

July 2016

heartfulness

purity weaves destiny

IMPRESSIONS

The anatomy of emotions

LOVE IN A TIME OF HATRED

The courage to build peace

PEOPLE OF THE EARTH

Coming home through art

SELF ● RELATIONSHIPS ● WORK ● INSPIRATION ● NATURE



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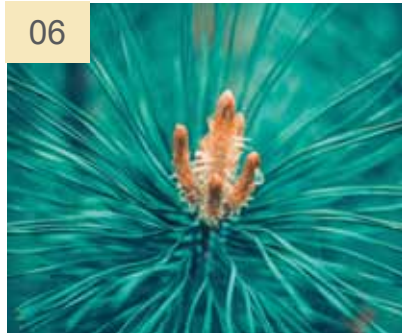
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Cultivate Joy

Our world is becoming evermore aware of itself. We have twenty-four hour news and instant access to world events. We see the effects our lifestyle has on the planet's delicate balance. In this awareness, we could feel hopeless. We could feel a sense of immense responsibility to personally counteract all the challenging circumstances we come across. It is easy to evangelize what we should do, but what can we do daily to help?

We sometimes underestimate how shifts in our inner environment create a ripple. If society is made up of a group of individuals, perhaps the most radical act is to transform ourselves. Cultivate compassion, generosity and clarity. When we meditate, we amplify the beauty of silence, of a silent global revolution. We transform, so that our actions are more natural, simple, effective and positive. On a vibrational level, the inner poise and love we radiate creates balance that goes way beyond our small personal sphere.

Everywhere we go, let's leave it a better place than when we came. Maybe it's as mundane as picking up a piece of trash, as simple as sharing a sincere smile with a stranger, as easy as helping an elderly person cross the road, or as touching as a bringing light and laughter to someone's day. When our inner wealth oozes out, we bring change in every interaction, every action.

In this issue, our contributors share changes that resonate in big ways – a high school educator finds connection with his students, a Nobel Peace Prize nominee encourages unity in the face of terrorism, and a daughter is inspired by her father's generous nature.

We'd love to hear from you about some small acts that spread joy to others. We look forward to hearing from you at contributions@heartfulnessmagazine.com. We invite you to join us this month in sharing our heart's resources with everyone we meet.

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Alanda Greene



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

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publication do not always reflect those of the
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Marg Spirituality Foundation.

The background is a monochromatic teal color. It features a close-up photograph of a pine branch. The pine needles are long, thin, and radiate from a central point, creating a starburst effect. In the lower right quadrant, the tip of a pine cone is visible, showing its brown, scaly texture. A single, clear water droplet is perched on one of the cone's scales.

the inner and outer
equation

DURGA V NAGARAJAN



A few days back, I returned home from a long day at the office. On normal days, I would freshen up, have dinner and crash off to sleep. But that day I opted to catch up on some news. I switched on the TV and all I saw was violence, first on one news channel, then on another, and when I switched to yet another channel violence of a different kind was being reported.

Dejected and upset, I turned to my friend and asked her, “When will we learn to live in harmony with each other?” Almost instantly, a voice came from within, “When each individual changes from within.”

Now a question arose: how is that possible?

Again, my heart responded, “When we cultivate peace within ourselves and reflect it outside.”

When I pondered more on that answer, I understood that anything we see around us is only a manifestation of what is within us. We project our inner feelings, emotions and beliefs onto the world at large, and expect the world to change, when the solution, the source, is within us.

Now, how do we cultivate the balance and the peace within ourselves that we crave for externally? In my humble understanding, I feel that we don’t have to cultivate it, but instead we need to remove and uncover the umpteen coverings that have engulfed ourselves.

We need to un-become that which we have become, as a result of desires, ego, fear etc. When we remove all the complexities and impurities within us, what remains? Simplicity and purity.

Now, if we hold on to this pure and untainted treasure and make it grow, we reach a state where only this purity exists. This becomes our nature and it oozes out of us. Then our external world changes: there is no rush, no fight for a cause, nothing is done which is heavy or complicated. It is not that the world has changed, but we have changed from within.

So anything external is but a manifestation of what is within us. As Mahatma Gandhi said, “Be the change you wish to see in the world.” It all starts with us – you and me ●



Heartfulness
Through meditation, inspiration

a global movement in stillness



united we sit

the math of meditation:
we are equal and we are one

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HEARTFULNESS

WEBINAR SPEAKER SERIES - 2016 JULY



CONTEMPLATION AND LEADERSHIP

We are living in a world of severe crises and divides: ecological, economic and spiritual. How to address these issues? How do contemplative practices, e.g. meditation, mindfulness, yoga etc., help? How critical is it for us to develop open minds and compassionate hearts, especially if we are in leadership positions?

We will explore some of these questions and reflect on some examples of compassionate leaders who are creating better organisations and a better world for all of us.

———— FEATURING ————
PRESENTER: VASCO GASPER

He works as a Human Flourishing Facilitator. Certified mindfulness teacher. Search Inside Yourself Leadership Institute, he is also part of ACEL (Academy for Contemplative and Ethical Leadership), a project from the Mind and Life Institute that aims to accelerate the development of a new generation of leadership capable of collective innovate and creativity.

**Join us Saturday July 29 at 8:00 p.m. IST/ 4:30 p.m. CEST/10:30 a.m. EST
by registering at the link below**

<https://zoom.us/webinar/register/9bd365f1673d0a48d746f627e8486654>

Purity Weaves DESTINY



RISHI RANJAN explores the concept of purity and how it can weave our destiny.

Suppose our hands are dirty, what do we do? We wash them to make them clean. If our house is not clean, we remove some added elements that were making it dirty or messy. What are we doing? We are not adding purity from outside, but only removing the outside elements that were making it impure. Hence we do not add purity from outside, we only restore purity, which is already there.

We are in fact making our hands the way they were at the start, before doing any activity. We are restoring our house to the condition before any activity, by removing the other elements that made it impure. Hence, when we say 'restore purity' we are trying to say restore the original condition.

Therefore, from our understanding,

PURITY = ORIGINAL CONDITION.



We are not adding purity from outside, but only removing the outside elements that were making it impure. Hence we do not add purity from outside, we only restore purity, which is already there.

Let's think about impurity. Can we think of impurity as the first quality for anything? We cannot say anything is impure without the underlying latent idea that there is purity. The idea of impurity does not exist without the idea of purity. So impurity is nothing but a progressive degradation of purity. So whatever we see around us that is impure is away from its original condition.

Therefore, from our understanding,

IMPURITY = AWAY FROM ORIGINAL CONDITION

What creates this movement away from the original condition?

and

How can we restore the original condition?

IMPURITY = IM + PURITY

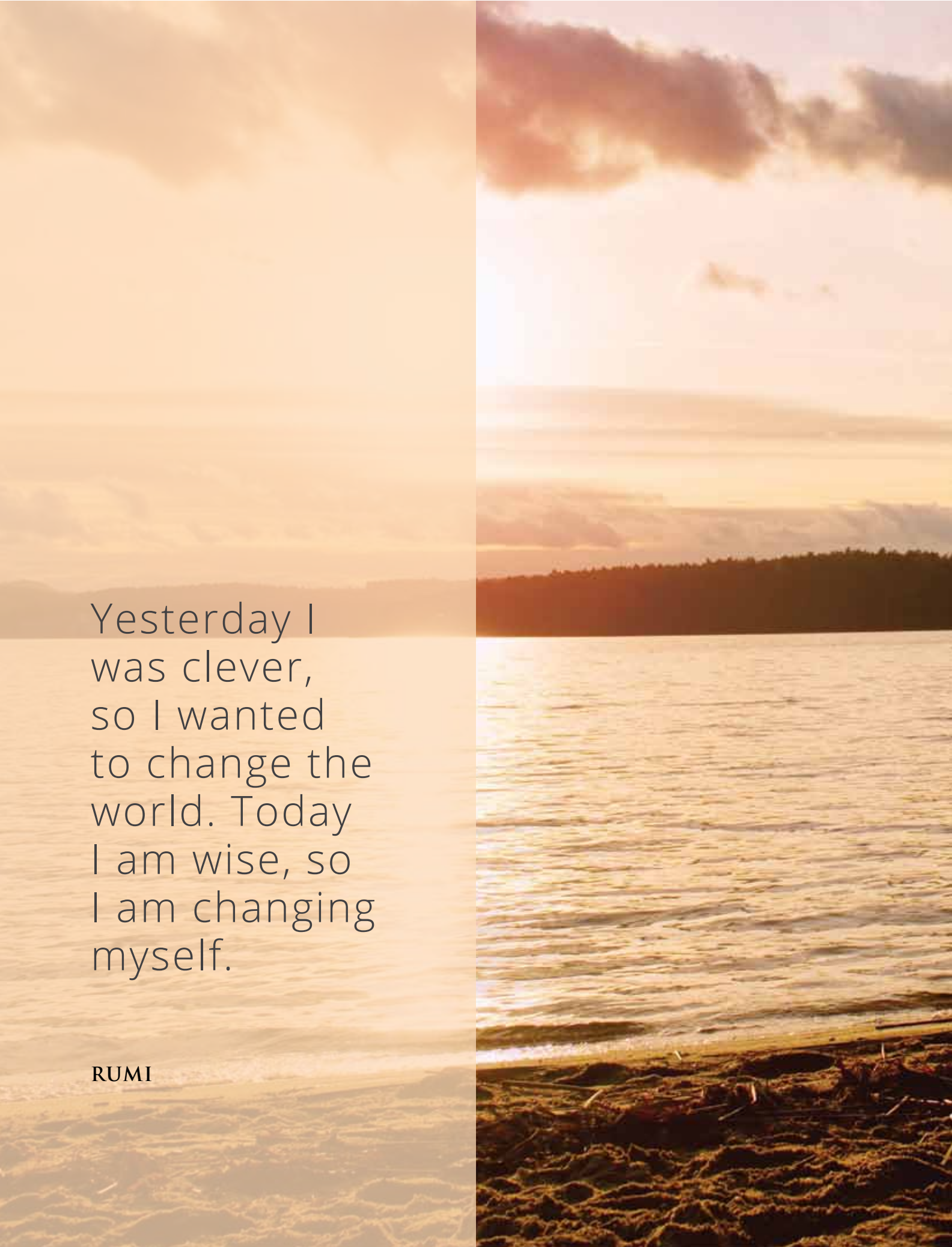
When we add our own idea of 'doer' ship to our actions, we add impressions. We add the elements of our own individual mind with all its complex functioning, and it is like soiling our hands.

PURITY = IMPURITY - IM

All we have to do is remove 'IM' from our current condition and we will be moving towards original condition.

In fact, when we say impurity, we are saying **IM PURITY**, that is, we are stating our original condition.

So try to feel **IM PURITY**. How does it feel to move towards our original condition? That is where, I think, "purity weaves destiny" in the true sense ●



Yesterday I
was clever,
so I wanted
to change the
world. Today
I am wise, so
I am changing
myself.

RUMI




INTEGRAL COMMUNION

CHRISTOPHER
MACMANUS shares
his experience of
communicating with
students in his role as a
teacher.




For the past four years I have worked in the Los Angeles Unified School District. In education, or any creative endeavour, we are always learning to expand upon our initial thought, in order to convey our feelings. This is so that others can pick up on them with ease, so that we are able to derive the most from our communication.

I have been meditating for five years now, and the purpose of my practice has evolved since I first started back. It used to be about calming myself down so that I wouldn't blow a fuse whenever things did not go the way I hoped or expected. Since then I have been able to ease the grip on the way in which my thoughts manifest around me, by connecting with the integral communion my body and mind share with the world.



When we experience that connection, the works we create become an awe-inspiring declaration of our inner feelings and love for our world.



This integral communion expresses itself through the collective consciousness we experience when sharing what we have come to know with those around us: as we collaborate in order to bring an idea to life. When we experience that connection, the works we create become an awe-inspiring declaration of our inner feelings and love for our world.

Working in the schools system, I have found that meditation has taken on a new meaning, as the state of awareness developed every morning in meditation expresses itself in the classroom and in the schoolyard. When working with children we find that the way in which the basic needs of a human being are understood and expressed can be surprisingly spontaneous and often times a difficult challenge for us as adults.

