

₹ 100 (Receipts will be used for  
Karuna Parivesh Campaign)

# SOUL SPACE



TEN YEARS  
OF TAVLEEN FOUNDATION

Annual Publication of The Happiness Institute (An Initiative of Tavleen Foundation)

# Safarnama

the journey  
towards being  
happy...



2018





## TAVLEEN FOUNDATION

VALUES | AWARENESS | CONTEMPLATIVE STUDIES

*Let's make a happier & peaceful world!*



### Tavleen Narang

1993-2008

**She dreamt of heaven on earth.  
Hope she finds earth as beautiful  
from heaven...**

#### VISION

To work for Life values, Awareness & Contemplative Studies. To promote well-being & cultivate a calm mind by reducing sufferings in human life.

#### TAVLEEN'S MESSAGE

"Life has so many twists & turns, you never know where life takes you & when. You might be on a normal track & may not be happy with what you get in life. But when the day comes that makes you realise how lucky you are to be a human, may be it's not too late. Don't just be exist, It is for us to live and to be happy..."

**TAVLEEN FOUNDATION** - 366R, Khatiwala Tank, Indore, (MP), India.

Contact: +91-900 900 4020, +91-98270 23466

tavleenfoundation@gmail.com • www.tavleenfoundation.com

Scan the code  
to download  
Tavleen Foundation app



## MENTORS & EDITORS

#### Mentors:

Dr PV Vaidyanathan (Mumbai)  
Padamshri Dr Janak Palta Mcgilligan  
Mr Virendra Goel  
Mr Ravi Bafna  
Dr Deepak Ranade(Pune)  
Mr N.Raghuraman (Mumbai)  
Dr. Rajendra Punjabi  
Dr Mukesh Modh  
Dr Denise McDermott (USA)  
Ms Chanchal Jhawar (Singapore)

#### Mentors:

Dr Prakash Chajjlani  
Dr Bharat Rawat  
Ms Richa Anirudh (New Delhi)  
Ms Smita Rathore  
Mrs Sangeeta Bafna  
Dr Pawan Kumar Singh  
Ms Asha Bhatia  
Ms Swati Chopra (New Delhi)  
Ms Cintia Calevoso (USA)  
Mr Manish Kumat

#### Editorial Board:

Mr Ravi Gupta  
Mr Rajesh Jain  
Dr Dharmendra Verma  
Ms Aditi Sharma  
Ms Prachi Agrawal  
Dr Shivani Lodha  
Ms Ragini Bafna  
Ms Amrita Kadam  
Mr Deepak Jain  
Ms Amrita Narang

# FOUNDER'S MESSAGE

## Be a **mother** of this world!



TEN YEARS  
OF TAVLEEN FOUNDATION

This year **Tavleen Foundation** is completing **ten years** of its selfless service towards all beings. Through our various campaigns like *Karuna-Parivesh*, *Life & Mind Talks*, *Happiness thru stories (Aao Sunau Tumhe Ek Kahani)*, *Happiness Symposium*, *Meet the Masters* program, *Save Innocence in Life*, *A New Earth* and *Be a Smart Citizen*, we have reached many people not only in India but all over the world to spread the word of goodness and happiness.

Thousands of people all over the world have joined our Mission Happiness. An unlimited number of youngsters have benefited with our campaigns to come out of depression and sufferings and are now leading a happier life. Our mission, *to make our world far happier and kinder* is working with the support of our members of foundation and their best wishes. I, as a founder of this Happiness foundation, pay my sincere gratitude to all of them.

Our formula of success is not to work to bring happiness directly in life but we work to eliminate the negative factors from the lives of people, like hatred, envy, pride, vengeance, greed, discontentment, resentment, annoyance, anger, jealousy, disaffection, dissatisfaction, displeasure and self esteem through our approaches and education of forgiveness, love, compassion and selflessness in life.

I and my editors are very happy to bring you another beautiful issue of our world class magazine '**Soul Space**'.

My editors worked hard to make this issue to define a new approach towards life. I am thankful to all the personalities and happiness spreaders from all over the world who contributed their write-ups and other support for this issue and supported our Mission Happiness.

Friends, Happiness and Love are your innate nature, be in these and make them your true home. Come, join us and be a part of this happiness journey where suffering is also celebrated. To live is to embrace everything in life whatever you face and it is only possible if we become a **mother of this world**. This life is a journey and making it beautiful is the only purpose of life.

Big Hugs!



**Dr Gurmeet S. Narang.**

(Man of Happiness, Inner Engineer, Wisdom Keeper, Resilience Researcher, Storyteller, Thought Investor.)

Happy call @ 9009004020

Happy Tweet me @drgsnarang





# CONTENT

---

## Nitika Chopra

Are You Letting Your Past Hold You Back ?

6-7

---

## Tony Fahkry

When You Love Yourself First, Life Will Take Care Of The Rest

10

---

## Gurbaksh Chahal

They Tried to Bury Us; They Didn't know We Were Seeds

14

---

## Heather Waxman

Devotion

18-19

---

## Amit Sood

Who are we?

23

---

## Kylie Riordan

The Essence of love

28

---

## Agatha Figueiroa

Gratefulness

32-33

---

## Rashika Joshi

Celebrate Life

38

---

## Activities

Tavleen Foundation

42-44

---

## Mingyor Rinpoche

The essence of every thought that arises is pristine awareness

8

---

## Kelly Kristen

The life I love to live

11

---

## Meetu Kohli

Life and Optimism

15

---

## Bhagyashree Dassani

Celebrate your journey  
Happiness Habitats

20-21

---

## Tavleen Times

10 Years of Tavleen Foundation

24-25

---

## Dr. Bharat Rawat

Happiness and Heart Health

29

---

## Jack Stephens

31 ways to celebrate your soul self  
Happiness Habitats

34-35

---

## Saamdu Chetri

Celebrate the journey of life:  
Gratitude in the Interdependence.

39

---

## Messages

45--46

---

## Ora Nadrach

How to Transcend Unwanted thoughts

9

---

## Christina Blunsum

Believing in Yourself,  
How and Why

12-13

---

## Andrea Kelly

My Journey to Joy - A Return to Self

16-17

---

## Teresa Coltrin

One of the best way to help others is to love yourself unconditionally

22

---

## Prachi Agrawal

Are You Okay?

26-27

---

## Canadace Bisram

A pocketful of smiles - how I rebuilt my life from rock-bottom

30-31

---

## Ashok Soota

The journey of life

37

---

## Geoffrey James

Seven things I learnt from my near death experience

41



# EDITORS NOTE



**Prachi Agrawal** is a Psychologist and a TEDx speaker. She is the founder of a Mental Health Foundation, 'Disha to life'. Prachi enjoys meeting new people and finding ways to help them find the best version of themselves. She believes that the most important insights of life have come to her from the journeys of her clients.



**Ragini Bafna** is a 21-year old, who believes everything is an answer for something. Currently pursuing her masters in Economics after completing formal education in the field of psychology.



**Dr. Shivani Lodha** (Ph.D. in Food and Nutrition) has a unique privilege of being the only nutritionist in Indore with maximum Nutrition accolades amongst all the privately practicing dieticians and nutritionist.

## Safarnama, the journey towards being happy

Dear Friends,

Congratulations!

