

heartfulness

purity weaves destiny

A profile of a woman's face, looking to the right, set against a dark, starry background. The background is filled with numerous small, bright stars and a soft, glowing nebula-like structure. The woman's face is partially illuminated, showing her closed eyes and serene expression. The overall mood is peaceful and contemplative.

THE SCIENCE OF HAPPINESS
Create infinite happiness

THE SACREDNESS OF PLAY
The fascinating part of you

THE RHYTHM OF THE UNIVERSE
The beauty of stillness

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ADOPT POSITIVITY

Our destiny is in our hands, for no one else can shape it as much as we can, though everything else contributes to it in some way - where and to whom we are born, what we are exposed to during early years and the rest of our interactive life. Humans have the most potent mind to feel, think, discriminate and choose.

Thinking arises out of feeling, and feeling good and positive is the foundation of positive action and hence our desired destiny. So it goes without saying that positivity, as a habit, is essential. To make this habit we first have to recognise it as vital and then practise inculcating this habit of being positive. "Well begun is half done," goes the saying. How we begin the day is critical in this habit formation.

To feel positive, try starting the day with Heartfulness meditation for twenty to thirty minutes. Something in the natural environment helps us to be uniquely energised. This can be called the effect of transmission or *pranahuti*.

As the year comes to a close, December is an excellent time to resolve to feel positive for years to come.

Come experience Heartfulness and become that which we can become!

Victor Kannan,

Director, Heartfulness Institute



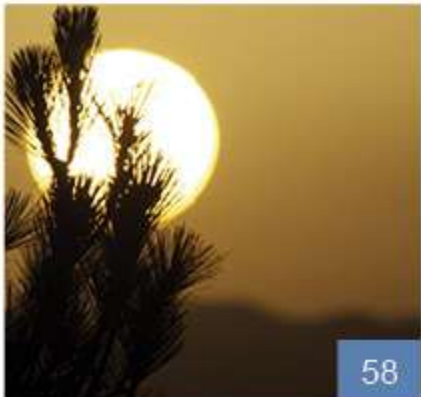
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What determines your reality?

Dear readers,

December heralds the end of the year, a time for reflection on how the months have unfolded and our wishes for the year to come. Is the glass half empty or half full? We know the metaphor, but how do we evaluate our lives? Those of us who think positively will respond enthusiastically, "Half full," but those of us who are truly grateful for everything that happens in life, and remain happy under all circumstances will say, "Completely full." Full of water and air – happy things and difficulties. This small shift in consciousness opens up a new approach to how we live life. If we can see beyond the dualities of good and bad, right and wrong, happy and sad, every precious breath we take is an opportunity for evolution.

This month, the new Star Wars episode *The Force Awakens* will be gracing our screens. To honour this event, our theme for this issue is the venerable Qui-Gon Jinn's wise advice to young Anakin Skywalker in episode one:

"Always remember, your focus determines your reality."

What determines your reality? How does it reflect in what you think and do? Take some time out as the year closes to focus; the best way to do this naturally and simply is to meditate. If you meditate on the heart, you will journey into a deeper universe within and discover, in the words of our favourite Jedi Master, Yoda, that:

"Luminous beings are we ... not this crude matter."

Happy reading!

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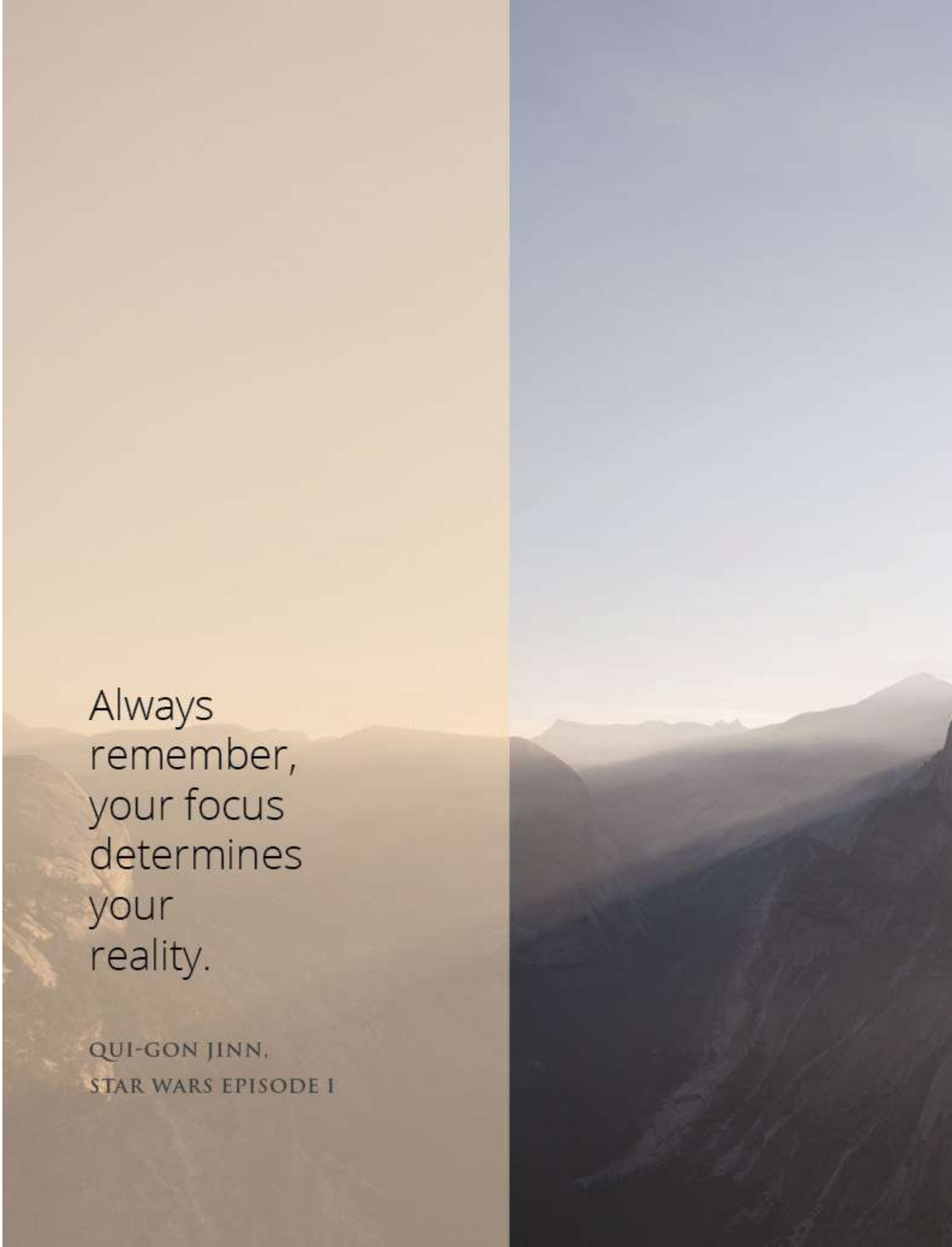
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Always
remember,
your focus
determines
your
reality.

QUI-GON JINN,
STAR WARS EPISODE I



PHOTOGRAPHY BY JORDAN MCQUEEN



Happiness

KAMLESH D. PATEL

The German philosopher Schopenhauer asked the question, “How can we determine whether a man is happy or unhappy?” He defined true happiness as the complete satisfaction of all desires. You could say that the happiness of a person can be described mathematically as:

$$\text{Happiness} = \frac{\text{Number of desires fulfilled}}{\text{Total number of desires}}$$

So if you have ten desires and five are fulfilled, you have fifty percent happiness. If ten are fulfilled, you have one hundred percent happiness. The more desires you have, the harder it will be to fulfil them all, and so the less happy you will be. Happiness is inversely related to the number of desires.

What happens when you have no desires at all? The denominator becomes zero. Anything you divide by zero is infinity. If you have zero desires, limitless will be your happiness.

In this desireless state, we don't expect anything. When we don't expect anything, we don't play games with ourselves and others. We don't manipulate others because we don't expect anything from anyone.



PHOTOGRAPHY BY BHARATH KRISHNA

“ If you want to have infinite happiness, infinite bliss, then minimise your desires, from more and more to less and less and finally to zero! Make peace with yourself.

How do we destroy our inner condition and our humanness? It is mentioned in the Bhagavad Gita, in chapter two, that when desires are not fulfilled there is disappointment. Disappointment leads to anger, anger makes us lose our balance, and once we lose our balance, our mental equilibrium, we are destroyed and lose our humanness.

Ram Chandra of Shahjahanpur spoke about, “More and more of less and less.” What is he talking about? He is talking of desires: more and more of less and less desires. When you look at it in a mathematical way, you see so much wisdom in that simple statement. If you want to have infinite happiness, infinite bliss, then minimise your desires, from more and more to less and less and finally to zero! Make peace with yourself. “My Lord, whatever you have given me and you continue giving me in the future, I am happy.” Does that mean you should not have an iPhone? You think about it ●

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 is married with two sons, and is a role model for 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.



Pure State of Being

N. S. NAGARAJA takes us beyond thought into the realm of feeling, and onwards to a state of higher consciousness.

The “Cogito ergo sum” idea of René Descartes is widely accepted as a way to prove that I-awareness exists independent of sense organs. According to Descartes, thinking proves that the thinker exists.

Mind, body and senses are bound together somewhat tightly. Senses influence the mind and the mind influences the senses. Our existence is linked to mind. The state of mind and the thoughts we have often dictate our actions. We could even say that our state of mind defines us (well, most of the time).

It is possible, with effort, to alter and improve our state of mind. The art of Mindfulness teaches us that we can influence our quality of life by achieving a better state of mind through meditation. What is this better state of mind? It is a mind mindful of its business! It is an active observer of its thoughts without judgment. Essentially, it is a mind that does not react to every input from inside or outside of itself, but watches without judgment and chooses to act wisely. That is Mindfulness.

“Beyond mind,
what do we know?
We all know ‘feeling’,
an experience or
condition related to
our heart. Heart has
the strongest presence
in us, even in terms of
its electrical field.”

Now a question arises. Is the mind just a thought machine, constructing and deconstructing thoughts? From where does this mind manifest? Is the mind truly independent? Is there anything beyond mind? Is mind a continuum and are we seeing only a part of it?

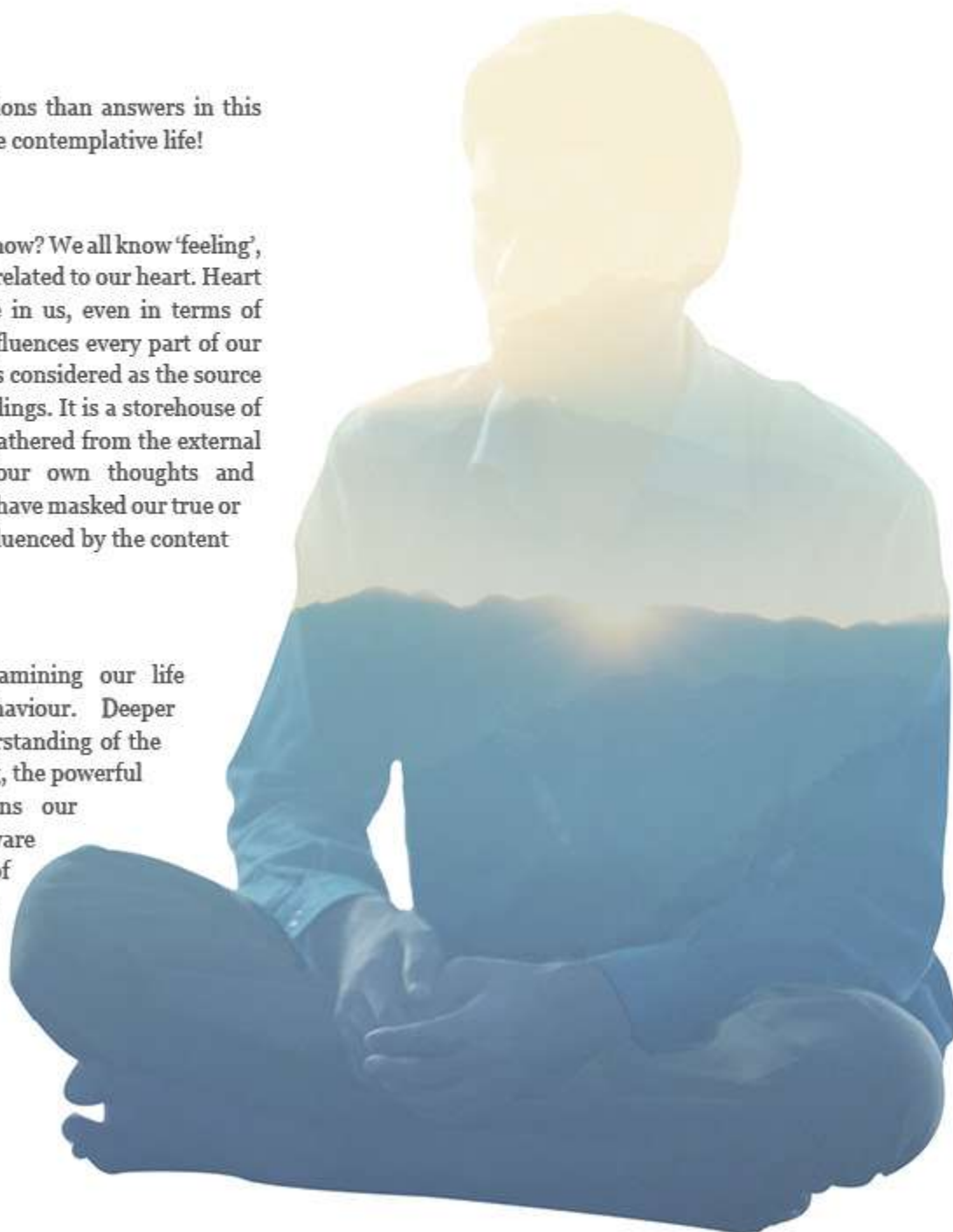
Well there are more questions than answers in this little article. Welcome to the contemplative life!