Whether it's a kid shouting for attention because they are tired from sitting through a lesson, or one of those kids who cannot seem to keep their hands to themselves, the way in which children express their needs poses both a challenge and an opportunity to go beyond what we have prepared. How do we meet the needs of these children in a way that is adapted to their capabilities? These capabilities are both physical and cognitive, and when either is out of balance we generally move into the emotional sphere of communication.

One of the largest hurdles we face at any age is understanding that the same needs we share with the rest of humanity have innumerable ways of being expressed and met. We may be completely unaware of some of these expressions. How does meditation help with this? In Heartfulness meditation, we focus on the source of light in our heart, which in my experience has helped me develop a keen sense of intuitive awareness when it comes to my basic needs, as well as the needs of others on multiple levels.

When applying this awareness to other human beings, the way in which I approach each one must be dynamic in order to establish an integral communion with them as individuals, with the different array of experiences that have moulded their awareness. I am able to transcend the construct of my own personality and the way I learn, in order to meet the needs of another person, by moving towards the underlying character beneath every act expressed by them.

The world will tell you what it sees, your students will tell you what they see, and you will feel the integral communion of your inner and outer experience.



As an educator, I have found that I often get caught in the belief that, having expressed something in words, those words are understood and absorbed into the experience of my students. This does not take into account, however, the fact that we all view the world differently. The language I have found to be the most effective in conveying my feelings and expressing the highest ideals is the silent language of my actions. If we want things to be understood by others, we must learn to love the knowledge we have acquired. One can only begin to develop love through constant association. When we establish ourselves within this knowledge, there is very little need for words in order to express ourselves.

In the course of a few years I have found that the simple practice of meditation is the most intimate moment I have with myself, in which I can connect within and develop my depth of awareness. And this is the fundamental basis of all communication with the outside world. As with any foundation, the deeper you dig, the greater the possibility of building a lasting edifice above. Just be certain that what you use to fill the depth is viable material to support that which you construct above.

The world will tell you what it sees, your students will tell you what they see, and you will feel the integral communion of your inner and outer experience ●

VEDIC WISDOM

WITH A FRENCH FLAVOR

In response to the growing interest of the French people and authorities in Yoga, Vedic wisdom, and related disciplines, eight major organizations have joined together to form a representative voice of Vedic traditions.

The common inspiration of the members of the Vedic Federation of France is drawn from the Vedas, the eternal values of India, that are part of the oldest literature in the world.

With the intent of honoring the spirit and core values of the Vedas, the Federation will be responsible for sharing this knowledge and studying it in greater depth, including developing a website, organizing conferences and seminars on yoga practices and meditation, and the publication of articles, books and research works.

Other texts also throw light or complete these teachings, such as the Upanishads, the Ramayana, the Mahabharata, the Bhagavad Gita, the Puranas, Patanjali's Yoga Sutras, etc.



The French hallmark of liberté, égalité, fraternité is being expressed in a new light through the Vedic Federation of France. **MARIE CLAVE CAILLAUD**, Secretary of the Federation that was launched on the 2nd of October 2015, the birth anniversary of Mahatma Gandhi and also declared as international day of non-violence by the UN, introduces us to their vision and inspirations.

These sacred texts are the foundation of the Federation's philosophy. With their diversity, their practices of each member organization find their source in these noble teachings, whose aim is to guide human beings in daily life and in the quest for self-realization. Within the Federation, its members acknowledge the diversity in their approaches and commit to act in ways that respect their differences.

In the Federation's charter, its members declare that they will share the following values, without barrier to religion, language, color, sex or nationality:

- Tolerance, cooperation, respect for life,
- Compassion, generosity and love,
- Sense of responsibility and service,
- Sharing of universal values,
- Inclination for intellectual, moral and spiritual growth, in order to create an environment of non-violence, harmony, peace and joy.

The members met with the government authorities during an interview at the Ministry of Interior, shortly after the Federation was formed.

I am heartened by the work that is done among the members in an atmosphere of total tolerance and fraternity. We are learning to get to know one another and understand our different practices better, of which meditation is a common base.

If your organization fits the membership criteria and you are interested to join the group, you are welcome to contact us at federationvedique@gmail.com ●





To be yourself in
a world that is
constantly trying
to make you
something else
is the greatest
accomplishment.

GEORGE BERNARD SHAW

PHOTOGRAPHY BY EDDY KLAUS

HOMAGE *to a giver*

JOAN EVEN reminisces about the legacy she gained from her father's attitude to life.

“Be a giver,” said dad as he gently patted my right shoulder and looked over at me with a great yearning to convince. How many times had my six siblings and I heard these words? And, yes he did follow his own instructions. When my Aunt Joan's family needed a new car, he was more than happy to offer ours. After all, that was giving, wasn't it? It was mom's job to figure out the logistics of that gift!

Dad was raised Catholic, his mom was born in a small town in Italy called Campa Bassa, and his dad's ancestors migrated to the USA from Ireland generations before, even before the Potato Famine of the 1840s. His folks eloped and were married in New York City, because in the twenties, the Italians were the newest immigrants, mistreated and not welcomed in an established Irish-Catholic household. My dad was the only boy amidst five sisters. He was his mom's favorite, but never seemed able to please his father.



My dad's favorite and only pastime, aside from parenting seven children and drinking, was reading, most often non-fiction books about philosophy, world leaders, Catholicism, poetry or history. He loved to tell us about Mother Theresa, the ultimate of all givers in his eyes. He was so excited when the shroud of Turin was found in Israel, a proof to him that Jesus did rise from the dead and thus, in his mind, gave credence to his Catholic beliefs.

My most treasured childhood moments relate to my dad. We would sometimes sit out on the front stoop of our house to look at the stars. There was never a lot of talking, just sitting there together with our attention on the sky. It was wonderful. For many years, dad and I would go to mass together at our church during the forty days before Easter. It is called Lent in the Catholic Church. It is a time during which Catholics are encouraged to give up something that they like (candy was always a popular one), or do something that would help them feel closer to God.

So, I would wake dad up, as per his request, at 7:25 a.m. He would usually fall back to sleep and I would go into his room a few times before he finally got up. My daughter asks me now, “Gees mom, why did you put up with that?” I don’t have an answer. Anyway, we would almost run to the Blessed Sacrament Church for the 7:45 a.m. mass. It would not be an exaggeration to say that we arrived late every day during that five-week period of Lent each year for about ten years of my life. Not only that, each day he would let all the other churchgoers know of his presence, unconsciously, by taking out his handkerchief and blowing his nose very loudly. I would sit there beside him in the church pew, shrinking lower and lower in my seat.

Dad did not get bogged down in all the details of the Catholic Church. He went to mass every Sunday and went to confession, occasionally, or rarely, and raised us all in this religion. I think that his weekly church visit grounded him and connected him to this Higher Force in which he believed. He didn’t talk about Catholicism; his idea about ‘giving’ pretty much summed it up for dad, along with his life’s purpose to be a good person.

*He didn't talk about Catholicism;
his idea about 'giving' pretty much
summed it up for dad, along with his
life's purpose to be a good person.*

He was always judging himself. He never learned that self-love had to come first. His inner yearning was to be a good person and to see this growth within himself. He read and read in the quest to find the purpose of life. He worked for Timex Corporation, an international business, so he would always bring home colleagues, visiting from Scotland or Germany, to share a meal and some loving family time. When he hired someone from Korea, dad was calling realtors to help him find a home, oblivious to the racism that his Asian colleague would encounter.

Later, when I left home, I remember the long philosophical talks when dad came to visit. My husband was traveling overseas quite a bit then, and dad and I would stay up late talking. He was a seeker. He died in November 2004, one year before I started to meditate. Through the years, I have thought about how, if dad had survived, he would be sharing his spiritual journey with me. When I think of him I smile, and when I bike, I take my hands off the handlebars sometimes and sing a song that reminds me of him: 'Those magnificent men in their flying machines', and I can feel the joy emanating through me ●

Love

in a time of

H A T R E D

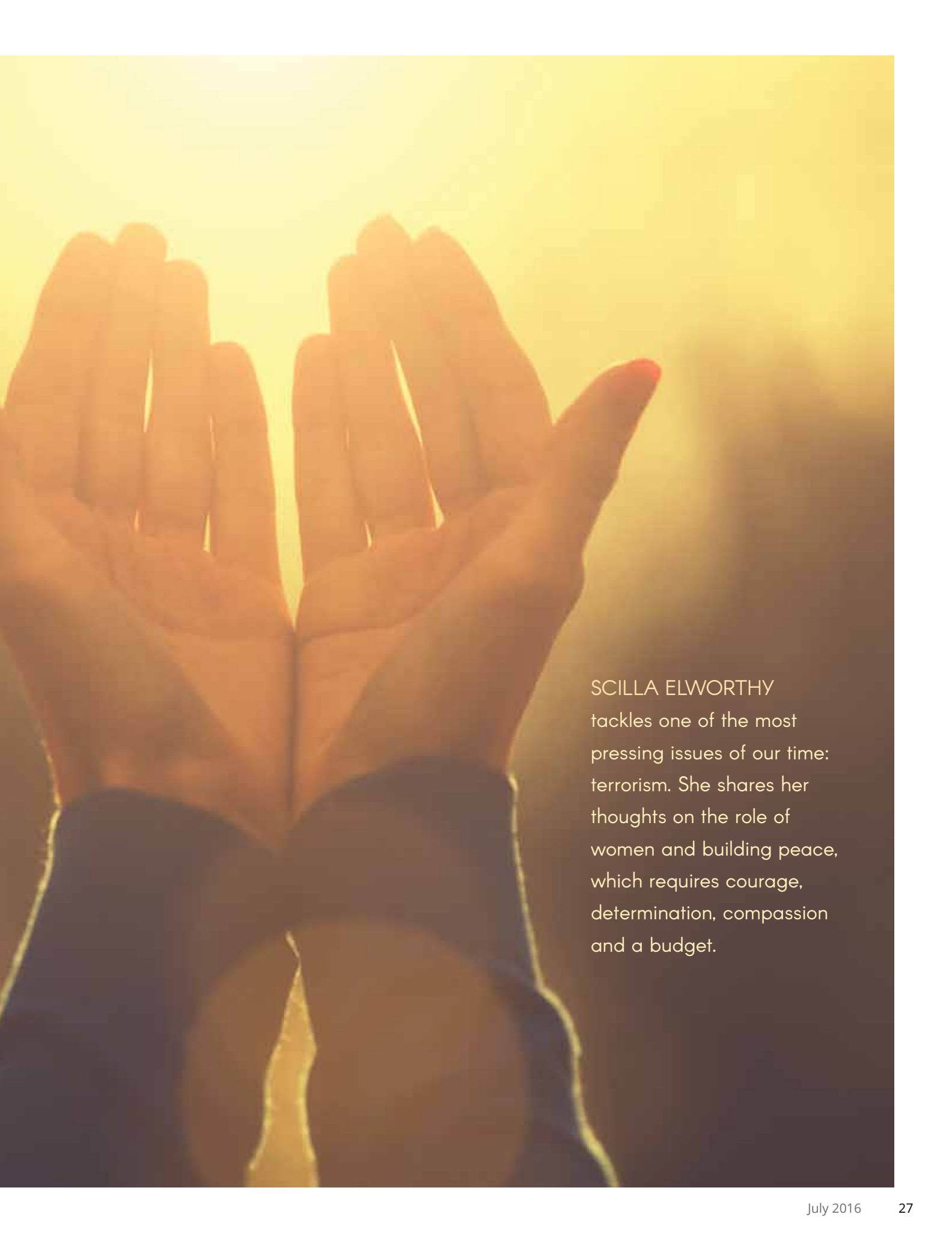
The threat that most people fear today is terrorism. Yet current methods for dealing with terrorism simply repeat previous errors that exacerbate the problem. In order to map an effective strategy it is essential to understand how militant fighters think.