You have subscribed to happiness in this journey called Life!

This edition of Soul Space is a very special one for each one of us belonging to the Tavleen Family as we complete a decade of spreading happiness and sharing smiles. We are elated with joy as we share this special edition of Soul Space that has been beautifully curated by our designer, Mr. Sandeep Jain.

Through this edition, as the name, *Safarnama* suggests, we share with you the 10-year journey of our own Tavleen foundation. Our accomplishments, our innovations, our most cherished moments and our enthusiasm to continue this journey with more zeal and vigour.

In this issue, we have compiled some exemplary authors who have candidly and thoughtfully shared their individual perspectives on making the most of this journey of life. Along with it, we have also introduced a few features in the magazine which we believe would interest you.

### Tavleen Times

Celebration of the 10 years' journey of Tavleen Foundation through a timeline.

### Happiness Habits

The endeavor of the activities of this section will assist you in celebrating the journey of life to the fullest by making you practice the applied aspects of positive psychology, through incorporating the micro habits of happiness in your daily life.

In this *Safarnama*, the journey towards being happy, our endeavour is to facilitate us all to choose to acknowledge *awareness* of our internal and external realities, choose to practice *acceptance*, and to extend our enabling *beliefs* that will help us to grow and stay in close contact with our real *self* in order to strike a *balance* between *health* and a joyous *life*.

We hope that we can all distill this further in our lives to find a greater meaning and fulfillment in this *Safarnama* of 'life'.

Regards,

The Editors

**Prachi Agrawal, Ragini Bafna & Dr. Shivani Lodha**

# ARE YOU LETTING YOUR PAST HOLD YOU BACK?

How did it feel when that boy rejected you?  
What did you make it mean when you got a lower grade than your best friend?  
What did you start to believe about yourself when you weren't as thin as your mother?





As I sit down to write this for you, I have a wave of deep love and gratitude washing over me. This is because what we are about to explore together is something that I wasn't ready to face until very recently. So if you feel resistance come up, if you get angry or want to cry... just know you're not alone in this and you are absolutely strong enough to face it.

When many of us embark on a journey towards more self-love, it's because we want our lives to look a certain way or we want to feel a certain way. It's a beautiful thing to want the best for yourself, and I truly believe that we deserve all of our heart's desires.

One of the first steps to get what you want in the future is to go back to where it all began. To dig deep into the archives of pain from your life and explore it with wide open eyes like never before.

*How did it feel when that boy rejected you?  
What did you make it mean when you got a lower grade than your best friend?  
What did you start to believe about yourself when you weren't as thin as your mother?*

And the questions go on from there. In fact, if we allow it, they will never stop. We keep digging, digging and digging some more. And although it is hard as hell sometimes, we eventually reach this state of joy; when we have a breakthrough and can transform them into a new reality. Truly, it's a never-ending process.

But when are we going to be ready to go forward instead of backward? While there's so much power and strength that comes from truly understanding the past, and I would never suggest that it's not important, isn't there a point when we're done carrying it into our present?

As humans, it's almost as if we like to sit in the past like it's a delicious bowl of chocolate frosting. In reality, though, it's a bowl of quicksand sucking you in, pulling you down, over and over again. Like no matter how hard you try, there is always a piece of your past waiting for you inside of your next thought. Whoa! Do you feel me on this one?

To make it even clearer, I want to share a little story with you about something that happened to me recently. You may or may not know that I was a singer while growing up. I took voice lessons for 15 years and it was the thing that I loved the absolute most in my life. I remember when I first realized I loved to sing; I described it as feeling like I was holding hands with God. It is the thing most dear to me and I feel the most vulnerable when sharing my voice with others, which is why I almost never do.

When I was a kid, I was in Acapella Choir, taking those voice lessons and singing on EVERY chance I got. I would sing walking down the halls at school, I would sing my homework (even if it was Math)!, I would sing as I woke up and as I went to bed. I just couldn't stop and it made me so incredibly happy that at one point I thought for sure I would become a professional singer because I couldn't imagine doing anything else. It was everything to me. But, there are countless moments from that time in my life where my voice got squashed, pushed down, shoved around and made fun of.

Yes, the thing I held the dearest to my heart was being tossed around like it was worthless when I would share it with certain people in my life. It felt like a part of me died on the inside each time. Sometimes it was the kids at school telling me to stop singing all the time because I was annoying. Other times I was crushed when that popular girl in school got the choir solo which I was hoping for. And often, it was comments from my family, who just didn't understand my love for it at the time.

No one tried to hurt me or kill my spirit, but I managed to hold on to those stories and moments for so long that I eventually stopped singing altogether. Since then, I haven't taken voice lessons or actively shared my voice in 11 years because of it.

Recently, I began to question, why in the WORLD am I letting these past voices and stories dictate my future? This is MY voice dammit. This is MY life. This is MY story that I get to actively write every moment I am blessed enough to be alive. Why am I handing over my power to them? Every. Single. Day?

Oh hell no, I am so done with that story. So much that I started the journey of taking voice lessons again on Wednesday and my next lesson is already set up for the next week. There is no better time than now to own my voice and, I want you to come with me.

Had I continued to let myself get drawn in by the familiarity and stories of my past, I would probably have never even allowed myself to admit that singing is so important to me, let alone start voice lessons again!

So, where do you want to create your life from? The stories that are filled with hurt from your past? Or the possibility of what you can create for your future? The truth within your heart can help you walk forward into your future more easily than you might realize. You just need to have the slightest willingness.

Now comes my favorite part where I get to hear from each of you. *Is there an area of your life where you are letting your past dictate your future? How long has that been going on? Are you ready to let it go?*



## Nitika Chopra

*Nitika Chopra is self love expert, speaker, talk show host, chronic illness advocate based in New York.*



## The essence of every thought that arises *is* PRISTINE AWARENESS

There are two types of awarenesses, Pure and Conditioned. And there's no great secret to understanding the difference between pure awareness and conditioned awareness. They're both awareness, which might be roughly defined as a capacity to recognize, register, and in a sense, "catalogue" every moment of experience.

**Pure awareness** is like a ball of clear crystal—colorless in itself but capable of reflecting anything: your face, other people, walls, furniture. If you move it around a little, maybe you'd see different parts of the room and the size, shape, or position of the furniture might change. If you take it outside, you can see trees, birds, flowers—even the sky! Whatever appears, though, are only reflections. They don't really exist inside the ball, nor do they alter its essence in any way.

Now, suppose the crystal ball was wrapped in a piece of coloured silk. Everything you saw reflected in it—whether you moved it around, carried it to different rooms, or took it outside—would be shaded to some degree by the colour of the silk. That's a fairly accurate description of **conditioned awareness**: a perspective coloured by ignorance, desire, aversion, and the host of other obscurations. Yet these coloured reflections are simply reflections. They don't alter the nature of that which reflects them.

The crystal ball is essentially colourless. Similarly, pure awareness in itself is always clear, capable of reflecting anything, even misconceptions about itself as limited or conditioned. Just as the sun illuminates the clouds that obscure it, pure awareness enables us to experience natural suffering and the relentless drama of self-created suffering: me versus you, mine versus yours, this feeling versus that feeling, good versus bad, pleasant versus unpleasant, or a desperate longing for change versus an equally frantic hope for permanence.

