

June 2016

heartfulness

purity weaves destiny

THEIR SURVIVAL

Wildlife

CONSCIOUSNESS

The journey of expansion

HEART & MIND

Integrating our two great assets

SELF • RELATIONSHIPS • WORK • INSPIRATION • NATURE

The Heart's Intrinsic Nature

Dear friends,

Why listen to the heart?

There is intrinsic goodness within everyone. We do not have to think how to be good. It just happens. When someone asks you "What is your name?" you do not have to think. It spills out. Does it require effort or imagination to speak the truth? Only lies require effort. Goodness comes naturally.

Some perform their daily rituals, whether spiritual or religious, out of fear. They think that if they skip the rituals, they may be fated for hell. Others, in enforced piety, perform rituals out of temptation for a heavenly abode, offering prayers to God to allow for safe passage in this world and for reception by Him into his.

But to seek a return on an investment of love is to profane that love. This is the reason why 'love for the sake of loving' has been highly praised. When our piety is tainted with desire or ego, the bond between the Divine and the devotee suffers. Bribing the Divine with ritual inducements in return for economic prosperity, not to mention a happy, healthy and wise life: can this be just? You do not have to be a sage to figure this out! When a person has a transactional relationship with the Divine, he will naturally learn to behave the same with other people, and he will take advantage.

Suppose a drug manufacturer wants to boost his profit by mixing harmless fillers with potent ingredients. But then he rethinks. It occurs to him that he might get caught and lose customers, so he decides against it. Does that decision make him virtuous? Although he did not cheat, it was for the wrong reason: his reputation. In so doing, he has compromised the intrinsic goodness of his own heart.



If we refrain from doing wrong only because we are afraid of being discovered, it proves that we still require rules and policies to avoid straying from a principled life. But if we allow our intrinsic goodness and decency to manifest and prevail, automatically and justly, as a natural outcome, rules and policies become redundant. The more the rules and policies, the further we have strayed from our intrinsic goodness.

When the heart responds with its intrinsic nature, the mind can simply rest at that time and observe. If the mind interferes in this process of the heart's intrinsic response to the universe, it starts forming the web of complexities and impurities. This is the basis of how and why we go on forming our own destiny.

When we truly come from the heart, we no longer need to choose; we know what is right. It is only when we compromise our intrinsic goodness that we even need to make choices in life. Think about it!

Please join us in June to meditate at the Heartfulness Conventions in the USA and start to uncover the intrinsic qualities of the heart, or go to www.heartfulness.org.

All the best,

Kamlesh D. Patel

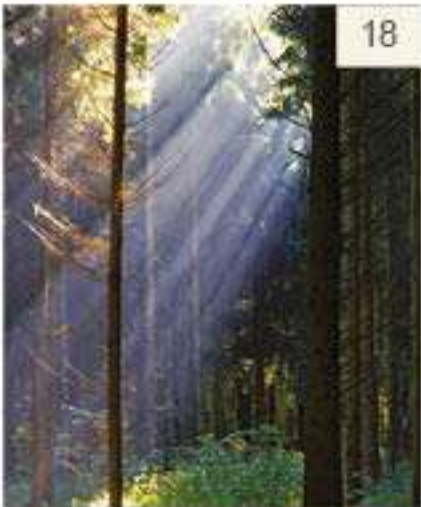




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Wisdom in Daily Life

What do we spend our time doing in an average day? Some things are specific, but there are many common to us all, like sleeping, eating, bathing and communicating with others. How often do we observe how we do these everyday things? Do we ever ask: What is my attitude to everyday living? How do I sleep? How do I eat my meals? How do I communicate with others?

For each of these common human activities, there is a vast field of wisdom amassed over thousands of years in all cultures. The wise ones have provided simple practical rituals to help people live in tune with Nature and stay healthy and happy. Take for example the Indian ritual of standing in water in the early morning rays of the sun. This ritual has been there since ancient times, and many people today may not know why they do it. When we learn that the sunlight passing through the water onto the body has the effect of removing the build up of positive ions that collect during the night, so that a person starts the day with a healthy negative ion balance, it becomes more than simply a ritual. It becomes meaningful for health. Similarly, the age-old tradition in many western countries of eating dinner before sunset so that food is properly digested before sleep, leads to a healthier digestive tract and overall well-being. Every culture has its wisdom around the everyday aspects of living.

Unfortunately, in our modern global society, we often make fun of these traditional rituals, or ignore them as meaningless in today's fast-paced and technological life where science rules and traditions are considered antiquated and quaint. What a pity! All that experience of thousands of years is discarded for what? For better health? It would appear not.

Take the time this month to explore the traditional rituals of your culture, and play detective to find the meaning and original purpose behind as many of them as you can. Imagine if we can collect all this wisdom into a compendium to pass on to our children, and them to their children. What a treasure! We are launching this project as 'Wisdom in Daily Life'. Please write to us with your contributions at contributions@heartfulnessmagazine.com.

We very much look forward to hearing from you,

The Editors



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Gopi Kallayil is the Chief Evangelist, Brand Marketing at Google. An avid yoga practitioner, triathlete, global traveler, and Burning Man devotee, he has spoken at TEDx, Yoga Journal LIVE!, and Wisdom 2.0.

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Chris is a practitioner and instructor of Heartfulness Meditation, which he has practiced for over 20 years.

He is also a marketing professional who lives with his family in Torrance, California. You can reach him at chris.mills@heartfulness.org.



Kyle Cease



Kyle has been a prolific guest speaker, inspiring audiences with his unique blend of comedy and transformation. In addition to leading his own Evolving Out Loud events, he has spoken with Eckhart Tolle, Jim Carrey, Michael Beckwith, Louis CK, Tony Robbins, Deepak Chopra, Mary Morrissey and David Wolfe, among others.

He was previously a headlining comedian and has appeared often in TV and movies. He will soon be in print as well with Beyond Word Publishing.

Viji Balasubramanian

Viji lives in Chennai, India. She enjoys every day with Heartfulness meditation, holistic nutrition and an exercise routine. Along with her young family, she is currently exploring the diversity of life in Chennai and surrounding areas. She loves the peace she finds in her heart through meditation.



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Dear Editors,

My three-year-old daughter has started developing a 'self' attitude towards many things. I know it could be casual, but I truly want to know what good and powerful energies I can teach her right from this age so that she may be able to understand life, society and herself truly and may live a great life ahead.

Can I get any direction?

Thank you,

Suhas



Dear Suhas,

Here are some suggestions:

Offer prayer.

Teach your daughter the art of observing the stars, the moon and the sun.

Give her some idea about time management in a very simple manner.

Engage yourself in activities with her.

All the best,
the Editors

Dear Editors,

I find that many of our family arguments seem to happen at the dinner table at night, when we are all together. Most of the time we end up stressed and do not enjoy the meal. What can we do?

Regards,
Carolyn



Dear Carolyn,

The state of mind we have while consuming food is very important. In a stressful situation, any negative vibrations that are then carried in the food affect our body when we eat and digest it, and when it goes to all the cells it has a very negative effect.

What happens at home when there is a quarrel at the dinner table? Most of the quarrels I have witnessed between spouses are at the dinner table or in the bedroom. Try to avoid such arguments. There is nothing wrong with discussing family problems, but wait for a better moment, choose another time.

The moment of eating should be almost like meditation. Be grateful for the food on your plate. When you are grateful, if you consume food in that state of mind, can you imagine the benefit on your system? When you eat, be in a cheerful mood.

Best regards,
the Editors



Enjoy 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.





Better keep
yourself clean
and bright;
you are the
window through
which you must
see the world.

GEORGE BERNARD SHAW

PHOTOGRAPHY BY FAYE CORNISH

THE TREASURE

that Belongs to Each of Us

I grew up in the Christian faith. I am grateful for this upbringing. The teachings of Christ are of love, compassion, humility and faith, and they are qualities that stem from the heart, which are needed today more than ever.

I started meditation more than 20 years ago with Parthasarathi Rajagopalachari, also known as Chariji. He would often instruct us to refer to the heart, and casually turn his hand towards the heart. At the time I found this message very frustrating. How does one refer to the heart? For so many years I went about trying to be a good person by using my critical mind, weighing the pros and cons a hundred times for each small decision.

Nowadays, I am able to live more in my heart, because the regular practice of Heartfulness Meditation naturally brings one's center of consciousness to the heart. I think that those who know me best, like members of my family, have come to know a more gentle person over the years. I would like to think that I have grown more patient and become a better listener. I have always been a hard worker and dutiful, but now I know that I do not own the result. It is not so much the outcome of one's actions that matter, because that is not entirely in one's hands. Rather it is the effort that one makes that counts, as long as there are well-meaning and honest intentions behind the effort. This comes as a natural development from Heartfulness Meditation.

For **CONNIE GROGAN**,

Heartfulness and Christianity are compatible. She shares something of her own journey exploring the treasure we call the heart.

Heartfulness is seeing myself as a part of the whole universe. It is being grateful for my small place on the earth. It is an aim for a balanced perspective where the heart comes first, and seeing that one's own heart is connected with the hearts of others and of nature and of worlds about which one can only dream.

Christianity fits into this life, because I am better equipped to follow Christ's teachings. With Heartfulness, there is also the practice of positive affirmations (prayerful suggestions) to develop love, faith and devotion, correct thinking, right understanding, an honest approach to life, and craving for the Ultimate. Also, Christian practices like the Lord's Prayer and the recitation of certain psalms complement Heartfulness.