To respond to terrorism with violence is counter-productive, because violence is what terrorists understand, and they are masters of exploiting our addiction to news of their brutality. According to former Islamic State captive Nicolas Hénin, violence is exactly what his captors want: “They will be heartened by every sign of overreaction, of division, of fear, of racism, of xenophobia; they will be drawn to any examples of ugliness on social media.”¹

“The winner of this war will not be the party that has the newest, the most expensive or the most sophisticated weaponry, but the party that manages to win over the people to its side.” As an example of how people had responded well, he described the recent escalation of the refugee crisis, and corresponding offers from people in Europe to give homes to fleeing Muslims, as “a blow to Isis”.

¹<http://www.theguardian.com/commentisfree/2015/nov/16/isis-bombs-hostage-syria-islamic-state-paris-attacks>





SCILLA ELWORTHY
tackles one of the most
pressing issues of our time:
terrorism. She shares her
thoughts on the role of
women and building peace,
which requires courage,
determination, compassion
and a budget.

Deeyah Khan is an Emmy award-winning documentary film-maker, whose most recent project, *Jihad*, involved two years of interviews with and filming former Islamic extremists. She says, “The Islamic State does not want us to open our doors to their refugees. It wants them to be hopeless and desperate. It does not want us to enjoy ourselves with our families and friends in bars and concert halls, stadiums and restaurants. It wants us to huddle in our houses, within our own social groups, and close our doors in fear.”²

Philip McKibbin says that we should be wary of allowing our emotions to dictate the ways in which we respond to terrorism. “Terrorists want us to feel shock, outrage, insecurity ... A loving response to terrorism would be proactive, rather than reactive. It would see us responding to the causes of terrorism, rather than concerning ourselves disproportionately with terrorist actions.”

The main causes of terrorism are humiliation and revenge. When you do the math, it is a painful fact that ‘legitimate’ states enact much more violence worldwide than non-state terror groups do. This does not excuse terrorist action, but it does explain it.

Effective strategies

What steps could governments take to defuse international terrorism? It could be to immediately adopt genuinely fair and peaceful processes in their dealings with other peoples. This strategy would deprive terror groups of one of their most compelling justifications for violence.⁴

Nothing should be done which supports the image of the terrorist as a heroic warrior defending the interests of the people. When the media consistently feature terrorists on their front pages, they can see themselves as global celebrities. Other young men then naturally crave such oxygen of publicity, even if it costs them their lives. Leaders need to orchestrate a cohesive and coordinated

“ We need to move beyond the power struggles that have caused such misery for humanity for thousands of years. If we go on as we have done, there may be no earth to dominate.”

²‘Exposure – Jihad: A British Story’ aired on ITV1

³<https://www.opendemocracy.net/transformation/philip-mckibbin/hijacked-emotions-fighting-terrorism-with-love>

⁴Ibid.

program to educate media editors. Denying airspace would work far better to minimise the glamour of brutality.

Do what terrorists fear: unite

In ‘Rising Women Rising World’ we ask ourselves the hardest question, and the one most likely to provoke ridicule: what could be done to bring the young warriors of ISIL into the embrace of compassion, showing them that we need to move beyond the power struggles that have caused such misery for humanity for thousands of years? If we go on as we have done, there may be no earth to dominate.

If we are ridiculed for proposing a compassionate response to terror, we can recall Abraham Lincoln’s response to someone who accused him of taking too conciliatory an approach in dealing with the South. “Madam,” he said, “do I not destroy my enemies when I make them my friends?”

Love requires us to think of terrorists as people. It encourages us to understand that their actions, however hateful, come from a place of grievance, humiliation and isolation. It asks us to believe that their pain, and the pain that so many other people are feeling in this time of terror, is not insurmountable. That collectively, we are able to overcome it.



Build bridges: empower local people

The British government knows, from the experience in Northern Ireland, that what finally brought 30 years of terror to an end was not the application of superior force. It was the building of bridges, listening, patient mediation, respect and negotiation. Senator George Mitchell, who played a major part in the eventual Good Friday Agreement, said: “I will listen for as long as it takes”.⁶

Over the past decade, ‘Peace Direct’⁷ has learned that local people have the power to find their own solutions to conflict, which turn out to be the best way to break recurrent cycles of violence and make peace last. One lesson we have learned from our local partners is the importance of helping people at risk to feel part of their communities, thereby turning away from extremism. While this might seem like a liberal platitude in the face of

⁵‘Rising Women Rising World’ serves to build a vibrant community of women on all continents who take responsibility for pioneering a possible future. <http://www.risingwomenrisingworld.org/envisaging-the-future/>

⁶ Personal communication from Dr Mo Mowlam, 11 May 2004.

⁷www.peacedirect.org

serious violence, it is in reality hard, dangerous and dedicated work. And it can have remarkable results. For example, an award-winning counter-radicalization project in Pakistan, begun in 2014, has reached almost 4,000 ‘at risk’ young people.⁸

Women’s voice in dealing with violence

A decade ago, a group of women made a careful analysis of the root causes of political violence, revealing the persistent influence of powerlessness, exclusion, trauma and humiliation. They proposed proven practical steps that could be taken in Iraq, Israel and Palestine, and in our own towns and cities.⁹

⁸ www.awaregirls.org

⁹ Rifkind & Elworthy, *Making Terrorism History*, London, Random House, 2006, pp. 60-89.



Ten years later, in this current serious situation, we are not simply arguing for a more sparing use of military force, we are arguing that any armed intervention should be preceded and followed by a much wider range of strategies designed to address both the causes and effects of violence.

Women want peace because they give birth to life. We have a natural longing to protect, heal and make whole. We have trained ourselves to listen, knowing that the capacity to give another person our full attention is the fastest and most effective way to resolve conflict.

Most of us say we want peace, but we don't put our skills and our imagination to work on the challenge. Peace building comes low down on the priority list in comparison to war, certainly for spending. We don't have a budget or a government department for peace, whereas we do have both for war, even if we call it defence.

It is perfectly possible to develop strategies to dissolve terrorism. It requires intention and a budget, plus courage, determination and compassion, from the top down and from the bottom up. This is what human beings are capable of ●

“ Women want peace because they give birth to life. We have a natural longing to protect, heal and make whole. We have trained ourselves to listen, knowing that the capacity to give another person our full attention is the fastest and most effective way to resolve conflict.

RELATIONSHIPS *and* CONCEPTION

In this interview, KAMLESH D. PATEL, known to his followers as DAAJI, shares some profound wisdom on the parent-child relationship from conception onwards. He explains how with meditation we are able to close our eyes to wake up!


Q: All around us we are witnessing the breakdown of relationships. Today's session is dedicated to finding out not only the cause of this, but also how to mend them. Let's start with one of the purest relationship, which is that of a parent and child.

DAAJI: Well, I would say that while it is sad what is happening, it is also nothing new. Only the phase has changed, the phase of the problem. Humanity has always faced problems at the family level, and at the personal level in individual relationships. We hear the same stories from the Mahabharata and the Ramayana. All of this reflects the consciousness of the society at that time. It is a drama enacted. When we see things happening around us now, only the intensity, the phase of it has changed, that's all. The basic root remains the same.

Q: The purest relationship is the mother-child relationship, but now we are seeing families not wanting to have children, or terminating children before they are born, or having children and then abandoning them to the care of housekeepers. How did this happen?

DAAJI: This is a social problem arising out of too many factors. In India, we are at a stage comparable to the 1930s and 40s in America, where women wanted to work, and wanted to walk step by step in competition with men. There is nothing wrong in it, but it should not be at a cost of something else. If you want to work, go ahead and work, but remember you have a family to look after too.

The fundamental question is do you really want your relationship to work? What price are you ready to pay for it? Think about it. You have to make choices. If you decide to have a child, then it means that your job situation will have to wait. You cannot have this and that, especially as a mother. No father



“When I give prominence to ‘I, me and mine’, then togetherness is lost and relationships are forgotten.

is equipped with that much love to look after a child. Men have not been given that ability unless of course circumstances force them into it. For example, the passing away of a man’s wife can make him mend his lifestyle in such a way as to rear a family on his own.

Selfishness is the main cause, and competitiveness is the second one. But competition also has its roots in selfishness. It’s all about ‘I, me and mine’. When I give prominence to ‘I, me and mine’, then togetherness is lost and relationships are forgotten.

Submissiveness and surrender were once glorious virtues, but nowadays people say: “She is a weak person,” or “He is a hen-pecked husband.” No! When a husband listens to his wife with a lot of love, he is not hen-pecked. He has consideration, and he has empathy. Similarly, the opposite is also expected. Relationships are not a one-way street. There will be and there must be sacrifice on both sides. Instead, in modern family life, a husband is not even willing to share information with his wife.

Suppose, I say to the mother of a newborn, “The nose looks like yours, but his eyes, cheeks and the rest of the features are like your husband,” she will be in tears. The argument starts there. She is pleased when someone says, “The baby is like you. Every feature is like yours.” Now, this is a small thing, so



imagine when there is a serious problem. Perhaps the wife has made a mistake and the husband is not ready to forgive. We are all human beings with defects. We have to let go. If we are going to hang onto one mistake committed, it is not good. We have to be forgiving. We need to work on ourselves.

Q: Regarding the conception of a baby, how important is the attitude the parents have towards the pregnancy? For example, if they welcome the new life with joy versus they are not happy for the pregnancy.

DAAJI: It affects in a way that you cannot imagine. The root of problems between children and parents often lies in rejection at this time.

Q: How does this happen?

DAAJI: It starts from the womb, and even before the womb. How? I would like to narrate a beautiful story from the Mahabharata about Raja Vichitravirya, the father of Dhritrashtra, Pandu and Vidhur. He had two queens, but was unfortunately impotent. After his death, his mother wanted to ensure that he left behind a successor so that the continuity of the lineage was there. An astrologer told her, “This is the perfect auspicious time. If the queens can conceive during the next two hours, the children will be of a glorious nature, worthy of a king’s succession.”

“ So it is the
parent’s attitude
at the moment of
conception that
determines the nature
of the incoming soul.

So she ordered her eldest son, who was a rishi, to come, and he immediately arrived, unwashed, hair flowing and emitting an unpleasant odour. Well, he was supposed to mate with the first queen, and when the queen saw him she was aghast and closed her eyes: “My God! With this man I have to spend the moment!” She was disgusted, but she said, “All right, if it is necessary, so let it be.”

Likewise, when this rishi went to the next queen’s chamber, she was frozen as if her blood circulation had completely stopped. Two children were conceived, one with each queen: the first child was blind and the other had pale leucodermic skin. The condition of these children at birth was determined by the attitude of the queens at the moment of conception.

These two queens also decided upon an alternative plan in case they failed in the exercise. They requested one of their maids to do them the favor of conceiving a child with the rishi. That way, at least there was a back up. The maid felt so proud, thankful and grateful to God for sending the rishi with whom she could conceive a child.” She felt honored. The child that was conceived was Vidhur, the wisest of the lot.

So it is the parent’s attitude at the moment of conception that determines the nature of the incoming soul. If you mate like beasts, unaware of the spiritual nature of the act, then what do you expect to happen? A heavier, animalistic nature will prevail in the child. You are yourself determining the quality of the progeny that you are leaving behind you, based on your state at the moment of conception.

If you want great children, this is the moment you have to be very careful. And then the further growth of the embryo and rearing of the children depend on the external circumstances, the family circumstance.

Dr Bruce Lipton, in his book, *The Biology of Belief*, made an observation that genetic patterns and genetic changes depend upon external circumstances. For example, when you fight with someone or run from them, the limbs are active. In a fight, the sympathetic nervous system dominates, and adrenalin rushes, making the blood flow into the limbs.

Now, imagine a situation where a mother has conceived and there is a fight in her house every day or she is forced always to be in a defensive mode. The adrenalin in her bloodstream will also cross the blood barrier and reach into the placenta. The reaction to the presence of adrenalin in the fetus will be the same as for the mother.

Now what happens? The limbs of the fetus are supplied with a lot of blood at the cost of other organs. Brain centers are also activated or stimulated because of these neurotransmitters. The author goes on to conclude that in an unbalanced family, where there is no harmony, the children born will have longer limbs and the back part of the brain will be more developed, whereas where there is harmony within the family, and where both parents understand each other very well, the brain development is of a different nature. The cognitive abilities are very well developed in such children. The frontal lobes are very well developed.

