11 unfolded in front of his eyes. Giving up the corporate world, **NIMO PATEL** decided to pursue his passion for music in LA, but a chronic health issue led him to seek Ayurvedic treatment in India. He stayed back for 6 months to volunteer at the Gandhi Ashram in Ahmedabad, and continues to this day working with the slum children of the city when he's not working for his own non-profit organization, Empty Hands Music. **VANESSA PATEL** caught up with him in June to learn more about his mantra "Service, Simplicity & Songwriting."





Q: Hello, Nimo, so happy to have this opportunity to chat with you. How are you doing during this lockdown?

Wonderful! Breathing, and deep breathing, doing good. You know, it's a time of reflection and introspection, to reflect on the way we live, how we interact with each other, with humanity. It's really a blessing. There's so much suffering going on, so this is a gift of transformation. Obviously, we will get through this suffering, but hopefully, we can use it for the betterment of humanity. So, collectively and individually, this is a gift in many ways, although in the short term it's tough to digest.

How are you doing?

Q: Doing well. As you said, using this time to reflect. And one of the things I realize is that we don't need a lot of the stuff we've accumulated in our lives. You already started this process several years ago when you took up a life dedicated to service. So, when you did a U-turn from your previous lifestyle and did a 'material' cleanse, would you say this was a spiritual shift?

For me, the spiritual journey is such a gradual process, so even the word 'U-turn' feels a bit abrupt, as though I saw the sign right away and it fixed everything. Instead, I would say, my journey has been ongoing – from the seeds that were planted when I was young, from memories of going to the temple, to being exposed to such



a diverse group of friends and community in elementary school, high school, then college. Just the diversity around me was a spiritual teacher, in a sense, to accept and embrace all faiths. Whether I'm in an honors class with people with a certain mindset, or on the sports team playing basketball with people of a different mindset, that for me laid the foundation. It's hard to capture, and I feel so honored and blessed to have grown up in that diverse community outside Los Angeles, and later on going through college.

I feel one of the major triggers for me happened when I was working on Wall Street when 9/11 happened before my eyes; seeing that happen and then embracing things, the ongoing process of healing and reflection. That was literally the biggest trigger. I was one and a half years out of college, and it hit hard: "What are you actually doing

with your life?" You never know, you could have literally been gone today. You don't know when this is going to end, when this magical journey you're blessed with on planet Earth is going to end. So, that triggered me to say, "I don't think I'm having a purpose at this company at a deeper level." I needed to follow my passion and it pushed me to leave New York to pursue music, media and entertainment.

And then, another thing triggered me along the way, which was my health journey. I got this chronic illness in my hand, called carpal tunnel syndrome or repetitive stress injury, which gradually got worse. I was doing a lot of computer work at that time in 2002, as my friends and I had just started an online comic strip that turned into a media company and animation studio. And through that, by 2005 the problem started

"What are you actually doing with your life?" You never know, you could have literally been gone today. You don't know when this is going to end, when this magical journey you're blessed with on planet Earth is going to end.

increasing, and by 2006 it was unbearable. By 2007, it was so bad I couldn't even brush my teeth or hold a bag.

It was then that my dad suggested getting Ayurvedic treatment, and my parents knew a healer in India. I had tried everything in the allopathic world and alternative medicines, and I had nothing to lose, because it wasn't getting better.

In 2004, because of this suffering, which was both physical and mental – we create it in our mind because of what's going on – it led me to pursue meditation at a deeper level. My roommate in NY had once told me about Vipassana and it was the perfect time to try it. It became a big part of my life. Being in a deeper connection with my mind and body was one benefit. I stopped drinking alcohol; I thought if I really want to heal, then I

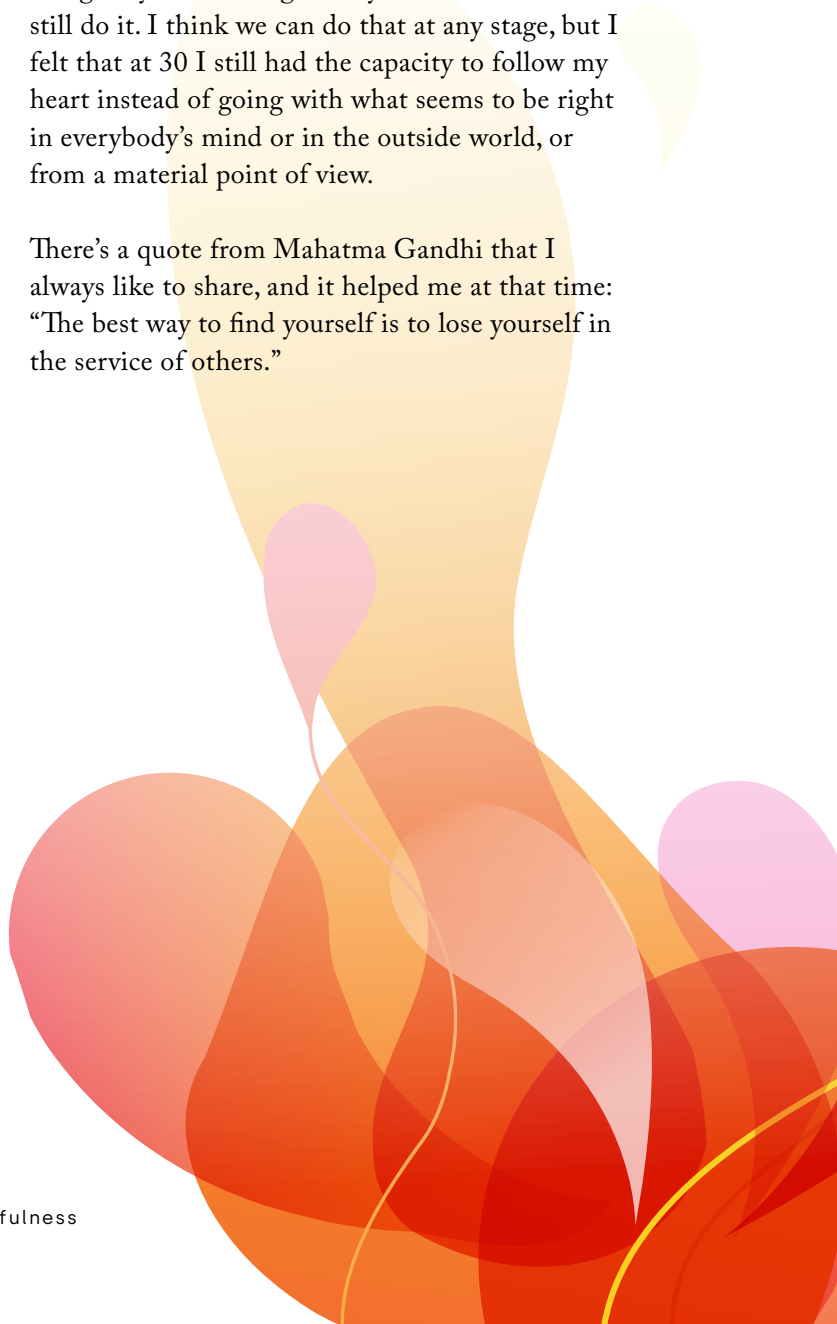
need to purify my mind and body. I became more health conscious than before, took a deeper stand.

When I came to India, another seed was planted. I arrived in Ahmedabad and stayed with my cousin and his wife (whose house I'm at now). I volunteered for 6 months at Manav Sadna, the NGO that I have been volunteering with for 10 years. The seed planted in my heart back then was working with children; we recorded a music album called Let Them Sing. It was an album of their voices, their stories. When I went back to the US the journey continued. There was funding to open an animation studio and I got into that. Again, a trigger came up, "What are you doing?"

You know, Vanessa, when I graduated from high school my dream was to become the CEO of Warner Bros. I always had a passion for media and entertainment. I chose Wharton Business School because I wanted to bridge business and entertainment; that was my vision. So, this animation studio was a dream for me. I'm not even mentioning the music stuff, which I loved – that was definitely my passion. But this career dream was as a businessman blended with entertainment, so, having the studio gave me that space and all the partners I was working with were amazing. It was in that space that I realized I wasn't happy. I had worked so far in my life for this career goal, and I was finally in the space that resembled it, and still I was suffering in my heart. I was not feeling any sense of fulfillment or purpose. So either I could go with what the mind said, which was "You're successful, you're on a successful path", or I could follow this soft, quaint voice which was not really able to reveal itself because the mind and the ego were more deceiving. But I'm so happy that, somehow, the suffering in whatever form it was, was calling out to say, "Please listen." It was saying, "You need to start again."

I said to myself, "These last 10 years of your career have been amazing. You've been able to experience the world in such an amazing way." I mean, we were touring as a music group, and the media and entertainment opportunities were really exciting, but there was something missing. And to listen to that voice was the key thing for me. I didn't know what that meant, to be honest, and that was the scary part of it. The vulnerability that came with the change – from a mindset of set a goal and reach the goal to the mindset of surrender, but you don't know where it's going to lead you – was scary, but I felt that that was the only way I was going to realign myself at a stage in my life where I could still do it. I think we can do that at any stage, but I felt that at 30 I still had the capacity to follow my heart instead of going with what seems to be right in everybody's mind or in the outside world, or from a material point of view.