The truth of cessation is often described as a final release from fixation, craving, or "thirst." However, while the term "cessation" seems to imply something different or better than our present experience, it is actually a matter of acknowledging the potential already inherent within us.

Cessation—or relief from suffering—is possible because awareness is fundamentally clear and unconditioned. Fear, shame, guilt, greed, competitiveness, and so on are simply veils, perspectives inherited and reinforced by our cultures, our families, and personal experience. Suffering recedes, according to the third noble truth, to the extent that we let go of the whole framework of grasping.

We accomplish this, not by suppressing our desire, our aversions, our fixations, or trying

to "think differently," but rather by turning our awareness inward, examining the thoughts, emotions, and sensations that trouble us, and beginning to notice them—and perhaps even appreciate them—as expressions of awareness itself.

Simply put, the cause of the various diseases we experience is the cure. The mind that grasps is the mind that sets us free.



### Mingyur Rinpoche

*Yongey Mingyur Rinpoche is a Tibetan teacher and master of the Karma Kagyu and Nyingma lineages of Tibetan Buddhism. He has authored two best-selling books and oversees the Tergar Meditation Community, a global network of Buddhist meditation centers.*



# How to Transcend Unwanted Thoughts



**I**t is said that we think between 40-70,000 thoughts a day, and many of those thoughts do not serve our well being.

In my book, ‘Says Who?’, I’ve created a method for transforming negative and fear-based thoughts so that we can be aware when a negative thought pops up in our mind, and decide if we want to keep it or let it go. Unless we question our thoughts to determine if they are positive and support our mental health in the best way possible, we can fall into the trap of accepting those counter-productive thoughts readily, and that can cause us all sort of problems from low self-esteem, to anxiety and depression.

Once you’ve decided that you are ready to let a thought go that does not serve your well being, you can use my Release and Replace technique to change a negative thought to a positive one, which begins to put a positive, productive thinking process in action that works for you with consistency.

When we introduce positive thoughts to our mind, we are opening up new neural pathways, which is like programming our mind to think positive instead of negative. This builds healthy, wholesome thinking habits, and our mind becomes familiar with what works for us favorably with our thoughts, and what does not.

Here is the ‘Says Who?’ - A method to use whenever a negative or fear-based thought pops up in your mind:

## SAYS WHO?

Whenever a negative thought pops into your head, ask yourself: Says Who? The question exposes a negative thought for exactly what it is: a doubt that can disrupt your life and damage your sense of wellbeing.

## HAVE I HEARD SOMEONE SAY THIS THOUGHT BEFORE?

Many voices in our head are actually echoes. They’re old words you heard someone else say to you, such as a parent, spouse, or boss. By identifying the originator of the thought, you can find out if it really belongs to you. Many times, it doesn’t.

## DO I LIKE THIS THOUGHT?

Is this thought desirable or appealing? If not, then ask yourself: why are you thinking it? If you don’t like what you’re hearing, you don’t have to listen.

## DOES THIS THOUGHT MAKE ME FEEL BETTER?

Negative thoughts tear us down instead of building us up. They seep into our psyches, wreaking havoc. Is this thought making you feel better or worse about yourself? If it doesn’t enhance your self-esteem in any way, why are you thinking it?

## DOES THIS THOUGHT WORK FOR ME?

Is this thought useful or productive for you? With this question, you can take a look at whether or not a thought supports your desires or goals. If not, why are you thinking it?

## AM I IN CONTROL OF THIS THOUGHT?

Does this thought have any kind of hold or power over you? Or, are you in control of it? If not, ask yourself why would you let a thought have the power to control you. Remember, you are the commander of your own thoughts, not the other way round.

## DO I WANT TO KEEP THIS THOUGHT OR LET IT GO?

With this question, you’re finding out if you want to hold on to a thought that serves no useful purpose for your wellbeing. If it’s not doing you any good, it’s probably doing you

bad. So, let it go.

As soon as you confront a negative thought by asking it a direct question, it loses its power over you. Soon, you will notice that you not only aren’t being taken over by it but now you have the power. And by asking these questions constantly, you gain control of your head again, and you’re your own “thought boss.”

As I say in Says Who? *“You are the creator and master of your internal dialogue, which creates your reality.”*

So what do you want your reality to be? You can decide by creating, and allowing for thoughts to be in your mind that help you be your most authentic self, and manifest the life that supports you and your purpose in the best possible way.



## Ora Nadrich

*Ora Nadrich is US based certified Life Coach, certified Mindfulness Meditation teacher, and author of Says: Who? How One Simple Question Can Change The Way You Think Forever.*



# When You Love Yourself First, Life Will Take Care Of The Rest

**“Daring to set boundaries is about having the courage to love ourselves, even when we risk disappointing others.” — Brené Brown**

I want you to do something before reading this entire article. It may confront you but will be a major step towards self-acceptance.

Stand in front of a mirror and recite at least six times: **“Your name, I love you.”**

Gaze into your eyes as you say it, being meaningful while you deliver the words. Avoid looking away or staring at what is behind you in the mirror. Don't use the camera on your smartphone to do this exercise, let it be raw and simple. Ok, try the exercise now.

*What did you notice?*

*What kind of feelings arose?*

*Could you hold your gaze and feel the words I love you?*

Some people are reduced to tears when conducting this simple, yet powerful exercise.

Let's be honest, if you cannot love yourself, how can you embrace the love of another person?

You are likely to feel unworthy, however, you will still long for the love of another person.

That's where conflict arises.

When you love yourself, life takes care of the details because everything else is minor compared to the acceptance of one's self.

**“Love yourself. Forgive yourself. Be true to yourself. How you treat yourself sets the standard for how others will treat you.”— Steve Maraboli**

Granted, there are times when you don't feel loveable. This is normal and we all experience those moments. But self-acceptance is the foundation to living a complete life when you begin to show up with your whole self

In my recent book, 'Awaken Your Authentic Self', I outline how owing to our authentic nature is the most powerful commitment we make to ourselves. The narrative is that it starts and ends with you.

Clinical neuropsychologist Mario Martinez writes in 'The MindBody Code': "I propose that abundance is not sustainable without a strong sense of self-worth. Why not? Because maintaining health, reaching wealth, and finding love require the capacity to accept that you are worthy of your good fortune."

The author touches on something important and that is worthiness. Your story of unworthiness is a tale assumed from others and reinforced over time, although this is not who you are.

It is a repeated affirmation and conceived narrative. You are no more that person than I am Superman. Sure, I might daydream to have superhuman powers, but when I return to reality I discover I am a man with insecurities and challenges just like the rest of us.

Nonetheless, I don't feed those doubts because I know what I give life to, whether the positive or negative gains power. I don't allow my challenges to overcome me but use them to reinforce my authentic power.

Stanford psychologist, Shirzad Chamine explains in his book, 'Positive Intelligence' that we adopt ten saboteurs or internal enemies. One voice is The Judge, whose opinion is often mistaken for tough-love. It continually finds faults with yourself through a self-justifying lie: "The Judge's most damaging lie is that we are not worthy of love or respect by just being who we are."

In a similar vein, it was the Sufi poet Rumi who wrote: "Your task is not to seek for Love, but merely to seek and find all the barriers within yourself that you have built against it."