When the blood supply to the limbs is at the cost of the visceral organs the digestive system of such children will be very poor. So who is determining the health of a child? The environment affects the quality. Therefore, we cannot blame a child for the way he or she behaves.

You have the solution with you. It is up to you to make use of it. Even when you are alone, the inner harmony with yourself, with your inner nature, is very important. How you are connected with your deeper self also affects the child. Your confidence affects the child. Your fears affect the child. All your attitudes affect the child. We share everything good and bad with our child, unknowingly, right from that moment or even before conception.

¹Bruce Lipton, *The Biology of Belief: Unleashing the Power of Consciousness, Matter & Miracles*, 2005, Hay House, USA.

Q: How does meditation help?

DAAJI:

Meditation helps us see things before we even think of doing them, because we are busy observing our thoughts. We are many steps ahead, because we are not only looking at the action or the immediate phase before an action is taken, we are already observing ourselves when we are in a state of intention. We are regulating our intentions. We are fine-tuning our intentions. We ask, “Should I have such intentions in my heart?” and our heart always guides us: yes or no. So we are able to prevent conflicts before they happen. It is like vaccination. You are able to prevent a disease before it happens.

Meditation helps you evaluate whether your thinking is right or wrong, beneficial or not beneficial, and ask if it will help your relationship if you do this, or will it go bad? So when you meditate you are able to have a clearer picture. That is the reason we are able to maintain an introspective process.

Now you are able to see what is important and what is not important. The heart speaks louder than anything when we are listening to it. The more we listen, the more it guides us in the right direction. People often ask the question, “What are you doing with closed eyes?” but you are able to see things clearly with closed eyes, including your future and the future of others. You are able to see your intentions and clear them properly, so that we can all support each other ●

“Meditation helps you evaluate whether your thinking is right or wrong, beneficial or not beneficial, and ask if it will help your relationship if you do this, or will it go bad? So when you meditate you are able to have a clearer picture.”



PEOPLE OF THE EARTH:

An art essay by ANNE-GRETHER KOUSGAARD

I am an artist and a spiritual seeker.

My creative drive is a deep longing.

In art I look for what is behind the outer appearance for what is within - a reflection of soul.





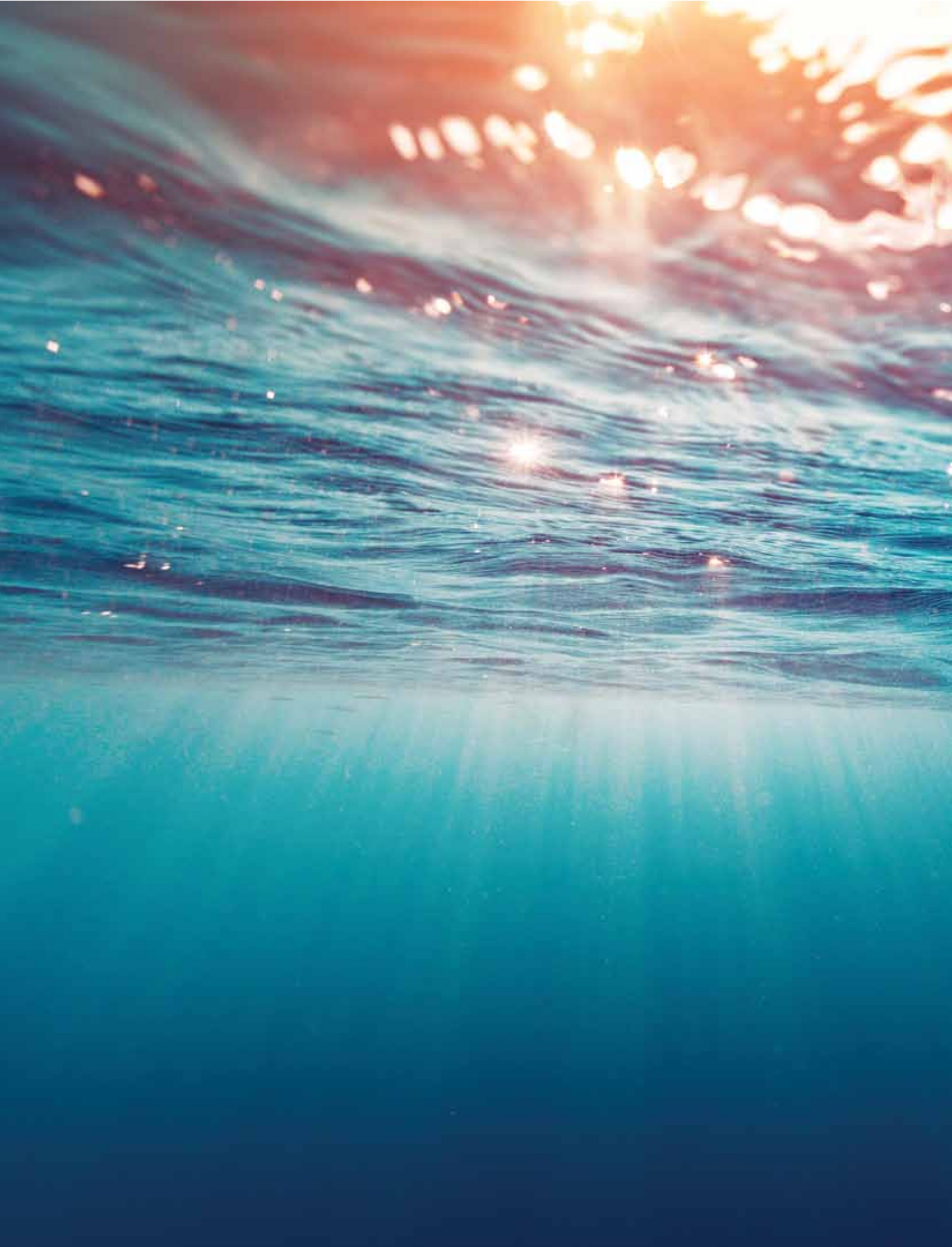
Being born in Marseille into a French and Danish family, I have always sought to connect cultural influences in creative expressions.

Travelling has therefore been a part of my life ever since childhood and still is. The meeting with different original cultures, especially in India and Greenland, have been landmarks for me. In both places, I have felt a strong connection and the feeling of coming home. In my paintings and sculptures I aim to reflect an atmosphere of places and how it can be experienced.



At one point, I realised that the inner spiritual journey, for me, is far more nurturing than the outer, and since then I have been practising heart meditation on a regular basis. I here discover another way to return home - a state of being - which is now a focal point in my art with portraits and landscapes - the reflection of soul ●







If the doors
of perception
were cleansed
everything
would appear
to man as it is,
Infinite.

For man has
closed himself
up, till he sees
all things thro'
narrow chinks
of his cavern.

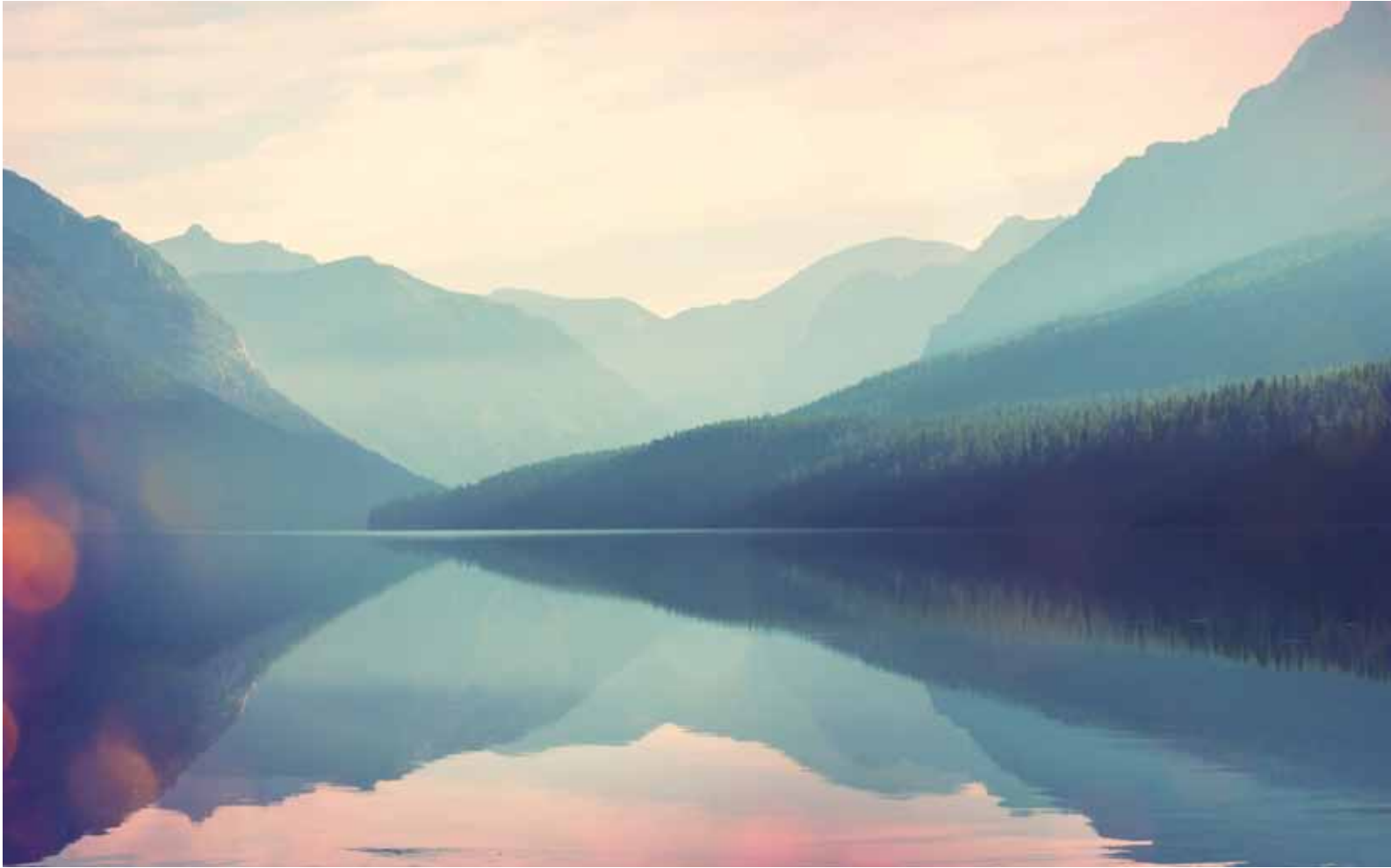
WILLIAM BLAKE

The Evolution of Consciousness

— PART 4 —

Last month, in Part 3, [KAMLESH D. PATEL](#) described the journey we embark upon to expand consciousness and the role of Yogic Transmission, as well as some of the basic spiritual anatomy associated with the beginning of the inner journey.

In Part 4, he now explores with us in more detail how we become entangled in worldly issues, how that expresses in the spiritual anatomy of a human being, and what we can do to remove the impressions that form.



In Part 2 of this series, we explored the need to refine and purify the subtle body, so that consciousness can expand and evolve. In fact, without this cleaning of the subtle body there is no real evolution. What needs to be cleaned from the subtle body?

Close your eyes for a moment and imagine the subtle body, the heartmind field of a human being, as a vast field of subtle energy, of consciousness. If it helps, imagine it is like a large body of water. When the field is pure, it is absolutely still and calm, like a glassy lake. When it is disturbed by turbulence, it is choppy and rough, and the water is moving in all directions. Eddies of water form, creating currents.

Similarly, the subtle body can also be filled with turbulence, due to the many impressions that form on a daily basis. When these impressions become more fixed, they lodge in our system creating heaviness and knots of energy that eventually solidify. They are known in the yogic literature as *samskaras*, and because of their materiality they are the cause of our coming again and again into this physical plane of existence through birth and rebirth.

So how do we form impressions in the subtle body? Let's understand the way they form, and how each impression is drawn by its vibration to a particular centre in the human system. When we read the works of Ram Chandra of Shahjahanpur, he gives a beautiful example. You are walking home and you notice a beautiful rose flower blossoming, so you admire its beauty. The next time you are passing, you go near and admire its beauty in more detail. The next day, you feel like holding that flower in your hand and smelling it. Progressively a day may come when you say, "Let me take this rose bush home."