To practice Heartfulness Meditation as a Christian is to become a better Christian. The same applies to people of all faiths or those of no religious affiliation who simply want to become better human beings. Continue with your church, your temple, your mosque, your synagogue, and any traditions and values that are important to you, but don't forget your heart, the treasure that rightfully belongs to each of us ●

Heartfulness is seeing myself as a part of the whole universe. It is being grateful for my small place on the earth. It is an aim for a balanced perspective where the heart comes first, and seeing that one's own heart is connected with the hearts of others and of nature and of worlds about which one can only dream.



Why Heartfulness?

If self-development, expansion of consciousness and a vision for a better humanity are on your list of goals, you need a practical method to achieve them. Heartfulness is a very effective approach that is simple, free, and available to people from all cultures, backgrounds and walks of life.

Heartfulness is scientific, practical, and provides an introduction to the yogic techniques of relaxation, meditation with Yogic Transmission, cleaning of the subtle body, and connection with the Source. Learn these techniques at your own pace, starting with relaxation and meditation in the introductory programs.

Heartfulness can be done at home, in Heartfulness Centres, and through organizations that request the program.

With practice, the mind becomes peaceful and calm, and personal transformation and development become a natural part of life.

About Heartfulness

Heartfulness meditation has been practiced since 1945. Today there are around 6,000 certified trainers worldwide in 120 countries. Every day, in our centres, as well as in schools and colleges, corporates and government organisations, villages and communities, people from all backgrounds and cultures come together to meditate in an atmosphere of peace, love, trust and harmony.

Why Meditate?

Regular practice of Heartfulness meditation has the following benefits:

Improved quality of life

Stress relief

Better quality of sleep

Stimulation of the immune system

Greater concentration

Expansion and evolution of consciousness

Spiritual growth

How to contact us to learn more and start the practice

www.heartfulness.org

info@heartfulness.org

Toll free numbers:

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India 1 800 103 7726

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Heartfulness Programs



EXPERIENCE HEARTFULNESS

Relaxation and Meditation

in the USA with the global leader of
the Heartfulness Movement, Kamlesh D. Patel.

Detroit

**THE COBO CENTER,
GRAND BALLROOM**

Saturday, June 4 2016, 9 a.m. to 12 p.m.

Los Angeles

**HMPS HALL, SANTAN DHARMA
TEMPLE, NORWALK**

Saturday, June 11, 2016, 4 - 7 p.m.

Admission free, registration required, donations welcome.

Additional meditation sessions, music program, parallel tracks and one-on-one sessions available, free of cost from 2 to 5:30 p.m. for those interested in deepening the experience.

Keynote address by Gopi Kallayil, Chief Evangelist for Brand Marketing at Google.

Spotlight sessions by John D. Carter, President and founder, Gestalt Center OSD, and Veronica Hopper Carter, OSD program circle of founders, trainer of organizational consultants.

Music performance by Flute Maestro Shashank, Grammy nominated exponent of the bamboo flute.

Admission free, registration required, donations welcome.

Music performance by Flute Maestro Shashank, Grammy nominated exponent of the flute.

Spotlight session by Kamlesh D. Patel.



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MEDITATION *Conferences 2016*

Los Angeles

**UNIVERSITY OF SOUTHERN
CALIFORNIA, BOVARD HALL**

Sunday, June 12 2016, 2 - 4:30 p.m.



Admission free, registration required,
donations welcome.

Keynote address by Gopi Kallayil, Chief
Evangelist for Brand Marketing at Google.

Spotlight sessions:

Interview of Kamlesh D. Patel by Dr
Varun Soni, Dean of Religious Life at USC,
Adjunct Professor in the USC School
of Religion and a University Fellow at
the USC Annenberg Center on Public
Diplomacy.

Well-known keynote speaker, Kyle Cease.

New Jersey

NJPAC NEWARK, NJ

Saturday, June 25 2016, 4 - 8 p.m.



Admission free, registration required,
donations welcome.

Guided Heartfulness Meditation session
by Kamlesh D. Patel.

Music performance by Flute Maestro
Shashank, Grammy nominated exponent
of the bamboo flute.




**HEARTFULNESS &
MINDFULNESS:**
a personal reflection

DR HESTER O'CONNOR
clinical psychologist,
shares her experience as a
Mindfulness teacher and as
a Heartfulness practitioner.

The kindness of
Mindfulness is a
beautiful place to
begin to re-connect
with the spiritual
heart of Heartfulness

"The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart"

- Helen Keller

 On 30th April 2016 I will celebrate twenty-one years of Heartfulness meditation. I trained as a Mindfulness teacher in the beautiful valley of Triginos in Wales in 2008. For me the Mindfulness practice of being present moment by moment softens me and takes me to my heart. Heartfulness satisfies the longing of my heart. I would like to share with you the love story of my route to Heartfulness. For it is a love story. Every day I get up to re-orient my inner compass to a heart-centered goal that started out long ago when I was a small child in a village near Cashel in County Tipperary, Ireland.

As the sixteenth child of a family of eighteen children, it is hardly a surprise to say I was raised a Catholic. I recall going with my mother to visit the church before the others would file in from school. The visits were short and the church was just fifty yards from the house. Sometimes we would call over to the grave of my brother Peter who died aged five years having been hit in the head by a horse. These were precious moments with an overstretched mother. I was stealing moments of togetherness that never happened anywhere else in the day-to-day melting pot of meals and wash up. I believe that the intense inner longing of my heart stems from these moments. The childhood yearning of my heart was finally satisfied twenty-five years later when I began Heartfulness meditation.

From the first meditation I can only describe falling in love with what and who and where I cannot describe, but all I can say is that every time I turn inwards my longing heart feels satisfied.



“Although the world is full of suffering, it is full also of the overcoming of it.”

- Helen Keller

What I love about Mindfulness is the non-judgement, the moment-by-moment awareness and aliveness to the visceral sense of connection with the body. In the Body Scan or Sitting Practice, that easing to a spot is calling your attention, curious to where your attention takes you in this moment. Maybe the mind wanders as minds do, to what you will eat for dinner and you learn to kindly bring your attention back to this moment in the body.

After thirty years of practice as a Clinical Psychologist one thing I am sure of is that many of us come from backgrounds of trauma, loss, longing and general unease within ourselves. Most mothers today have deadlines, debts and pressures of all sorts to contend with. Mindfulness has enormous potential to bring us back to ourselves and I have seen this time and time again while running Mindfulness Based Cognitive Therapy for Depression (MBCT) groups with adults. It is a delight to be with someone who has known depression learning to treat their thoughts with kindness. Kindness is something truly beautiful in Mindfulness practice. There is a growing emphasis on compassion and kindness within the Mindfulness movement.

What I love about Mindfulness is the non-judgement, the moment-by-moment awareness and aliveness to the visceral sense of connection with the body.



The simplicity of Heartfulness has a great deal to complement Mindfulness. Heartfulness reaches beyond the body to the realm of the spiritual heart with its capacity for infinite expansion that can encompass the whole Universe.

Where do Heartfulness and Mindfulness meet?

The simplicity of Heartfulness has a great deal to complement Mindfulness. Heartfulness reaches beyond the body to the realm of the spiritual heart with its capacity for infinite expansion encompassing the whole Universe. For me, getting out of bed every day to tune inwards to my heart profoundly shapes how I orientate myself in response to the ups and downs of daily life. It takes years to become a Clinical Psychologist and I am very glad that the drive to get there has softened to a willingness to let my heart lead the way in meetings rather than that driven-ness that was so strong when I first set out in my studies. I now manage a psychology service and what I do most days in meetings is simply connect us all through the heart; it changes everything. What I believe Mindfulness has to offer Heartfulness is the returning to the breath, this breath, in this moment. The visceral connection with the body that comes in Mindfulness is really precious in today's world dominated by social media and external attraction where the centre of gravity seems increasingly far removed from us all. The kindness of Mindfulness is a beautiful place to begin to re-connect with the spiritual heart of Heartfulness 🌟



Silent teaching

LAKSHMI ARVIND ponders over ways to remove the negative habit of complaining, and comes up with a good solution.

I would like to share something beautiful I learnt from my teacher. The teaching was not by words, but was perceived through the eyes of the heart and in the silence of the mind.

About a year ago, a few of us were organising a meditation seminar, which he graciously attended. All through his stay with us I observed that he journeyed with the flow of life with such lightness, a remarkable poise and no expectations. There was an immense feeling of warmth, love, gratitude and such joy in the air. These vibrations were so strong that they expanded and enveloped everyone there.

After the seminar ended, I got home with the feeling of lightness and happiness in my heart. As days went by I was caught up with life's challenges, and the many ups and downs and demands on my time that I was trying to meet. I started complaining and soon lost that inner happiness and lightness. It was not the first time it had happened; it felt terrible when it did. I wondered why I could not extend that inner peace in

my day-to-day life for a longer period. Pondering over that led me to this particular observation.

The one thing in my teacher that touched me deeply was the fact that he never once complained about anything. To start with it was only an observation, but when I pondered over it, it grew to be a profound and life changing insight for me. Here you go ...

One way or the other, we all have expectations in our lives. For some of us it is finding inner happiness, for others maybe a perfect career, a beautiful house etc. The truth is, we have endless expectations of life, of our spouses, children, work, home, cars, etc., and when things don't go right, we don't let go. No kidding, we simply complain, complain, complain! It becomes such a habit that we don't notice it anymore. Every now and then we all need to vent our feelings. Most of us do with our near and dear ones and then we forget about it, which is a healthy thing for our body, mind and heart. But the attitude of complaining



is very negative in nature to ourselves and the others concerned. There can be no constructive solution arising from it.

The more we complain, the more grumpy, angry and emotional we become, creating disturbance and hatred within and around us. This is a vicious cycle and when we are caught up, it can suck up all our energy and potential, leaving us with no resources. The only way we can change is to recognize it and be keen to do something about it.