There's a quote from Mahatma Gandhi that I always like to share, and it helped me at that time: "The best way to find yourself is to lose yourself in the service of others."





I had felt lost in my own way, because my heart was not connecting with the external. So, basically, the next phase of the journey of my life became: What does it mean to serve? Not merely because I want to help others, but because I really need to understand myself. If service is the best medium to find myself, then what a win-win!

After I moved to Ahmedabad, although I had external goals, for the next two years I was really focused on, “How am I purifying my own mind and heart in being a part of others’ journeys?” And that then became the formula.

Q: You said that you didn't want service to be ego-based, to have as little attachment to it as possible. So, you went out there with the idea to serve and actually felt yourself being

served. That must have been a very humbling experience. Were there people in your life, your peers, perhaps, who questioned your new way of life?

Yes, there are all types of resistance when you're going against the external grain, and also going against the internal wiring of your own conditioning. So, for sure, the journey with mom and dad, with friends and family, and with college mates especially, because they are all successful in different ways – for them to see me living this new life, a lot of questions kept coming up. But, the most important thing was to keep digging and trying to understand myself – why I was doing what I was doing. In the beginning phase it was an experiment! I remember thinking, “I can do this for a year, why not? And then start something else, or get a nice paying job, whatever it is, I'm fine, I have enough savings.”

That's how it started, and I said to myself, “I need to commit at least one year, and I need to go all in.” I remember one of my mentors, someone I'm close to here in Ahmedabad, said something that had such an effect on me: “Beta, you should live life like a flashlight. In the dark, you have a light and you see 6 feet in front of you. You don't need to see more than that, actually, because with every step you take you'll still have 6 feet of light in front of you. So, what's the need to look back and stumble?” That really clicked with me, because it had always been, “What's your 5, 10, 15-year plan, your retirement plan?” So, this became an experiment to learn, to grow, and to rewire myself, because I realized that my wiring was not the way it should be. Why? Because I was suffering.

I truly felt, and still feel, that we have the full capacity to minimize, if not eradicate, our suffering, but there are so many layers on us. So, it was really an opportunity to find out what's creating the suffering and, in the process of service,

how I was going to touch upon these layers, one at a time. We're not going to clear everything in one go; it's a lifelong journey.

In that first year, my parents gave me the benefit of the doubt: “He was doing good, now he wants to do this, okay.” And in the second or third year, my dad specifically said, “You realize that if you want to live this type of life, you have to be passionate about it, and you're going to have to simplify your life. Are you okay with not having so much and not doing all these things?” And after the third year, he was like, “Is this really what you want to do? Are you sure?” Then, little by little, they embraced the work I was doing, they were exposed to it, they started taking part in it. They started understanding, and being around me, with me. I think they started seeing the value in it, the purpose and joy in it, and the meaning in it.

Q: And the fact that it was making you happy.

Absolutely! That was the impact on them. They were thinking not only of my own joy, but also what is it doing for the world, and they started seeing value in it. And when I reconnected with my music, in the third year after I moved to Ahmedabad, I started sharing that with the world as a gift. I didn't want to charge for it. I wanted it to be pure, from a space of offering and not from me as an artist. A lot of people started questioning me then, too. And my dad and my uncle started wondering what I was doing.

At one point, I was in Denver with my family and I remember asking my father, “Dad, when somebody is working for a company, he's adding value to the company, and for that he's getting compensated with a cheque every two weeks. So, that's the materialistic business world we're talking about. So, don't you think that when, from my heart of hearts, I try my best to do my small part for the world, whatever that might be, God

is going to support me, just as the boss supports his employee?” And I think it clicked for my dad at that point, and it was a nice turning point for him, as well, to realize that it’s much beyond the numbers game.

It has been amazing, Vanessa, this journey of surrendering. As a human being and as a being full of ego, there are a lot of things that come up and it happens in phases. I’m much more grounded and connected to the Source during certain phases, and then I get karmically oriented, and I start doing projects and get caught up in the doing – even though it might be service, you’re still in this mindset of trying to account for something. Then I lose that stillness in me, which is the most important thing to me, the whole process. But I go back to “I’m not doing this to accomplish something, I’m doing this to purify my heart”, then it comes back.

I’m on this journey with noble friends and family, who are walking this path together, not only to serve externally, but also purify internally. To me, that’s been the blessing on this path, and I couldn’t care less what I accomplish. If I die today, it would be feeling so humbled and blessed, crying tears of joy, and thanking God and all those people around for this journey that has unfolded.

To be continued.

<https://manavsadhna.org/>

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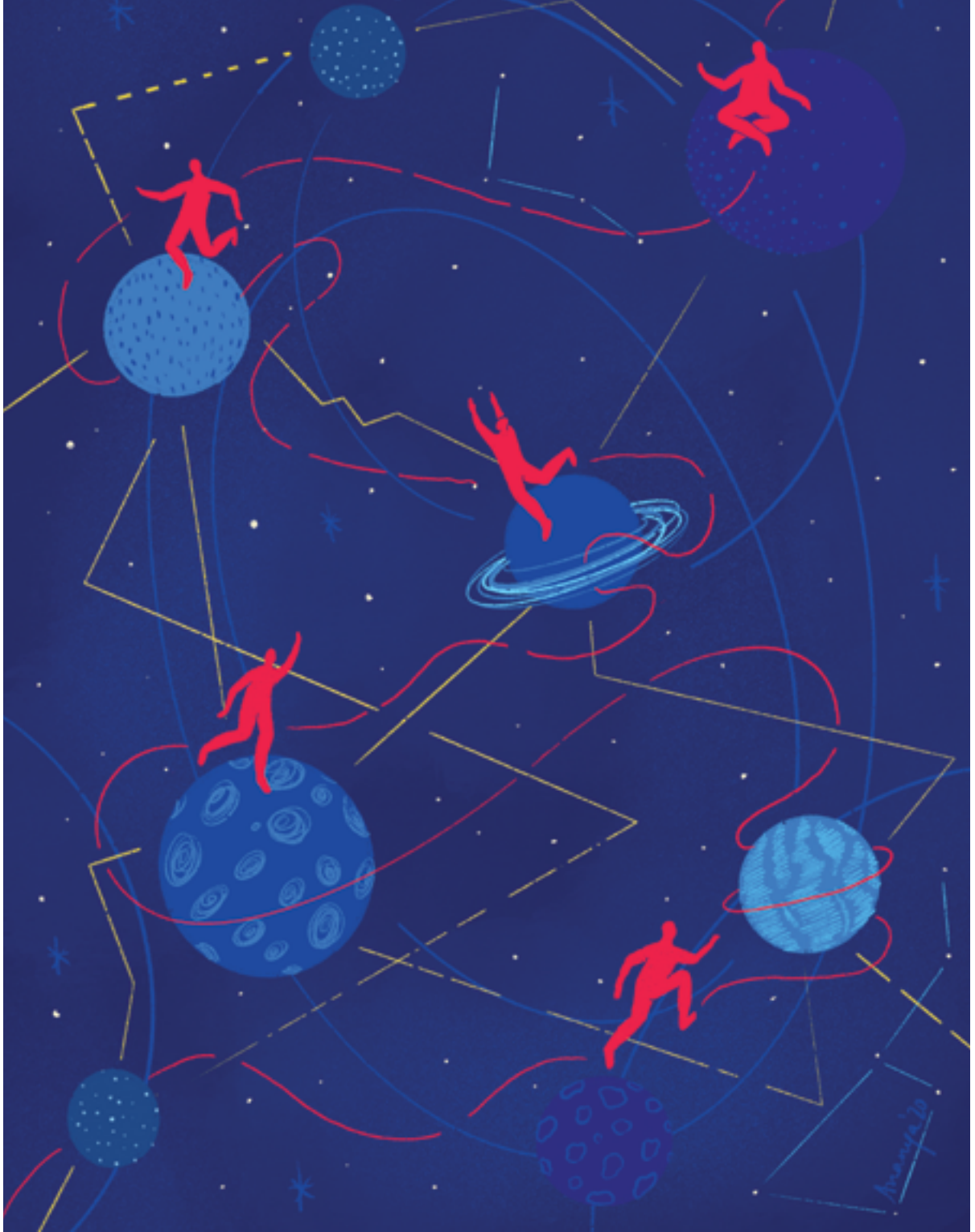
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MIRABAI

Raising CONSCIOUSNESS

PART 3

In April 2020, **BRUCE LIPTON** spoke with **UDAY KUMAR** about the transition our planet is going through right now, and what we need to do to raise our consciousness to the next level. In part 3, he goes into more detail on quantum physics, conditioning, positive and negative thinking, immunity, and how we can enable a loving world.

BL: Quantum physics is based on the culture of Hindu science, and that is why so many scientists from India are working in the realm of quantum physics; it's cultural programming, they are already predisposed to it. This is a really important part of the programming process, and then putting consciousness back in.

People have no idea that they're playing these subconscious programs at every level, for example in the field of health, from cancer, diabetes, cardiovascular disease – all these are due to stress. In cancer, less than 10% is connected to heredity, and type 2 diabetes is all about lifestyle.

So, what's relevant here? We have been conditioned to believe that the weakness in our health is just part of our biology, and that's absolutely and totally incorrect.