We are attracted to some things, like the beautiful rose flower and its fragrance, and we dislike others, like the thorns of the rose bush. Our orientation – our attraction or repulsion – creates an emotion in our heart. That emotion is not in the mind; it is always in the heart. It forms an impression. When we repeat that emotion again and again, it forms a deeper habitual pattern in our heart, that becomes more and more fixed as a samskara: "I don't like spaghetti," "I am scared of my boss," "I love to go swimming," "I do not trust men," etc. etc. This belief then affects the way we live our daily life, coloring our perception and decisions.

“*Our orientation – our attraction or repulsion – creates an emotion in our heart... It forms an impression. When we repeat that emotion again and again, it forms a deeper habitual pattern in our heart, that becomes more and more fixed as a samskara.*”

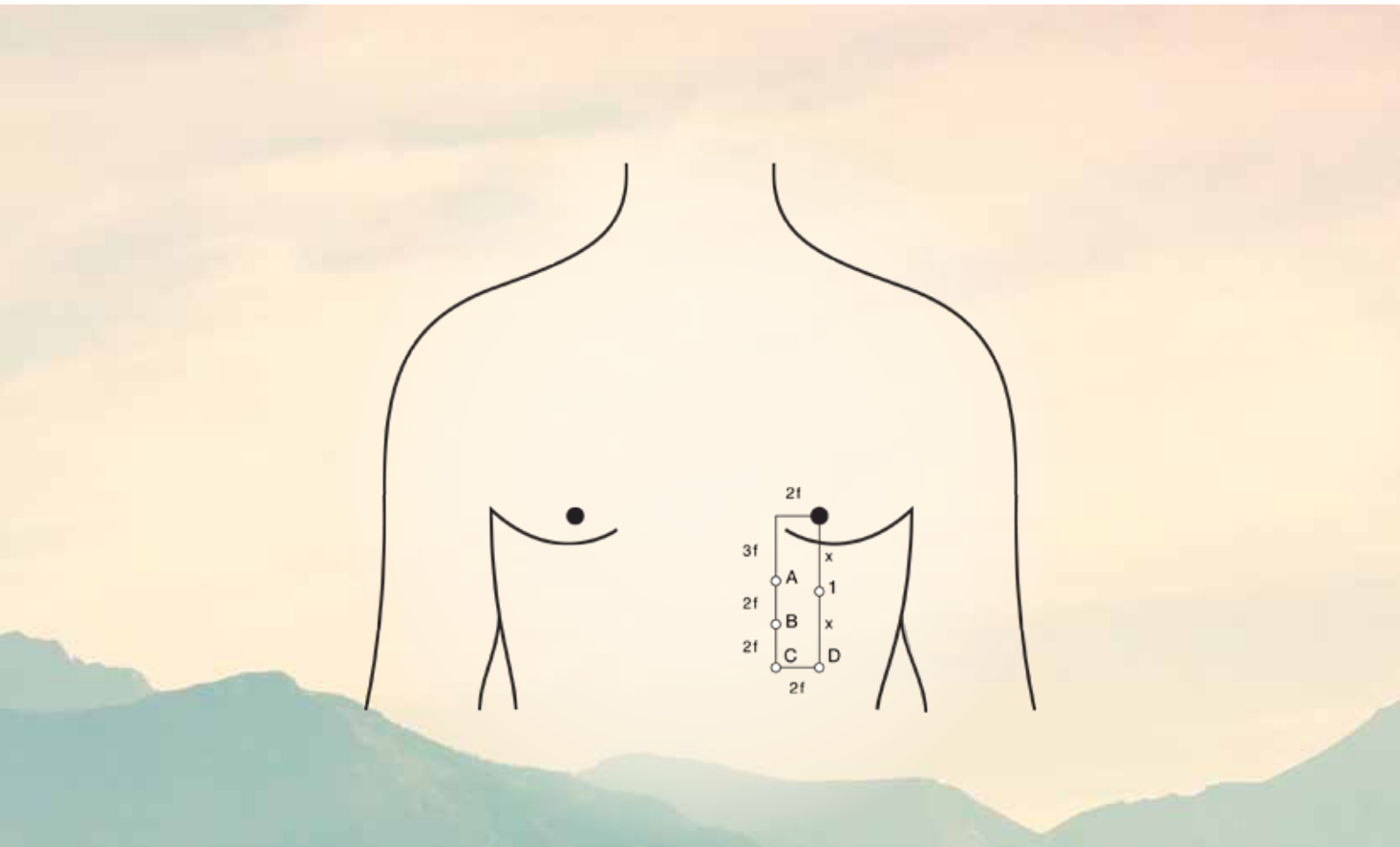
We face different types of problems, issues, likes and dislikes in worldly life. When we are constantly worrying about our worldly problems, a level of anxiety and worry builds up, and accordingly this forms heaviness in the heart. No one can escape worldly worries and everything in moderation is tolerable. When we worry about something it is a good indication that we have to act upon it, but worrying about it perpetually, without acting to solve the problem, is only going to make it worse. When we constantly think about worldly problems and brood over them it affects point A, which is found close to the heart on the left side of the chest.

Another part of human existence is our attraction towards the opposite sex. Again, when it is in moderation it is tolerable, but when it overburdens us those impressions form at point B.

When we have strong likes and dislikes, what we also call prejudices for and against certain things and people, we may not speak about them but we are constantly playing with them in our hearts, and they affect our thinking often without us knowing they are doing so. Those impressions are deposited at point C.

Guilt is one of the heaviest impressions we can form. It arises out of something we did not do but should have done, or something we did but should not have done. Guilt gives rise to so much heaviness in the heart and this heaviness is deposited at point D.

“ *Self-acceptance is a very vital attitude in any process of personal transformation. Without it, we stay stuck in judgement and it is difficult to then let go of the impressions; instead we go round and round thinking about them, making them deeper. It also becomes difficult to develop love for ourselves without self-acceptance.* ”



To find point A, measure two finger widths to the right side to your left nipple, and then three fingers down.

Go two finger widths further down from point A to find point B.

Go two finger widths further down from point B to find point C. It will be on the lowest rib, directly underneath points A and B.

Go two finger widths to the left to find point D, exactly below the nipple.

This is the anatomical aspect of these points to which we attract certain impressions. These are not the only points in the human system where impressions lodge, but they are some of the most important and a good place to start.

Why is it helpful to share this knowledge? So that we become more aware. When we notice impressions lodging, we can adjust ourselves and clean ourselves, instead of judging things all the time.

Self-acceptance is a very vital attitude in any process of personal transformation. Without it, we stay stuck in judgement and it is difficult to then let go of the impressions; instead we go round and round thinking about them, making them deeper. It also becomes difficult to develop love for ourselves without self-acceptance. Without self-love, we are handicapped, and love for others will also not develop. We will not get to first base.

The process of cleaning removes these impressions that form around the heart, creating lightness and a carefree feeling. With this we can happily work on changing ourselves, and the journey begins.

Cleaning is an integral part of the daily Heartfulness practice, and is done in the evening after the day's work. It complements meditation by purifying the subtle body. It is one of the most incredible tools we have for self-development, as it removes those habits and patterns that keep us stuck in our own little world and prevents us expanding our consciousness into the vastness that is waiting us on our journey of self-discovery.

In Part 5, we will explore more of the inner journey of the human experience ●

About Kamlesh Patel

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

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





MATTER, ENERGY & *What Else?*

Does the Unified Field Theory – the theory of everything, as it is called – really explain everything? VICTOR KANNAN explores this question and examines the meeting point between scientific thinking on the subject and the observations of the great yogic scientists of the last century.

There is a struggle in the scientific community to neatly tie together all the theories of physics: many scientists believe there is an inherent structure and order to the universe and it operates inexorably. All exceptions, like objects out of orbit colliding with each other, are still explained as the force of energy from the Big Bang carrying them through the unstable process, but eventually towards an equilibrium arising out of a collision with other planetary objects in motion, or finding an orbit around a planet or a moon with gravitational equilibrium.

But this theory has again missed the world of metaphysics – a word clearly coined because of the inadequacies of physics alone to explain all things manifested in the universe. The word came about in the mid-16th century, the Latin *metaphysica*, based on the Greek *ta meta ta phusika*, ‘the things after physics,’ referring to the sequence of Aristotle’s works. The title came to denote the branch of study treated in the books, later interpreted as meaning, ‘the science of things transcending what is physical or natural.’¹

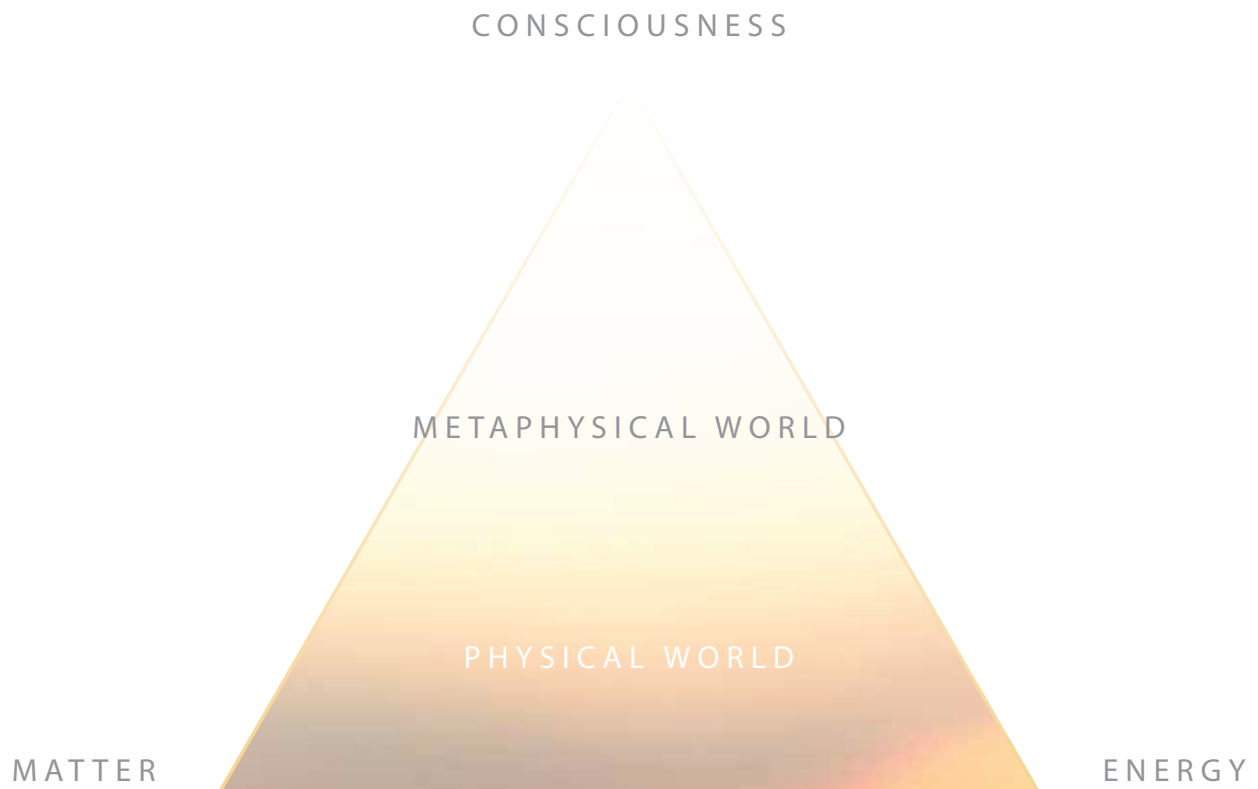
So, what is beyond the physical? Of course it has to do with the mind, which is at the core of manifesting physical and philosophical things. Thoughts, feelings, moods and imagination form part of this mind. The mind is not an organ in the body, like the heart and the brain. The mind is a well-recognised metaphysical organ! Out of the mind comes consciousness – the field of action of the mind. But then the components of thinking and their association with the ego (one’s own self) and not the collective oneness of everything, limits its expansion.

¹ Google search of the meaning of the word ‘Metaphysics’

The other important core element of metaphysics is consciousness, which is said to be in all things living. Of course, metaphysicists talk about a range of consciousness, from the consciousness of a stone to that of angels.