Did you know that complaining is often the easiest thing to do? It is like giving excuses or simply procrastinating or not being willing to take responsibility to find a solution to the problem. We always have a choice: for some of us problems can be an opportunity, for others every opportunity is a problem. "You can complain because roses have thorns, or you can rejoice because thorns have roses." Which kind are you? Have you ever given it a thought?

One of the world's leading management experts, Dr Ichak Adizes has said, "Treat problems as an opportunity to improve." I sometimes remind myself of his words when faced with a problem in life, or find myself complaining or swamped with negative thoughts. This defuses the frustration, brings a positive outlook to the problem and helps to find solutions constructively. It also helps me if I believe the problem is there to better myself. Thinking that way gives me the courage to embrace the problem and become resilient in life.

Contemplating on this lately, I realized that being mindful of my attitude towards problems in life goes a long way to maintaining the calmness and extends the peaceful state and inner poise experienced during meditation for longer periods. It is slowly transforming my character and life, leading to an over all improved sense of well-being and an enjoyable life 🌟

Stillness

SANTOSH SREENIVASAN

Stillness indicates depth. Strength. Focus.


Stillness has potential waiting to be expressed.

Think of the stillness of a piano maestro before a performance.

Or how an Olympic sprinter is so still just before the gun fires.

Stillness is so vital to human endeavor, yet so difficult for most of us to achieve.

In Heartfulness meditation, I have observed three levels of stillness so far.



First, I am able to bring my **body** to a calm, steady posture.

I realize how restless my muscles have been, always on the move. Even sleep is restless sometimes.

Heartfulness relaxation creates the first level of stillness, at the physical level, and prepares me for meditation. It allows me to be alert and in the moment.

Once the body is still, I feel the activity of the **mind**.

It is planning, solving, understanding, analyzing. And not just one thing, but several things at the same time! It's like a busy train station.

Then with my attention gently turned towards the heart, the choppy waves of the mind ease out into smoother ripples. As my attention gets drawn into the heart, the mind becomes still.

Another window opens.

I perceive another layer of activity, of my **identity**.

A layer below the thoughts and mental chatter. Something within me is reaching, longing and wanting to become. It is trying to express itself.

In some meditations, when I am able to be in tune with the yogic transmission being poured into my heart, a deep stillness is felt at this level, with a feeling of complete acceptance. It feels so wholesome and perfect. Things are as they should be. It is restorative and refreshing.

It feels like this is where real meditation begins, so there must be several levels of deeper stillness to experience •

be grateful

VICTOR KANNAN

To be grateful is the greatest of all attitudes. It opens up so much peace, harmony and happiness and positively affects individuals, families, workplace and communities. Grateful people are more consistent in their behavior and hence approachable. They emanate a vibration and live in a frequency that propagates harmony in and around them. With this attitude, a person emanates a subtle loving and positive energy all the time.

Though the niceties of gratitude are easily understood, there is also now enormous scientific evidence about the benefits of this attitude. Research shows that we sleep better, stress less, and undo negative effects on cardiovascular health and so on.

Like anything we learn, imbibe and make part of our own being, the development of this attitude starts with recognition of the need to be grateful. Then we develop a pathway to cultivate this gratitude.

Where do we cultivate this attitude? Of course in our hearts. A grateful heart is a well-cultivated heart. A heart that is devoid of complexities and impurities, upon receiving impulses of love begins to blossom much more beautifully similar to rose bushes well fertilized and fed.

We are constantly faced with positives and negatives in life. We profit from hard work as much as with luck and serendipity. We lose in spite of hard and smart work. Whether these profits and losses are in material wealth or inner health or relationships, we can explore how to cultivate gratitude so it drowns the negative experiences in life, dissolves resulting impurities and complexities from the heart.

Gratitude is such an elite quality in a human being ●



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Wax On.

Wax Off.

CHRIS MILLS shares with us his ideas on bringing heart back into corporate culture.

Q: Tell us about your everyday working, family life. How do you spend your time?

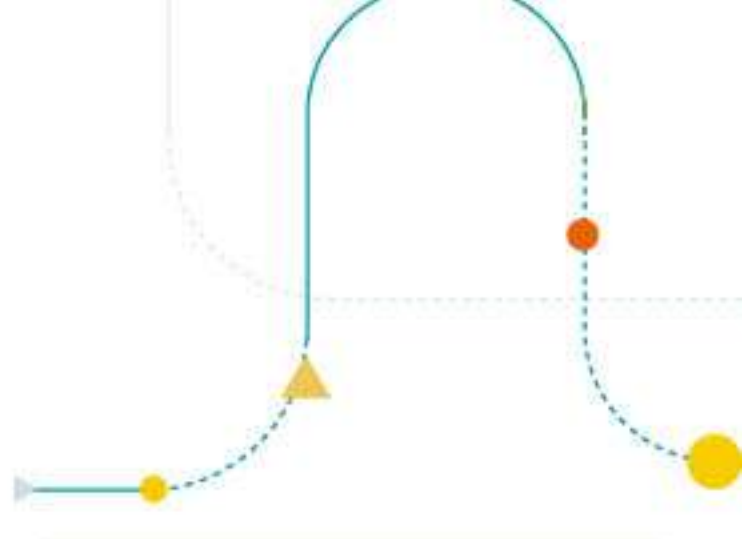
CM: I am married with two growing children and three poodles that bark a lot. And I'm a Marketing Director for a large healthcare company, so that means I spend a lot of my time shuffling between work and raising my kids. I am also a teacher and facilitator for Heartfulness meditation, which I have been practicing for over 20 years. And if there's free time, I like to walk on the beach and spend time in nature whenever I can. I also like to read a lot about spirituality and metaphysics – it's certainly an interesting time to be alive from this perspective.

Q: You mentioned meditation. Why do you meditate?

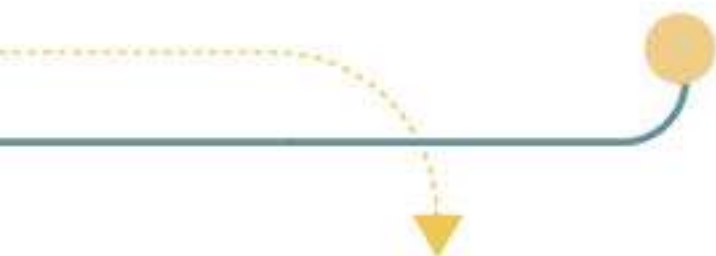
CM: The main reason I meditate is because it makes me feel centered, calm and balanced. There is a peace that comes with meditation that cannot easily be explained, but it certainly can be felt. When I started practicing meditation back in the '90s, within a few weeks I began to foster a feeling inside that was 'more-ish' – I simply wanted more and more of that feeling.

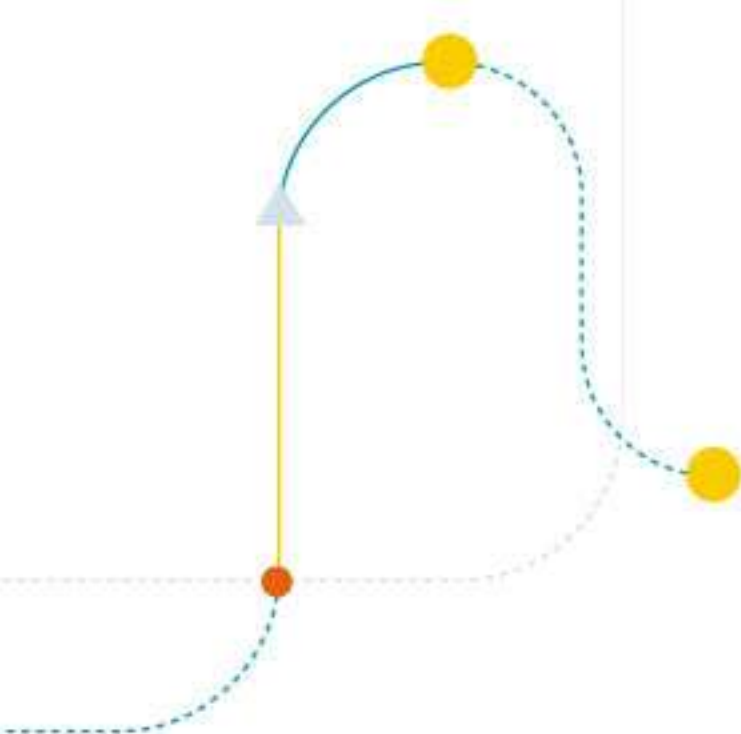
Back then I also developed this single idea that has never left me: meditation is one of the primary keys to figuring out life. I believe this concept more now than even back then.

With meditation, complexities began to drop off – for instance anger has reduced and I think I'm easier to live with. Meditation has calmed me down and at the same time it's made it easier for me to get things done. All of this has given me more confidence in dealing with life.



I don't approach work, family life and spiritual life as being separate and different from each other. It's all part of the same stream. My meditation and spiritual life interact closely with my relationships at work and at home. For me, it's not 'material' or 'spiritual' – it's really just who I am.





Meditation directly affects the number one issue for the corporate employee, and that is the cumulative negative effects from constant pressure to perform in what can be a very difficult work environment – stress.

Q: For you, is there a duality in having an everyday working life and pursuing self-development through meditation? How do they go together?