Beyond mind, what do we know? We all know 'feeling', an experience or condition related to our heart. Heart has the strongest presence in us, even in terms of its electrical field. Heart influences every part of our body and mind too. Heart is considered as the source of wisdom, courage and feelings. It is a storehouse of impressions that we have gathered from the external environment, and from our own thoughts and actions. These impressions have masked our true or original nature. Mind is influenced by the content of heart.

Robert Gerzon says, "Examining our life reveals patterns of behaviour. Deeper contemplation yields understanding of the subconscious programming, the powerful mental software that runs our life. Unless we become aware of these patterns, much of our life is unconscious repetition."

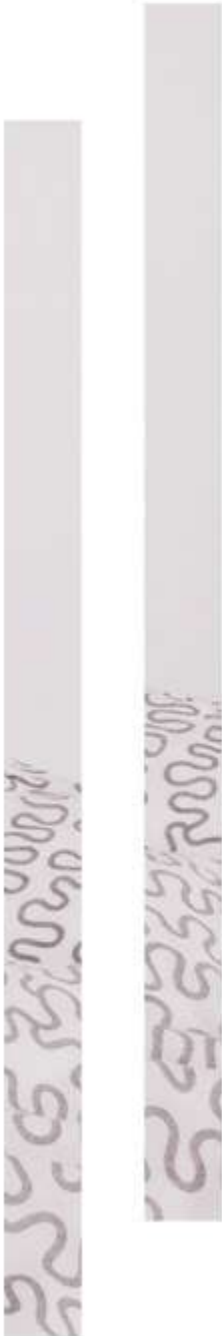
Is it possible to remove this deep programming and bring forth the true original and pure nature of our own Self?

When our inside and outside reflect the original nature of Self, then we have achieved a state of being which is closer to higher consciousness. Living life from this purer state of being is Heartfulness ●



CONSCIOUSNESS





ROSALIND PEARMAIN shares some observations and insights into how our minds work in day-to-day life, and the quality of consciousness that results from calming the mind.

As soon as we wake up in the morning, our attention goes somewhere. Like a radar system, our minds pick up whatever seems to be loudest in their field of sensitivity. They might go to uncomfortable thoughts about the day ahead. They might focus on the question of how tired we still feel, or how drained we are, or how we can motivate ourselves to leave the snug invisibility of the duvet realm! Our attention might go of course to the dreams from which we have just awakened. Our focus might be seized by our nearest and dearest, our problems at work, our pets demanding attention, or our children needing help. It could also be that our direction of mind goes towards something to which we are looking forward.

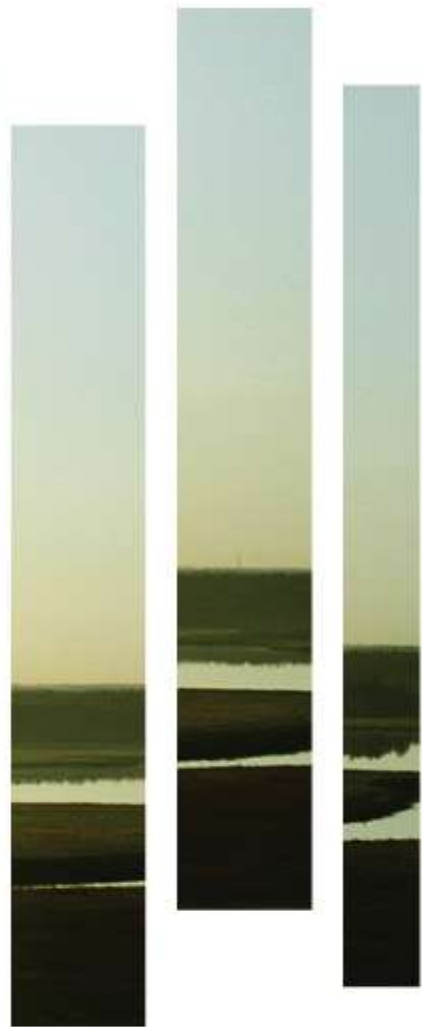
So each day, we start the waking hours with mind activity that also has physical experience and emotions mixed with it. If you think about it, very often the first impressions of the day are shaped by the kinds of thoughts, sensations and emotions that arise when we wake. They affect the day that unfolds, like a filter or haze or particular tune playing across the course of the day. This is like a quality of consciousness.

There can be so much variation in how we feel when we wake up. We can feel down or up, energised and fresh or tired and depressed. Children seem always to wake up with some kind of zest for the new day. I was surprised once when I interviewed Heartfulness meditators and heard a few say that the practice made a difference to how they felt in the morning. They felt a kind of joy for the adventure of the new day ahead. It reminded them of how they had felt as a child.

There are two different threads of awareness weaving together here. It seems that there is a part of us that is always aware of something, as if we are making a map with our experience, through our brain and nervous system, telling us what is going on from moment to moment as it keeps changing. So we have a sense of being here in an environment and time, being alert to what is going on and vigilant in spotting new things happening. On the other hand, we can get in the car to drive a familiar route and find that we do not even notice where we are until we realise we have gone into autopilot and taken a turn that is not the one we wanted on this occasion! So our attention has gone somewhere else – perhaps to the challenging situation we will face at the end of the journey. Our awareness of where we are, here and now, is not very conscious at all. But if we look more closely, we discover that there is another part of us that is watching the flow. It is like a part of us stands on the riverbank and



“ ... if we look more closely, we discover that there is another part of us that is watching the flow. It is like a part of us stands on the riverbank and watches the flow of the water go by, the flow of stuff in our body-mind, but is also apart from it.



watches the flow of the water go by, the flow of stuff in our body-mind, but is also apart from it. It might suddenly alert us to the fact that we have taken the usual turning instead of the one we really want this time round.

Considering how vast the processing capacity of our brains and nervous systems are, we are hardly using much of it most of the time. “The human brain consists of about one billion neurons. Each neuron forms about one thousand connections to other neurons, amounting to more than a trillion connections... Yet neurons combine so that each one helps with many memories at a time, exponentially increasing the brain’s memory storage capacity to something closer to around 2.5 petabytes (or a million gigabytes).”

Reber P., *Scientific American*, May/June 2010, ‘Mind and Brain’

So we have been given a phenomenal capacity to work with many dimensions of experience and consciousness of living in this vast universe. Yet, most of the time, if we are honest, what preoccupies our minds are all kinds of rather small and limiting thoughts, ideas, emotions and obsessions, as a kind of undercurrent bubbling away. Our minds seem to run away from us and bother us with relentless activity.

Alternatively, we might feel a bit empty and bored, and desperately seek to find something to fill our attention, such as food or distractions – our smart phones, computer games, TV shows or music. Our radar systems seems to be easily attuned to emotional and turbulent feeling experiences. Our awareness or consciousness is often taken by the more dramatic waveforms of emotion than the more harmonious ones of calm.

What shifts us out of these patterns? Physical activity or relaxation can help us feel connected to ourselves in a whole and immediate way, and also present and grounded in the moment. When we feel especially close to others, this can also release us from all the drama in our minds so that we can let go. Being in nature can suddenly awaken us to the simple and direct enjoyment of sun on skin or the flooding of colour from the greenness of nature. Immersion in water is the chance to feel even more sensation, as well as a quality of cleaning and refreshment, a kind of resetting of self into balance.

Over thousands of years, human beings have struggled with the same problems while facing life and adversity. Usually, painfully, there is no way to escape the givens of our existence. The only option we have is in our attitude towards facing them. We have choices in how our mind-body works with the struggles of living, but to be aware of these choices we have to look at how our likes and dislikes keep us spinning in the same wheel like a hamster. Have you ever observed how your mind repeats the same thoughts and patterns and feelings, so that there does not seem to be a way out? Our radar system can be trained to focus somewhere else, less noisy and clamouring. We can find ways to interrupt or change the ceaseless chuntering of our mental flow.

So the practice of meditation came about in a myriad of forms. It gave a rocky but stable base on which our radar system could rest in the middle of a turbulent ocean of life. This tool for opening our mind and our consciousness from its prison gives us the main chance we have for transformation and for discovering the ingredients for a harmonious, inspiring and fulfilling life ●


“ Our radar system can be trained to focus somewhere else, less noisy and clamouring. We can find ways to interrupt or change the ceaseless chuntering of our mental flow.

Joy is not in
things; it is in us.

RICHARD WAGNER



PHOTOGRAPHY BY BHARATH KRISHNA



All we have
to decide
is what to
do with the
time that is
given to us.

J.R.R. TOLKIEN.

PHOTOGRAPHY BY ROMAN LEHMANN



TIME IS THE SPUR TO SUCCESS

CLARA SMITH

If there's one phrase in today's society that I can't stand, it's that clichéd response, "I don't have enough time!" How can anyone say this when everyone has the same twenty-four hour day? Think about Cathy Freeman, St Mary Mackillop or the 'Father of Science', Sir Isaac Newton. Were they given extra hours to achieve their greatness? No! They made use of the time given to them! As Newton might have quipped, 'You don't understand the gravity of this situation!'

What makes the problem thornier is that the majority of culprits are the ones who sit around wasting time. It's important to realise that time is, in essence, a precious resource. Similar to food and water, there's a sufficient supply but it doesn't last forever. Time is like the little droplets of water that make up the mighty ocean of eternity. Embrace time for miracles, moments and memories and the world is in your hands.

The precious and finite nature of the time given to each of us is a 'timeless' theme (excuse the pun!) and has been well-explored by writers down the ages. The unrealised potential of the time gifted to us is beautifully explained by an unknown author in this passage:

To realise the value of ONE YEAR,
ask a student who failed his final exam.

To realise the value of ONE MONTH.
ask the parents of a premature baby.

To realise the value of ONE WEEK,
ask the editor of a weekly newspaper.

To realise the value of ONE DAY,
ask the daily wage labourer who has a large family to feed.

To realise the value of ONE MINUTE,
ask a person who has missed a bus, a train, or a plane.

To realise the value of ONE SECOND,
ask a person who has survived an accident.

To realise the value of ONE MILLI-SECOND.
ask the person who has won a silver medal at the Olympics.

In the modern era, time is still a precious resource that keeps tick, tick, ticking away. My sagacious father once shared with me an insightful story about the essence of time ... 'If you woke up one morning to discover \$86,400 in your bank account that would vanish by the end of the day, what would you do with it?' Spend it of course, so that no money is wasted. We take this approach because, as humans, we rely on money to survive. But, don't we also rely on time? What if life's currency were time as introduced to us in the movie *In Time*? So, tomorrow when you wake up to 86,400 seconds, make use of every one of them. Exploit them before they dissipate like fleecy clouds across a summer sky. The words of Andrew Marvell, in the 1650s poem, *To His Coy Mistress*, reiterate this idea about the transience of time:



“ *But at my back I always hear
Time's winged chariot hurrying near;
And yonder all before us lie
Deserts of vast eternity.* ”

Although I'm trying to open society's eyes to the fact that we are not spending our time effectively, I'm not saying we must labour infinitely. Otherwise, we work and work and there'll be no time to live the life we work for. We must choose a path that we enjoy. Time dictates the paths we choose and, sometimes, we're thrown into the deep end and find ourselves at a cross-road stumbling blindly down one path. In 1916, American poet Robert Frost wrote *The Road Not Taken*:

“ *I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I-
I took the one less travelled by,
And that has made all the difference.* ”



PHOTOGRAPHY BY BHARATH KRISHNA

The point Frost is suggesting is that when making a decision, go with your 'gut feeling', go with your instinct. Time will always be relevant to contemporary youth as it is a constant element of life. Time is a theme well-explored through poetry. Ironically, while time is transient, many poetic voices will last forever. Ever since the early ages, time has been crucial to success. Life is a pathway that can be conquered by any individual who is game enough to put the time and effort into their chosen field. Life isn't a movie; the script is yet unwritten. We're the writers; this is our story. The clock is running. Run the day out! Don't let the day run you! ●

Time...