We have become weak because of people programming our biology, taking away our power. A standard, classic example of losing power is when children are sick. What is the message and what is the action? "Oh, you're sick, you have to go to the doctor." Mommy's sick, she goes to the doctor; daddy goes to the doctor when he's sick. So, what is the programming of the child? The first programming when it comes to health is, "I'm not in charge." We give power over my health to the doctor. If that's your programming, 95% of the time you're operating with the belief that "if the doctor says it's X then I'm going to get X, because the doctor knows and I don't."

We take the consciousness of the doctor, or the subconscious patterning, and apply it to our own lives, and then we become the diagnosis or the prognosis. "This is what's going to happen

People have no idea that they're playing these subconscious programs at every level.

to you,” says the doctor, and then it happens! What a coincidence. Does the doctor know? No, the doctor programs us, because we gave up our power when we said, “What do I know? The doctor is the professional.” If the doctor says this, this is truth in our minds, and the function of the mind is to take truth and turn it into reality.

If it's a bad prognosis I can kill myself with belief. Positive belief is the placebo effect, just like a sugar pill which I believe is medicine. When I heal from this pill, I actually heal from my belief – that's the placebo effect. And the other thing people don't talk about is the consequence of negative thinking.

Negative thinking is equally as powerful in shaping our lives as positive thinking. And negative thinking goes on more than positive thinking. Negative thinking is taking away your

vitality, your health; it's creating disease, it's causing you to die earlier, it can cause you to have cancer, all these things. Because the chemistry of negative thinking does not support vitality; it's for protection. Negative thinking means I'm afraid, I need protection. Protection means to wall yourself off. But nobody lives walled off from the world, you're going to die in there. Fear shuts down your growth and your immune system. Stress hormones are released when you're afraid of something – right now, the coronavirus, or the saber-toothed tiger from the original story. If I'm running away from a saber-toothed tiger, I want all the energy available in my body, the very last molecule of energy, because that might be the energy that keeps my foot out of his mouth.

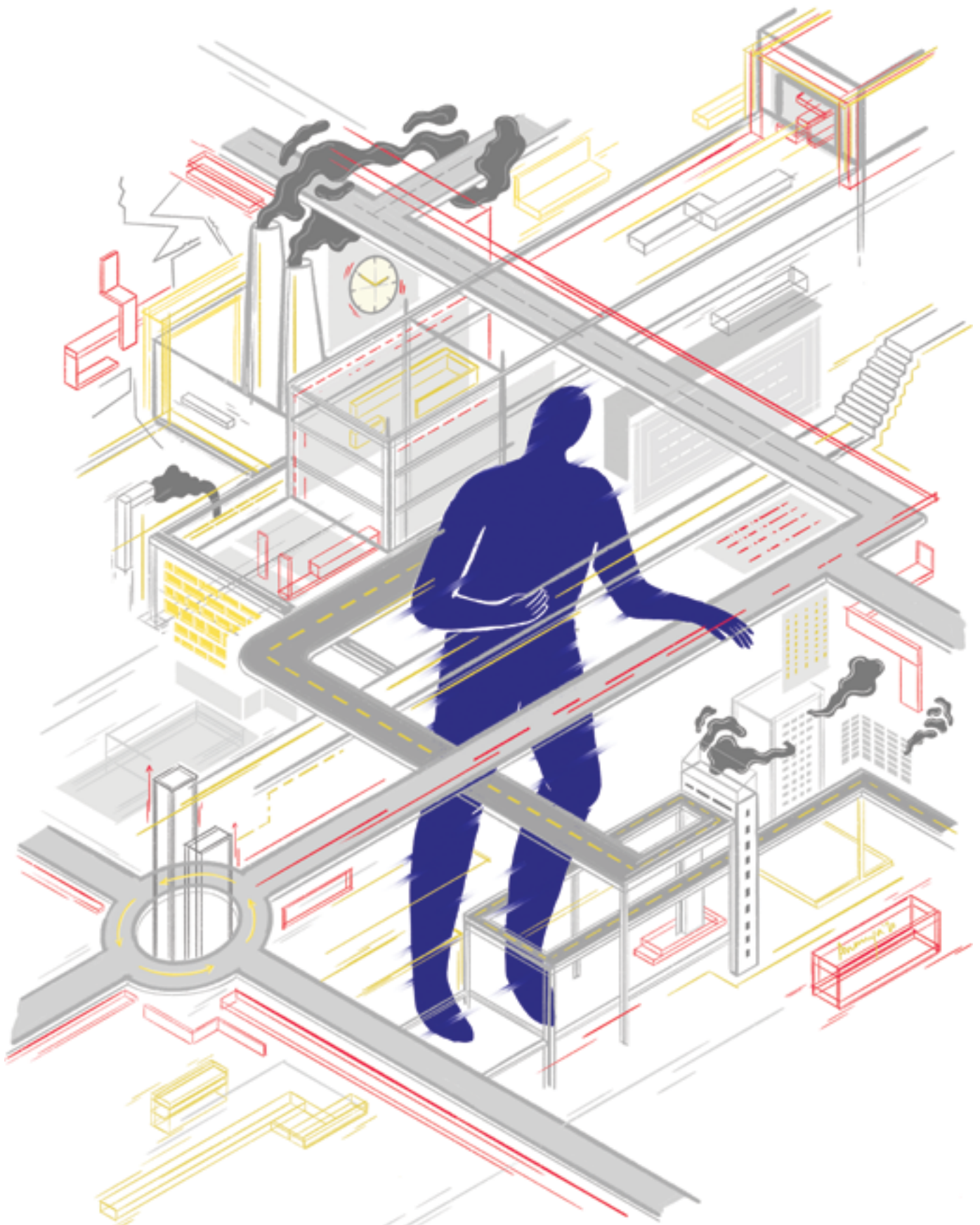
The biology and chemistry of fear are stress hormones. What do they do? It's simple, profound, and very important for everyone to know. Stress hormones prepare me to run away from that tiger. Blood is where energy is, so, if I'm going to run away from that tiger, where do you think I want my blood to go? To my arms and legs. I've got to run. When stress hormones are released in my body out of fear, one of the first things they do is cause the blood vessels in the gut to squeeze shut, so, where is the blood going to flow to preferentially now? It's going to be pushed to the outside, through to my legs where

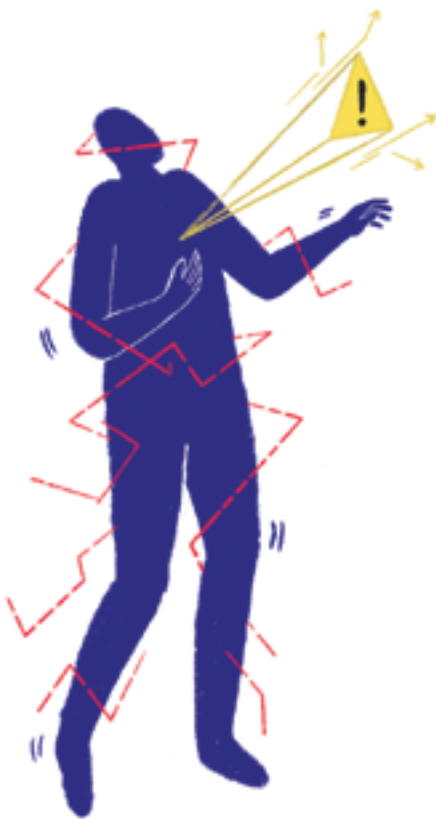
I need it for running. I feel the butterflies in my stomach; I feel a little queasy. I can feel the stress hormones shutting down the blood vessels this way. But now I've just shut off the viscera. What is their function? Taking care of the body, replenishing the system, putting the energy in, filtering out the toxins, the dirt, the viruses – cleaning and maintaining the body. So, when I'm running from the tiger I'm not taking care of the body, I'm using the energy to run.

The immune system uses a lot of energy. We know this because when we are sick we don't have enough energy to even get out of bed. So, in the scenario, where I'm being chased by a saber-toothed tiger and I also have a bacterial infection, how would I split the energy? How much energy would I use to fight the bacteria, and how much do I need to run away from the tiger?

Q: Use it to run away from the tiger, because I can see it!

When the stress hormones kick in, not only do they shut down the growth of the body, they also shut off the immune system. And they are so effective that doctors use this therapeutically. If you need a kidney transplant and I give you a kidney, your immune system is going to kill it because it's foreign to your body. I don't want your immune system to wipe out the transplanted kidney, so, before you get the kidney, guess what we give





you? Stress hormones. Now, when the kidney goes in your immune system won't be working to reject it. That's a therapeutic use.

What do you think is happening in your day-to-day life when you are stressed out? Exactly the same thing. Stress hormones shut down your growth, your immune system, and you can even die from it. When was the system designed? When the only thing we were running away from was the saber-toothed tiger, which would interrupt the system for say 10 to 15 mins. If you got away from the tiger, no more stress, and you went back to growth and your immune system. But look at today's world. Stress is present 24/7, 365 days. Every day it is, "Will I get enough money?" "Will I get health care?" my relationships, my neighborhood ... it goes on and on. Our biology wasn't designed to run on perpetual stress; we're

only supposed to use it in small doses. When you shut down your body's maintenance, the viscera, and when you shut down the immune system, there is only one consequence – sickness to death.