Which brings us back full-circle to the story title.

When you strip away the stories about who you think you are, underneath you'll uncover your authentic self, which in its essence is pure love.

So, make it a practice to meet with yourself in the mirror on a daily basis and come to love and accept the person reflected back to you.

After all, when you love yourself first life will undoubtedly take care of the rest.



## Tony Fahkry

*Tony Fahkry is self-empowerment expert, speaker, author and life coach based in Australia.*



## The Life I Love to Live

**I** am a firm believer that we create our realities, and specifically, it is our perception of that around us and our own personal interpretation that makes our realities. No two people will see or hear things in the exact same way, and we choose what meaning we give to everything we come into contact with our lives. Knowing this, and rather, BELIEVING this, has allowed me to take my life from a place of misery, feeling of hopelessness and a true lack of desire for continuation, to a place filled with love, joy, and wholeness.

This journey of awakening started when I was at rock bottom. I had no desire to live, I was miserable, I was letting myself be mistreated, I was poisoning my body and my mind. My body physically broke down, I was a stranger in my own skin, and had nowhere left to go but within. It was through this process that I realized that physical manifestation of a disease is caused by a spiritual or emotional misalignment. I had not been treating myself well, and it caught up with me.

So how did I get out of this mess that I had allowed? I found the true answer...LOVE.

**Radical self-love and acceptance of change is everything.** When I was finally willing to

take a step back from where I was, and take responsibility for myself and my life without judgment and step into a place of acceptance and forgiveness, that is when I truly began to heal. I took on the role of making myself happy, filling myself with love and all of the things that I was looking for in someone else or anywhere else outside of myself.

The truth is, true wholeness and happiness come from within. Surely we can fill our lives with things that temporarily bring us some sense of joy, but happiness is a state of being. It happens when you are content with yourself, and when you are walking with a purpose. We are all born for a purpose, and we all have unique gifts that we must learn how to share. These gifts are often shown to us through suffering. Learning to find the inherent lesson in my pain and choosing to see my pain and suffering as a blessing and in turn become grateful for it, was a massive shift that allowed me to be in a perpetual state of happiness.

It simply comes down to making the decision that life is happening for you, not to you. We decide what we want to believe and it is empowering to take what you may have once considered to be the worst thing in your life and turn it into the greatest gift that you could have received. This simple mental

shift will lead to freedom. Freedom from depression, anxiety, illness, and the fear that so many of us deal with it on a day to day basis. You are in control of your life. You choose what you believe and your beliefs then determine the quality of your life. When you are willing to take control, to accept, to love, be grateful and to forgive, then ANYTHING IS POSSIBLE.




---

### Kelly Kristen

*Kelly Kristin is Los Angeles based life transformation specialist. She is a writer and speaker also.*

# Believing in Yourself, How and Why

“You don't need to know how things will happen.  
The how comes after. The how comes to those who believe.”

*-Napolean Hill*





The only difference between someone living their dream and someone who isn't is the belief of whether they can or they can't. Whatever you think so much becomes your own truth, so whether you think you can or you can't you are right.

Believing in yourself is the first step to do anything. Even if you don't know what do you want to do with your life. I believe, if you first focus on that inner confidence and self-belief, you then open yourself up to ideas and opportunities and things naturally start falling into place. The belief will be so strong you will see possibilities everywhere without questioning whether they can happen for you or not.

Your belief shapes your reality. Belief shapes your perception of the world and the perception shapes your reality. Belief is the building block to your future.

Self-Doubt and lack of not feeling good enough are just thoughts that are results of past experiences and situations that have led to a limiting belief. This limiting belief which is holding you back, however, is not the truth. You are destined for amazing things.

A limiting belief can come from a time when you have experienced something bad, for example, if you have faced failure or rejection of some sort that could have knocked your confidence, your mind does everything in its power to protect you from experiencing that pain again. So if you have had that experience once and you try and do it again, you may find yourself literally not being able to do it because your mind thinks it is a danger to you.

Your mind believes whatever you tell it because it's on your side and wants you to have everything you want, but its only job is to protect you. This is why it's so important to make sure what you are telling yourself and believing is what you actually want. If you have lots of doubts and resistance

towards your dreams, just know you also have the power to change that.

Believing in yourself is so important, you will hear most of the world's most successful people state its importance in numerous books and interviews.

Believing in yourself gives you the ability to express what your heart desires and act towards your dreams. As our time on earth is limited, it is important to develop the belief so that we can step into our purpose and live our true life message whilst we get the opportunity to do so.

Every single person has something unique and there is enough room for everyone's dreams to come true. Everyone has a unique contribution that can add to the world, which is why lack of self-belief doesn't affect you as a person but in turn the whole world. By you believing in yourself and expressing your story, you affect someone else and that is a ripple effect.

**"You don't need to know how things will happen. The how comes after. The how comes to those who believe." -Napolean Hill**

Every thought and desire is worth listening to. If something excites you or inspires you, take the risk. When you believe it is possible for you, it will happen. This is because when you enter a path of least resistance to what you are dreaming of and allow things to flow to you, each small step will lead to more and more clarity.

"The Universal Law is impartial. It will give you anything you believe. It will through your garbage or roses depending on the energy you put out." - Stuart Wilde.

*How do you know if you are believing?*

By how it feels and your emotion towards it. When you are thinking about yourself or

your dreams and desires, do you trust it will come or do you feel doubtful or worried?

*How do you believe in yourself?*

When you believe in yourself, ideas, opportunities, and possibilities will start to pour into your life.

You can train your mind to believe in yourself by removing limiting doubts, changing how you speak, surrounding yourself with inspiring messages and repeating certain principles that make an imprint on the subconscious mind. This is how you shift your thought pattern and focus to believe and realize that the doubts and fears you have in your mind, do not have to be a reality and that you have the power to simply change this any time, especially whenever any negative thoughts or feelings arise.



## Christina Blunsum

*Christina is Liverpool based actor, Writer and speaker. She is author of famous book "Words that will make you believe in yourself"*

# They Tried to Bury Us;

## They Didn't Know We Were Seeds

In the Far East, there is a tree called the Chinese Bamboo Tree. This remarkable tree is different from most trees in a manner that it doesn't grow in the usual fashion. While most trees grow steadily over a period of years, the Chinese Bamboo Tree doesn't break through the ground for the first four years. Then, in the fifth year, an amazing thing happens – the tree begins to grow at an astonishing rate. In fact, in a period of just five weeks, a Chinese Bamboo Tree can grow to a height of 90 feet. It's almost as if you can actually see the tree growing before your very eyes.

Well, I'm convinced that life often works in a



similar way. You can work for weeks, months and even years on your dream with no visible signs of progress and then, all of the sudden, things take off. Your business becomes profitable beyond your wildest dreams. Your marriage becomes more vibrant and passionate than you ever thought it could be. Your contribution to your church, social organization and community become more significant than you have ever imagined.

Yet, all of this requires one thing – **faith**. The growers of the Chinese Bamboo Tree have faith that if they keep watering and fertilizing the ground, the tree will break through. Well, you must have the same kind of faith in your bamboo tree, whether it is to run a successful business, win a Pulitzer

Prize, raise well-adjusted children, or what have you. You must have faith that if you keep making the calls, honing your craft, reading to your children, reaching out to your spouse or asking for donations, that you too will see rapid growth in the future.