Now coming to the search for a unified theory of everything both physical and metaphysical, can there be such a theory? It may be possible only if we combine matter with energy, and both with consciousness.

Pictorially, we can explain the components of the unified fields of the physical and the metaphysical as follows:



The participants in the triangle at the base partake more of matter and energy. As they incorporate more of the life-giving force for consciousness, it becomes possible for them to move up the pyramid to an existence that is in the metaphysical world.

We have the traditional view that matter produces energy and that the two are related. But I wonder if energy can be created without matter. For instance, today I was tired and did not want to exercise. I meditated and relaxed. Then I found some energy and went to exercise. As I went beyond 45 minutes, I felt a second wind and continued beyond what I had ever done. It was a physical breakthrough for me, and I came away wondering what gave me this energy. I had not eaten anything and had only relaxed and meditated. Where did this physical motivation and energy come from?

So, a metaphysical act gave a boost to physical manifestation. Energy came out of an act of doing nothing – an act of nothing, or meditation, which perhaps worked on my thinking or conscious resting.

Another equation that came to mind in this context is

$$Lq = Pc (m+e)$$

The quality of life (Lq) is exponentially proportionate to the use of matter and energy (m+e) in the furtherance of purity of consciousness (Pc).

If matter and energy are used for the furtherance of ME, the ego in me, then development of consciousness can be expressed as

$$X = C / ME$$

where X is the level of frequency of life. The higher the frequency, the more present is the being. Conversely, as ME approaches zero, then X tends towards infinity.

So, as we reduce our ego towards zero, consciousness soars towards infinity, and joy, peace and universal love reign supreme.

While these may be dismissed as clever imaginations, it was worth exploring the connection between matter, energy and its utilization for boosting one's ego or for understanding its relationship to one's consciousness.

“ If consciousness can expand,
then the question comes: what
nurtures consciousness?”

If consciousness can expand, then the question comes: what nurtures consciousness?

In this context, it is necessary to recognize the saint from India named Ram Chandra (1899-1983) who talks about a type of energy called Transmission that nurtures human consciousness. He defines transmission as the energy needed for the transformation of man. In his words, “Transmission works in the conversion of matter into energy, and energy into the Ultimate.”¹

The Big Bang is largely accepted as the theory that explains how the current universe came into existence from a singularity. From that singularity, massive energy was released, which in turn created matter and eventually life. If this expansionary process reversed itself, what would happen?

In a paper published in ‘Physical Review Letters,’ physicists Nemanja Kaloper at the University of California, Davis, and Antonio Padilla at the University of Nottingham, have proposed the cosmological collapse mechanism and analysed its implications, which include an explanation of dark energy.²

What Ram Chandra says may be a precursor to the possibility of a black hole absorbing all of the manifest universe into its singularity. So, this idea of transmission helping us make that journey back home is where physics and metaphysics meet. So with this, do we also have a unified theory?

I leave it to scientists, with this axiom: What saints have intuitively known for a long time seems now for scientists to prove ●

¹ Ram Chandra, *Complete Works of Ram Chandra*, Volume 2, Shri Ram Chandra Mission, USA

² <http://phys.org/news/2015-03-universe-brink-collapse-cosmological-timescale.html#jCp>



I'm looking for the face I had,
before the world was made.

WILLIAM B. YEATS

BECOME

your own

Greenspace

JANMARIE CONNOR provides some simple tips on creating your own biosphere and greening your life.

Community gardens and parks, biodiversity projects, and ‘green’ designs are on the rise across Indiana. Visit downtown Indy for yourself, to see what reimagining urban living looks like. This is due to our expanded understanding of the correlation between Greenspace and our physical, mental, and economic well-being.

Studies across multiple disciplines reveal feelings of contentment, interconnectedness, and well-being increase in correlation to exposure to natural, green space. But it shouldn’t take reams of scientific data to support what we already know. Greenspace makes us feel good. Why?



The Essence of Greenspace



In an age of amped up 24/7 stimulation, whole industries have materialized overnight to capture and bottle the essence of Greenspace. Mind-weary seekers will spend billions this year in order to reconnect with a simpler way of being. Ahhh, a more spacious way of being – sounds nice, doesn't it?

So, you may ask, "What is in Nature's Greenspace elixir that generates such good vibes? How can I bring Greenspace living into my life?"

You don't need a rooftop garden or an acre of forest to create your own meditative biosphere. It can be wherever you are. I have meditated blissfully on intercontinental flights, last row, coach class, with toilets nearby. With just a little knowledge and some practice, you can become your own Greenspace.

Two-fold Response to Nature



Nature evokes two interrelated and beneficial types of response. The first is a more obvious physiological response. Greenspace serves as Nature's lungs by improving air quality, regulating the planet's temperatures, and protecting our waterways. Our bodies respond nicely to Nature's purity, fresh air and clean water.

The second, subtler response to Greenspace involves another sort of purity: one that moves us from thinking to feeling, from head to heart, and from lower vibratory levels into higher realms of vibration and consciousness.

Picture this. You have been glued to your computer all day, running from task to task to meet a project deadline. Your mind is cluttered and you are searching for an escape.

Next scene. You walk into a luscious park, taking in the sights, smells and sounds of nature. While the scene appeals to the senses, the greater response is happening at the level of vibration and consciousness. Now close your eyes. Thoughts drop away further. Feelings of well-being amplify. Nature's resonance is felt. Einstein must have been absorbed in nature when he came to the conclusion, "Everything in life is vibration."

During our hectic lives we are operating within a narrow bandwidth of consciousness that ties us to knotted complexity. Our reality exists through continuous and often relentless patterns of thought. Trapped in a cycle of action and reaction, thoughts generate their own dense vibration, further entangling us.

Nature vibrates on a different level. It is a pure and powerful force. It induces the mind to settle, to generate space, and to begin harmonizing with its





Nature vibrates on a different level. It is a pure and powerful force. It induces the mind to settle, to generate space, and to begin harmonizing with its own pure and subtle vibration.

own pure and subtle vibration. Breathing regulates, heart rhythm stabilizes, blood pressure is reduced, feelings of acceptance, forgiveness, and well-being blossom. In an instant, you have traveled the distance from the head to the heart.

The Science of the Heart



Organizations like the Heartfulness Institute and HeartMath have collected evidence to indicate that the heart has its own energetic biosphere, generating a magnetic field “approximately 100 times stronger than that produced by the brain.”¹ We are now starting to measure what Rishis and seers have long known. When the conscious mind moves into the heart, there is an automatic response to the heart’s magnetic field, which mirrors our eyes-closed experience in the park. We become our own Greenspace. We find that our own heart can evoke simplicity, unity and purity in our environment and with those in it.

¹ Doc Childre et al, 2016. *Heart Intelligence: Connecting with the Intuitive Guidance of the Heart*. Waterfront Press, USA

Become Your Own Greenspace



There are those rare few who have had a spontaneous heart awakening, but for most it takes time and practice. Since it is not practical or even necessary to sit in the park every day, here are some tips for making peace with your mind and becoming your own Greenspace.

1. Set aside a dedicated space in your home for regular meditation. Early morning is best, before your mind gets the chance to run away. Unplug your devices. Make your space a stimulus free zone – a Greenspace for your mind.
2. If you like, add natural elements, like plants, wood, water and stone, to purify the air. Natural light and soothing colors can help relax your mind.
3. Sit naturally in a chair or on the floor. Naturally means whatever feels comfortable for you. Notice how you feel – calm, agitated, annoyed, abundant? Just make note of what ever it is, without worrying.
4. Breathe naturally and relax.
5. If you practice Mindfulness, apply Mindfulness to your heart. If not, you can still use this 4 Step Process.
 - Bring your attention to your heart, letting your heart become your resting place and field of observation. Allow your heart's natural light and magnetic field to draw you into it.
 - Thoughts will come. Just notice and release them, letting the heart draw you back. Be open to whatever happens.
 - Gently rest there for 20 to 30 minutes, or until you feel your meditation has ended. No longer than an hour.
 - Take a little more time, noticing how you feel in your heart. Extend that for as long as you can. Enjoy it. Carry it with you and remember the feeling throughout the day.



In time, your Greenspace will call you, automatically soothing your mind as you approach. And in time, you become your own heart-centered biosphere, naturally generating feelings of contentment, interconnectedness and general well-being, while influencing everything in your field. There's never been a better time to take a page from Indy and reimagine the space where you live.

Nature hid the essence of Greenspace in the core of your heart. 80 times per minute, you are invited to experience the wonder ●



The earth has its magic for
those who will listen.

GEORGE SANTAYANA

LESSONS FROM THE GARDEN

BE PRESENT

Blueberries

When fruits are ripe, there is always the tendency to rush the harvesting. ALANDA GREENE shares her experience of having an attitude of poise and being present in the moment instead of rushing to finish the task.

More than with any other berry in the garden, picking blueberries invokes a sense of urgency. I feel it as I see the clusters of deep blue-black orbs, and then see another cluster and another. The feeling is: hurry, there are so many, there is so much to be done, and there's more there, and there behind you, and over in that bush. Another feeling is also evoked: that there is suddenly so much to do, not enough time. I've got to get them picked and frozen, or cooked into jam, or laid out for eating later, or baked into something yummy or delivered to a neighbor. There's a mild panic that comes with a task that evokes time pressure.

I have to admit I have a suspicion that, like missing socks in the washing, these berries can come in and out of other dimensions. I first suspected this with raspberries, when harvesting them. I would kneel down, spread the canes apart, look from left and right, and look up and down. After moving down the row to the next area, sometimes I looked back to where I had just been, only to discover large red ripe raspberries hanging there. They were hiding in another dimension! It's the only explanation. They cannot escape if I keep my eye on them, hold them in place and then pick them, but if I let go of my gaze to finish what I am currently picking, the berries disappear.



Truth be told,
sometimes
blueberries make me
feel just like a little
kid in a candy store.

Hence, with these blueberries, when a ripe cluster emerges just on the edge of my field of vision, I must turn and pluck them. But then another unseen cluster emerges. Hold that one. And where was I? Where were those other berries? They have gone. I have to work fast to get them before they escape.

Truth be told, sometimes blueberries make me feel just like a little kid in a candy store. I remember taking my 93-year-old mother-in-law out shopping in a wheel chair. Shopping was an activity that always gave her great pleasure and she hadn't been out of her house for a long time. She was enthralled. Always a chocolate lover, the racks of various bars and boxes at eye level brought that look to her eyes. She reached and grabbed anything that was within reach. With little gasps, her hand going this way and that, and in spite of my efforts not to deliberately entice this, she had an overflowing lap of various chocolate treasures by the time we got to the check out counter. I recognize something of that enticement, the call of these sweet delicacies, the overwhelm of abundance. Soon I have an overflowing container of blueberries and still the pressure is there to keep picking.



Picking with my focus
fully in the moment
changes everything.

After some time
a gentleness
comes. ... I keep
picking, but there
are moments of
timeless absorption
... It all has the feel
of perfection. Some
magic has worked on
my mind.

Today I meet the challenge of the blueberry imperative. “No!” I say, when the feeling arises, when I feel overwhelmed at so many berries needing attention, calling, “pick me, pick me.”

“No, we don’t have to hurry. There is all the time we need. Just this act in just this moment is just the right thing. It will never be more worthwhile than right now, never more complete, never more meaningful than being present with what I am doing, in relationship with the blueberries, in remembrance and gratitude.”

Everything changes with this approach. The experience of these berries, their shape and scent, their beauty and abundance on the shiny-leaved stalks, is more vibrant and more complete. Today I did not approach this picking as another chore in the list of many things to do. The list is part of having a garden when things are ripening all together, when the time for harvest follows its own rhythm and not my imposed schedule. Yes, I do need to pick blueberries when they are ready, as they do not respond to an imagined date in a few days time, when I can schedule an opening, in between blackberries and broccoli.

But picking with my focus fully in the moment changes everything.