Because there's a stop to growth, to maintenance, and to the immune system, now you are meat to anything. Now, back that up and ask: What's going on in today's world? Why is the population compromised in the first place? Why is this coronavirus so disastrous? First of all, it's not disastrous – it's a belief, a fear that it's disastrous. So, why are so many people affected by it? It's simple. Every year we have the flu season, and the viruses that cause the flu do not grow well at body temperature, it's too hot; they need to be cooler than the body. Where in the body is it cooler? The respiratory tract from the nose, mouth, throat down to the lungs,

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because if it's cold outside we breathe in cold air that's not body temperature. And therefore, the cells that are lining the respiratory tract are more susceptible to a virus because they grow where it's colder. Hence, flu season is winter time.

Every year, the flu virus mutates a little bit. There are coronaviruses, rhinoviruses, and other viruses. Historically, we have been passing around the same kinds of flu viruses generation after generation, and our immune system has the memory of these viruses. If you're 40 years old and have had a cold or the flu, your immune system already has the memory. All of a sudden, a new virus comes that is not part of human history to date. Now, none of us have a memory of it and we're vulnerable to it. So, almost everybody is going to catch this new flu.

Every year, the flu kills the same number of people in the US. Roughly 0.1% of everyone who gets the flu dies. Up to 61,000 people in the US can die of the flu and we will still be in the normal range. Who's dying? People whose health is already compromised because they are old, or they have cancer or cardiovascular disease, whose immune system is already busy. These people form a group that is more sensitive to falling sick. Now, if the flu kills 3 to 4%, that's a hundred times scarier! They are the numbers we've been given.

So, let's talk about the consciousness of it. A year ago, when the flu season was coming, you got your flu shot if you were vulnerable; it happens every year and everybody is prepared for it. Now this year, we learn that the flu is coming and people are going to die everywhere – perhaps one or two million in the US. That is a completely different broadcast. That is a fear broadcast, so now there's stress, and this causes the release of stress hormones that shut off your immune system. So, it's already a new virus and we're all vulnerable to it, and on top of that the illness will be more severe than ordinarily because stress has compromised our immunity.

Q: So do you think the messaging should have been different, Bruce?

100%! The fear is this: Instead of 0.1% of the population, it's 3 to 4%. That's 2 million Americans who are going to die, and I could be one of them! Let me tell you the false part. How do you determine the mortality rate? You look at how many people die and divide it by the total number of people that have the disease. In one place in Italy, they did a survey of everybody in the city and tested them for the virus. 44 to 50% of the people tested positive but had no symptoms. A lot of people who get this flu will be fine, they'll get a sniffle or a cold, if their immune system is working well. They're not going to go to the doctor. Why is

this important? If you take all the ones who did not report it and add that to the total, and then divide it by the number of deaths, it's below 1%. Now we're in the range of an aggressive flu but not a deadly flu. Now, take that range, stress the hell out of people, let them stop their immune system, and see the outcome. The symptoms are anyway more severe because it's more aggressive than normal, but look at the consciousness of the way they're selling it. There's a very big push to scare people, and the result is that you and I are at home. The world is at home, people are not working, and some of us are okay because, for me, I don't do any lectures outside at this time of the year aside from teaching here in New Zealand.

Q: You have amazing leadership quality in your Prime Minister, so authentic.

She gets me all emotional when she speaks, because she's so real. I was here when the shootings in the mosque occurred, and being from the US you're desensitized and you think, "Yet another shooting." But the way she managed the crisis, at the end of the day there was no split in this country; it was one unified country. Her point was, "We are not that," and within a week the government outlawed all automatic weapons. It only took one week. And she was recognized by the Muslim community as one of the most wonderful leaders of

this world. She was singled out and honored for her response to this event. So, I'm so proud to be here with a leader who is real.

Q: In a lot of your messages, there is the idea that the undercurrent of energy is love, and you speak a lot about that.

Absolutely. If I was going to make an oscilloscope picture, showing the vibration, love is a nice, smooth wave, whereas noise is not. Harmony is in the sine wave, peace; anything out of harmony is jagged. So, the effort of meditation is to take people out of the jagged and put them in the sine wave, because if they can manage this they have control. But if they are jagged that means they have lost the control, and now they're responding like a ping pong ball bouncing all over the place, depending on who's handling the paddle.

Q: So, let me ask you, what do you think about 5G?

A blanket statement? Do I think 5G is harmful? The answer is: It could be. I don't have all the data, because it's not being tested appropriately. Why do I think it could be? Biological cells, as quantum physics units, are all based on vibration and energy. And the frequency of vibration has a very low amplitude, very low power. So, the lower the power, the more it aligns with the power of the cells. If there's loud noise you

can't think, right? What happens is your hearing shuts it off. You walk into a room and there's a smell; once you identify the smell, you will shut off that smell and wait for a new smell. If a vibration that is useful in biology comes in, and the amplitude is so high, so loud, the cell does not listen to it, just as the ears shut down and the nose shuts down. When frequencies from the outside are biologically too loud, the cells shut down and do not listen. 5G are in a range of frequencies that are functional in a cell's life, so 5G amplification occurs and the cells could stop listening to that signal. That's like blindfolding someone and telling them to cross the road. If I can't see it, I'm missing the signal, so 5G is doing this.

Is 5G underlying the coronavirus issue? I don't think so, because the virus is spreading in areas where there is no presence of 5G at all, especially rural, remote areas, and countries that don't have that technology.

Q: I really like the way you framed it; that there is a lot of room to experiment, because the effects can be profound.

I'll tell you what the failure of most research is: In our conventional world, when I do research in a laboratory, they say this chemical affects this cell, and more of the chemical will have more of an effect, so, turn up the volume. If one frequency doesn't



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have an effect, turn up the volume, the effect will be much worse. But that is completely wrong. If the volume is too high, then the system ignores the signal in the first place, because it's out of range of the biology. The idea is to drop the power, drop the amplitude down, and then do the research, because if the cells are in the range of listening, then that's where it will have an impact. With too much amplitude, too much volume, if the signal is too distorted, I'm not listening to the signal. So, the research is backwards.

Q: I think of you sometimes as the New Age Galileo appealing to the New Age church.

I hate the concept of the church, because for me that's when manipulation started. That's when people made up the rules and other people blindly followed them. Who made them up? A dear friend of mine, Anita Moorjani, who wrote *Dying to be Me*, had a near death experience where she left her body while in a coma. Once she recognized that it was consciousness that caused the cancer, she came back out of

the coma, and within hours the cancer was on its way out. So, where did that hell come from? You put fear in a person and then say, "I can help you with that fear. How much money have you got?" Anita's story is what I ascribe to, when you're out in this field, and an energy field has consciousness but no physical body to it. And she says that what happens on Earth stays on Earth; there is no hell. We came here to experience these things. If you take hell out of the picture, most of the world's religions would disappear in a minute.

Q: Well, the instruments have been fear and temptation. They have been the triggers.

There's something called the biological imperative that's built into every living thing from bacteria to humans. It's the drive to survive when threat kicks in. Even bacteria don't just sit there and say, "Kill me." They will do everything to stay alive. And it isn't just individual survival but the survival of the species, so the biological imperative is also the drive to reproduce, the sex drive. Every organism has it built in; it's part of our nature.

So, when anyone says that the sex drive is a sin, and sex is bad, I say, "Well, you can say that to my head, but unconsciously my drive is to do it, and so everyone's going to sin because it's inbuilt to have

sex.” So, what they ended up doing was making sex dirty and evil, and you couldn’t do it according to biblical law. That’s manipulation. How smart is that, because people are sinning and atoning for it by giving money.

Q: Before we end, let’s do some rapid word fire. People would also like to know the man behind Bruce Lipton.

Color?

Blue-green, Planet Earth.

Q: Food?

I love food.

Q: The book that inspired you a lot?

In physics, *The Cosmic Code* by Heinz Pagels. I didn’t have any insight into quantum physics, but once I read this book I thought it is the science that explains everything. And, of course, that’s the spiritual science because in quantum physics they use the word “field” which is invisible energy which gives shape to the particle.

The definition of “field” is the invisible moving forces that influence the physical world. So, the words “field” and “spirit” have the same definition. The field is an energy source that shapes the world in which we live, and none of my colleagues in conventional

medicine had any understanding at that time of quantum physics, which is the most truthful science.

Q: Favorite place?

Any island with palm trees and warm water. I used to live in the Caribbean. I’m a warm weather guy, so I come to New Zealand when it’s winter in California, and go back there to summer when it’s winter here.

Q: Your dream?

I’m living it. I’ve been on a honeymoon for 22 years with my partner, Margaret, and it’s a honeymoon every day expressed with joyous juicy love.

Q: Is there one message you’d like to share?

My particular message is this: There’s a belief for many people on this planet that when you die you can go to a place called heaven. Well, each individual has their own version of heaven, and I want to suggest something based on the new biology and the physics. You don’t die and go to heaven; you’re born into heaven. This is where we come to create, and when you’re empowered and operating from your conscious mind and running your life, it’s usually expressed as something called a honeymoon. When people let go of their programs and become mindful, their life becomes heaven

on Earth and they enjoy it much more than suffering through it. Enjoy it now, when you have the opportunity and the body to create that experience. The story that Margaret and I are celebrating for 22 years is rewriting those programs, so that they represent our wishes and desires rather than somebody else’s download.