This is the hard part for most of us. We get so excited about the idea that's been planted inside of us that we simply can't wait for it to blossom. Therefore, within days or weeks of the initial planning, we become discouraged and begin to second guess ourselves.

Sometimes, in our doubt, we dig up our seed and plant it elsewhere, in hopes that it will quickly rise in the more fertile ground. We see this very often in people who change jobs every year or so. We also see it in people who change churches, organizations and even spouses in the pursuit of greener pastures. More often than not, these people are greatly disappointed when their tree doesn't grow any faster in the new location.

Other times, people will water the ground for a time but then, quickly become discouraged. They start to wonder if it's worth all of the effort.

This is particularly true when they see their neighbors having success with other trees. They start to wonder, "What am I doing trying to grow a bamboo tree? Had I planted a lemon tree, I would have a few lemons by now." These are the people who return to their old jobs and their old ways. They walk away from their dream in exchange for a 'sure thing'.

Sadly, what they fail to realize is that pursuing your dream is a sure thing if you just don't give up. So long as you keep watering and fertilizing your dream, it will come to fruition. It may take weeks, months or even take years, but eventually, the roots will take hold and your tree will grow. And when it does, it will grow in remarkable ways.

We've seen this happen so many times. Henry Ford had to water his bamboo tree through five business failures before he finally succeeded with the Ford Motor Company. Richard Hooker had to water his bamboo tree for seven years and through 21 rejections by publishers until his humorous war novel, M\*A\*S\*H became a runaway bestseller, spawning a movie and one of the longest-running television series of all-time. Another great bamboo grower was the legendary jockey, Eddie Arcaro. Arcaro lost his first 250 races as a jockey before going on to win 17 Triple Crown races and 554 stakes races for total purse earnings of more than \$30 million.

Well, you have a bamboo tree inside of you just waiting to break through. So keep watering and believing and you too will be flying high before you know it.



## Gurbaksh Chahal

*Gurbaksh Singh Chahal is an Indian-American internet entrepreneur. By age 25, Chahal founded two internet advertising companies, ClickAgents and BlueLithium. He is also the founder of RadiumOne and Gravity4, also online advertising technology companies. His famous book is ,The Dream: How I Learned the Risks and Rewards of Entrepreneurship and Made Millions. He lives in San Francisco*



# Life and Optimism

**L**ife is one of the most talked about commodity because it's complicated, doesn't come with any instruction manual and no one shares a similar life. The only thing it moves with is instances. Each individual has a different meaning for life and so, the varied explanations. It is a bundle of experiments. The more you experiment, the better you learn.

Life gives us chances with choices to bring changes. How we see life is based on our experiences and perceptions. Happiness for someone, a constant struggle for others. If asked, I can never explain happiness or it's reasons for myself, sometimes a cool breeze leaves me smiling and at other times, even a big achievement fails to give content.

After years of living, interacting and facing the world, one gets the insight to describe various shades of life. For me, the personification of life is a jumbled set of miracles which keep on happening till the time we take our last breath.

Life does the magic on us and not so surprisingly, this magic is created from our own thoughts. If we ever sit and retrospect our life, we will realize how seamlessly one event is connected to another. Good or bad, however, we call them moment wise, events happen in a chain reaction to reach an end result.

When we get into a stressful situation more often than usual, we either get depressed or start accepting things as destiny. Rarely ever there is an overdose of optimism when we think about a third hopeful insight into every such situation. When the best of efforts, complete honesty and maximum hard work seems insufficient to yield the desired result, we blame our destiny. If in that exact same moment, we practice training our mind to interpret the failure as is different plan towards the road to success, that moment can distract your mind into a series of optimistic thoughts. Optimism is a ladder that will definitely take you towards



success, though the time frame may vary from individual to individual.

Hope is like the star in the sky of optimism. The more the stars shine, the brighter the sky looks. Your faith in your actions creates a positive framework for your thoughts and this in turn unwinds and triggers a magical coil of miracles to start happening. Positive thinking works like a magnet. If you stick to it, it will make sure that happiness gets attracted to you from everywhere.

Our control over situations, people and the other things around is zilch, but what we have in control, is our thought process. "A good, positive thought regarding something I am not able to gain or achieve, is because I am meant for better." Such a thought not only consoles you during any failure but also builds a chain of affirmative thoughts for you. These positive thoughts then eventually create miraculous magic in your life. These techniques that are tried and tested and can be believed on easily, are not very easy to practice. One requires unflinching faith on self first and then on that creator who has given this life for a decided purpose.

We all witness numerous incidents in our daily lives that keep our trust intact in god and humanity. These are all live examples of the power of faith and how effectively it works for us. We don't need to restrict faith in that creator, only when we face adversities. Living a daily life and expressing gratitude for little things happening with or

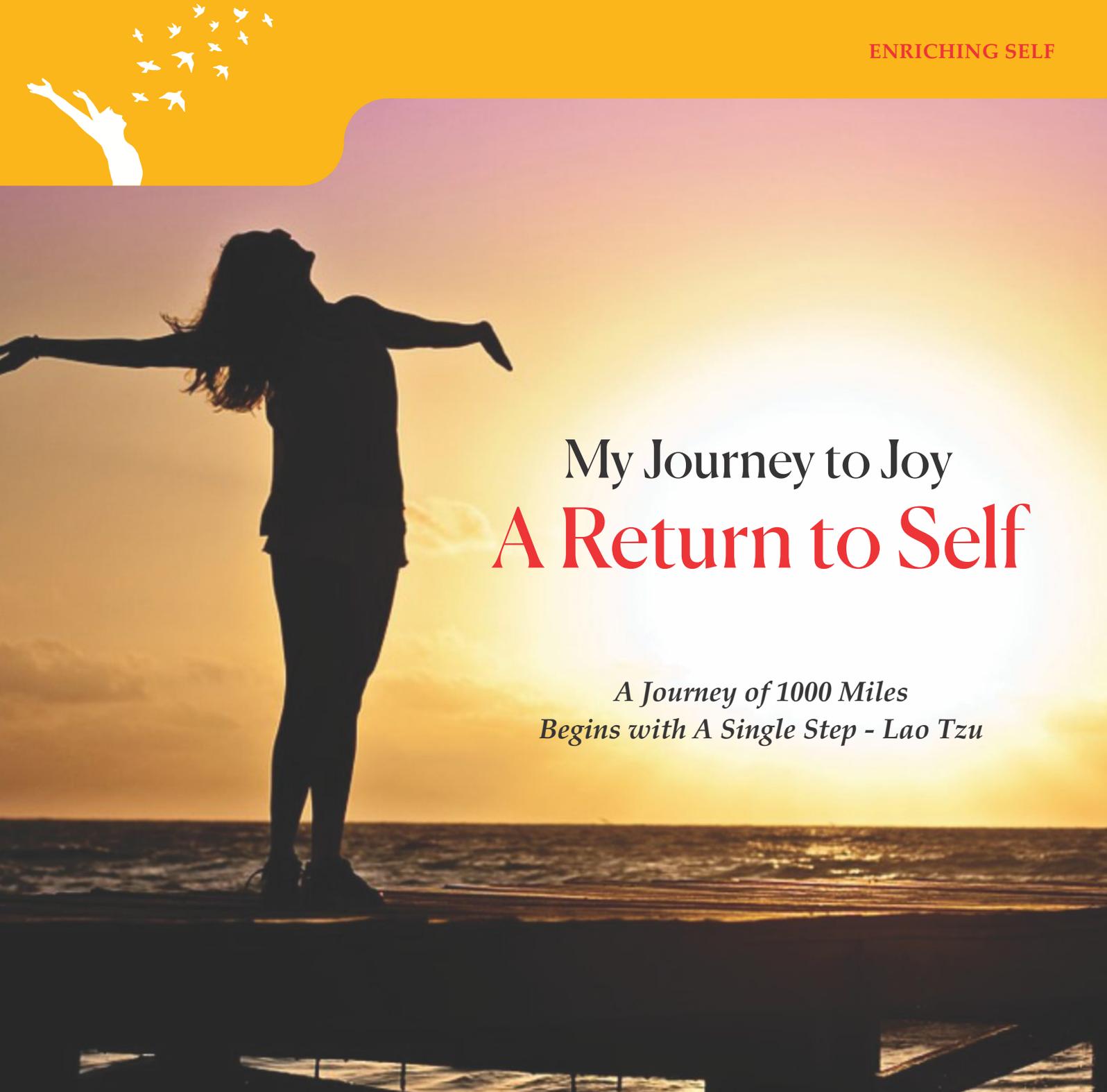
around us is sufficient enough to keep us going on the road of optimism. Sooner or later, we get all the answers to our doubts about the stressful situations we faced in our lives.