GOPI KALLAYIL

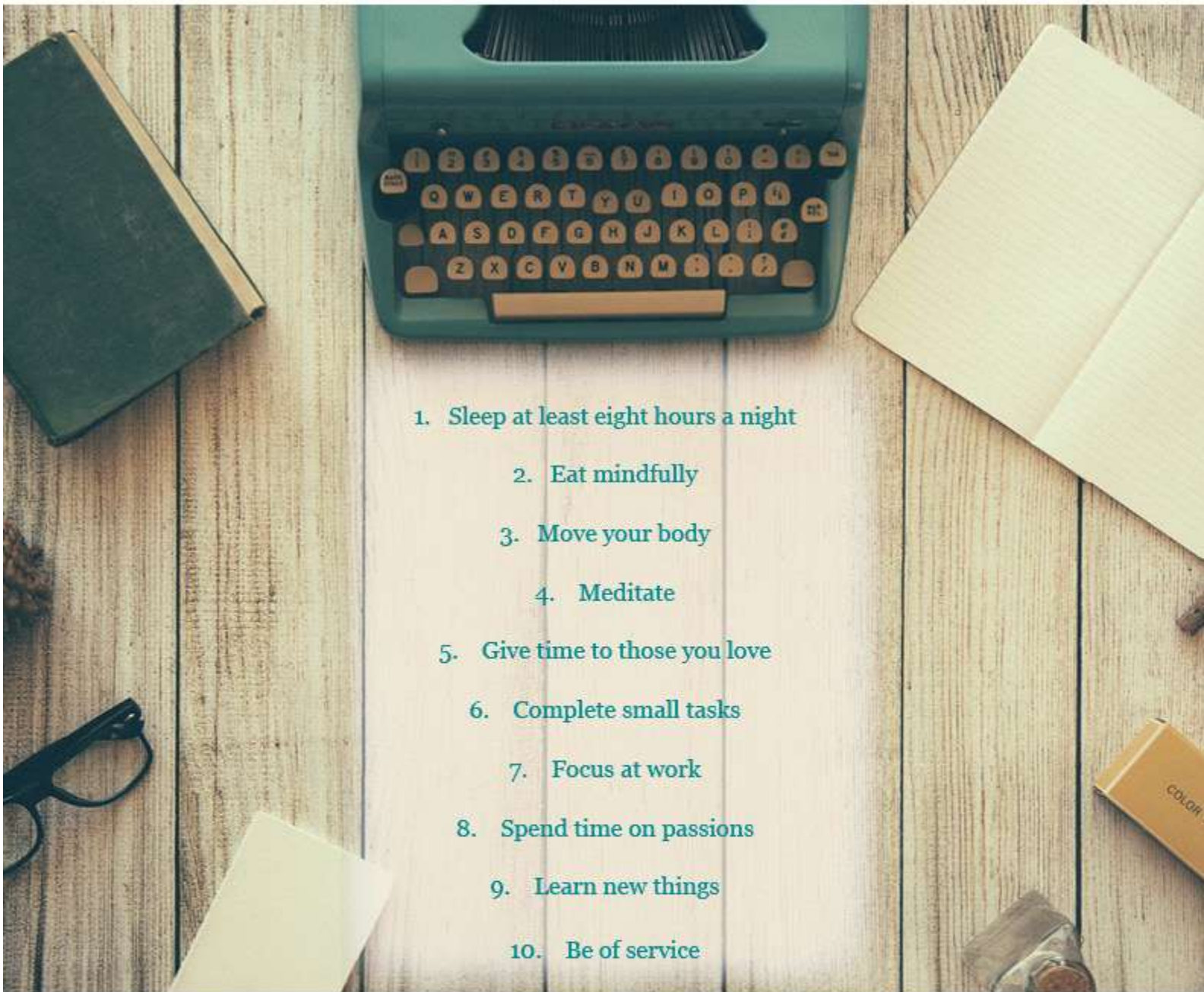
I always hear the same lament, no matter who is saying it. CEOs of companies tell me they are overworked. Farmers back in my home village in southern India say they have no time. We can all complain that we are under the tyranny of schedules, that there is no time in our day. Each of us can say that much of our life is driven by someone else's agenda or outside pressures – things we have to do, things we would like to do, things we are expected to do.

When I graduated from business school, I had a terrible time organising my day. Seven days a week, work was my number one priority. I fed on the thrill of accomplishments. I dashed to meetings, raced to meet flights, and ate whatever food was given to me, like airline food and conference food, which is terrible stuff. My house was a mess, with stacks of bills that I was too busy to open, let alone pay, suitcases half unpacked from the last trip and partially packed for the next. A few times my phone was cut off or my credit card declined. Not because I didn't have the money, but because I was trying to focus so much on my work and travel that I didn't have the time to pay bills.

It was embarrassing, as though I couldn't take control of my own life. This chaos went on for almost a year, until I reached breaking point, and started asking myself, "Why am I living this life? What is the purpose of it? What am I trying to do here? And what is the price I am paying?" My life had become travel, bad food, and not enough exercise and meditation. And I realised that I had to reprioritise.

I asked myself, "If I only had a few hours, or just one hour, fully under my control, what would be the one thing I would do with it that would maximise this quality of joy, presence and life? What would support my five essentials on a day-to-day basis?" I came up with ten items. As the list developed, the idea switched from a theoretical notion to a tactical way to structure my days that would support what's important to me in my life, what resonates and brings me joy.

Your list of how to spend your hours in each day might contain different items with different priorities. My list has changed my life, and I'd like to share it with you.

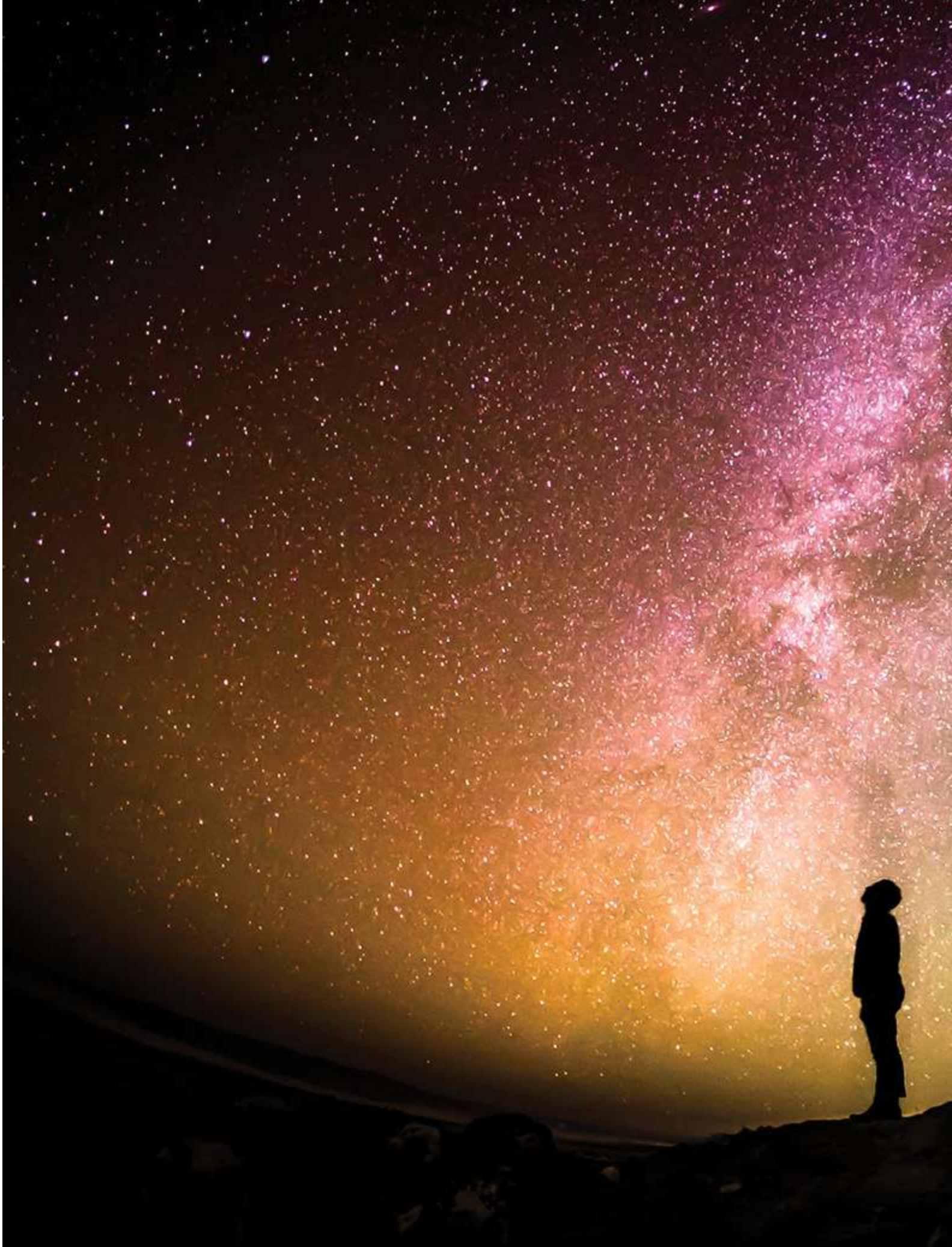


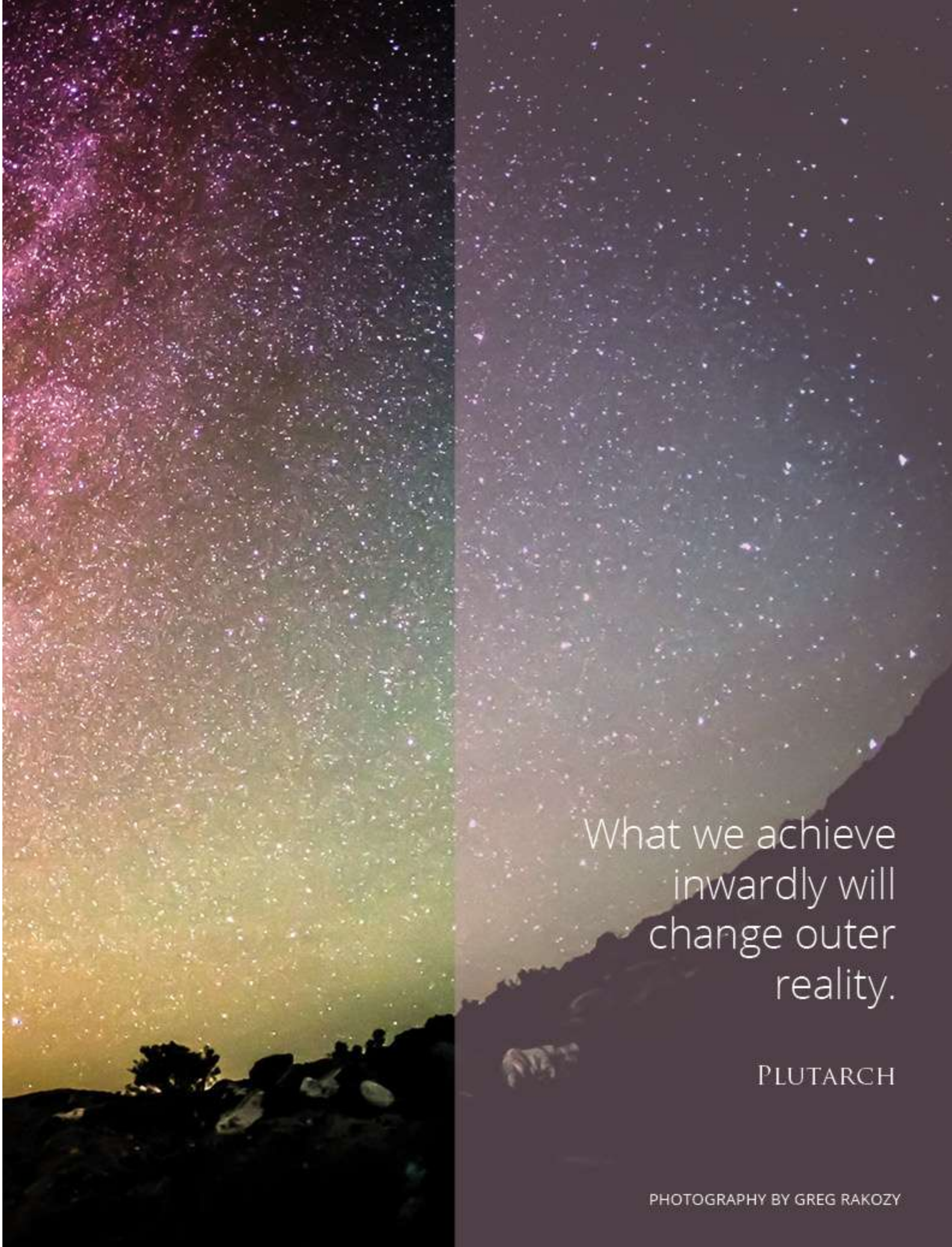
1. Sleep at least eight hours a night
2. Eat mindfully
3. Move your body
4. Meditate
5. Give time to those you love
6. Complete small tasks
7. Focus at work
8. Spend time on passions
9. Learn new things
10. Be of service

Incorporating this list into my daily life shapes how I feel as a human being, and it increases my focus and sense of accomplishment. I become more conscious of investing my time in a manner that maximises my energy potential. Once you create your list and start following it, once you consciously spend your twenty-four hours each day, I believe you will enjoy increased physical energy and operate at a higher

level of performance and productivity. You will alter your perception of time and change how you view what you should focus on. And most important, you will live a life of greater joy and presence.