Q: I like that. It aligns with what we say in Heartfulness – it’s not give love or take love, it’s become love.

I ascribe to that process. I hope you have something useful that will help everyone get their power back. And wake up as many people as possible, so that we can all collectively manifest it. Raising consciousness is the game, and I wish you luck with that.

be
inspired



If evil is returned with evil, it only increases evil
more and more in the world. Therefore, to return
good for the evil is the only thing.
That one must try to do.

A question arises: How must the evil be answered?
Its answer is: With forgiveness.

One might ask, if the evil was greater than the
forgiveness one has, then how shall one answer it?
Answer it with tolerance.

But if one thought that the evil was greater still than
the tolerance one has, how to answer it?
The reply will be to answer it with indifference.

HAZRAT PIR INAYAT KHAN



A User's Guide to Living

- Part 8 -

The Art of Gratitude



DAAJI continues his series on everyday living, introducing the seventh universal principle of the User's Guide, which is to let go of revenge, resentment and retaliation for any wrongs done and instead develop the art of gratitude, which includes both being grateful and giving thanks. This seventh principle allows us to transcend reactive, negative thinking when things don't go our way. As we evolve, it becomes a fantastic tool to help us accept and trust in life, whatever it brings, so that we can soar into higher and higher states of consciousness.

Within five elements are ten universal principles:

The Practice

- 1 Create a daily morning meditation practice scientifically
- 2 Fill your heart with love before starting meditation and before sleeping
- 3 Fix your goal and do not rest until you attain it

Behavior Being to Doing

- 6 Know everyone as one, treating them equally & harmoniously
- 7 Do not seek revenge for the wrongs done by others, instead always be grateful
- 8 Honor the resources you are given as sacred, with an attitude of purity, including food and money

Essential values

- 4 Live simply to be in tune with Nature
- 5 Be truthful & accept challenges as being for your betterment

Leadership

- 9 Become a role model by inspiring love and sacredness in others. Accept the richness of their diversity, while also accepting that we are all one

Continuous Improvement

- 10 Introspect daily before bedtime, so as to correct your faults and avoid making the same mistake twice

Principle 7:

**If you are feeling wronged by anyone, do not wish for revenge.
Instead, think this comes from God and be grateful.**

Are we wired for revenge?

Yes and no. Most of you will know of Roald Dahl's books for children, the tales from the Mahabharata, and Grimms Fairytales. They are beloved by children and adults alike around the world. And yet they are tales filled with sweet revenge, often based on moral judgment. The bad guys always get their just desserts in the end, but along the way, many people suffer because of revenge. Think of what happens to the greedy selfish children in *Charlie and the Chocolate Factory*! They are all punished in very twisted and fantastical ways. Only Charlie, who is generous and pure, is lauded.

A cursory glance at popular literature and media reveals that revenge is generally admired, glorified, and justified. In fact, revenge is a leading theme in most movies and fiction. In every Marvel film, good finally triumphs over evil, and there is always an element of retaliation in the final outcome. In fact, there is a fine line between revenge and the upholding of *dharma*, and it is all in the intention. Is retaliation done for the greater good, or is it done to get back at someone?

Stories of revenge are also aplenty in our fables, mythology and legends. Look at the scheming between the queen of the Greek gods, Hera, and her step-daughter, the goddess Aphrodite, for example. Or the story from the Mahabharata where Draupadi's brother, Dhrishtadyumna, takes revenge and beheads Drona – a simple insult leads to a loss



of life. That in turn creates a very bitter heart in Ashwathama, who wants to avenge the death of his father. Revenge leads to more vengeance, and so it multiplies. We also see how Bhishma invites his death as a result of the revengeful actions coming to him from previous lives, and how Shikhandi was born to destroy him. It goes on and on and on. How will these revengeful acts end?

Revenge has been an expression of our competitive interactions since time immemorial, and we can see its origins in the competitive instincts found in most animal populations. In ecology we see competition for food, for mates, and for territory. In humans, revenge is associated with that animalistic nature, with the lower three chakras in the human system, but it becomes more complicated when that instinctual programming is entangled with the emotions of the human heart. Psychologically, we feel threatened, just as an alpha male lion does in defending his position in the pride from a challenging male lion, but we also add the spice of competition to situations that are not life-threatening, to everyday affairs in the family, with friends and at work. And when we take revenge on the person we see as our opponent, we also have to deal with our own conscience!

Revenge is a way of life in most tribal cultures, showing up as blood feuds and clan wars. An unwillingness to seek revenge is usually seen as cowardice or weakness. Unfortunately, it is also at the base of behavior in the so-called developed civilizations. It is the philosophy of “an eye for an eye and a tooth for a tooth,” and it forms most people’s understanding of the law of karma.

The idea that “revenge is sweet” has been challenged in several modern psychological studies, where it has been found that most people who act out of revenge end up regretting the act, which then leads to guilt and shame. There are others who don’t retaliate due to fear of reprisal. They harbor resentment in their heart that turns to bitterness and poisons them into slow retaliation, like we often see in Agatha Christie murder mysteries. Both these categories get consumed in the emotions of the anger spectrum. There is a third category of people who, when subjected to wrongdoing, feel sad, humiliated, and deprived of honor and dignity. This leads to feelings of shame,

We need to awaken and master the higher chakras, starting with the heart chakra, taking us into more elevated levels of consciousness of generosity of heart, oneness and love for all.

grief and depression. They feel victimized, and perpetually trapped in the emotions of the fear and self-pity spectrum.

Revenge is one of those behavioral patterns that can evoke the entire spectrum of negative emotions, creating a downward spiral of negative energy. It is this insight that led Babuji to develop Principle Seven, which he hoped would change us by transforming our underlying belief system. He shows us that we don’t need to be hardwired for revenge, but for that to happen we need to rise above competitive animalistic tendencies. And for that we need to awaken and master the higher chakras, starting with the heart chakra, taking us into more elevated levels of consciousness of generosity of heart, oneness and love for all. That progressive elevation is known as the spiritual journey, the *yatra*, and it is described in a series of articles, “[The March to Freedom.](#)”

Cultivating gratefulness: a more evolved response

Almost all philosophical and religious traditions encourage us to live in peace, to forgive those who hurt us, and to leave any retaliation to Nature. But how is that possible if we are functioning from the level of the lower chakras, according to animalistic instincts, relying on the principle of competition? Until the heart chakra is awakened and mastered, bringing with it the possibility of humanity, compassion, love, generosity, and humility, it will not be possible to let go of a revengeful character. We can dream all we like for peace, community and harmony, but we will remain stuck in our current scenario, where revenge is probably the single biggest reason for acts of violence in the world today.

The desire for revenge is triggered by anger that is caused by perceived wrongdoing. When we retaliate, we can be very direct and aggressive, or very subtle and underhand. People sometimes wait years for revenge! Revenge creates an endless cycle of tension that can sometimes span generations and lifetimes.

All of us, without exception, have probably reacted negatively when someone wrongs us. Similarly, when someone does something good to us we usually respond favorably. Positive leads to positive; negative leads to negative. When love responds to love, it is not called revenge, but that response is no less a contributor in forming veils and complexities than a revengeful negative response. Any sort of response, be it positive or negative, will create complexities in our heart that form impressions in the field of our consciousness. These impressions harden into deep knots of energy known as *samskaras*, and the vibrations of our *samskaras* attract similar vibrations toward us from outside, perpetuating the vicious cycle.



Sages and philosophers generally agree that whatever happens to us is the result of thoughts and actions. Rarely does anyone suffer beyond this principle. So how do we stop forming the seeds of these *samskaras*? The answer can be found in the realm of spirituality, which offers a very different approach. It gives us the tools to prevent the formation of newer *samskaras*, and to remove those that have accumulated in the past. In fact, once we become conscious of how to prevent and remove *samskaras*, we can become the architects of our own fate. We can respond from an altogether different level.

Until we have fully arrived at that level, however, the *samskaras* we have created by our past thoughts and actions remain impressed in the subtle body,

and are then washed off by undergoing their effects. This process is known as undergoing *bhog* or undergoing karma. Through vibrational resonance, our *samskaras* attract current circumstances and people toward us. They may cause us suffering, but at the same time they also remove the *samskaras* and associated mental complexities. So if we can perceive them as catalysts for our growth, we will naturally start to approach miseries with a grateful attitude. It's not that we have to enjoy them, but, in the words of David Steindl-Rast, "Even the worst things that have happened are life-giving. Out of catastrophe, you got where you are."

When *samskaras* accumulate, they make our condition heavier, which leads to negativity, depression and all manner of mental disturbances. Due to incessant thinking and activity, they add layers and layers of complexities and impurities. This is further reinforced by our delusion that we are the doers. As a rule, our soul wants to return to purity and simplicity, so it tries to relieve itself of these accumulated impurities and complexities. This triggers the process of *bhog*, with the resultant sufferings caused by others. Unfortunately, we misunderstand, and we react immaturely on account of ignorance.