With my personal experience, I can very confidently say that those who were patient and kept their belief strong, always got out the best from all unwanted life experiences. All of us have seen life playing nasty gimmicks with us or at people around us. Such situations leave us with no hope, but we still get up and survive. The seed of hope within us never dies, we just forget to nurture it consciously. It is dormant, waiting for us to feed it with our wish and willingness. Now is the time to make that seed actively grow !!



**Meetu Kohli**

*Meetu Kohli is Indore based entrepreneur.*



# My Journey to Joy A Return to Self

*A Journey of 1000 Miles  
Begins with A Single Step - Lao Tzu*

**J**oy, I believe it to be different from happiness - happiness can be fleeting, but the experience of true joy reverberates within every fibre of our being.

As someone who has struggled silently for 20 years with anxiety and disordered eating, it finally all makes sense as I can distinguish between the two.

It took me years to recognize this, but I often look at my biggest pain as my greatest gift. If it were not for my struggles I most likely would have never embarked on the journey of self-development and discovery with such

depth and passion.

I also recognize, that no matter how outward appearances may look, everyone has their own struggles - the struggles are all a part of the human experience. I am here to tell you that even though I still have many days when I struggle, experiencing joy is still possible for me.

This means that if you are struggling, experiencing joy is absolutely possible for you too.

The journey into this process took many

years, and now I can see that although I may not always be happy, I always have my joy with me.

**The Confusion Between Happiness & Joy**  
Often, I see the confusion between happiness and joy.

The Journey to 'perceive Joy' for many here in the western world, is measured by the obtainment of material wealth or status that brings fleeting moments of happiness from social recognition or self-acceptance based on predefined 'rules' of what you should have if you want to be happy. A new car, a



bigger house, a thinner and fitter body.

Destination meets completion when the external achievement has been made.

But yet, true joy is never really acquired, rather fleeting happiness is captured within that moment and so desperately craved again as soon as it goes.

### **The Real Journey to Joy Starts with Realization**

The true Journey starts when one recognizes that life is beyond the pretty aesthetics of what our society has shaped us into believing. And, that is what makes us who we are.

When one starts searching, the journey then begins. And, it doesn't take long to realize that there are many other (and much more meaningful) ways of living that may be better suited to our own individual ways of who we are.

The exciting depths of my own journey truly began once I made connection with my inner compass- and realized that the constructs of what I thought should or should not be are merely just a false reality, shaped and created by decades that came before me, and that they can be adjusted at any time to better suit myself.

### **Surrender and Create A Relationship with Yourself & the Universe**

The true north star that guides us in life is within ourselves and can be found from owning our own awareness. I also found that establishing a deep connection with the Universe strengthened my daily practice of meditation and guided hypnosis.

I asked myself questions that were needed to be asked. Such as, what experiences did I really want to have in this lifetime? I asked the Universe for guidance on when I felt I needed help and surrendered to the unfoldment of the process.

As the journey continued, I learned to dive into acceptance and love of who I really am. I realised that life is sprinkled with many beautiful adventures and healing modalities, and these, thus then, provided me with the tools for further self-exploration and allowed me to gain further wisdom and realizations

that brought me closer to joy.

The journey is different for each person, but the source of inspiration always comes down to doing something that one enjoys.

For me, I found that learning is like a play. Within this play, I started to recognize and distinguish between joy and happiness.

I started to make more space for what I wanted to do. Deeper and deeper, layer by layer, I started to become more.....ME.

Today, I celebrate my uniqueness, my quirky-artsy nature, the fact that I am different makes me, ME!

I switched my career to what I was passionate about- self development (from Real Estate to Hypnotherapy and Coaching).

For quite a long time I struggled to hear myself by distancing myself from all the noise - thoughts and belief systems that were not true for me. Such as the expectation that one must 'fit in' in order to be joyful. This is completely opposite of what I have realised to be true for me.

I embrace my struggles, for they make me human and allow me to have understanding and true compassion for another.

### **Saying Goodbye to the 'I will be happy when' mentality.**

I now realize that Joy (although it took me years to understand) can be experienced in a single moment, shaped by the recognition of your inner knowing and peace of acceptance.

The journey to joy, for me, took some time. It can be easier or at times harder, to recognize its gentle and consistent pulse.

As I continue to move around the self-development mountain, the tendency to revisit the grief, the anger, the frustration, and the fear remains. Only that now I move through it with greater ease, appreciation, and acceptance than before.

I also recognize that the Universe supports us always- and sometimes life needs to beat us down in order for us to come back to the space of surrender.

At some point, you will learn to let go of all

of it, the self-punishing, the overthinking, and the heavy focus on outcomes.

I am still learning. It is all for the greatest good.

### **In Closing,**

Everyone has their own journey- and the 'Journey to Joy' is not a linear line but rather a series of magical twists and turns which, after a while, you will begin to realize, is joy in itself.

My journey to joy, in real essence, was a journey back to self. Surrendering to the Universe, self-acceptance and self-love were the three components to this and they still are. As I continue to evolve, so do they. We are expansive beings who need to stay constant with growth and learning. The journey never ends!

We are all here to experience the wide range of emotions and experiences. Some suffer tragedies greater than others, which is why the connection, community, and friendships are such an integral part of this process.

Just know that Joy is always there for you if you are willing to surrender to its greatness.



## **Andrea Kelly**

*Andrea Kelly is an artist, writer and life coach. She lives in British Columbia, Canada.*



# Devotion



## Heather Waxman

---

*Heather Waxman is US based writer, singer-songwriter, and healer. She is a best selling author of book "Body Peace".*



**T**his word hits me deeply; deep in my bones; deep in my cells; deep in my Soul.

Yogi Bhajan, a master of Kundalini yoga, who brought the practice over from India to the West in the 60's, said, "Devotion is a very rare process in life; if you allow it to, it will eat your ego up."