So, what are the ten things by which you will organise your twenty-four hours? ●





What we achieve
inwardly will
change outer
reality.

PLUTARCH

PHOTOGRAPHY BY GREG RAKOZY



CREATING YOUR OWN
REALITY

The great yogis of India and modern physicists agree that the whole universe is composed of two things: *akasha* meaning space, and *prana*, the infinite power of the universe.

Out of this prana evolves everything that we call energy or force. It becomes motion, gravitation, magnetism, heat, sound, light and time in the universe, and it becomes activity, nerve currents and thought in us.

Our thoughts are energy, sometimes very subtle and potent, and this energy flows into whatever we are thinking about. The more our thoughts are focused on something, the more energy we give to that idea.

There is a famous old English proverb that goes like this:

Sow a thought you reap an action.

Sow an act you reap a habit.

Sow a habit you reap a character.

Sow a character you reap a destiny.

Everything starts with thought.

Here is an experiment you could try:

- Before you sleep, put a pen and small pocket notebook by your bed, and when you wake up in the morning observe the first thoughts that come into your head. Take a minute to note them down.
- Go about your morning routine – wash, meditate, exercise, eat breakfast, organise the family for the day, etc. What thoughts go through your head? Make a note of them.
- Take your notebook to work with you. What do you think about on the way to work?
- At your workplace, observe the thoughts that come throughout the day, and continue doing this on and off until you go home and sleep at night.
- Don't analyse, simply observe and record, without going into too much detail.

The next day, read through your notes and discover:

- What sort of reality did I create with my thoughts?
- How did my thoughts contribute to the environment at home and at my workplace?
- What effect am I having on the atmosphere and the people around me?

Take the time to observe how you contribute to harmony, inspire others, create beautiful thought environments wherever you go, and generally at the end of any day are able to say, "That was a good day!" ●



PHOTOGRAPHY BY OLIVIA FOUGEIROL

The Sacredness OF PLAY

JOHN GILKEY explores the realm of creativity in performance, and its relation to the sacred space within us all that is beyond reason, logic and rationality.

Q: The kind of clowning you do is unique and compelling. What drew you to this art form and this particular style?

JG: I stumbled upon clown early in my performance career. I had always been interested in comedy but was taken aback by the full force and potential of clown. It seemed to me to include so many facets of comedy and theatre in one rebellious discipline. Performing clown is a full body experience. It demands that you put everything into it: total commitment physically and emotionally. In traditional acting you interpret someone else's script, wear a costume designed by someone else and develop the show under a director who has her own vision. In clown you create everything. I see clown as the fullest artistic expression of an individual.

Q. What have been some of the biggest gifts of working with Cirque du Soleil?

JG: Many people begin performing as a way to validate themselves. My first show with Cirque represented the final step for me in moving beyond that limitation. The biggest gift of working at Cirque was the privilege of performing for 25,000 people a week. Once I realised the true value of this I understood there was a potential, a responsibility even, to use the opportunity to find more depth in my performance. Rather than going for the laugh at any cost and seeing myself as the source of the laugh, I began to explore a more universal thematic context for the laughter. I was able to see myself in relationship to everything around me rather than the other way around.

Q. How would you explain the sacredness of play?

JG: By exploring the profane. In class we search for play through improvisation exercises, often dualistic or paradoxical in nature. It is infuriatingly impossible to succeed at these exercises, so the only rational response in this case is play, which, if it's actually play, is irrational. We are constantly trying to make sense of everything. But pure play doesn't make sense and has no obvious purpose. Maybe the sacredness of play is its apparent uselessness.

In the work that we do, play represents a creative centre: I don't mean play in order to get something, as that is competition. To get there, we must first understand that play has no purpose. Ha! If it did it wouldn't be play. Paradoxically, from that uselessness springs rich discoveries.

Playing requires a letting go with which most adults are uncomfortable, because to be playful is to be vulnerable. In play you cannot hide.

Playing requires a letting go with which most adults are uncomfortable, because to be playful is to be vulnerable. In play you cannot hide. The individual 'you' becomes apparent. It is why it is so important for us as performers. Play highlights our idiosyncrasies, and thus the most fascinating parts of us. That recipe of flaws and nobility is what make us dramatic, sympathetic and lovable characters.

We find that in our play we uncover a world of extreme silliness and absurdity. Conventional ideas of language break down. Logic is replaced by illogic. This is our way of inviting an audience to let go and play with us. From this state of confusion and deconstruction we hope to communicate with our audience on a primal, visceral level. It is as if a new language arises from the chaos and through the playfulness.

Q Why do you think comedy, more than other mediums, is so effective at exposing real truths?

JG: Effective comedians, those who are able to shed light into the darkest places, play a game of status. They know that the way to explore culturally sensitive subjects is to lower their status and play the fool or the underdog. In this way they are non-threatening. Of course, this is a subversive game.


Q In what ways can non-performers incorporate more spontaneity and fun in their daily lives?

JG: See everything as a game, and recognize that a game is a call to play ●



JOHN GILKEY has performed internationally for more than thirty years in circus, variety, comedy clubs, theatre and television. He has played a lead role in four Cirque du Soleil productions: *Quidam*, *Dralion*, *Varekai* and *Iris*. For each of these shows John developed and performed totally original characters and routines. He also directed and performed in the clown troupe in Franco Dragone's spectacular water show, *Le Reve*, in Las Vegas. For Pixar Studios John has consulted on character development for the short film *La Luna* and the Oscar winning feature film *Ratatouille*. John teaches classes in Los Angeles, directs a comedy collective, and continues to collaborate with companies like Cirque du Soleil and Spiegelworld to create innovative comedy for large-scale productions.

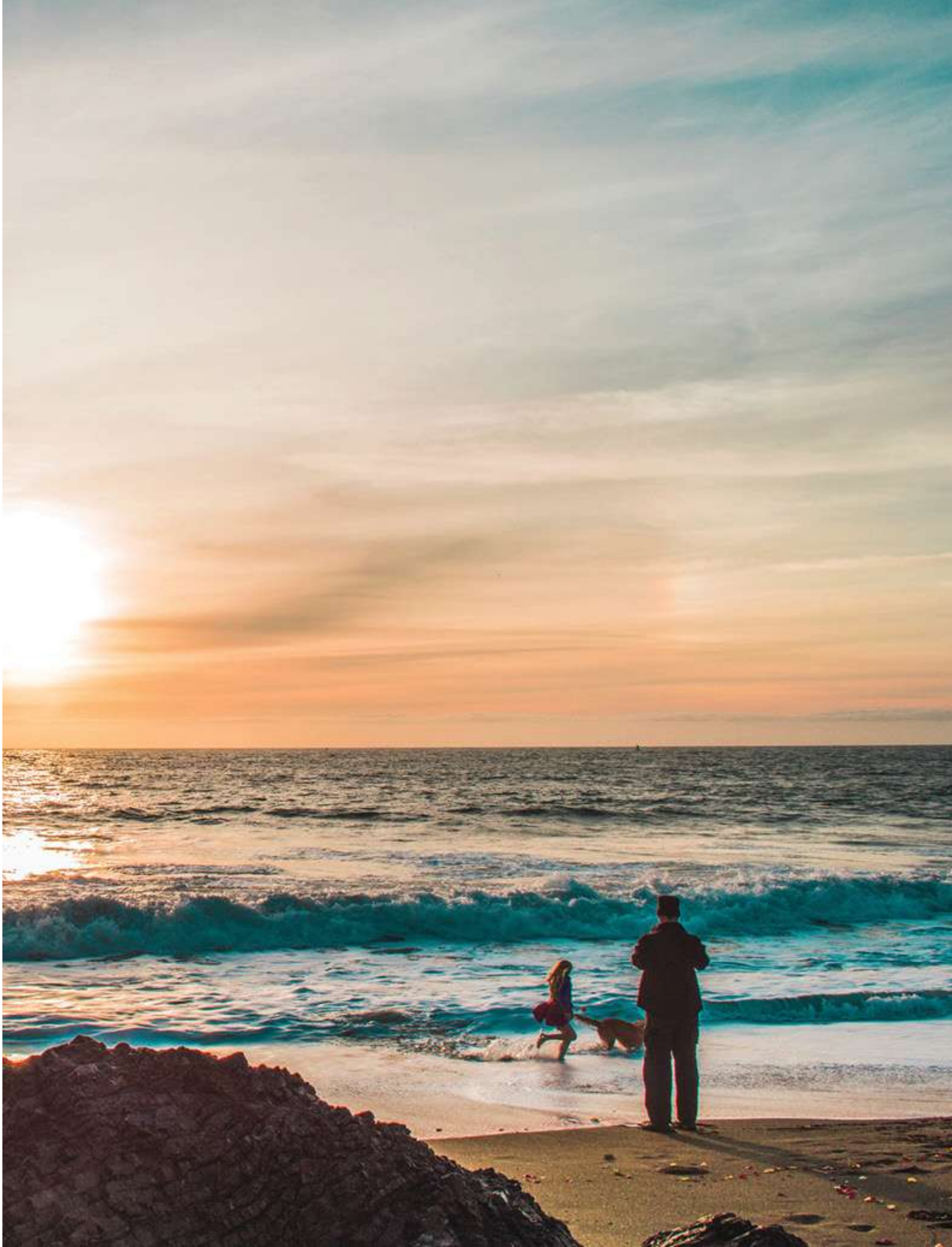
INTERVIEWER: EMMA HAWLEY



If I wake up
happy, I can
make other
people happy.

PARTHASARATHI
RAJAGOPALACHARI

PHOTOGRAPHY BY CHARLIE HANG





Arigatou: Beginning & Ending with Thanks

STEPHEN MURPHY-SHIGEMATSU

“**S**he waited for you,” the priest told me. I believe she did.

It had been a long trip to get there and Obaachan had been on a long journey in this world. My grandmother was 111, though the priest pronounced her 113 by the Buddhist way of counting age, adding one for the time in the womb and another on New Year’s day. Her old body had finally broken down and I couldn’t just let her go, so I went to Japan.

With a heavy feeling that this was my last time to see her I made the long trip across the ocean. When I finally arrived in her room and saw her, my heart sank as she appeared to be unconscious. I stared at her for a while thinking that I had come for nothing. But when I called her, “Obaachan,” she opened her eyes

and looked into mine. “It’s me,” I said. “Stephen.” She recognized me and her eyes closed. We did this a few more times before she appeared to fall into a deep sleep. Wanting to get away for a moment from the enormity of the situation I went outside into the falling darkness wandering through neighbourhoods filled with sights, sounds, and scents of home – fish grilling, television news, students bicycling home.

When I returned her condition had markedly changed. The nurse said that she was rejecting food and even water. The doctor was called and after examining her told me that she was nearing the mountain top – an unfamiliar expression but one I instantly understood. He left the room and I waited alone by her side. The only sound was the rhythm of her harsh breathing. After a few hours I grew weary and fell asleep.

... the original meaning of *dharma*, which she explained as a way of being for each living thing, to be discovered and accepted. I needed to accept who I was, be grateful for it and responsibly do what I could with what I had, which was a lot.

A short while later I awoke to a strange silence. I knew that it was over. Her long time in this world had ended.

As I gazed at the lifeless body I recalled the time that I lived with Obaachan in my youth. Everyone marvelled at her *seimeiryoku*, her vitality, and I was fortunate to have absorbed some. She taught me about the beauty of Buddhism, and the original meaning of *dharma*, which she explained as a way of being for each living thing, to be discovered and accepted. I needed to accept who I was, be grateful for it and responsibly do what I could with what I had, which was a lot.