CM: There is part of me that would love to run off to a mountaintop and just meditate while over-looking the earth. But we have responsibilities down here at the bottom of the hill. So I don't approach work, family life and spiritual life as being separate and different from each other. It's all part of the same stream. My meditation and spiritual life interact closely with my relationships at work and at home. For me, it's not 'material' or 'spiritual' – it's really just who I am. And I think that is reflected in my approach to work. Did you see the original Karate Kid movie? There was a scene when Mr Miyagi had the Karate Kid complete simple tasks – 'wax on' and 'wax off' – until the boy perfected these very simple movements with poise, love, respect and skill. That is how I try to approach whatever responsibility I have. It may be a presentation to senior executives, building a quarterly budget, or just washing the dishes. Wax on. Wax off. Meditation has made me a bit more 'Zen' in my approach to life. I experience the beauty and harmony in relationships and task at work and at home – even if it does not seem perfect on the outside.

Q: What are some of the greatest challenges for the corporate world in the 21st century?

CM: For the past year we have been working with corporations on corporate meditation and relaxation programs. These programs have been very well received by both management and employees. The reason they have been well received is because meditation directly affects the number one issue for the corporate employee, and that is the cumulative negative effects from constant pressure to perform in what can be a very difficult work environment – stress.

Most employees are faced with nearly overwhelming challenges. For instance, you take a vacation to relax and you come back to hundreds of emails. And there are constant pressures from competitors, cost-cutting

measures and ongoing changes that keep people unsettled. As employees, we are expected to thrive in this culture. I think stress may be the greatest challenge for the corporate employee in the 21st century. But there is one simple practice that can directly reduce stress, and that is meditation. The science is out on that.

Q: The corporate world has a pretty bad reputation for being a place of aggressive competition and heartless self-promotion. How do you see putting heart back into the environment, given that people spend so much of their lives at work?

CM: I immediately think of a quote from *The Prophet* by Kahlil Gibran: "Work is love made physical."

And how do you work with love, particularly in a corporate culture?

I think it is by cultivating love – and by becoming love.

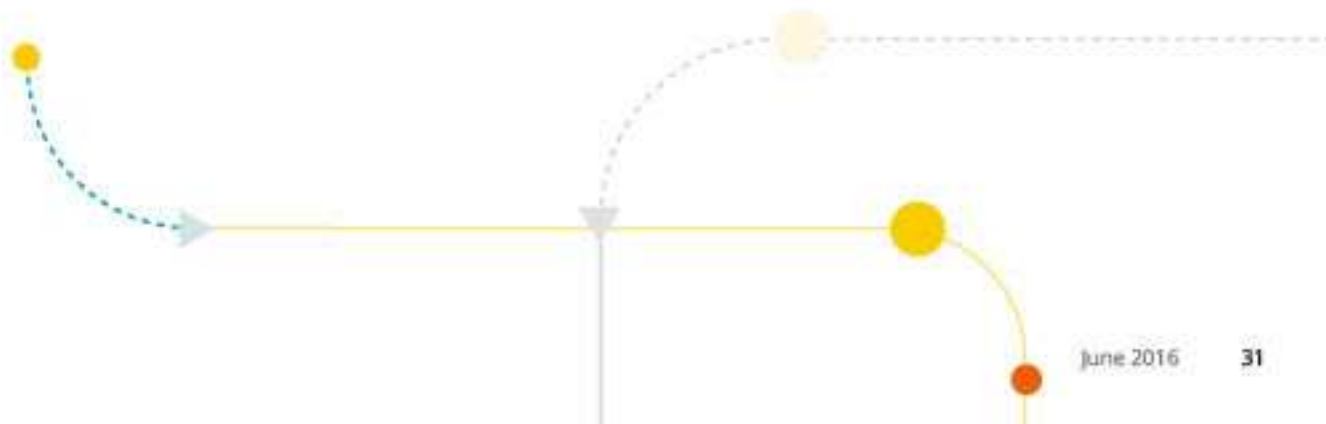
And we learn to do that by connecting with our heart.

And we connect with our heart by meditating on the heart.

Let's put some love and heart back into work. That will change the work environment. It will change our relationships. It will change how we answer the phone... how we check our emails...how we interact with people, and it will change how we interact with our own selves. Wax on. Wax off 🍌

INTERVIEWED BY ELIZABETH DENLEY

I think it is by cultivating love – and by becoming love. And we learn to do that by connecting with our heart. And we connect with our heart by meditating on the heart. Let's put some love and heart back into work. That will change the work environment. It will change our relationships.







Gratitude is the
memory of the
heart.

JEAN BAPTISTE MASSIEU



Love and Meditation

THEOPHILE L'ANCIEN shares some practical wisdom about love.

Theophile the Younger

Tell me more about meditation. What should one do after meditating?

Theophile the Elder

We should never abruptly cut meditation.

When surfacing from the depths of the heart, we are delighted by the spiritual atmosphere. It is made ours by our consciousness. Integrate it quietly, allowing this subtle vibration to fill the whole of your inner space.

Let's try together, if you wish.

Gently close your eyes and immerse yourself in the depths of your heart.

Let its bright abysses inspire you.

Go to the very limit of your consciousness.

Gently come back, such as a diver does, swimming to ascend to the surface whilst enjoying the beauty of the ocean.

Be aware again of your inner space.

Allow the light of your heart to imbue all your cells.

Then radiate it around you, as far as it will reach.

How do you feel?

Theophile the Younger

(as if emerging from a deep sleep)

This driving is amazing. It is a true round trip between levels that I could not define. The effect is vitalizing.

Theophile the Elder

What do you feel around you?

Theophile the Younger

A peaceful calming down. A soft gentleness such as the white and softened atmosphere during snowshoe walks in snowy undergrowth. We are outside, although it feels like we are cozy. All noises are smooth but seem to resonate far.

Theophile the Elder

Were you conscious?

Theophile the Younger

Absolutely yes! My wakefulness and awareness were heightened. Everything seemed to be at its own place in a silence imbued with sacredness. I felt myself to be in a totally different relationship with others. I could feel respect and a kind of spontaneous attention oriented towards people without any distinction. I do not dare say love ...

*“ Everything
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Theophile the Elder

Why? Do you feel embarrassed?

Theophile the Younger

(almost apologizing)

No, it is not that; it is more like modesty. To me, the word love is not to be spoken about. Love is lived through the radiant silence of the heart. Sometimes it is held inside, although it is to be shared. It is stupid, I know.

Theophile the Elder

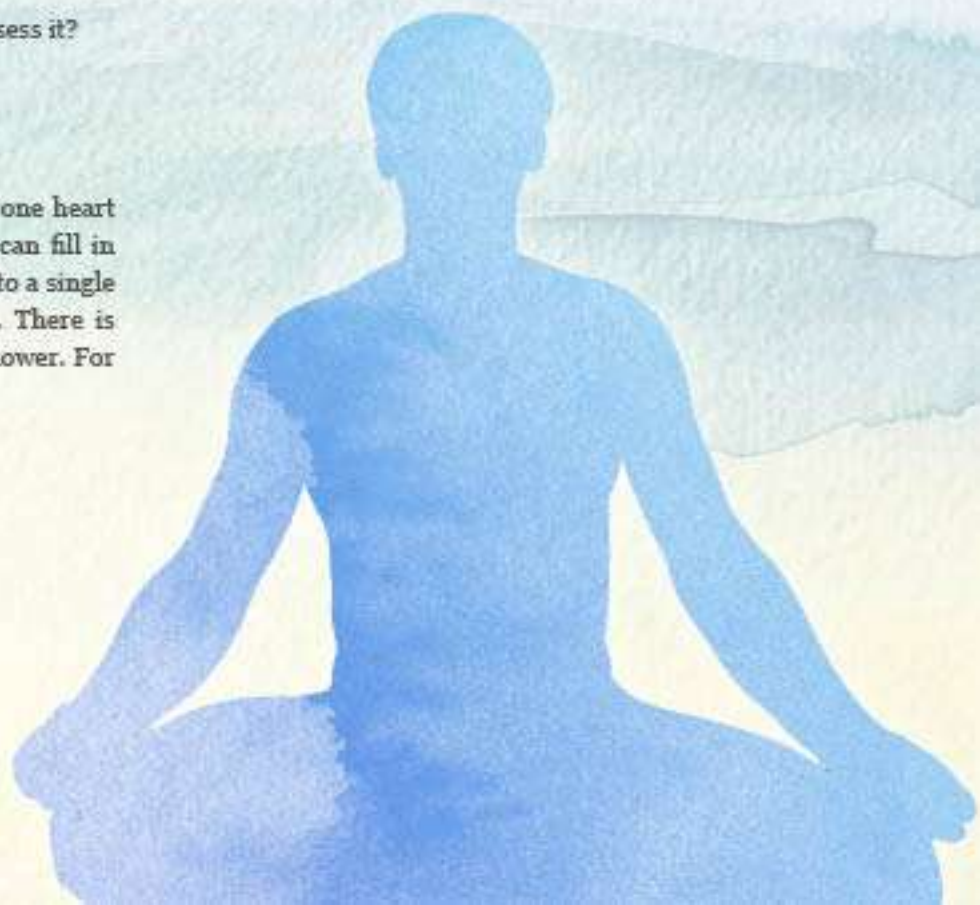
The word bothers you, because human beings have misused and abused it. Love belongs to itself only. No one can trap or manipulate it. It does not force and cannot be forced. When it is not wanted here, it peacefully flows elsewhere. It will come back later, expecting lonely and sad hearts to freely open up to it.