I often wonder, especially in the "higher consciousness" community, where has our true devotion gone?

In truth, we are always practising devotion. Either we are devoting ourselves to our soul's growth, transformation, healing, joy, peace, compassion, love, art, and the betterment of humanity or we are devoting ourselves to judgment, attack, projections, and other falsities like celebrity status and acquisition of 'power' in the form of influence, money, fame, etc.

*What are you devoted to?*

And which of the 'spiritual' people you choose to follow, exhibit true devotion?

*What does devotion mean to you?*

Devotion to spiritual practice is a value I hold dear to my heart.

**Devotion is loyalty.** It is loyalty to my morning practice and to carrying my morning practice into my day. I am loyal first to God and to doing God's will rather than my own. I am loyal to opening myself every morning and surrendering my body to be a vessel for the Divine; a container for the creative aspect of the Divine to flow through me; a vessel of Truth, Justice, and Love.

**Devotion is self-discipline.** It is following something every day - especially on the days, you'd rather not. Being a disciple of my Soul and a disciple of the limitless energy of pure Truth, Justice, and Love that is available to us at all times. Doing something every day because you know it makes you more you, that's true devotion.

**Devotion is self-confidence.** When you are loyal to practising something every day that makes you more you, you become confident. Following through on what you promise yourself is the fastest way to instill confidence within ourselves. I feel, in the West, we are largely lacking self-confidence in part because we are not encouraged to

devote ourselves to something. We have a culture that embraces fads and trends as opposed to a prolonged commitment to something.

**Devotion is self-sovereignty.** Feeling the experience of being sovereign over your thoughts, sovereign over your feelings, and sovereign over how you treat those around you is deeply empowering. My daily Kundalini yoga practice has taught me this on such a deep and profound level that it really is quite challenging to express adequately in words.

While it's true that a specific practice can have a season for you, the fact that you practice does not need to have a season.

Devotion, to me, means that each day, I press the refresh button and surrender my body as a communication device through which the Holy Spirit (ie. Higher Self) can use me for the betterment of myself and humanity.

As we anchor into what a devoted spiritual practice looks like to us, it's also important to look closely at the spiritual teachers whose work we are following. You can feel their devotion (or lack thereof) in their aura. You can feel it. You can sense it. And, if you are a serious spiritual practitioner, I feel it's paramount that we trust what we can feel.

Many of us in this 'Higher Consciousness' community have become consumed with narcissism disguised as 'spiritual growth'. We join 'manifestation groups' that solely focus on 'getting the love you want' and 'being a bad-ass boss babe with so much money'. We see these social media feeds plastered with people on islands hosting retreats and 'making six figures in their spiritual business'. And, who is mostly in these groups? White cis-women (and white cis-men)

I'm not saying that 'getting what you want' and 'making six figures' is inherently bad. There is so much great we can do with six figures, but we have to get real. Devotion to getting what you want and making six figures as your bottom line doesn't create space for the betterment of humanity - it simply perpetuates the patriarchal systems (which, by the way, are crumbling as I write this and as you read this)

It's easy to get sucked into these Facebook groups and social media accounts of manifestation coaches and influencers who make this conversation their bottom line and only converse. There is nothing wrong with getting what we want or making six figures. Both are great. However, when we make them our bottom line, we are devoting ourselves to 'idol consciousness', placing our happiness, completion and fulfilment in something outside of ourselves. As we 'devote' ourselves to these practices, we isolate marginalised folk and underserved folk and manipulate 'spiritual practices' in an effort to get what we think we want.

We think we know what we want and therefore we devote ourselves to achievements, influence, money, power, opportunities and fame, thinking they will bring us true fulfilment. But the truth, I feel, is this: I don't know what I want. But God does. And there is a Voice for God inside of me called the Holy Spirit. When I open myself up to allow the Presence of God to commune with the Holy Spirit within me, the guidance that comes through it is far better than anything I could have ever conceived with my silly human mind. When I devote myself to this internal connection with God and bring God into every decision I make, there is nothing more fulfilling than what comes from that aligned devotion.

This is what Yogi Bhajan meant when he said, "It will eat your ego up". When you make 'instrument of God' as your primary devotional practice and not just when it's convenient, in each moment, your ego is eaten up. It's not about you. It's about how you can be used and how you can be useful.

Whatever happened to true devotion, it's rare, but it's also real. And, you can cultivate it. Starting now, select a practice that aligns deeply with your soul and commits to it. Not because you think you should. Not because you have to. But because you know that, by doing it, you are becoming more you, you are creating a more fulfilling and vital life experience, and making space to understand more deeply that how can you serve humanity.



## Bhagyashree Dassani

*Bhagyashree is Mumbai based actress, writer and fitness expert.*

# Celebrate your Journey

Nothing is too small or insignificant if you equate the accomplishment of every little goal as a victory over the fear of the unknown. It gradually leads you to discover latent talents within yourself and will help to enhance how you project yourself to the world. You will learn to believe in yourself.

Don't let the anxiety of the unknown, the fear of failure deter you from making your dreams your reality. Break out of the comfort zone and do that one thing that you have never attempted before. Ride a bike, sing a song, learn to jive. Attempt that one easy task of a short-term goal that will give you the confidence and wipe out the fear in your heart.

How will this help? You must be wondering, it has nothing to do with my journey or goal ahead. How will riding a bike get me that top job that I aspire to make mine? How will singing a song give me the confidence to walk down that ramp? How will jiving help me to win the competition that takes me to

the Olympics?

Maybe in your endeavor to ride a bike, you will learn that the easiest and fastest way to learn is never to stop after a fall. To brush the dirt off your knees and pedal hard again can equate to not letting depression slow down your enthusiasm at work when you are not appreciated.

Maybe when you sing that song in front of people you will cease to let the constant stare of eyes bother you as you mesmerize the audience with your vocal talent. The same can be accomplished as you walk on the ramp, humming that song in your head, giving you the courage to move with confidence and rhythm.

Maybe as you learn how to jive, you will learn how the synchronicity of movements make you enjoy the fluidity of your body. That can ease the tension in your muscles when you hit the water for that winning swim allowing you to surge ahead like a fish, comfortable in its own environment.

To be better today than what you were yesterday in itself is a celebration. When you enjoy the journey, the joy of discovering another you will be boundless. Gratitude is like a silent warrior use it to win your battle to conquer your dreams.

It is the perpetual search of happiness that takes us down the road to accomplish pre-determined goals, fulfill resolutions, turn dreams into reality, and also at times, feel let down and dissatisfied. We start balancing the glories with the falls, forgetting to reflect on moments that have made memories. Happiness is not a milestone to reach, it is a state of being. Do not seek happiness as a pot of gold at the end of the rainbow. Instead, celebrate the journey to be happy.

I believe that happiness is gratitude, a show of appreciation.

It is the curve that makes things straight  
The sugar after salt, the laughter after tears  
The silver lining of a cloud  
The sunshine, manna, rain.  
For every 10 things that go wrong, we have 100 things to be thankful for. Simple things, everyday routines, people you love, and you will have cupped happiness in your hands.