After some time a gentleness comes. The beauty of these deep frosty blue spheres, the crenulated rim on one pole, their flavor and squishy softness on my tongue... it all starts to work on me, starts to gentle my mind the way soft speech will calm a skittish horse. I keep picking, but there are moments of timeless absorption, taking in the image of round berries in green leaves, the chortles and whines of the newly hatched families of nuthatches at the edge of the forest, whispers of hazelnut leaves moved to comment by the soft breeze. It all has the feel of perfection. Some magic has worked on my mind ●

THINK THINK SOLAR UJAAS!



UJAAS ADVANTAGE

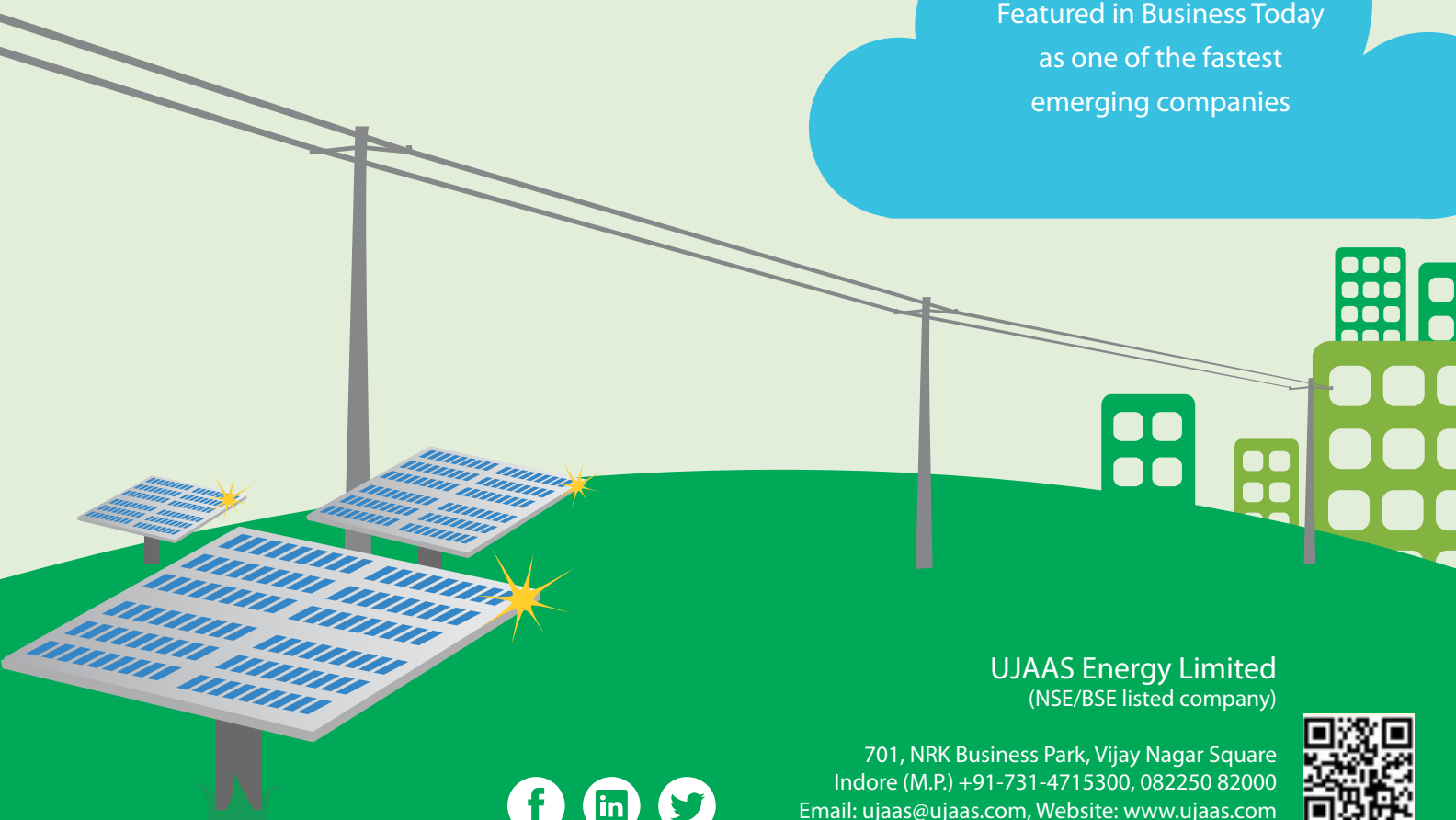
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Tax benefits • EPC
Low Electricity Bill
Zero pollution

Ranked by Business World
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Ranked as Asia's
200 Best Companies*
by Forbes

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heartfulness

CARTOONS BY JASMI RATHOD



Heartfulness is to simply
"Let go"



Heartfulness made me
super strong
from inside



Vibrating at
Heartfulness Frequency

GET WELL
soon



3 steps

to help your friend get better quickly

There is nothing like receiving a visit from a friend to cheer you up when you are sick or are not allowed to come out of bed. And you can do more than just a visit, you can participate in your friend's recovery.

First check with their parents if it is okay to visit him or her. Then prepare yourself:



Bring a Get well soon notebook

Take an ordinary notebook and cover the front and back cover with a paper that you will stick on it. Then decorate it with more colored papers or with sketch pens and write your own message for speedy recovery to your friend.

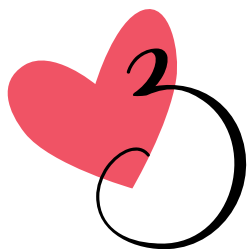
This notebook will be more than just a card, it will invite your friend to write, draw, what is in his or her mind whenever there is no one around to listen. It's a great way to feel better!



Bring your favorite story along



Take your favorite book and propose during your visit to read it aloud to your friend. Everyone likes to listen to a story, especially when one is tired. Don't hesitate to come again to read the next part if necessary. If you have a funny book, choose it. Laughter is the best way to heal faster.



And now relax!

When you are ready to leave, help your friend feel better by helping him or her to relax. Put your hands on your friend's feet and guide him through the relaxation, as follows:

Close your eyes very softly and very gently.

Let's begin with the toes. Wiggle your toes. Now feel them relax.

Relax your ankles and feet. Feel energy move up from the earth... up your feet to your knees relaxing the legs.

Relax your thighs. The energy moves up your legs ... relaxing them.

Now, deeply relax your hips ... stomach ... and waist.

Relax your back. From the top to the bottom the entire back is relaxed.

Relax your chest ... and shoulders. Feel your shoulders simply melting away...

Relax your upper arms. Relax each muscle in your forearms ... your hands ... right up to your fingertips.

Relax the neck muscles. Move your awareness up to your face. Relax the jaws ... mouth ... nose ... eyes ... earlobes ... facial muscles ... forehead ... all the way to the top of your head.

Feel how your whole body is now completely relaxed.

Move your attention to your heart. As you rest there, gently have the idea that Divine Light is illuminating your heart from within and is attracting or pulling your attention inward...

Remain absorbed within this deep silence for as long as you want, until you feel ready to come out again.



If your friend falls asleep, leave quietly, leaving the get-well-soon notebook at his or her side.

You have done a great job!



Practice the Heartfulness Relaxation:

Practice the relaxation at home before to go to visit your friend.

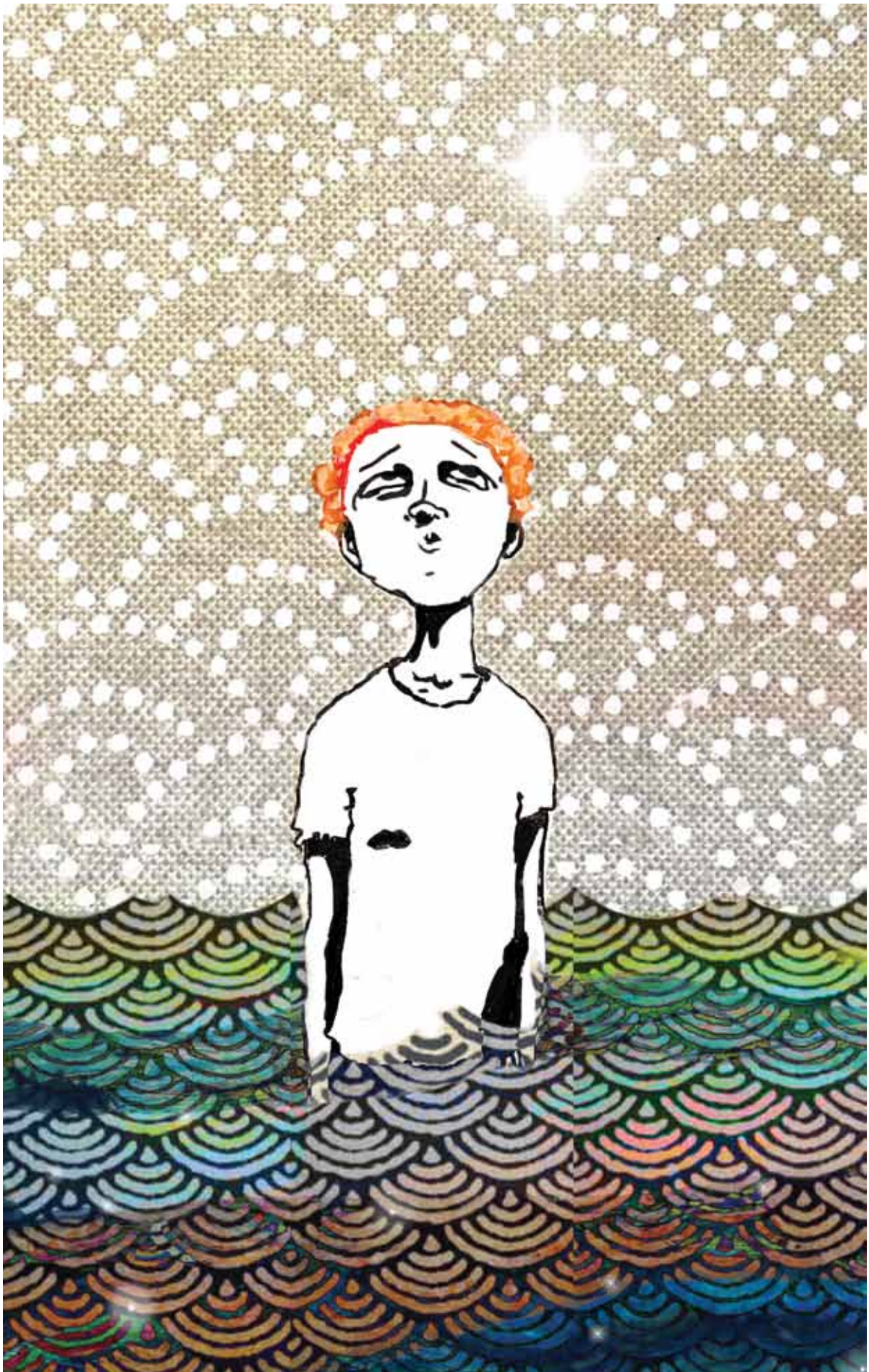
Read it for yourself.

Read it aloud the second time.

Read it aloud to your mother, your father or your brother or sister.

Soon you will know it by heart and that way your words will be even more effective when you want to help someone relax.

You can do all this for your grandparents at home, your mother or father when you feel they are tired, and for your brother or sister too! ●



JOMO

THE BRAVE

Once upon a time, on a gray December day, the sky in northern France was crying its fog out. The wind was giving the beat with long hooting gusts that were gnawing at everything and wrapping the bodies of a wet breath. In the muddy refugee camp of Grande Synthe, near Calais, some children huddled around an improvised brazier, while some others gathered in the corner of a shack, and lay down on cardboard to listen to a young man, Zair, who told them the strange story of Jomo the Brave.

JOMO WAS TWELVE YEARS OLD.

I met him as he was roaming the Nouakchott streets in Mauritania...

He had been living in a big Malian village, Kangara, situated between the savannah and the Niger River. Water had brought riches and prosperity in the village. The soil in the fields was rich and generous. The village had a variety of resources. The villagers had everything they needed to support themselves, plus a little more. They would sell their surplus on the market in Bamako. So they had a comfortable and easy life. The village became well known as a destination for tourism. New businesses bloomed like bacopa flowers after the rain. From rich the villagers became very rich.

Young Jomo lived on the edge of the village. His father had died at war and his mother of illness. He was living all by himself, very poorly, eating whatever his neighbors gave him for his services to them. He could be seen from afar with his fiery hair and his lighter skin color. He was different.