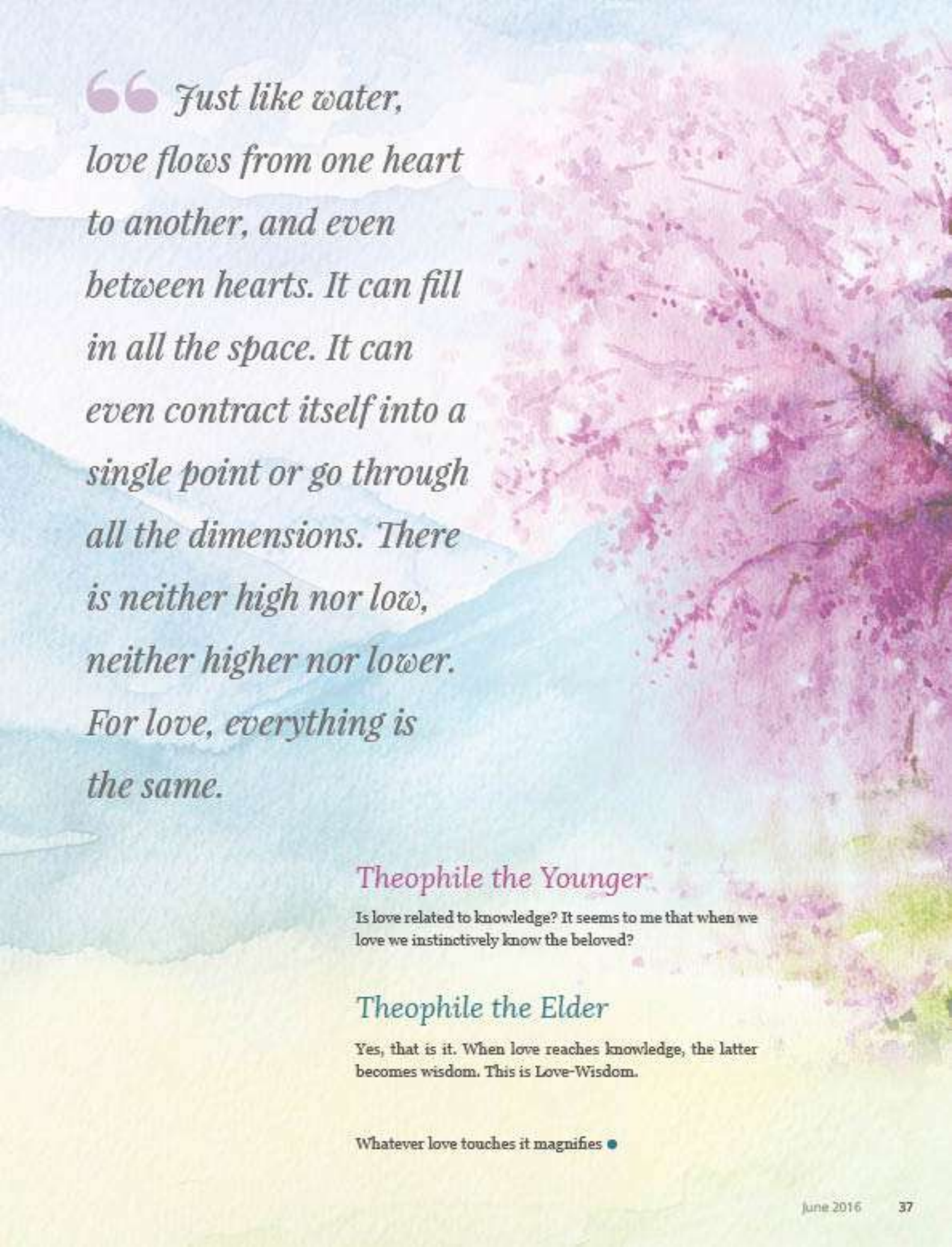
Theophile the Younger

Do you mean that no one can hope to possess it?

Theophile the Elder

Exactly! Just like water, love flows from one heart to another, and even between hearts. It can fill in all the space. It can even contract itself into a single point or go through all the dimensions. There is neither high nor low, neither higher nor lower. For love, everything is the same.





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Theophile the Younger

Is love related to knowledge? It seems to me that when we love we instinctively know the beloved?

Theophile the Elder

Yes, that is it. When love reaches knowledge, the latter becomes wisdom. This is Love-Wisdom.

Whatever love touches it magnifies ●



SHRUTI PANDEY discovers the joys and responsibilities of new parenthood, and sees the opportunities for her own growth.

Three years back, I could have never imagined that my life would change so much. In 2014 I married, and after one year we were blessed with a baby boy. Today I am a mother and my life is on a completely new track. I really feel blessed to have such an experience, even though some of my friends say that we had the baby too early and now we cannot enjoy life. I would like to tell all those people that what I feel now with my baby is much more intense than spending my time in so-called 'enjoyment'.

It is a great feeling to bring a soul into this world. I feel blessed and dutiful at the same time. I have learnt from various sources that potent souls look for potent channels to come to this world, the channels of course being the parents.

The most important part of becoming parents is to become what we want our children to eventually become, because children don't listen to you, they observe you; and they become what they observe. Initially, my husband and I were a little scared about whether we were really ready to bring a little one into this world. Would we be able


A CHILD *at the Core*

to take care of a child and help him or her become a good human being? I kept thinking on it and finally gave the thought, "Yes. I will make sure that this soul serves its purpose in coming here." After a few days I tested pregnant.

I am so happy and feel so blessed that our child chose us as his parents. This feeling of motherhood started taking over every other feeling and emotion. Since taking care of my child, I often forget myself. His activities keep me busy the whole day: when he smiles I am overjoyed, when he cries I try to find the reason so I can help him. It is wonderful just to observe him the whole day. I realize that these child-like qualities are what we adults lack, which makes us unhappy in life. He is innocent and ignorant, and that is why he is so happy! I want to be like him.

When I see him I tell myself that I want to preserve his innocence, that very child-like nature alive in his core. I hope and pray that I have the required strength and capability to help him retain that – so he can always be a child at the core.

Generally, the idealistic behavior we expect from our children is very difficult to follow ourselves. I am learning the importance of being really honest with my child, of telling him what is the ideal, what I am, and what I want him to become. Maybe I can ask him also to help me in achieving the ideal. I think this way he will be more connected to us and love us in spite of our shortcomings. Together with my child I want to learn, grow and become, and I am grateful to learn from him about becoming child-like again! •



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in his core.



Heartfulness made me
feel grateful for
all that I have & for
all that I don't have



Heartfulness gave me
Crystal clear vision



Heartfulness made me
the Rumi I am today



Activating...
Buddha mode

Heartfulness ..



Heartfulness..
in tune with
Nature

CARTOONS BY JASMI RATHOD





A Prayer

FOR THEIR SURVIVAL

Photo essay by **RAJESH MENON** from the national parks of northern India.

I was born in the land of elephants, Kerala. Not a festival goes by without the elephants decorated in their full attire. When I became big enough, I came to know that my grandfather was the manager of the local zoo. I had never met him as he had passed away before I was born. But I was in awe of him when I came to know how much he loved the animals in his care.

As I grew up, I noticed that the elephants were forced into submission by their mahouts for the festivals. What mental torture and physical agony they must have gone through to satisfy us humans!

The passion to see them in the wild, where they truly belong, slowly took shape when I began photography. Somehow, through my photography, I wanted to convey their beauty when they are truly in their natural habitat.



My favorite place to watch elephants in their habitat is with my dear friend Sreekumar, in the Sholayar Jungles on the border of Kerala and Tamil Nadu. They never ever felt threatened by our presence and always let us view them with their dear ones.

The national parks I visit to see tigers, deer and sambhars are the Jim Corbett National Park in Uttarakhand, and Ranathambore in Rajasthan. To view rhinoceroses I like to visit Popithara in Assam.







Like spirituality and meditation, waiting is the chief quality that one needs to develop to observe and photograph wild animals. They will reveal themselves and let you be joyful. Carry them in your heart with a prayer for their survival ●



Be who you are
and say what you
feel because those
who mind don't
matter and those
who matter don't
mind.