Obaachan also talked about the beauty of Jesus Christ. She insisted that my father, who never professed to be a Christian, was actually Christlike in many ways. I knew him as a man scorned by society as a fool, and Obaachan affirmed that he was indeed a fool. But she called him "Obakasan" – a wonderful fool, foolish enough to try to live by ideals and the highest values, for which he suffered severe consequences.

The funeral ended with family members placing flowers on Obaachan's body, especially around her face, before the coffin was closed. We then moved to the crematorium. We watched as the body was rolled into the oven and the switch turned on. I had a strange sense of detachment; none of this was horrifying. I sensed no life in the body, no Obaachan. Whatever form she was now in, it clearly was not attached to that body.

I wondered if she was now with God and remembered asking Obaachan, "Where is God?" She pointed to her heart and said, "God is here." Then she pointed at my heart and said "God is there too." I understood that God is in all of us ●

PHOTOGRAPHY BY RASMUS MOGENSEN

10 TIPS *~for~* EFFECTIVE COMMUNICATION

LIZ KINGSNORTH explores the ways we can improve our relationships with others at home, at work and with friends, by improving the way we communicate.



1. AN INTENTION FOR CONNECTION.

Aim for a respectful and compassionate quality of connection, so that everyone can express themselves, be heard and understood. Trust that the connection is more important and more nourishing than being right, or even just having your say.

Connection means to try to be open and stay in touch with what matters to the other person – and to yourself – in each present moment.

2. LISTEN MORE THAN YOU SPEAK.

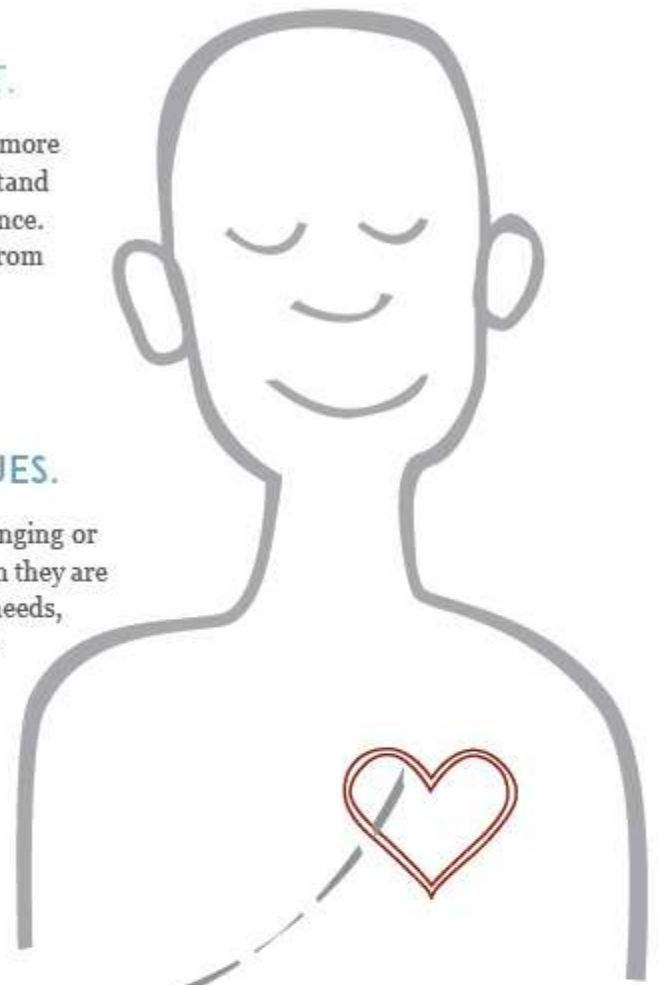
We have two ears and one mouth – a reminder of what is important! Listening is key to a healthy relationship. Often we are only half listening, waiting for our chance to speak, wanting to make our point. When our attention is with our own thoughts, we are not listening. Listening means to enter into the world of the other person, to intend to understand them, even if we disagree with what they are saying.

3. UNDERSTAND THE OTHER PERSON FIRST.

When another person feels you understand them, they are far more likely to be open to understanding you. Willingness to understand involves generosity, respect, self-control, compassion and patience. Be 'curious instead of furious' about how others are different from you.

4. UNDERSTAND NEEDS, WISHES AND VALUES.

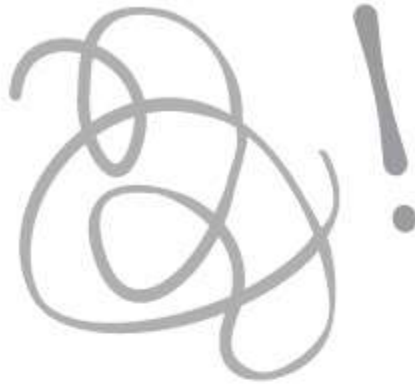
Everything people say and do expresses an underlying need, longing or value. We can learn to identify and 'hear' these needs, even when they are not expressed explicitly. Because all human beings share these needs, they are our magic key to unlocking mutual understanding. For example, if someone says, "You are so selfish, you never do anything to help at home," they are indirectly expressing a longing for consideration and support, but it is coming out as blame and judgment. If we can empathise rather than react, we will connect and the person will feel understood.



5. BEGIN WITH EMPATHY.

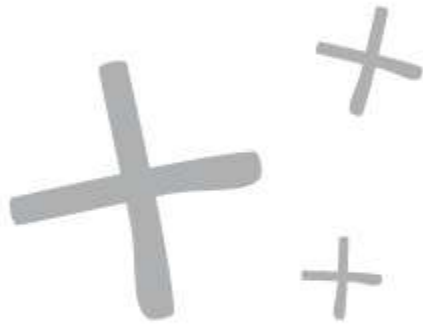
Refrain from:

- Immediately telling your own similar story
- Interrogating with lots of data-type questions
- Interpreting the other's experience
- Giving advice
- One-upping e.g. "if you think that's bad wait till you hear about what happened to me!"
- Dismissing the person's feelings e.g. "Oh don't be angry."
- Dismissing the person's experience, or telling the person that this experience is actually good for them!
- Generally people appreciate receiving empathy more than anything else.



6. TAKE RESPONSIBILITY FOR YOUR FEELINGS.

What someone else says or does is not the cause for how we feel, it is the trigger. Our feelings are stimulated by what's happening. For example, if someone does not do what they say they will do, we might tell them, "You make me so angry, you are so unreliable!" This inflammatory accusation could be rephrased as, "I feel frustrated because it's important to me that we keep to agreements we have made."



7. MAKE REQUESTS THAT ARE PRACTICAL, SPECIFIC AND POSITIVE.

Make requests that will help fulfil our needs. This stops us just complaining, and allows the situation to change.

Don't ask things of others that are too vague or too big, or are expressed as a negative request, e.g. "Stop making so much noise." Be positive and specific, e.g. "I am working. Can you please use the headphones while playing video games?"



8. USE ACCURATE, NEUTRAL DESCRIPTIONS.

When we are upset, we often interpret what has happened, using judgmental language, rather than accurately describing what has triggered us. This can get us into a fight immediately! For example, instead of simply stating, "You didn't call me," we might interpret and then accuse, "You don't care about me!"

First describe the situation in a neutral, accurate way, free of judgments or blame. Then the communication can continue with sharing feelings, needs and requests. For example, instead of saying, "That's a really stupid idea!" you might say, "If we all go to a movie which ends at midnight [neutral description], I'm worried [feeling], because the children need to get a full night's sleep [need]. Can we go to the 2 p.m. show instead [specific request]?"

9. BE WILLING TO HEAR "NO".

Even with these guidelines, our carefully expressed requests might still elicit a "No" from the other person. Why would this upset us? Is it that our request was actually a demand that we expect the other person to fulfil? We have a choice in how we hear that "No". It could be that something else is important to the other person; that they had a different need or value alive in that moment. Maybe the "No" is their request for something else to happen. And then we are into the dance of giving and bending! "No" is not as threatening as we might imagine.



10. WAYS WE COMMUNICATE OTHER THAN WORDS.

Everything that is in our heart and mind is expressed through our body, our facial expressions, the tone of our voice, and the vibrations that emanate from us. All these are intuitively picked up and understood by others. Are our words in harmony with these subtler elements? We are manifesting our consciousness at every moment. To have connection, understanding and harmony in our relationships, we need to nourish those aspects deeply within ourselves ●



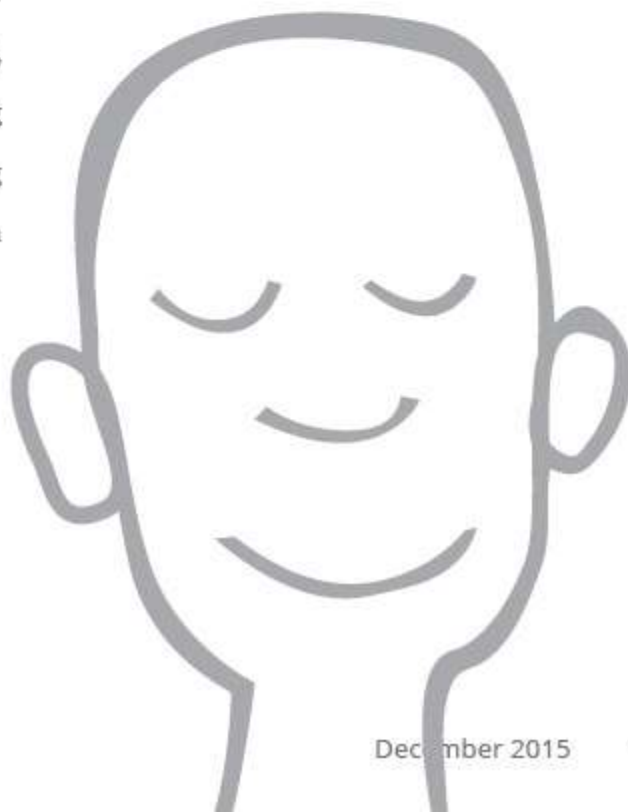
Useful references:

Nonviolent Communication – a Language of Life,

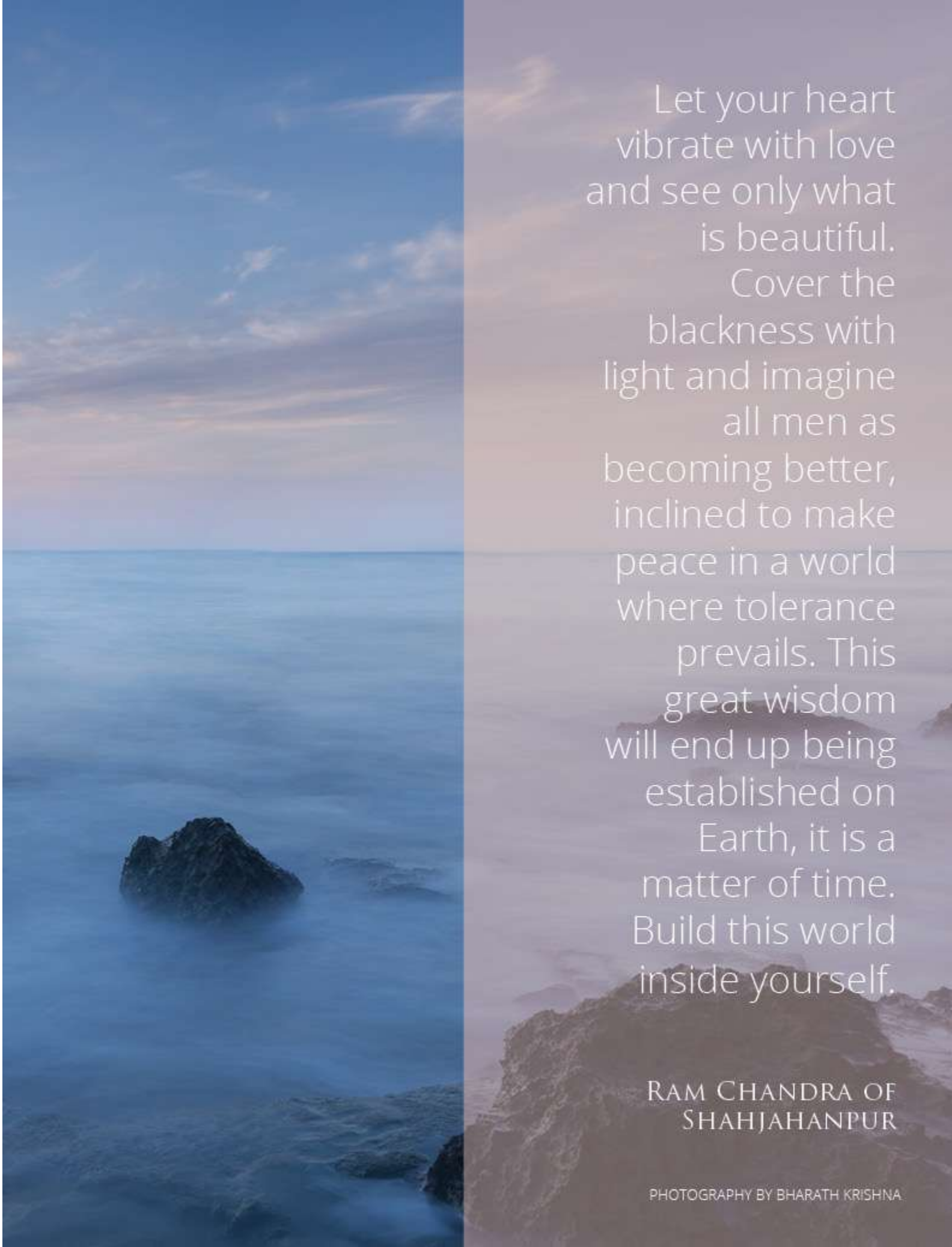
by Marshall Rosenberg

www.cnvc.org

www.nvctraining.com







Let your heart
vibrate with love
and see only what
is beautiful.