When Nature reacts and punishes someone, nobody calls it a revengeful act, because Nature has no mind. But when a person takes the matter into their own hands, then it becomes revengeful, because the heart and mind are combined in the action. When we understand the concept of *bhog*, we no longer need to distinguish between sufferings inflicted by Nature and those inflicted by people. Both types of sufferings can neutralize our *samskaras* and facilitate their release. Our transgressors are doing us a favor. It is just that we are not able to see this apparent paradox on account of our ignorance. **If we retaliate, it is like attacking a doctor who is removing a thorn from our foot – it causes pain**

Through vibrational resonance, our *samskaras* attract current circumstances and people toward us. They may cause us suffering, but at the same time they also remove the *samskaras* and associated mental complexities. So if we can perceive them as catalysts for our growth, we will naturally start to approach miseries with a grateful attitude.

while it is being pulled out, but it brings necessary relief and we feel better. We will evolve in so many ways when we start to trust the process and see our transgressors as helpers. Then we will feel grateful in the moment and at peace within.

We will be able to move to the next level, where we accept our so-called enemies, and that means listening to them. That is a huge step forward. Together, we will be able to look at the challenges and issues, and not at the person. This is the very basis of teamwork, of community, and of overcoming prejudice, at the individual and the global level.

The new paradigm: embodying Principle Seven

Through this Principle Seven, Babuji has changed the locus of responsibility from God to us, and changed the mindset from victimization to enablement. When sufferings come our way, if we can pause and realize that our own vibrational blueprint has attracted them, and they are ultimately for our good, we will feel grateful to the people who caused the suffering and offer thanks.

So what are the core teachings of this principle, and how do we put them into action to transform our lives?

First of all, we need to understand how *samskaras* are formed. *Samskaras* are impressions that lead to habitual tendencies, karmic impulses and subconscious habits and tendencies. We are all familiar with this concept, but there are some nuances involved in the formation of *samskaras* and the role that they play in the process of *bhag*.

Babuji writes, “When we do something by applying our head and heart, we form impressions.” This means that thought alone does not create an impression. We need to add emotions to the mix. To use the analogy of the ocean, when the water in the ocean comes into contact with a strong wind, storm, or a seismic event, a substantial amount of energy is transferred to the water and large waves are formed. Similarly, when our thoughts get entangled with passing emotions, turbulence is created in the field of consciousness, and this turbulence results in an impression being created in the psyche which is also stored as a memory with a specific emotional signature or vibration.

Impressions become stronger when we continue creating stories around them and trying to make meaning out of our experiences. We tend to

label them and give them names. As they build up, they become toxic, becoming heavier in our consciousness – a form of impurity which has its own specific vibration.

When our thoughts get entangled with passing emotions, turbulence is created in the field of consciousness, and this turbulence results in an impression being created in the psyche which is also stored as a memory with a specific emotional signature or vibration.



Transforming our belief system: the art of gratitude

This idea that our emotions create vibrations in our field of consciousness, which send out vibrational signals to the universe, attracting specific situations and people, has profound implications. It is the basis of the law of attraction.

So, what happens when we receive a stimulus from the universe based on the vibrational signals that we transmit? Let us say someone makes a gesture at us. If we think that we have been insulted or treated unjustly, that very thought can rouse the emotion of anger. It is our interpretation of the stimulus that leads to the emotion, and these interpretations come from our belief system. The gateways of our belief system are our labeling of “like,” “dislike,” “good,” “bad” etc. In short, it is our belief systems that mold our experiences. Our experiences, in turn, reinforce our belief systems.

With Principle Seven we are changing that belief system to: We are the ones who create the circumstances for wrongdoings. We are responsible. There is a lesson to be learned. Other people are helping us learn that lesson. We can feel grateful for the opportunity, and give thanks that we are evolving.

How do we apply this in our lives? By letting go of the desire to get even. A revengeful act is nothing but wanting to get even with someone. When you understand this, it is the beginning of wisdom. Try to settle down with a peaceful heart and resolve, “I forgive that person, I have a big enough heart.” When we do this, we will free our heart. So, in essence, impressions cannot thrive in a compassionate and grateful heart.

But this will be very difficult until the heart chakra is in full blossom and all the points within it are purified and awakened. So the first step is to

embark on an inner journey through Heartfulness practices, which also remove the layers of *samskaras* through the process of Cleaning. Only then can we get to first base and respond from a place of generosity.

Then we will feel so much peace. We will see Grace descend. We will feel expansion in our consciousness. Greater wisdom will engulf us. We will feel as if we have understood something wonderful in life.

Before thinking about taking revenge, pause a little. During such moments, analyze how your mind became revengeful and how to avoid it. What are the steps? Generally you are feeling hurt. Someone or something creates a situation where your integrity is compromised, your personality is questioned, or your intentions are questioned. Others have a right to question, so let them question. Why are you getting perturbed? Your generosity of heart will prevent you from reacting.

Otherwise, depending upon the person who is accusing you, three scenarios may arise. If the person who is accusing you is very strong, like your boss, you will not take immediate revenge. You may wait quietly: “I will do something one day!” With that hidden agenda, you are keeping poison in your heart for a very long time. When your boss becomes slightly weaker, you will raise your hood and bite. If the person who is accusing you is weak, before he even finishes his sentence you may want to finish him off. Then there is a third scenario, where you feel self-pity and become miserable, a victim to the circumstance. That can also lead to revenge of a different type, through emotional distancing and manipulation.

I would like you to ponder over a fourth scenario: Pause, wait, and forget the whole thing after learning whatever lessons you can from it. Not only can you learn lessons, but see if the other person

can also learn something so that you become friends. That will be a noble outcome.

Wise people do things differently. Instead of focusing on others, they focus on themselves, and see where they have gone wrong. What is the cause of this rebuke or abuse or criticism? They try to analyze their own actions and come to a fair conclusion. We have to think: Is it worth losing my temper? What are the chances of a peaceful resolution? Are there any chances of bridging the differences?

Revenge is simply a reaction, and it perpetuates. If you are revengeful for the wrongs done by others, you are not wise and the person who has wronged you is no wiser. Then there is a fight between two unwise ones. You both become bitter and hurtful and angry.

Revenge is simply a reaction, and it perpetuates. If you are revengeful for the wrongs done by others, you are not wise and the person who has wronged you is no wiser. Then there is a fight between two unwise ones. You both become bitter and hurtful and angry. Taking revenge on your dear ones sounds paradoxical, but it remains a painful fact of life. Your health suffers, the family suffers, and you start gauging how much revenge to take. Can you assess the rules of revenge? What is the dose of revenge or retaliation to be given? Can anyone judge?

There is a quote from the great Chinese philosopher Confucius: “Before you embark on a journey of revenge, dig two graves.” Another great philosopher said, “Forestall or delay vengeance until wisdom can assert itself.”

A person taking revenge tends to become the one they want to destroy.

Do you have the heart to let go and forgive? Have you counted the cost of revenge – the price you will have to pay in terms of *samskaras*? In taking revenge, you will always focus on the other rather than on yourself. If you are a person of conscience, you will become aware of yourself: “Why must I react? Why must I be revengeful?” “How to resolve this so that I can grow further?” Cement the relationship for the sake of God. An act of revenge or retaliation will never allow for a peaceful closure.

Also, are we fooling ourselves by taking revenge in the name of justice?

To let go of ill-feelings gives us tremendous freedom. Letting go must be effortless and natural. It is not a weakness. By not letting go, we fight with the rest of the godly kingdom, and then we separate ourselves. This separation adds another veil.

Let us look at others with a sympathetic heart. Maybe there is a justification for their actions. Maybe we are wrong. Maybe we deserve the punishment. So let us pray, “May God forgive me.”

I also recommend a technique given by Babuji’s Guru, Lalaji, to improve relationships with others:

Sit comfortably and close your eyes. Imagine the form of the person in front of you.

Have the thought that, “This person is my friend and well-wisher.”

Think that all negative thoughts the person has about you are going, and thoughts related to your welfare have been infused in them instead.

Whenever you have the opportunity to go near the person, gently and subtly pay attention very indirectly to their face, without staring.

When you breathe out, have the thought that particles of your love and affection are entering their heart.

When you breathe in, have the thought that you are pulling all the negative thoughts they have about you from their heart and throwing them aside.


Initially this task may seem difficult and you may feel resistance, but if you are courageous it will become easy as you practice it.

When you take time out to pause, you will appreciate life’s gifts. So meditate, be grateful, give thanks for life itself, and you will discover that this attitude changes everything.





Taste of Life



One touch of nature
makes the whole
world kin.

JOHN MUIR



Queen of the Night



DR. V. RAMAKANTHA is a former Indian Forest Service officer and member of the Green Initiative at the Heartfulness Center at Kanha Shanti Vanam in India. Having spent most of his working life living in forests and jungles, in tune with the natural world, he shares his knowledge about some of the amazing medicinal plants of India, starting with Parijata, the Queen of the Night.



Botanical Name: *Nyctanthes arbor-tristis* L.

Family: Oleaceae

Common Names: Night Jasmine, Coral Jasmine



Parijata is known as Coral Jasmine owing to its snow-white flowers with coral-red tubes. This small ornamental tree, with its heavenly-scented flowers and drooping branches, is found all over the Indian subcontinent, with a special name in every language. It flowers almost the whole year round, and is known as Night Jasmine because the delicate blooms open by evening and falling off soon after, leaving a carpet of flowers in the morning. This gives it the epithet “Queen of the Night.”