DR SEUSS

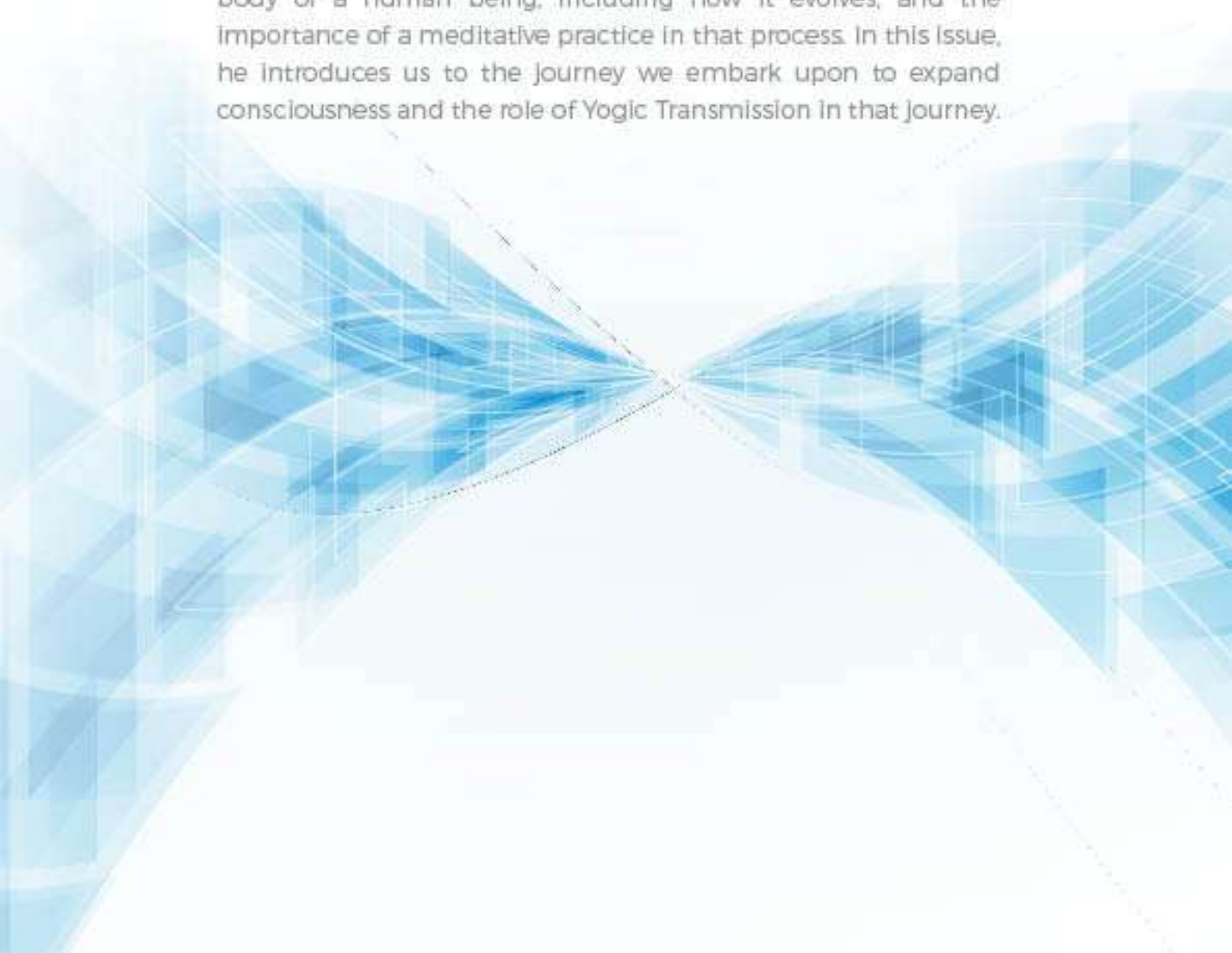




The Evolution of Consciousness

— PART 3 —

Last month, in Part 2, [KAMLESH D. PATEL](#) described the subtle body of a human being, including how it evolves, and the importance of a meditative practice in that process. In this issue, he introduces us to the journey we embark upon to expand consciousness and the role of Yogic Transmission in that journey.



““ *The purer and simpler our vibrational field, the more we can observe, explore, and expand across the spectrum of subconsciousness, consciousness and superconsciousness.*

Just to recap, it is the subtle body that evolves, and as a result consciousness evolves, allowing us to transform and design our destiny. As we purify and simplify the subtle body, the joy of the soul radiates from within, and we are able to expand our consciousness into higher states, revealing more and more of our human potential.

In Part 2, we looked at the process of refinement and purification of the subtle body, so that consciousness can expand and evolve. The purer and simpler our vibrational field, the more we can observe, explore, and expand across the spectrum of subconsciousness, consciousness and superconsciousness. In fact, without this cleaning of the subtle body, there is no real inner journey! As we progress, our ego becomes more and more refined, we develop wisdom and uncover the world of feeling and beyond, all of which are possible through a system of heart-based meditation with cleaning of the subtle body.

There is also a second process that aids our journey into higher and higher states of consciousness. Without it, we would not maneuver past the obstacles, like with any journey into unknown universes. That vital ingredient is Yogic Transmission, known in the yogic literature as *pranahuti*. More particularly, it is Yogic Transmission utilised by a teacher of caliber.

We often think of spiritual teachers – yogis, mystics, saints, sufis and shamans – as being full of wisdom and love. They speak wisely, and inspire us with wonderful words and insights. But words on their own are not catalysts for inner transformation. Wisdom can encourage and inspire us to want to change and evolve, but it does not make the transformation happen.

While love is transformative, as we know from worldly life – love can work miracles, conquer all, and make the world go round – the love required for inner evolution of consciousness is a universal love that is beyond anything we normally understand in worldly life. Here the teacher's role is paramount.

The transformative effect of Yogic Transmission has been one of the greatest mystical secrets throughout the ages. What was once passed down only from heart to heart by spiritual teachers of caliber to their immediate disciples, is now openly available to all humanity. And this process requires explanation.

“The transformative effect of Yogic Transmission has been one of the greatest mystic secrets throughout the ages. What was once passed down only from heart to heart by spiritual teachers of caliber to their immediate disciples is now openly available to all humanity.

SOME BASIC SPIRITUAL ANATOMY

In Part 1 of this series, we spoke about the three bodies of a human being – the physical, mental and causal; body, mind and soul; matter, energy and absolute; the three major states of existence in physics also – energy solidified into matter, energy as vibrational field, and potential energy in its unmanifested state.

It starts to become really interesting when we realize that the centre or connecting link of these three bodies is the heart.¹ That is why scientists these days are finding that the electromagnetic field of the heart is the dominant field in the human body.²

From this vibrational heart, currents radiate out into worldly life. Some are directed towards the physical world of matter – we need energy to exist and perform actions in the physical plane, e.g. walking, lifting, gardening, dancing, exercising, and so on.

Some of the heart's currents are also directed into the mental sphere of existence: thinking, studying, teaching, research, problem-solving, or engaging in any other way in the field of knowledge and wisdom.

Now, in a person who wants evolution of consciousness, some of the heart's current needs to turn inward, away from the external world.

“ In a person who wants evolution of consciousness, some of the heart's current needs to turn inward, away from the external world.

¹ Ram Chandra of Fatehgarh, *Truth Eternal*, 2015, Shri Ram Chandra Mission, India

² Research by HearthMath, Paul Pearsall and others.



We can also explain it like this: the stream of thoughts we constantly receive from the universe comes from the cosmic realm, where everything originates, what we call *brahmand mandal* in yoga. Imagine the stream is descending from above, down through the crown of the head into our system. The thought stream descends into the heart and in most people 99 percent of it goes outwards from the heart, to be used in worldly life.

When the inner journey starts, one stream of the heart's current is diverted inwards. Not all, as we still have to live in the world, look after a family, manage a job etc., but enough so that the pull of the soul is felt.

On the left side of the chest, the currents are radiating outwards into worldly life from the point where the physical heart is found. When one stream is turned inwards, it turns towards the right side of the chest, to the point in the human spiritual anatomy known as the *atman chakra* or soul point. This is the spiritual heart of a human being.

The catalyst for this inward movement is a teacher of caliber, who utilizes Yogic Transmission for this purpose. As we then continue to meditate, we are drawn towards the inner universe and start to integrate it with worldly life, so that both continue side by side.

But this inward movement can be a difficult transition. It is like moving from one galaxy to another, and as with any change the mind rebels, feeling uncomfortable at first, much like when we move from one house, one city or one job to another. It takes a while to settle in. This is itself the first hurdle in our journey of expansion of consciousness. If we can cross that hurdle, the first step in the battle is won! Now we enter the realm of a different type of human consciousness – that of the immense peace and calm of the soul point. ... But this is just the beginning of our journey.

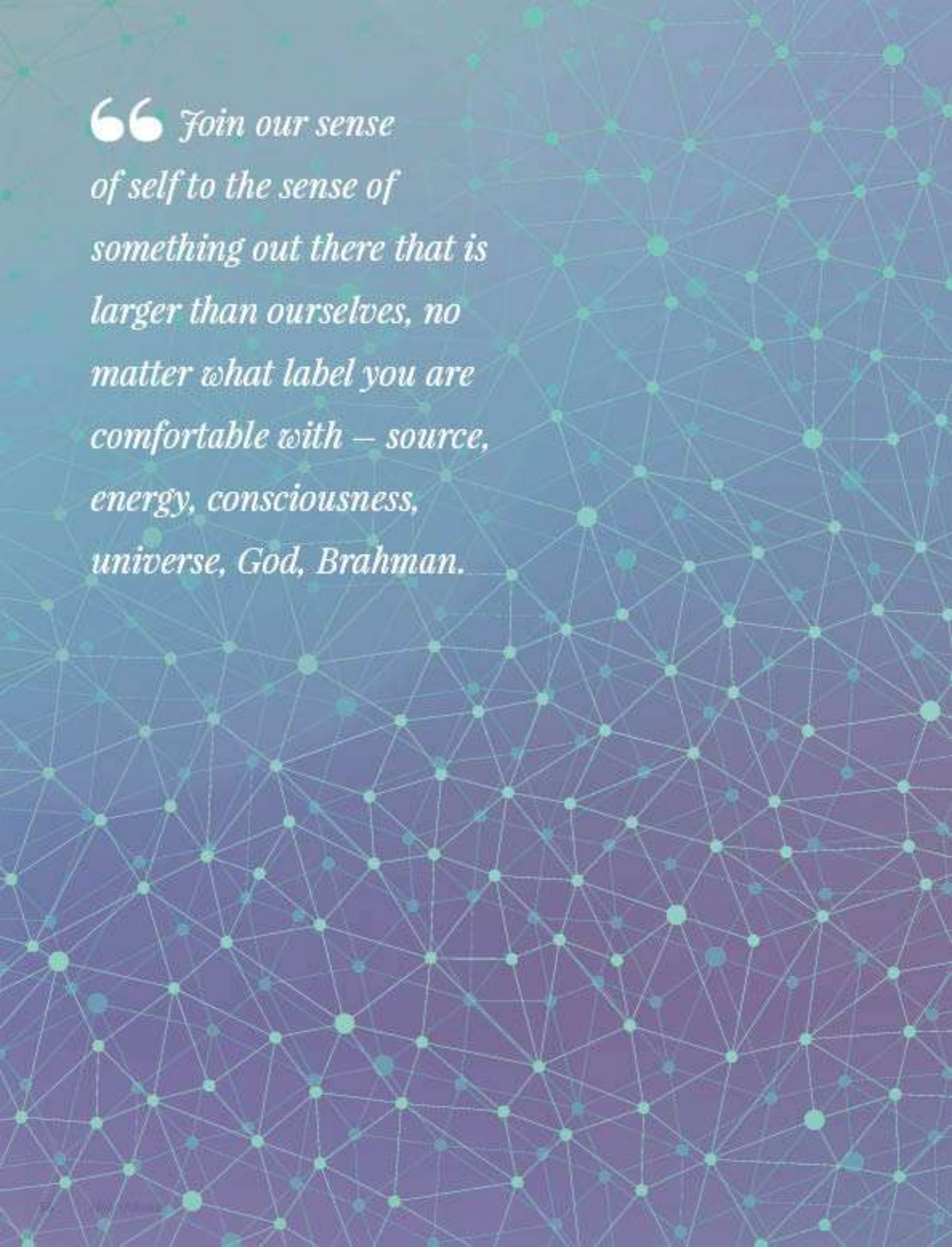
In Part 4, we will explore in more detail how our minds keep us entangled in worldly issues that stifle the expansion of consciousness, and how we can address this through spiritual practice ●

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.