Cover the
blackness with
light and imagine
all men as
becoming better,
inclined to make
peace in a world
where tolerance
prevails. This
great wisdom
will end up being
established on
Earth, it is a
matter of time.
Build this world
inside yourself.

RAM CHANDRA OF
SHAHJAHANPUR

PHOTOGRAPHY BY BHARATH KRISHNA



HILDEGARD VON BINGEN



Hildegard of Bingen was born in the small village of Bimersheim, Germany as the century came to a close in 1098. She had divine visions from a very early age, so in her eighth year her noble family entrusted her to the care of the abbess of a small community of nuns attached to the Benedictine monastery near Bingen. So began a life in which she was destined to become the most celebrated woman of her age as a spiritual visionary and mystic, naturalist, playwright, poetess and composer. Her bodies of work establish her as one the most creative persons of the Middle Ages, and history leaves her as the first western composer with a known biography. She was a woman of depth and talent.

In 1141, she succeeded the abbess. Though visions were a common occurrence throughout her life, that year would reveal a profound and transforming experience, feeling a blinding light flowing into

her mind and illuminated her heart, revealing new meaning. Following this inspiration, she devoted herself to a life of intense spiritual creativity and contemplation. She wrote two books on natural history and medicine, *Physica* and *Cause et Cure*, and a morality play, *Ordo Virtutum*, which pre-dates all other works of that kind by hundreds of years. Her book of visions, *Scivias*, occupied her for ten years between 1141 and 1151, and she composed music which is still popular today for its simplicity, beauty and expression of the Divine.

Hildegard was also a diplomat, and her friendship and advice were sought by popes, emperors, kings, archbishops, abbots and abbesses, with whom she corresponded regularly. The 'Sybil of the Rhine,' as she was known, died on the 17th of September 1179, leaving behind a strong tradition of women in spirituality that lives on today ●

O virtus Sapientiae.

O strength of Wisdom

quae circuiens circuisti.

who, circling, circled,

comprehendendo omnia

enclosing all

in una via, quae habet vitam.

in one life-giving path,

tres alas habens.

three wings you have:

quarum una in altum volat.

one soars to the heights,

et altera de terra sudat.

one distils its essence upon the earth,

et tertia undique volat.

and the third soars everywhere.

Laus tibi sit, sicut te decet.

Praise to you, as is fitting,

O Sapientia.

O Wisdom.



“Your hearts know in silence the secrets of the days and the nights. But your ears thirst for the sound of your heart’s knowledge.”

SELF-KNOWLEDGE

KAHLIL GIBRAN

And a man said, speak to us of Self-knowledge.

And he answered, saying:

Your hearts know in silence the secrets of the days and the nights.

But your ears thirst for the sound of your heart's knowledge.

You would know in words that which you have always known in thought.

You would touch with your fingers the naked body of your dreams.

And it is well you should.

The hidden well-spring of your soul must needs rise and run murmuring to the sea;

And the treasure of your infinite depths would be revealed to your eyes.

But let there be no scales to weigh your unknown treasure;

And seek not the depths of your knowledge with staff or sounding line.

For self is a sea boundless and measureless.

Say not, "I have found the truth," but rather, "I have found a truth."

Say not, "I have found the path of the soul." Say rather, "I have met the soul walking upon my path."

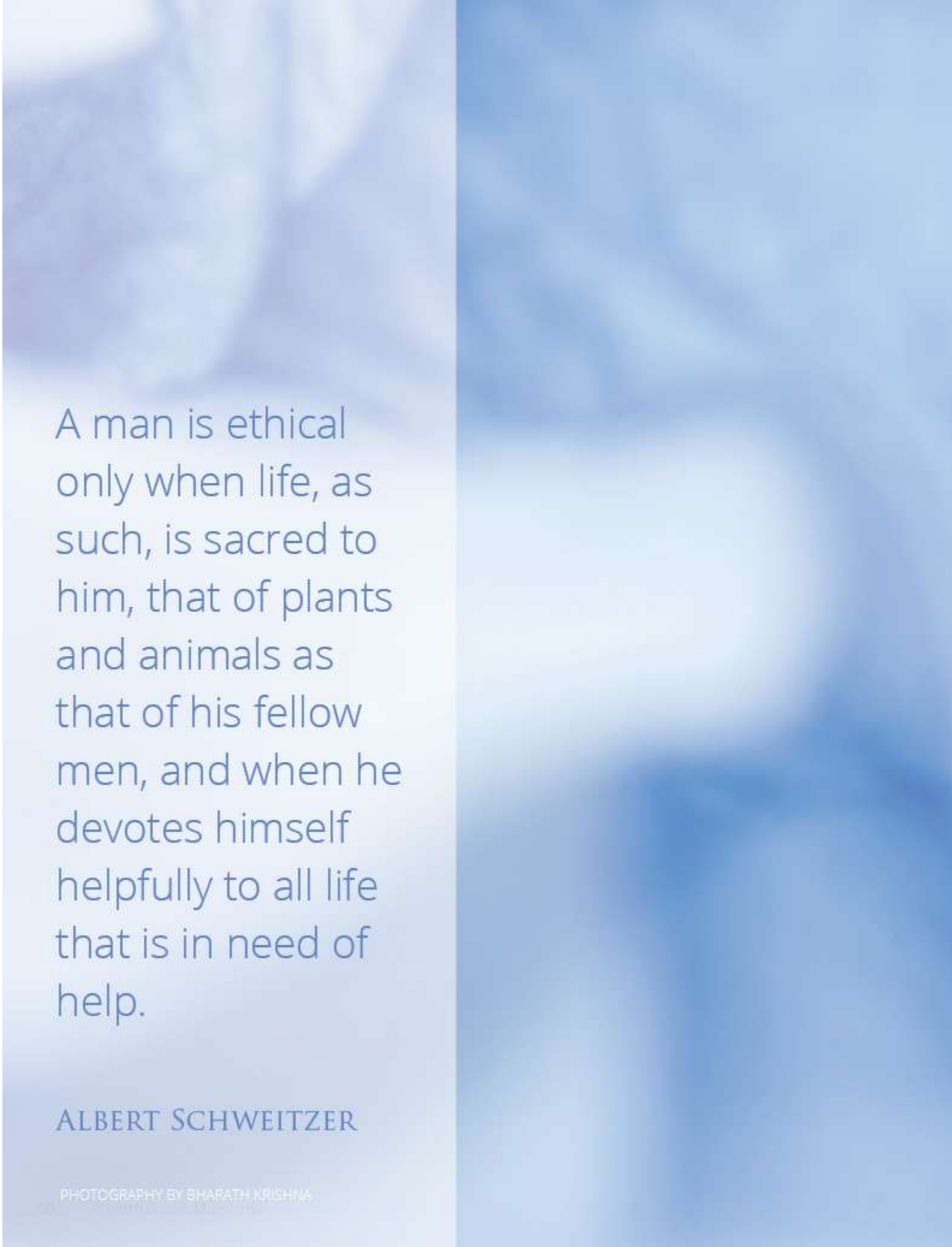
For the soul walks upon all paths.

The soul walks not upon a line, neither does it grow like a reed.

The soul unfolds itself, like a lotus of countless petals ●

KAHLIL GIBRAN (1883-1931) was born in modern-day Lebanon and migrated to the United States where he studied art and started his literary career. He was a poet, painter, writer, philosopher and theologian, and was influenced by his Maronite Christian upbringing as well as the mysticism of Sufism and the Baha'i faith.





A man is ethical
only when life, as
such, is sacred to
him, that of plants
and animals as
that of his fellow
men, and when he
devotes himself
helpfully to all life
that is in need of
help.

ALBERT SCHWEITZER

PHOTOGRAPHY BY SHARATH KRISHNA

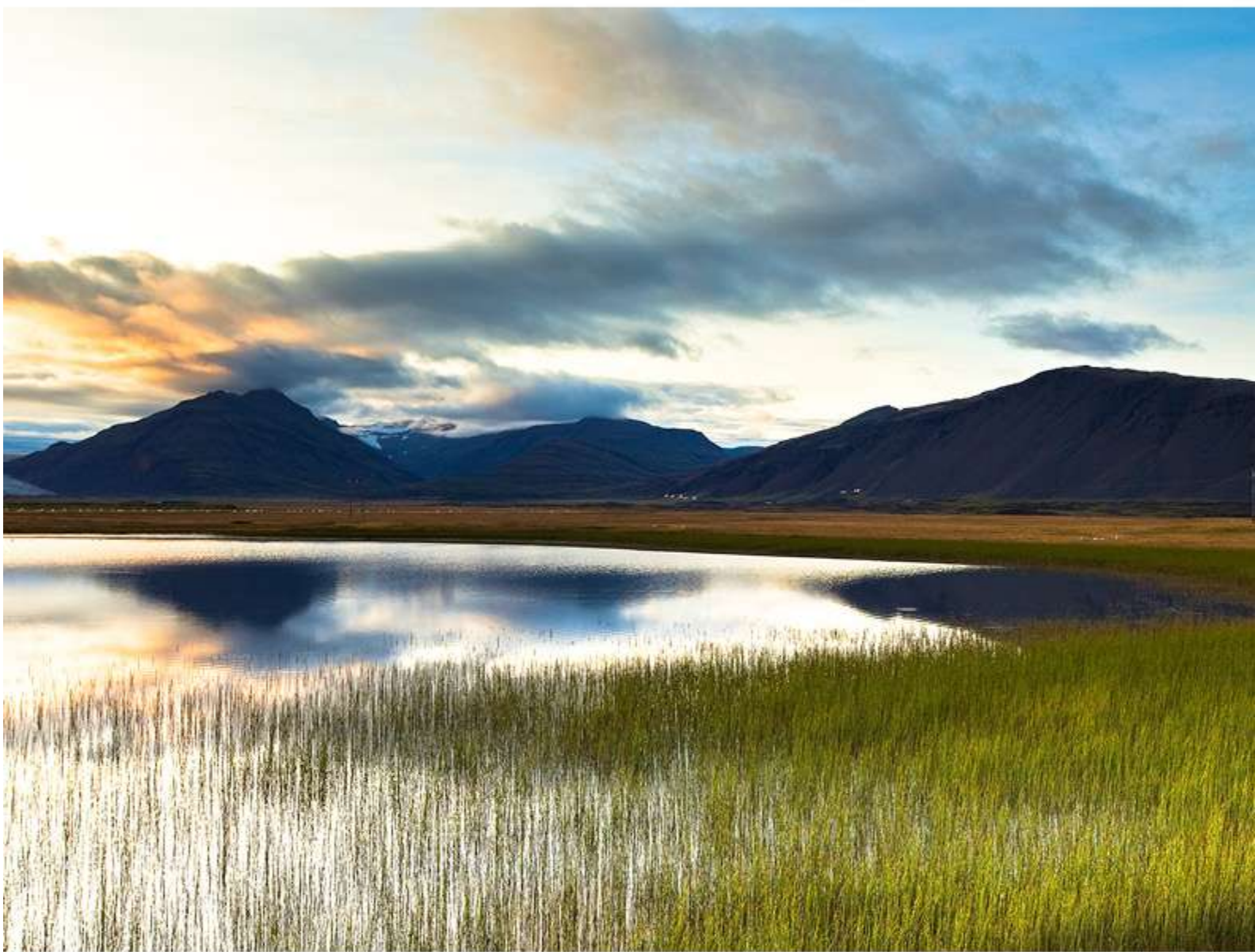






IMMENSE SPACES

A photo essay by Zurich-
based photographer
ROMAN LEHMANN



Besides being at home with my family, being in Nature is where I feel most comfortable. Working in a busy town and in a tough business, I need to get back to balance.

Sometimes I need to be alone. Then I can freely sing, laugh or cry whenever I want. Sometimes having a friend beside me can intensify my experience.