THE VILLAGE INHABITANTS WERE WEALTHY, BUT

The passing travellers were always surprised when they came across the proud villagers – their fake smiles were too quickly replaced by greedy looks, reflecting their piggy bank hearts. Almost every day a crowd gathered in the town square, beneath the palaver tree, for court cases. Everyone was involved in a conflict with someone else. The moment something annoyed your neighbor, he would sue you without even trying to discuss the problem with you.

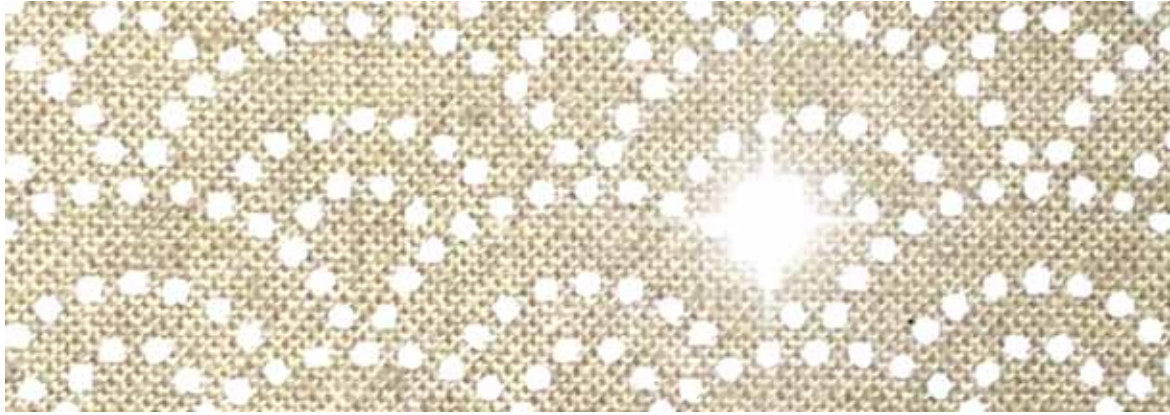
The elders were fed up with all these cases. People no longer trusted each other. Fear was sneaking in and the villagers would no longer leave their houses; they were doing nothing.

As for the younger ones, they enjoyed themselves by playing stunning endless games. Why should they work? They had all they wanted, and they could make the neighboring villagers work, those who did not have such luck.

So most of the inhabitants ended up loitering and gossiping all day long in the shade of the baobabs or in tearooms. Idleness is the mother of all vices, as the saying goes. And that is actually all you could see in the village.

Boredom is a sly poisonous snake that embraces laziness and incites you to speak ill of one another. At first, you will do it just to show off, inventing things about other people: “Have you heard about Jane? Did you know ... ?” Gossip turns into something sour, that will hurt your heart. It becomes wicked and destructive. In the whole village, they were gossiping in unison.

Jomo, a delicate and shy child, did not mix easily with the other kids in his neighborhood. He did not disturb those who were chatting, and he could not bear the jeering and gossiping that was going on. So he found himself alone and isolated.



ONE DAY, JOMO BECOMES THE FOCUS OF ALL THE TALK AND GOSSIP.

“Who does he think he is, to not even come and talk with us? Aren’t we good enough for him?”

“Yeah, he takes pride in the fact his skin is lighter than ours, that’s why! But what of all the stains on him? It looks as if he had confetti on his skin? Or maybe he used a strainer to try and get tanned!”

“Well, he is always very kind to me.”

“A sheer hypocrite, that’s what he is.”

“Do you think so? Still, he is nice.”

“Come on! Open your eyes, kids. He is not nice. He is as smarmy as a swarm of bees waiting for the right time to sting. Satan sent him here, for sure. He is white and his parents were Peuls. A disgrace to us! He brings bad luck.”

“Don’t you think it is strange that he’s always alone?”

“And quite strange, the way his parents died, isn’t it? And that he lives all by himself, isn’t that odd?”

“He does not even go to school. That’s definitely weird.”

“Believe me, he has a shameful disease, an old knitter said. If he remains alone, it is only to hide that he’s got it. Have you seen the state of his skin, with all the scabs on it?”

“My mother says it is leprosy and we must keep away from it.”

“He is a leper, for sure. Yes, he is! It is horrible!”

“Fatima, have you heard about Jomo? He is a leper!”

That is how the word spread. In the village, rumors were not just circulating, they were swirling. Overnight, he was pushed aside. There was no more work for him. They all closed their doors at him. Children started chasing him and throwing stones at him. If he passed by, women would threaten him.

They shouted: “Buzz off, you nasty leper. Go away!”

As for him, he couldn’t understand. He did not feel ill. Of course, the red stains on his legs and arms were itching and made him scratch. Was it leprosy?

He went to see one of the ancient villagers, an old chieftain, Moussa Diallo, who served under the palaver tree. He was known as the wisest man in the village. Jomo asked what he thought about it.

“Where there is smoke there is fire,” the old man said. “You are probably ill and you will have to go.”

Jomo went to the river and bent over the water to see his image. He touched his skin and asked the river, “Please river, tell me if I am a leper.” No answer. He could only hear his heart beating and feel the shame that made a knot in his tummy. Then he felt really bad.

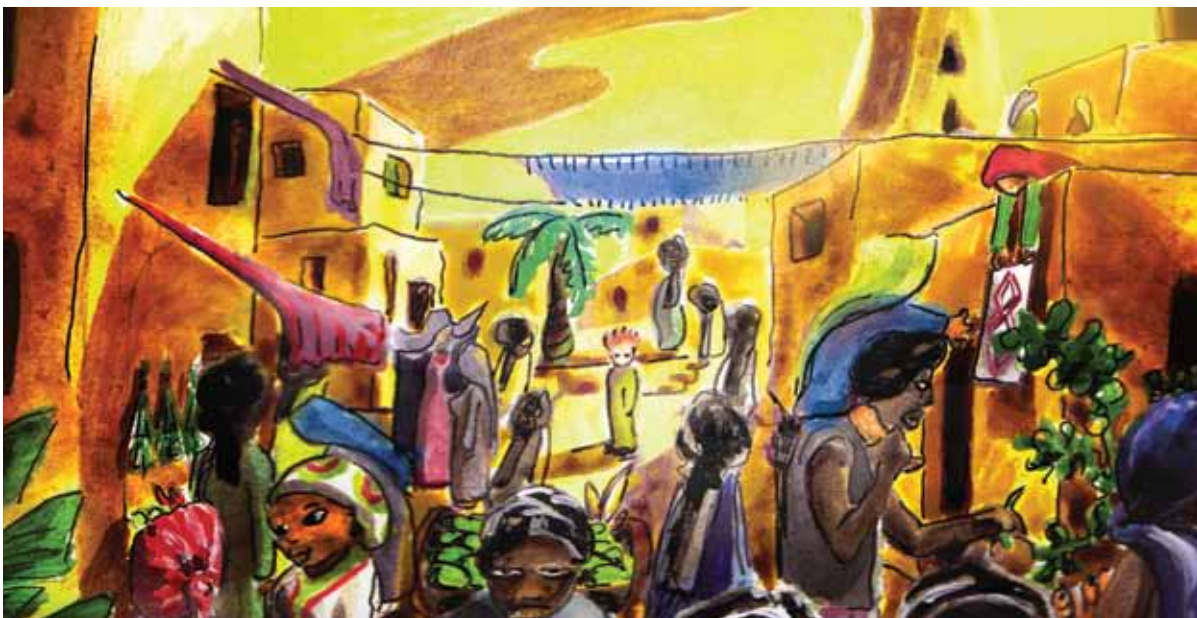
He decided to leave and find peace in his heart. He walked on and on, going further and further away. He went across the Sahel, treading sand and dust for weeks and weeks. He met with hunger and thirst and even bandits on the roads in Mauritania.

He reached the sea, not far from Nouakchott.

That is where I found him and suggested he join us. Our group of a dozen young men had fled their homes and we reached El Dorado, a place where we could at last eat our fill and have a decent life.

I was moved seeing the exhausted young boy roam the streets, his poor body so weak and his vacant look staring at the ground and his worn-out shoes. I decided to protect him as a younger brother. We would cross the sea and find that paradise we were looking for so that everything would be all right. We would certainly all feel better there than in this country where people were so frequently at war and always in extreme poverty.

So here we see our Jomo ending up on an incredible expedition. Since he was absolutely penniless, paying any smuggler was out of the question. So, after days spent walking or waiting, he found himself boarding a small fishing boat which sailed along the Moroccan coasts. Then he disembarked in Spain. During the voyage, Jomo told his story to me. The other passengers heard the word 'leper' and panicked. They claimed he could not be kept on the boat. I had to fight to save Jomo from being cast into the sea and promised we would disembark at Tarifa, in Spain. But the Marine Police intercepted the boat and we were sent to a refugee camp, near Tarifa, in the South of Spain.



ILLUSTRATIONS BY PAULINE CLAIR

Jomo was segregated from all the others, to prevent him infecting other people. So all the refugees became suspicious and he was rejected and even ill treated.

“This is worse than in my village,” Jomo thought. “I left to find peace and serenity and have found only troubles. Is not there any place I can rest? Will it ever stop? Why so much misery? What have I done to deserve it? God, I understand nothing about my life. I have tried to accept all that happened to me, but it is really too much. There is only darkness around me.

“Dad, Mum, where are you?”

Suddenly, he remembered the fervour of his father’s prayers: “O my Lord! I implore you, please help me!” He also remembered how his father used to meditate with his eyes closed. So, maybe I can do the same? He closed his eyes: “What else can I do?”

After a few times, he heard a voice from inside saying, “Listen to the music of your heart.”

BACK IN FRANCE

“We have to stop here, children. Our meals have arrived,” Zair said.

“Your story is a sad story,” one child said.

I know. But next time, we will learn whether everything can change if a sincere heart prays, and how we can go ahead without worrying what is happening around us.” ●



A vertical split image. The left half shows the silhouettes of three children holding hands in a field at sunset. The right half is a solid light yellow background with white text.

Oneness is
the secret of
everything.

SWAMI VIVEKANANDA

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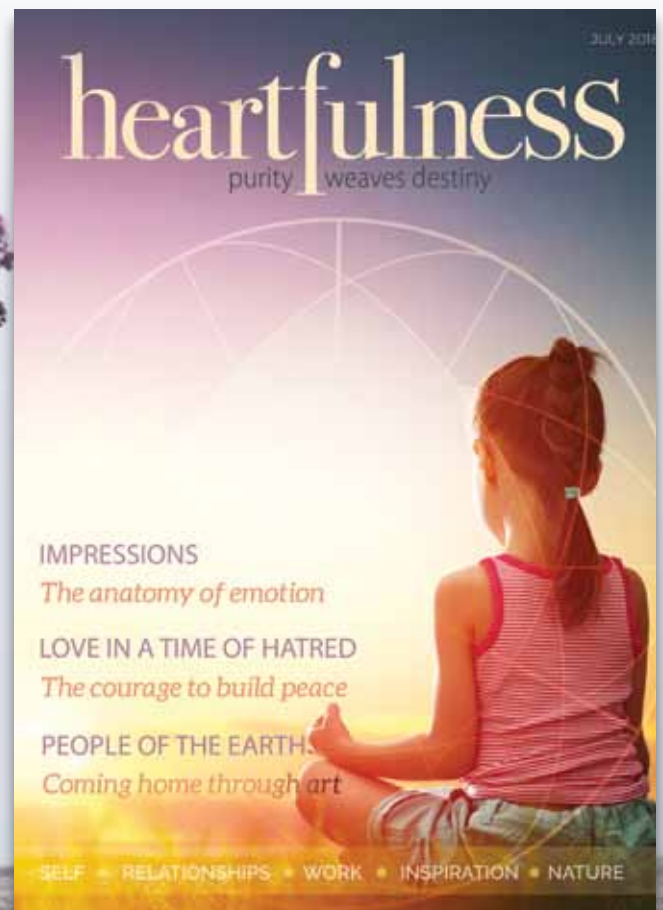
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“ the easiest way to get the
brain to be creative is to try

*something
different* ”



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