“ Join our sense
of self to the sense of
something out there that is
larger than ourselves, no
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comfortable with – source,
energy, consciousness,
universe, God, Brahman.



THE ICE CUBE AND THE OCEAN

GOPĪ KALLAYIL explores the purpose of yoga and how it can help us in today's busy world.

The purpose of yoga is contained in the meaning of the word 'yoga' itself. I find that kind of self-referential encapsulation quite beautiful – our group of computer science-loving classmates at university would call it 'recursive' as an inside joke.

Translated from Sanskrit into English, 'yoga' simply means to join or achieve union. Join what? Join the individual consciousness to the universal consciousness. Or join our sense of self to the sense of something out there that is larger than ourselves, no matter what label you are comfortable with – source, energy, consciousness, universe, God, Brahman.

According to yogic philosophy, the purpose of yoga, in fact the very purpose of life, is to achieve this union. Why should this matter? Why should we care? Yogic philosophy goes on to explain that a good portion of our problems – suffering, dissonance and disillusionment – stems from a sense of separation, a sense of false identification and a sense of limitation. I had heard some version of this in the trainings and lectures I received over the years. But it took me many years of reflection before I began to understand the essence of this wisdom. I explain it best to my students using the analogy of an ice cube.

An ice cube is a translucent piece of solid matter at zero degrees centigrade, composed of frozen water molecules and with a specific shape. If the ice cube could talk, it would say something like this, "Hello, my name is Cool Ice, and I belong to the Ice Cube species. I am one cubic inch in size, always at zero degrees centigrade, a bit translucent, and I don't change my shape or dimension.


"If you raise the temperature, I will simply melt and cry, nay, die." If you were to point out to the ice cube the flowing water in the Amazon River or a puff of steam rising up to become a cloud, the ice cube would respond, "I am extremely envious, but I simply could not flow like the mighty Amazon River or float freely like a white cloud. Those are not the intrinsic properties of an ice cube. I could not aspire to have that kind of formlessness or flow."

Yogic philosophy argues that we are in the same state as the ice cube. We are bounded and limited by our sense of false identification with our limited self around us. Our jobs, our bodies, our wealth, our possessions, our neighborhoods and our social status define us. They give us our sense of identity and, more tragically, trap us in it.

This in turn leads to a sense of separation. The people we see around us are seen as distinct and separate from us. They have different jobs, bodies, wealth, possessions, neighborhoods and social status. And from this sense of separation, we start making comparisons that are the source of our unhappiness and suffering. Suffering in the forms of jealousy, greed, acquisitiveness, coveting and eventually rage.

But if we take the ice cube and stand on the Golden Gate Bridge and drop it into the San Francisco Bay, in an instant the ice cube disappears. The ice cube has lost its limited identity and merged into the vastness of the Pacific Ocean. But it is not simply the Pacific Ocean. The notion of a separate Pacific Ocean is an artificial distinction created by humans. In reality, the entire oceanic system that covers 70 percent of the planet is one large interconnected body of water. The one-inch cube of ice that was limited in its physical presence is now this entire oceanic system. It is vast and carries within it more forms of diverse life than exist on land. It is so gigantic in its proportions that in places it is deeper than the height of Mount Everest. It is so massive in scale that

“Ancient wisdom traditions, travel, the interconnection made possible by the technology of the Internet – gateways such as these offer a space through which, like the ice cube, we can merge into the vastness of the river-ocean-water system of the earth and lose our sense of separation, our sense of limitation.”



gigantic tankers float on it like tiny corks. The ice cube has discovered its infinite potential, power and capability. But it does not stop there.

The molecules of the original ice cube may evaporate from the ocean's surface and become part of a gigantic cloud. And there, as a complete miracle, a body of water that weighs 1,000 tons can float effortlessly in the sky. The same ice cube is now floating effortlessly 10,000 feet above the earth's surface, despite its staggering weight. Just as suddenly, it can turn from a vaporous state to liquid and come down to earth as a torrential downpour and end up as water flowing in the Amazon. The same ice cube that denied it had anything to do with the river is a part of the gigantic river system and has changed its form again.

Yogic philosophy says this is similar to our human condition. We operate like the ice cube. We trap ourselves in our own sense of self-defined limitation when we could be tapping into a vastness of potential that exists inside and outside us. As Marianne Williamson wrote, "We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, fabulous?' Actually, who are you not to be? You are a child of God. Your playing small does not serve the world."

It is our sense of separation that leads to the distrust or dislike that we experience because the 'other' person has a different ethnicity, nationality, orientation, socioeconomic status, imagined privilege, religious belief, or an endless other set of attributes we can pick on. And it is that sense of separation that leads to other forms of suffering, as we make comparisons with the wealth, beauty, success, possessions, and an endless set of other stories we carry in our head. Ancient wisdom traditions, travel, the interconnection made possible by the technology of the Internet – gateways such as these offer a space through which, like the ice cube, we can merge into the vastness of the river-ocean-water system of the earth and lose our sense of separation, our sense of limitation ●



THE MOST IMPORTANT

Thing You Can Do For Yourself

KYLE CEASE recently did an experiment on himself. The results are inspiring as he shares his insight into this wonderful process self-discovery.

Recently, I meditated for two hours a day, for 100 days in a row. Here is what I discovered:



We have been prioritizing money, achievement, relationships, health and everything else over connecting to ourselves.

When you close your eyes and connect with yourself, you will discover that many other external issues will take care of themselves.

When you learn how to actually connect with you, you will discover that life will start to evolve around you.

When you learn to sit and allow your past to be heard and accepted, you free up a space of worthiness within yourself to create and receive on much higher levels.

People often see meditation as an escape from life. We think that we will end up shaving our heads and sitting under a tree, avoiding our potential.

What I have discovered is as I continue to connect to the essence of what I truly am, my career, impact, relationships and health all expand in ways that I never knew were possible.



Meditation is not about controlling your thoughts. It is about accepting all of yourself.

Most of our suffering is caused by our resistance to a thought. That's pretty much it. It's not the thought; it's our fear of the thought. We are scared of a tiny little thought that we created. If we could learn to love our selves, including all of our thoughts, we would be able to release our past story and move to a new place of infinite possibility.

We live in a world that has taught us that it is normal to be stressed out and that we need to find some addiction in order to get back in the moment. What we don't understand is the fact that we are the moment.



Everything else is a movie, distracting you from the infinite truth of what you are. If you understand the infinite powers that you possess, this world cannot sell you things that you don't need.

The only way to get you to buy stuff is to first make you feel that you are not complete. You have been trained to feel that you are not enough, and you need a person or thing to complete you. You have been taught that a certain handbag will get you friends and a certain car will make you someone. All of this implies that you are not somebody already.



Every morning, we shower the dirt from our bodies, but we don't shower the dirt from our minds. If you didn't shower for 30 years, you would eventually be convinced that the bad smell was a part of your identity and you would become scared to see what was under it.

When you sit and check in with yourself, you discover that the scared, insecure, unworthy thoughts that you have been feeling have nothing to do with who you are. They are passing thoughts that will disappear when you love them. Your resistance was keeping those thoughts there in the first place.

Under all of this chaos, you will discover that you are a space of love. When you experience this to be your truth, you create a world of infinite possibility.

It's so simple. It's so freeing. It's so obvious. Also, sadly, it's so rare.



In the 100 days of meditation, I made a video every single day about what I was discovering. Each day, I was finding a treasure chest of new information and new possibilities. My career was suddenly ten times bigger, my health was getting much better, and everything else was falling into place.

You are welcome to see each insight video on my website www.evolvingoutloud.com. Click on the 'Self Connection Experiment' and you will see 100 different discoveries that had been waiting for my entire life to be discovered.

You have your own unique discoveries waiting to be seen and realized. When you leave the world of fear, you enter the world of infinite potential.

I am looking forward to coming to USC and discovering those insights with you, in a collaborative way. I am also looking forward to helping you free yourself from the lies of limitation that have been stopping you from activating your true self.

Please join us.

It just might be the most important thing you could do for yourself 🌟





Happiness can
only exist in
acceptance.

GEORGE ORWELL

We, Our Children & Mother Earth



In order to find ways to help her own children to connect to Mother Earth, **Viji Balasubramanian** shares with us some simple tips for helping our children be in tune with Nature.

In the sweltering heat I lay back to rest against the bark of a huge walnut tree, enjoying the delightful shrieks of my children, nieces and nephews having a bath in the 'pump set' at our farm. "Bathing at the pump set", in local Tamil parlance, means enjoying a delicious bath as water gushes out from the pump-pipes that draw water from the earth to irrigate the fields. Refreshed, thirty minutes later, the children had dried themselves off, and were walking down a winding path amidst trees to devour jackfruits, mangoes, *nongus* (ice apples) and bananas. Needless to say, when they slept I cherished the complete and satisfied expressions on their faces.