Being in an immense space in nature is a great opportunity for me to be thankful for what Nature has given. I have the impression that Nature opens its doors, inviting us to capture this moment. I always feel thankful. But it also reminds me that mankind has gone too far and I feel really sorry. It reminds me to take care of the environment.

Time in Nature brings me back into balance. It frees my head. It gives energy. It provokes ideas. It solves problems. It lifts my mood.

Combined with sports and photography it is also fun.

For me it is essential ●



The Rhythm

of the Universe

There are beautiful, natural places on this earth where the rhythms of the universe manifest in splendour. ELIZABETH DENLEY writes about life in one such place – the ashram retreat at Satkhol in the Himalayas.

Stillness. Not even a breath of wind is evident as the autumn sun rises to expose the beauty of the morning. Slowly the mighty Himalayan peaks are illuminated. It is their day after two weeks of mist and cloud cover. They show us their grandeur – Trishul, Mrigthuni, Maiktoli and Nanda Devi. This is the land of great souls.





Flowers, butterflies, bees and birds are still in abundance on this late October day with a vibrancy that sings with life. Every small scene shines and the tall umbrella pines filter the sunlight, catching the golden rays. The local people shine with the same beauty, their eyes alive with life.

Ashram life is in tune with this natural beauty. We rise at 4 a.m. to meditate before the dawn in that suspended greyness between night and day. It is easy to experience the stillness and nothingness of Divinity at that time, as Nature expresses it everywhere.

It is easy to experience the stillness and nothingness of Divinity at that time, as Nature expresses it everywhere.

This is followed by exercise – walking in the hills, stretching on the terrace of our simple accommodation, always surrounded by the purity and simplicity of the natural environment. Breakfast is down the hill, where the meals are wholesome and healthy, and, like everything else, simple. No pandering to taste and desire, only to health and wellbeing. Food is prepared with love and served by cheerful volunteers who are happy to give.

Group meditation is after breakfast, and we are blessed that during these two heavenly weeks our teacher is here with us to conduct these sessions, transmitting *pranahuti* from the Source, the signature of Heartfulness meditation. The inner transformation is so palpable in everyone as a result. The place, his subtle silent work, and our inner focus, combine to bring Grace that is exquisite beyond human comprehension.





The days unfold, full of the day-to-day activities of the mountains and the ashram, followed by group meditation again in the late afternoon. As dusk descends and the warmth of the mountain sun is replaced by the chill of autumn evenings, we do our own practice to clean the heart and mind of any impressions that have formed or surfaced from within during the day. After dinner we sit together, listening to the music of ghazals and raagas under the stars and the expansive sky.

Bedtime is a time for inner communion with the Divine, in prayer and contemplation, and sleep then follows the natural cycle.

This pause in the routine of normal city life is a gift of Nature in all her facets, where the rhythm of the universe and the prana of existence are celebrated in every little thing. It is time to take this state back into the world of human activity and share it with everyone: this beauty of stillness ●



This pause in the routine of normal city life is a gift of Nature in all her facets, where the rhythm of the universe and the prana of existence are celebrated in every little thing.



PHOTOGRAPHY BY RAJESH MENON

Alkaline food



SIMONNE HOLM shows us why eating alkaline food is not only a diet, but is also a lifestyle.

Alkaline eating cleanses and purifies the body, neutralizes excess acids and balances the pH levels (the acid-alkaline measurement), which improve digestion, skin tone, mood and weight loss.

Think about eating
as Mother Nature
intended.

Make your diet plant-based, with lots of pulses and grains, although don't eat too much fruit - certainly not for juicing as that is very acidic.



Focus on 75% alkaline food and 25% acidic food, which will keep the body well balanced.

A balanced pH-level is necessary for the body, if we want to keep a wholesome state of health and avoid lifestyle diseases.

Too much acidic food over a long period leads to a body out of balance, e.g. sugar, meat, soda, coffee, fast food etc.

Thoughts, stress and negative emotions can produce even more acid than acidic foods or beverages.

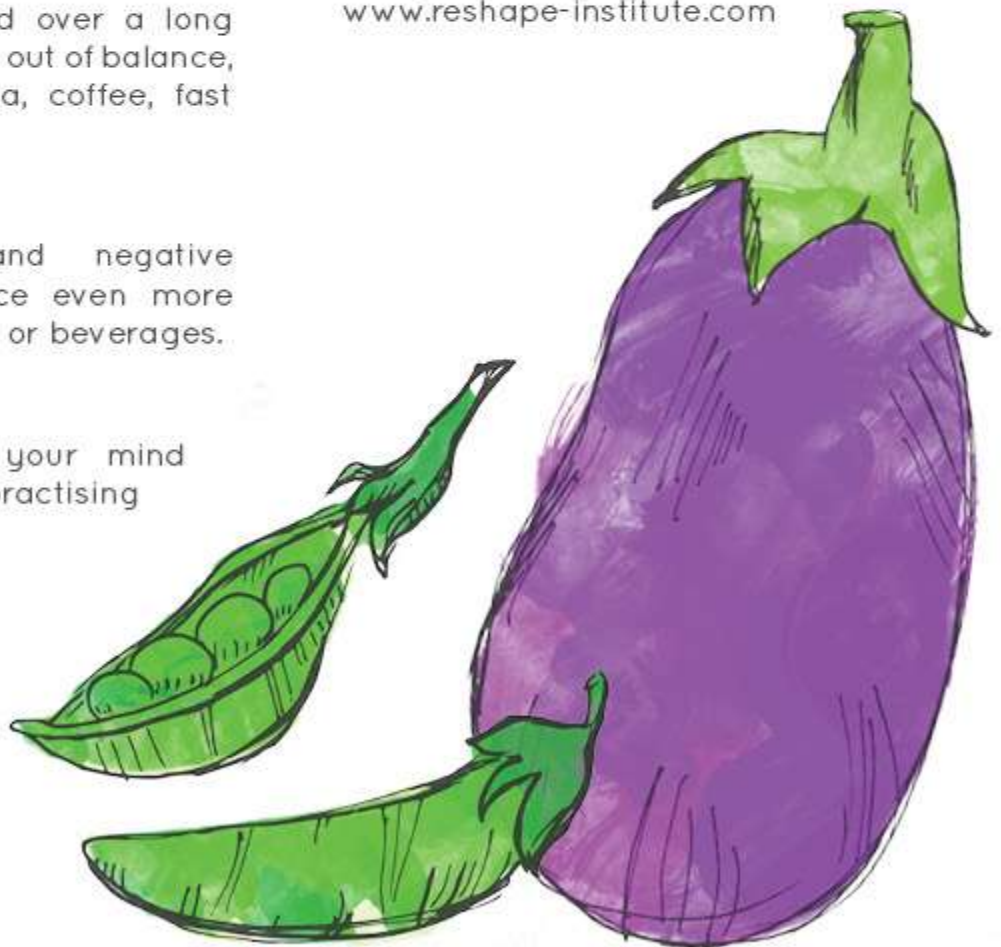
You may moderate your mind and emotions by practising meditation.

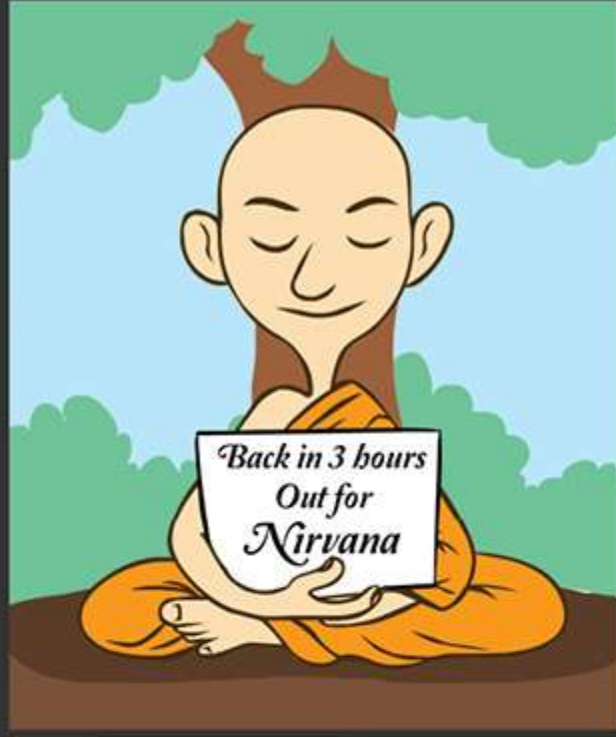
Breathing exercises are also helpful to regulate your nervous system, sleep problems and tension.

Begin by adding the four most important alkaline energy food groups daily:

- water
- omega oils
- chlorophyll
- salt (natural not processed) ●

Excerpt from *Alkaline Smoothies, Juices and Soup*, with permission from the author. www.reshape-institute.com





Back in 3 hours
Out for
Nirvana



My guru says that our goal is to achieve the state of Nothingness

Why are you trying so hard? I have been achieving nothing my whole life!



I think I am achieving inner balance!

Oh yea?



Yea, today, at work I got angry 5 times and kept my cool 5 times!



I think you're missing the point...



THINK SOLAR THINK UJAAS!

UJAAS ADVANTAGE

Solar parks • Rooftop installation
Tax benefits • EPC
Low Electricity Bill
Zero pollution

Ranked by Business World
as No. 2 among India's
Fastest Growing Companies

Ranked as Asia's
200 Best Companies*
by Forbes

*Under a billion dollars

Featured in Business Today
as one of the fastest
emerging companies

UJAAS Energy Limited
(NSE/BSE listed company)

701, NRK Business Park, Vijay Nagar Square
Indore (M.P.) +91-731-4715300, 082250 82000
Email: ujaas@ujaas.com, Website: www.ujaas.com



Wisdom



A Workshop for the
Young at Heart of All Ages

We all have the wisdom of the universe inside us, so in this activity we will tap into that and make beautiful wisdom cards that can then be used for card games, gifts and decorations.



Materials Needed

- 9 x 13 cm cards, five each
- Crayons, colour markers, paints or collage materials
- Scissors, glue etc.
- Reference library of quotes, e.g. http://www.debbyoga.com/debbyoga_relaunch/My_Sparks_files/Yogi%20Tea%20Bag%20Quotes.pdf.

Idea & text:
Anne-Grethe Kousgaard

Artwork by: Savi Bala, Snehita Vallumchetla,
Shriveda Reddy, Lavanya Vijayan

Activity

1. Close your eyes and sit quietly for long enough to go inside and listen to your own wisdom.
2. Take one card each to start with. If you know what you want to draw and write, start on your own. If not, you can choose some words from the reference library of quotes, or choose words that would comfort you if you were sad, afraid, nervous, or stressed.



3. You have five cards each, so use as many of them as you want.

4. At the end, make a display of all the cards.



Add a variation

Make the wisdom cards in pairs.

Have a small bag containing words on pieces of paper. The list could contain words like earth, friend, sunny, light, possible, great, incredible, jump, courage etc.

With your friend, take turns in picking a piece of paper from the bag and reading out the word.

First, on your own with your eyes closed, each see what inspires you about the word chosen. Then, together with your friend, find wisdom that you will share with others on your card.

The King Who Removed the Veils of Illusion

PART III

Dear Readers,

Remember the four suitors of Chandraprabha? Well, their mission was successful – they saved the shopkeeper's daughter from death. Her parents and brothers were so happy to see her safe and sound, but now there was the dilemma of who deserved her hand in marriage: the warrior, the alchemist, the skilled craftsman, or the musician?

Here is what some of you have to say about this:

"It should be the musician who prayed to God. Everybody performed an act which has dependency on other where as the musician performed an independent act and prayed directly to God. God is the real one who decides death and life of someone."

"Chandraprabha should marry the musician. Because he was weeping when the girl was dead."

"In my opinion, the girl should be married to the musician who has known her since childhood."

"The musician knew the girl from childhood, but was in grief and cried near her lifeless body. The healer was skilled to bring people back to life, and the craftsmen was skilled to make the flying machine. To fight the dragon the warrior had to overcome his fear and that meant he loved Chandraprabha and was the worthiest of all. Chandraprabha should marry the warrior."



Back in the palace, most of the people who were listening to the story whispered, "You have to give the girl to the one who brought her back to life!"

But at these words Queen Abol-Rani exclaimed, "This is incorrect! The girl was to be given to the warrior! He risked his own life and saved her with his strength and skill to fight. The doctor and the craftsman were only there to support him. Is it not the normal role of doctors and craftsmen?"

"Are you sure, wise Abol-Rani? Is your passionate spirit not troubling your judgment?"

So let's listen to what really happened. The family was divided as each member had a different opinion. One supported the warrior, another was in favour of the alchemist, another was for the artist who had such a gentle heart, and the rest chose the craftsman. They all had their reasons. No one could agree and the father was confused and unable to make a clear decision. In the end and in agreement with his sons and his wife, he asked the girl to choose for herself.