Mythology

Rajani-hāsa, “the one who forms the night’s smile,” is one of the Sanskrit names for Parijata, and there is a story behind this name. Parijata was a beautiful princess who fell in love with Surya Deva, the Sun God. Initially, Surya Deva, who rode the fiery chariot in the sky from east to west, did not take a fancy to the princess, but over time, he was won over by the single-minded devotion of Parijata, and he left the sky and came down to Earth to spend some loving time with her.

Now, the Earth was not a conducive environment for Surya Deva so, after spending a few seasons, he left for his original abode, albeit reluctantly. Heartbroken, princess Parijata tried to follow her lover, but the intensity of the heat from the Sun God burnt her to ashes.

Moved by sorrow and pity, Surya Deva granted Parijata another life in the form of a tree with the purest of white flowers with blazing orange hearts, and Surya

Deva visits her every night. The Parijata flowers are very fragrant as they are kissed by the Sun God. Even now the flowers can’t bear the rays of the sun, and with the first rays at dawn, they are shed.

In India, the Parijata tree has a close association with Lord Krishna. The *Vishnu Purana*, an ancient text of the Hindus, gives a graphic description of the sequence of events that led to the descent of this ambrosial tree to Earth. The story goes that Indra,





king of the gods, had a serious confrontation with the noble-born but despicable Naraka. Naraka was the son of Bhumi, the Earth, and he possessed some of the powers of Lord Vishnu. He was not happy to confine himself to his home on Earth and took frequent forays to the heavens, from where he would steal whatever took his fancy before he returned home. He was so powerful that no god dared stop him, not even when he snatched the nectar-dropping earrings of Aditi, the mother of Indra.

Indra realized that he was no match for Naraka, and needed help. After much reflection, he decided that it had to be Lord Krishna, who was happily residing in his newly-built city of Dwaraka. So, Indra descended to Earth and beseeched Lord Krishna to put an end to Naraka's atrocities.

Krishna agreed and, accompanied by his wife Satyabhama, he set off to vanquish Naraka. With the help of the Sudarshan Chakra, Krishna killed the demon, cutting him in two. Krishna returned the



nectar-dropping earrings to Aditi, who was very happy. She blessed him, saying, “So long as you live in the world of mortals, you shall be invincible, and no harm shall come to you either from celestials or demons.”

Indra extended all courtesies to Krishna and Satyabhama during their stay in the heavens, including showing them their celestial garden. Satyabhama caught sight of the Parijata tree and at once fell in love with its beauty and the sweet-smelling flowers. She declared that she would not return to Earth without the Parijata tree, thus obliging Krishna to request Indra to gift them the tree.

Indra was polite but firm in refusing Krishna's request. He told Krishna that the Parijata had materialized during the churning of the Milky Ocean by the gods and demons, and was a prized possession of the gods. Krishna explained to his host the delicate situation of how enamored his wife was of the tree, and how unwise it was to displease her, especially as she had been a great support in fighting the demon Naraka. But Indra's wife, Sachi, was also clearly fond of the Parijata tree, and had refused to offer even a few flowers to Satyabhama.

“Impossible,” said Indra with finality. “That low vibratory planet of yours does not deserve this ambrosial tree!” Finally, Krishna was forced to tell Indra that he

would take the Parijata tree, whether the king of the gods liked it or not.

Indra forgot that he had just recently used Krishna's help in putting an end to the life of Naraka. He was also oblivious of his mother's blessings on Krishna. Incited by his wife, he readied for an all-out war with Krishna. Indra had in his possession a terrible weapon called the Vajrayudha, which in utter desperation he hurled at Krishna using all his might. Krishna arrested the weapon and held it in his hands, unaffected. In the end, Indra had to concede defeat and begged Krishna's pardon. So the happy Satyabhama took away the Parijata tree to Earth and planted it in her garden.

The sacred Parijata tree is often planted near Hindu temples in India and Sri Lanka, and also in Malaysia and Indonesia. It is believed that if you approach the Parijata tree respectfully, you may get a glimpse of events of your previous births!



Wonderful as a medicinal plant

Parijata is also known as Amrita, a tree yielding immortal food. It is a wonder among medicinal plants, extensively used in the Ayurveda, Siddha and Unani systems of medicine from time immemorial. The fresh leaves are also used for the preparation of homoeopathic medicines. Moreover, every part of the tree has been used in household remedies against a host of ailments since ancient times.

The leaf juice of Parijata and a couple of spoonfuls of honey makes a wonderful remedy for dry cough. It is also used for curing enlargement of the spleen, and as a safe purgative for infants. A decoction of the leaves is recommended specifically for obstinate sciatica, caused by the compression of a spinal nerve root in the lower back.

Ayurveda gives therapeutic predominance to Parijata for certain diseases like chronic fever and worm infestations. In cases of chronic fever, Parijata leaves are used in combination with other herbs like ginger, tulsi and pippali, the Indian long pepper.

The leaf juice of Parijata with honey, jaggery and salt, is an effective means for getting rid of roundworms and threadworms. It is an age-old practice in India to

administer this orally for expelling intestinal worms in children. The leaf decoction is helpful in cases of malaria and dysentery. The leaf juice is applied externally on ringworm and other skin diseases. Three fresh leaves of Parijata with five pepper grains are traditionally taken orally to overcome several gynecological problems.

The flat, compressed, heart-shaped fruits of Parijata have two compartments, each having a seed. A decoction of seeds is useful as a hair tonic and also to get rid of dandruff and lice. A paste of the seeds is used in the treatment of piles. A decoction of the roots helps to deal with enlargement of the spleen. In case of gout, a flower decoction (which has a wonderful yellow color and mild fragrance) is taken as a remedy.

It is used in the following Ayurvedic medicines:

What does science know about Parijata?

Chemical and phyto-chemical analyses reveal that Parijata, with its many active principles and different bio-markers, is recognized as one of the most versatile medicinal plants, having a wide spectrum of biological activities.

A paper published in the *International Journal of Herbal Medicine* in 2016 throws light on anti-pyretic, antibacterial, anti-viral, anti-inflammatory, hepatoprotective, antihistaminic, anti-filarial, anti-oxidant, immune-protective activities of phyto-chemicals found in the Parijata tree. According to a study published in *Phytopharmacology* in 2012, the bark has bronchodilation and mast cell stabilizing properties and, hence, can be used in the treatment of asthma.

A study published in the *Journal of Ethnopharmacology* in 1984 confirms anti-inflammatory property of the leaves. Another paper published in the same journal in 2013 provide some evidence for its effectiveness in the treatment of fevers related to malaria and protozoan diseases.

A research work published in the *Brazilian Journal of Botany* in 2016 says that the ethanolic

extract of the flower was most potent in antioxidant activity, and recommends that the same can be used as an inexpensive natural source of antioxidants.

A paper published in *Applied Biology & Biotechnology* in 2020 makes a comprehensive review on Parijata's pharmacological, antioxidant, and anti-cancer activities and maintains that each part of Parijata may have some



- ~ *Manasa Mitra Vatakam*: Treatment of epilepsy, autism, psychiatric conditions, and to improve intelligence and speech problems.
- ~ *Bala Taila*: Treatment of bloating wounds, spleen diseases, epilepsy and asthma.
- ~ *Arthrella Ointment*: Treatment of rheumatic disorders.
- ~ *Ashwagandharishta*: General debility, piles, low digestive power, loss of memory.

Other uses

The flower tubes contain an orange coloring matter, nyctathin, used for dyeing silk, sometimes in conjunction with safflower (*Carthamus tinctoria*), turmeric (*Curcuma longa*) and indigo (*Indigofera spp.*). The corolla tubes are also used in dyeing cotton cloth. The essential oil extracted from the flowers is similar to jasmine oil, and is used in perfume. The flower tubes are a preferred natural coloring for food.

While the large and attractive leaves of the Parijata are rough and hairy, dipping them in a batter of chickpea flour and spices, and deep frying them transforms them into a delicious snack called *bajji*.

How does your Parijata grow?

This hardy plant grows in a large range of climatic conditions from Pakistan to South-east Asia, and also in other parts of the world. It grows well under partial shade, and the trees need pruning to ensure a good yield of flowers. As it is not eaten by cattle, it is useful in afforesting denuded forests. Seeds easily germinate, and Parijata coppices readily. The only disadvantage is that it is short-lived (5 to 10 years).

Finally...

The story of the descent of the Parijata tree has a twist at the end. When Satyabhama grew the Parijat tree in her garden, to her great dismay all the flowers fell at night in the adjoining compound of Rukmini, the wisest, gentlest and most spiritual wife of Lord Krishna.

Parijata's Latin name, *Nyctanthes arbor-tristis*, literally means "night-blooming sad tree." Why sad? We have no clue.

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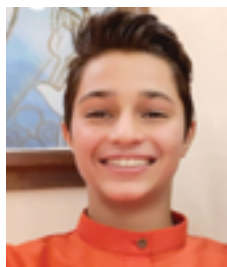
medicinal value, noting that the pharmacological studies done so far are preliminary.