Our busy, urban life doesn't give us the chance to live in this natural and connected way every day. It's a far cry. The streets of Chennai are so busy and unruly that we hardly walk anywhere. There is not much greenery where I live, so going to a park or forest means many carbon footprints before we actually get there. The anguish sears through my heart that our children may never bond with Mother Earth and thus learn to take care of her well. But then, my practical side kicks in and I explore.

There is a tendency amongst adults to label the children of today, the generation Z, as lazy, materialistic and highly comfortable with technology. Often I feel the heat rise to my face when people make such flippant remarks. I have opportunities to observe and spend time with many children, and children are children – at their core very simple and sensitive. Yes, they are extremely comfortable with technology, but somewhere in me a nagging voice asks, "Aren't we responsible for turning their comfort into an obsession?"

In our busy urban lives, it is easier to engage them with electronic gadgets and media rather than take the effort to do nature-based activities. Despite all my best intentions, many a time I find myself falling flat. I then have to pick myself up, motivate myself and start again. "Monkey see, monkey do," is the mantra that I hold in my heart for all my interactions with the children around me.

*“ In that spirit,
I share some of the
practical ways I have
learned to help children
stay connected with
their environment and
turn into beautiful and
responsible eco-socially
aware youth and adults.*



BE THE SOLUTION, not part of the problem. Every child can do his or her meaningful bit.



MOVE AWAY FROM CONSUMPTIVE CULTURE: small shifts – cloth bags while shopping, serve smaller helpings at meals so as not to throw food away, take care of clothes and toys so you can recycle them to others ... and the list goes on.



SEPARATE WASTE: Recycle everything that can be re-used.



SPEND TIME IN NATURE: This is the most common suggestion in all nature-related journals and parenting books, with a reason! When planning your next vacation or weekend day trip, consider the parks, valleys, beaches, botanical gardens, and jungles in your vicinity.



RECOGNIZE THE INTERDEPENDENCE BETWEEN US AND NATURE: It is not always possible to be outside. So spend time logging the connections in your children's mind – the coconut fruit that keeps you hydrated, the logs of wood that went into your fireplace to keep you warm, the milk that went into the yummy tasty hot chocolate. Make a month-long scrapbook journal of the natural resources used every day. Use it as a tool to ask interesting questions : what happens to all the water in the swimming pool every time they clean it? Where do birds find water when the rivers dry up? How will we entertain ourselves if we have no electricity?



USE TECHNOLOGY TO YOUR ADVANTAGE: Don't use the screen only as a baby sitter. There are wonderful programs and websites that raise awareness of the environment, e.g. Earth 911, Eeko World, Nature Challenge for Kids, EPA's Environmental Kids Club, Recycle City, The Planet Slayer, Kids Planet.



EDUCATE CHILDREN ABOUT FOOD: In 2010, Chef Jamie Oliver won the TED Prize for his vision of a 'Food Revolution.' Watch his outstanding TED Talk at https://www.ted.com/talks/jamie_oliver?language=en.



ENCOURAGE CAREERS IN FARMING AND AGRICULTURE: A week ago, one of the students who attended my career counseling session expressed a desire to pursue a degree in agriculture. Bravo! I applaud her and hope her family will too. Let's hope that she grows up to be a great eco-conservationist.

... and the list goes on and on. Where there is love there is interest. Where there is interest there is love. I'm really grateful for all those mindful and meaningful pauses in my life that help me connect to 'we', children and Mother Earth 🌱



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Lessons from the Garden

FIERY BEAUTY

Some say the Earth is a star at its core,
Constantly creating, constantly expanding,
Longing, perhaps, to be free of the hardened rock surrounding it.

Today I sat to meditate, but all I could think of was my garden.
I've been lovingly preparing the soil and planting
Compelled by the magic of green things growing from almost nothing.

"Go in through your garden," whispered a familiar still small voice.
"OK," I said, and dove in.

Through the bits of moss and dung slowly transforming,
Through networks of mycelia reaching out and spreading their spells cell by cell,
Past the earthworms,

Past larvae trustingly dissolving within their chitin shells, waiting,
Through layers of sand and chunks of stone,
Until I came to hard rock - no way through.

"Come with me," said the voice. Gratefully, I melted into its Presence.
With complete ease, we slid down through the Earth.
No pushing against hardness, just a soft snuggling in, and stillness.

And then, there it was - the fiery beauty of the Core,
Constantly creating, constantly expanding.

I could jump in if I wished.

Are we all stars at the core?

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

*something
different* ”



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OBSERVATION SKILLS

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MIRROR GAME

{ Let's play
'I am you!' }



Do you know what defines a young person? It is not their age but their ability to wonder.

This game can be played even if you are only two at home and with many more people too.

While having a great deal of fun, this game will teach you something deep that is worth developing: it will help you understand other people better, and develop your alertness and sensitivity to others.

It's like a mime, but its more fun because it is in pairs and we laugh better when we are two. Before you start, get into pairs. One will be the 'Real' one and the other one the 'Mirror'.



Find some happy music, not too fast, so that you can move easily to it.

Stand facing each other in your pairs, hands open and up. Do not touch hands.

Start the music. Ask the 'Real' to move to the music, while the friend being the 'Mirror' imitates the 'Real'. Both should be attentive so that the movements are easy to follow and totally in sync.

Keep enough space between you in your pairs so as not to touch while moving.

After a few minutes, ask all the 'Mirrors' to swap and become the 'Reals' and vice versa.

When you were the 'Mirror', how did you know what to do next?

When you were the 'Real', how did you help your partner to follow you?

Start again with some other music. Watch how you start knowing how to lead and to follow each other better and better. It is like magnets!

Variations:

When the music changes, change roles and change partners.

You can also try doing the mirror game with your eyes closed and your hands touching to take it to the next level. You will have to 'feel' the movements of the other one and let it flow.

Add some fun: dress up or paint your face and hands with matching colours and designs, like in a mirror 🎨



MANA

the elephant with
a heart of gold -
epilogue

Once upon a time, ages ago, in the Himalayan forest, there was a white elephant. His name was Mana and he was the descendant of a whole line of white elephants that came from the Hui-Sai forests in the kingdom of Siam, and they could speak the human language. Our story continues



A few years later, a young giraffe from Africa blew in to the Himalayan forests. As Mana had done before her, she had decided to leave home and her daily routine in search of adventure, with the hope of meeting some remarkable beings capable of teaching her about what truth really is.



Tonia's journey had been rather grueling, as she had had to bend constantly to go unnoticed by all sorts of predators. Her back was aching, and she found some rest at last near the elephant Mana, whose fame had now spread beyond India's borders. Every evening when darkness fell, all the animals in the forest would meet at a pool and drink. Then Mana and

Tonia would sit and engage in lengthy discussions, interspersed with long pauses. Those were opportunities for the little giraffe to be taught by Mana the sage. The animals around who were interested would regularly join in. On the last evening of Tonia's stay, Ujala the frog told them the latest news about Goruk, who was now known as a brave, honest and generous man. They all marveled at such a miraculous change and praised Mana for it.

Love alone makes such miracles possible

Mana answered them that it was not about talent. Love alone made the miracle possible.

Tonia, the young kind-hearted giraffe, asked him, "Where does love come from?"

Mana said, "The only thing we know is that love sometimes comes, then it enlightens us and may dwell within us either for a long or a brief time. Unpredictable, it reveals what we really are, it makes us grow and it may even make us desperate. It emerges from that peaceful place, the oasis, the island perhaps, at the bottom of our hearts. It can regenerate everything on the earth.





After a long meditative pause, Mana the elephant went on, "In that world of men and women who came from a strange planet, wars, violence, misery and injustice have been rife for ages. But strangely enough, these men are also capable of expressing beauty, creativity and tenderness. I have even met human beings who are fantastically compassionate, and others who sacrifice themselves for their fellow human beings, and are able to love beyond themselves.

"During my trip in Africa I was amazed when I met men of faith who could pursue their plans even though everything seemed to be against them. I have seen human beings being destroyed and who, for all that, found the courage to rebuild their lives, hope and help one another. I have also met others who were capable of loving unconditionally, and giving an enduring love.



“This shows that all these virtues are hidden within their hearts, so much so that men themselves have forgotten they ever existed. It is as if these qualities have been wrapped, swaddled in our greediness, our jealousies, our sense of self-importance, our self-centeredness, etc.”

Turning toward Tonia, he added, “That’s why we must try to remove any of our vibrations which are too heavy, or at least try to make them lighter by making that heaviness melt away. Sometimes a salutary shock helps us slightly draw the veils, thus letting the grace of the moment appear in all its beauty and simplicity. But more durably, love makes all the grossness melt away, which helps the person again follow the way of the heart and shows once again the naturally good qualities she has.”

Tonia the giraffe decided she would leave the day after. Back home, she told everyone about the discussions she had with Mana the elephant, and more particularly to one of her friends, an American human being called Marshall. And that is how she inspired Marshall Rosenberg, who then taught other human beings the way to peacefully reduce any tension between men.

It is the end of the tale.

Let these words illuminate your path and enchant your hearts

PAPIJI FROM MONTPELLIER

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Dr. Anthony Cullen, B.A., M.A., LL.M., Ph.D. is a Senior Lecturer in Law at the School of Law, Middlesex University, London. His research interests focus mainly on international humanitarian law, international human rights law and the development of foreign policy in these areas.

He has been practicing Heartfulness meditation for 18 years and it has been a huge source of inspiration for him.

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