"Thank you so much for having brought me back to life," she said, addressing the young men. "I am touched by the love you showed for me. You, warrior, risked your life for me and saved me with your strength and skills in fighting. You love me as a father loves his child. You, healer, and you, craftsman, have acted promptly for me and love me like brothers. You, artist, cried and I felt your tears on my heart. You love me like a lover. It is this love, this pure love of the heart, which I would like to honour."

And the second veil of Queen Abol-Rani fell, to the astonishment of all.

"I would like to tell a third story. May I?" asked the king. "And if I do not get an answer from you, my queen, no doubt your bracelets will answer in your place."

The bridesmaids exchanged sly smiles, but the bracelets chimed gently and said, "We are listening to you, King Vikram, and we will answer you."

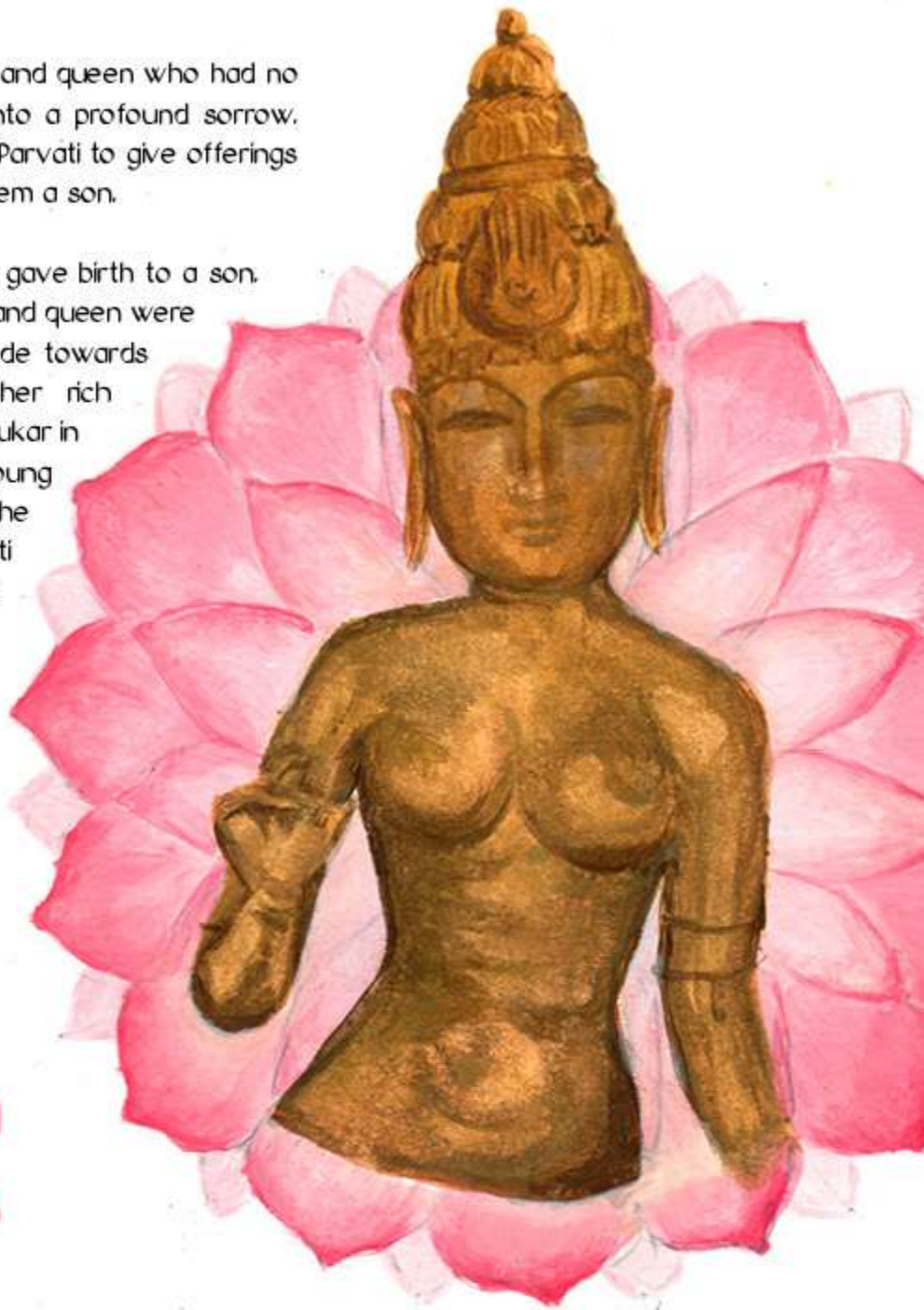
So King Vikram began his next story.



In a beautiful kingdom lived a king and queen who had no children and this plunged them into a profound sorrow. They often went to the goddess Parvati to give offerings and gifts, so that she would send them a son.

Finally, after a long time, the queen gave birth to a son. They called him Madhukar. The king and queen were very happy and felt a deep gratitude towards Parvati. They continued to bring her rich offerings and raised the young Madhukar in reverence of her. Wherever the young prince would go walking or riding, if he came to a temple dedicated to Parvati in any of her divine forms, he entered with an offering, sometimes only a handful of rice or a few flowers.

When Madhukar reached adulthood, he married the daughter of a neighbouring king. Her name



was Kumudini and she was very beautiful with a gentle and loving personality. Soon the old king entrusted the kingdom to Madhukar. Thus Madhukar became king and Kumudini his queen.

It was a few days before the spring festival when Madhukar and Kumudini decided to visit the family of the young queen. Their kingdom was not very far, so the royal couple started their journey and took as their escort and charioteer the king's advisor and best friend. Four spirited horses carried them at lightning speed.

On their way, they came upon a beautiful temple dedicated to the goddess Parvati, so Madhukar asked his adviser to stop and he jumped down from the chariot.

"Let me collect some lotus flowers so I can give an offering to the goddess Parvati. She is responsible for my birth. Wait for me."

He picked a few flowers in a nearby lake and entered the temple, offering the flowers to the goddess and promising to offer some more on his return. Then he went out, climbed into the chariot and they left.

When the spring festivities ended, after bidding farewell to the family, Madhukar, Kumudini and the adviser started back. Near the temple of the goddess, King Madhukar again ordered the chariot to stop so he could offer lotus flowers to the goddess. Alas! There were no lotus flowers in bloom.

Madhukar entered the temple, invoking the goddess and asking her what he could do. There was no appropriate gift, so he thought that the best way to pay homage to the goddess was to offer his own life. He did not think further, but drew his sword and beheaded himself.

Queen Kumudini and the adviser waited a long time but, in vain, the king did not reappear. "Allow me, your Majesty, to go and find the king. When he meditates, he is so immersed in his meditation that he does not realise the passing of time."

The queen agreed, and the adviser entered the temple. He saw the body of his king. Terror seized him and his entire body started to shake. In his heart mingled the pain of the loss of his friend and the compassion for the young queen. How would he tell her this terrible news? No, it was not possible. In a gesture of despair, he seized his sword and he too beheaded himself!

The queen, who saw no one return, not her husband nor the adviser, was seized with fear. She got down from the chariot and entered the temple. When she saw the two bodies, she threw herself on the floor and started to cry loudly: "What else is there for me anymore? I have nothing on this earth, so my life is meaningless. I want to die." And she tried to reach the king's sword.




But before her hand could touch it, Parvati herself appeared in the middle of the temple and said in a soft but firm voice, "Stop, my child! Do not commit the irreparable. I do not understand these human sacrifices. They are stupid and useless. In the world I come from, sumptuous offerings do not count, and life is not a gift that we appreciate. But a pure heart, open and full of devotion touches us deeply, whether or not something is offered. Your husband was one such sincere devotee. For a devotee his despair was particularly silly, but I cannot but be sensitive to his heart, so open and so full of love. So I grant all of you a boon. If you want to revive your husband and his friend, take their heads and adjust them to their bodies and they will live."

With this the goddess disappeared.

Overjoyed, Queen Kumudini hastened to put the heads in place, but she rushed. The bodies immediately came to life and the two men stood up next to the queen. Alas! In her haste, Kumudini had given her husband the head of the adviser and the adviser's head to her husband.





King Vikram paused and asked, "Tell me, little bracelets, to whom is Queen Kumudini rightly married?"

And you, dear reader, what is your answer? How do you justify your choice?

What if you have no clue? Take the time to ask the question to yourself in a very quiet way: first relax your body and rest in your heart for a few minutes. See if an answer comes to you then. Be patient and let it come in its own time – maybe a few days later while you are doing something completely different. Stay open and be alert!

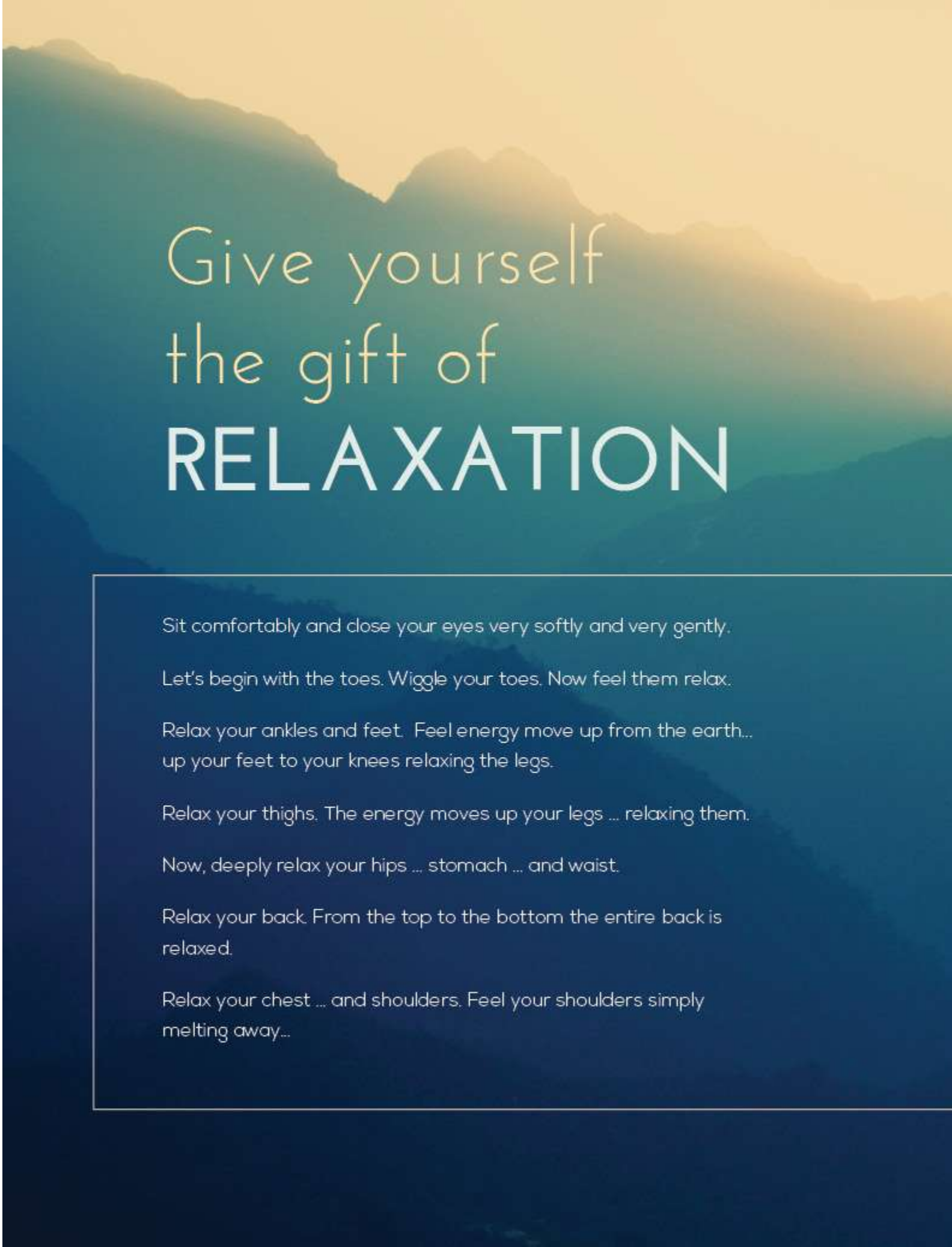
Let's see if we will manage to bring down the third veil of Abol-Rani. Please send your answers to

contributions@heartfulnessmagazine.com.

Next month, we will discover the ending and listen to the final story from King Vikram.

To be continued...

ARTWORK BY VERONIQUE NICOLAI



Give yourself the gift of **RELAXATION**

Sit comfortably and 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. Rest there for a little while. Feel immersed in the love and light in your heart.

Remain still and quiet, and slowly become absorbed in yourself.

Remain absorbed for as long as you want, until you feel ready to come out.

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