In the ancient literature of India, Parijata is also described as an ecstatic drink of the gods. Incidentally, science could throw some light on various hypnotic, anesthetic, and tranquillizing activities of this tree.

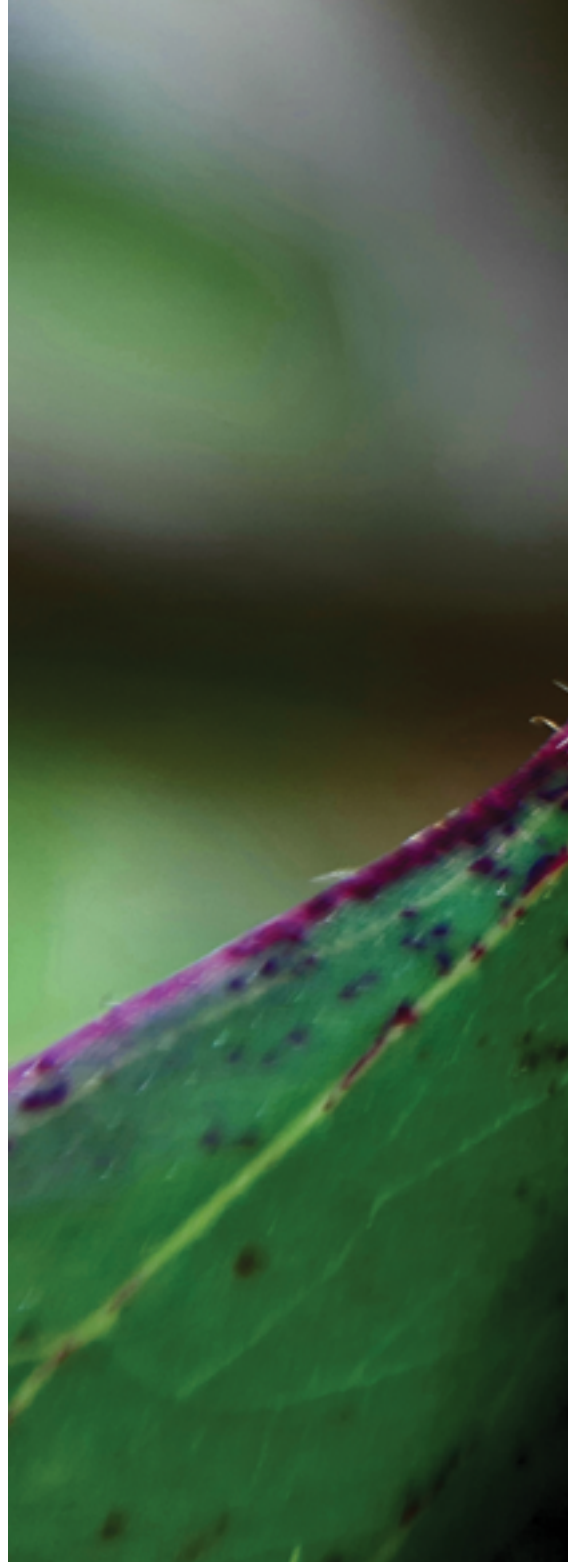


A PHOTO ESSAY

Nature is a Great Companion



SOHAM DESRIAUX lives on Réunion Island, a French Department in the Indian Ocean, known for its volcanic rainforested interior and beautiful beaches and coral reefs. At the age of 15, he is already sharing his creative flare for photography and multimedia, showcasing the natural beauty of his homeland.



Spiral of life: unwind and bloom.
Nature is one of our greatest
teachers.



▼ "Thoughts are like drops of water: with our thoughts we can drown in a sea of negativity, or we can float on the ocean of life." –Louise Hay

have always been passionate about photography.

I have so many friends and am very active in outdoor activities. I never really realized the importance of my mum's advice, when she used to say that I should learn to be joyful and satisfied in my own company. I should feed my well-being when I am alone as well. However, during this confinement, this came to be, as I had no choice but to learn how to be well and joyful – alone.

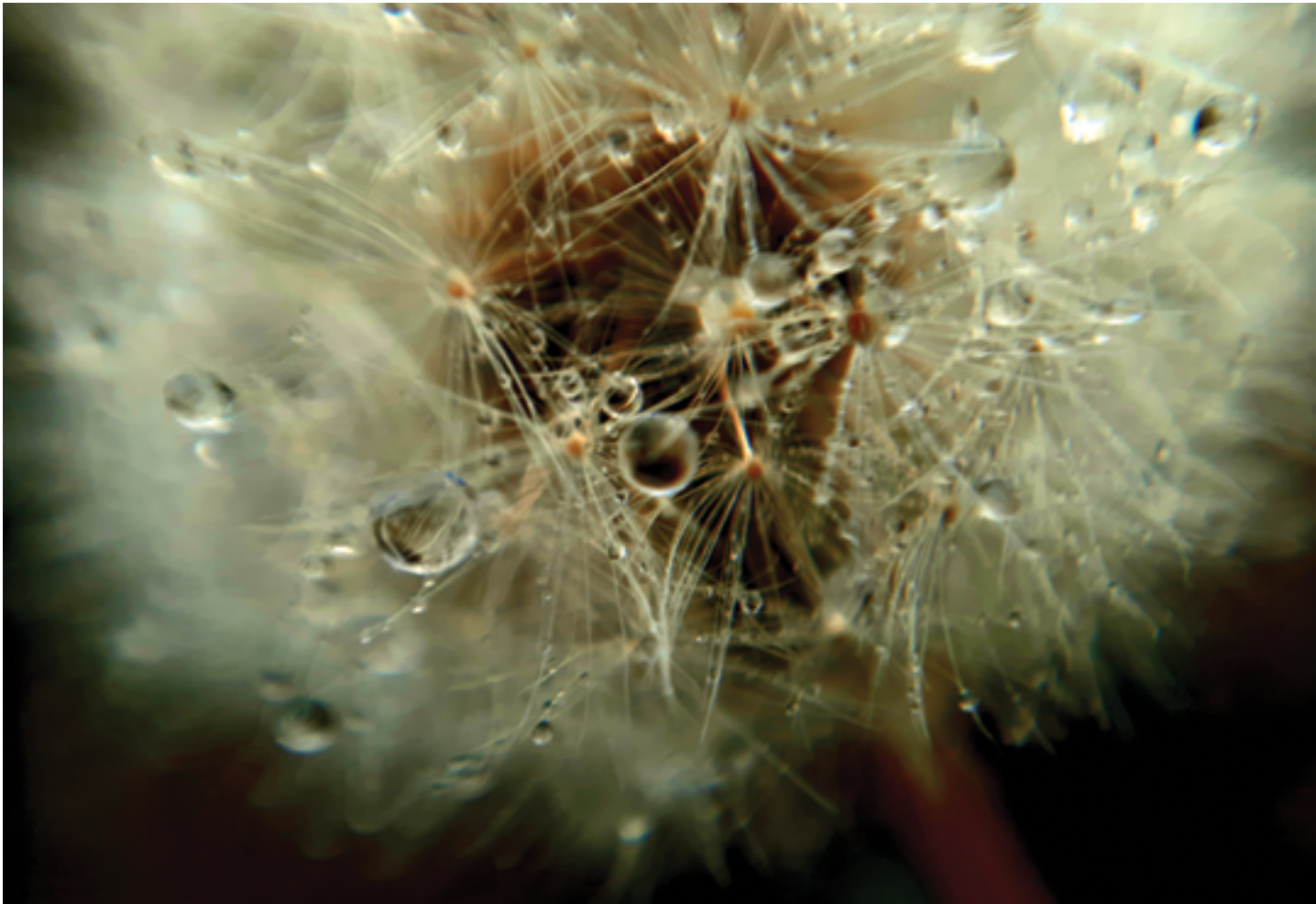
I tried to be creative in a safe way. I decided to use my love for photography. For these macro photos, I have used my phone and a home-made macro lens I built by dismantling an old broken camera.



▼ "You are an ocean of knowledge hidden in a dew drop." –Rumi



▼ "The Earth has music for those who listen."
—Shakespeare



▼ Gentle rain on a fragile flower shows the love of nature's power.

I am blessed to live on a beautiful island, where we have many endemic flowers and insects. I'm fascinated by how inanimate things come to life after the rains, and in the early morning dew.

What I have learnt through this period of quarantine is that I am never alone; nature can be a great companion. I can be quiet and full of joy and wonder.

I have a YouTube channel portraying the aerial drone videos I have produced: SkyView by Soham
https://www.youtube.com/channel/UCORo5m_7RK7qwWQT0BzJ18g

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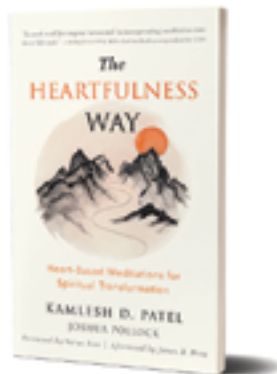


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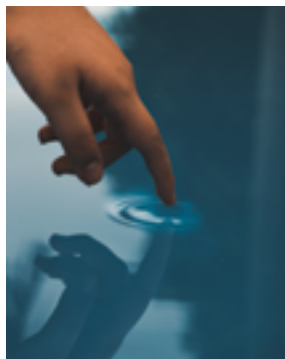
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