**So here I wish to offer a gift of a game called "Storelating" you would want to play with your loved ones.**



Thousands of years ago, our ancestors sat around their camp fires, gazed up at the night sky, and told each other stories. Have you ever wished you could go back and visit that world? You can't (yet), but this game of "Storelating" could be the next best thing.

**Material Required:** A dice and board game counters.

**It's pretty simple:** Take turns to roll the dice, move your counter forward the number of spaces shown on the dice. Each block has a phrase on it, such as "When you dig into that first bite of chocolate mud pie," and you think of a story relating to the whole or a part of that phrase, that you feel good about sharing. Then

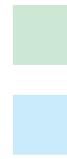
**SHARE YOUR STORY**

OR

You simply shoot for a 30-second memory - it doesn't even have to be a full story - and you share a sensory detail, something you physically saw, heard, smelled, tasted, or felt.

**So aim for the smallest number possible on the dice! The ones who stay in the game for the longest time and share the maximum number of stories/memories reach the *habitat of happiness*!!**

# How to play



\*When playing in a group involving children (below 16 yrs), please use the (Green) blocks. When playing in an adult group, you may choose to use (Blue) blocks!

|  |  |  |
|--|--|--|
| When it's raining and you cannot find an umbrella but you find | When the naughty twinkle of your eyes outshines the stars in the sky.  | When you dig into that first bite of chocolate mud pie.  |
| 1<br>When your baby smiles at you...that feeling of pure love. | 2<br>When someone apart from yourself believes in you  | 3<br>When you get a call in the middle of a hectic day just to say, "I love you."  |
| When it is cold and you snuggle inside a warm comforter.       | When you have first fan moment with your inspiration.  | When you finish making a tasty meal  |
| 4<br>When you get a relaxing massage when your muscles sore.   | 5<br>When you have had a good workout.   | 8<br>When your boss pats your back for a job well done.  |
| When you get tickets for the movie you are dying to see        | When you plan a holiday  | When you feel the wind in your hair as you run.  |
| 6<br>When your school teacher remembers you.                   | 10<br>When your kid says, "My mom/dad is the best."  | 13<br>When you make it past the traffic light in the nick of time.   |
| When you smell the first drops of rain.                        | When everyone loves your new haircut   | When you see the sunrise   |
| 14<br>When you meet your school friend after years.            | 15<br>When you get the first bouquet of flowers for no reason at all.  | 18<br>When his/her parents give you a warm hug   |
| When you enjoy a sunset  | When your best friend is coming to town.   | When you get lost !! Yes, I do!! I feel happy when I get lost because it's so exciting to discover new places, new things, new people without expectation or anticipation. Weird but true. |
| 19<br>When you wake up in each other's arms                    | 20<br>When you have clocked 10000+ steps on your pedometer without going for your walk.  | 22<br>When you trust yourself more than google maps and you are right.   |
| When you have slept like a baby through the night.             | When you find the perfect dress.   | When you reach home too tired to cook and your Mom-in-law has laid out your meal.  |
| 6<br>When you still fit into your college dress.               | 7<br>When you get your first-morning cuppa without asking for it   | 12<br>When you get a free upgrade in a packed flight.  |
| When you have slept like a baby through the night.             | When you don't have to wake up early.  | When you score a goal  |
| 11<br>When you get a free upgrade in a packed flight.          | When you feel the wind in your hair as you run.  | When you realize that you have found the ONE   |
| When you can finally swim.                                     | When you see the sunrise   | When you realize that you have found the ONE   |
| 16<br>When you get a foot massage or a shoulder rub.           | When you get lost !! Yes, I do!! I feel happy when I get lost because it's so exciting to discover new places, new things, new people without expectation or anticipation. Weird but true. | When you get lost !! Yes, I do!! I feel happy when I get lost because it's so exciting to discover new places, new things, new people without expectation or anticipation. Weird but true. |
| 21<br>When you finished your first ever skydive.               | When you get lost !! Yes, I do!! I feel happy when I get lost because it's so exciting to discover new places, new things, new people without expectation or anticipation. Weird but true. | When you get lost !! Yes, I do!! I feel happy when I get lost because it's so exciting to discover new places, new things, new people without expectation or anticipation. Weird but true. |

It's the journey that gives you happiness to create moments which then become memories. Next, make your own list and celebrate life today.

# One of the best way to help others is to love yourself unconditionally

This might sound like a selfish comment as you read it, but it is truly the key to finding true happiness and stepping into your greatness so that you can share your gifts with the world. When we lack love for ourselves we dim the light that is inside of us. We devalue our true greatness and question our existence. Lacking self-love can cause many challenges in our lives and it is the root cause of most illnesses.

Our inner critic creates the negative self-talk that we internally have and can make us lack confidence, cause fear and anxiety, thus keeping us stuck in life. When we lack self-love, the voice of the inner critic is very loud and it usually bosses us around, causing us to make fear and ego-based decisions in life that often lead us down the wrong path.

Therefore, having a strong loving relationship with yourself is the best way to manage your inner critic so that you can be the best version of yourself and share your gifts to help others.

I didn't quite understand what it meant to love yourself. I was very used to loving everyone around me but I didn't quite get what self-love meant until I was on my own healing journey.

When I was 25, I lost my father to pancreatic cancer. My mom, my brother and I held my father's hand as he took his last breath. Shortly after my father died, my marriage ended and I lost my job. Life was forcing me to wake up. It felt like I was taking off a pair of sunglasses and seeing my life for what it was, for the first time. I woke up and started to evaluate every piece of my life and, most of what my life was, no longer served me. I was unhappy and didn't know who I truly

was and why I kept attracting negative events in my life.

What I realised then was that I lacked love for myself. Everything I did was based on the fear of being abandoned. Every decision I made was based on this fear, and hence, I never did what I truly wanted to do.

Moreover, what I uncovered over time was that I had an unconscious belief that if I am not perfect, I won't be loved, and if I am not loved, I will be abandoned. When I discovered this thought process, I woke up to how I was living my life and started to take steps to remodel this belief. For me, these steps included learning how to love and honour myself.

After my divorce, I was forced to be all by myself which in effect led to being with myself. And, that turned out to be life-changing. I was scared to be by myself because of the thoughts my inner critic was created about me and my situation. I judged myself for being divorced and losing my job and didn't want to accept myself and where I was in my life. After trying hard to fight my reality, the truth of my situation won and taught me how to learn to love and accept myself and where I was in my life.

For me, this meant I had to learn to see my situation differently. For a while, I was in the victim mentality of my situation, but then, I reminded myself about how I took the steps to save myself from a toxic relationship that was bad for my well-being, and a part of that process meant starting my life all over again. This time I could really create a life that was true for me and not fear-based. It was like I was getting a second chance at life with this amplified awareness. Once I could see my situation differently, I became grateful for



everything I had in the present moment and spent all my time and energy focusing on creating my life the way I wanted it to be. I did this by learning how to connect with my true self and practised decision making from this place rather than a place where I was fearful of not being accepted by others. I learned to trust the voice of my true self rather than the voice of my inner critic. In addition, I created a special daily practice of self-love that I continue even today.

Every day I wake up and meditate, take a walk, thank the universe for everything I have, and think about what I want to create. I take time out to exercise, eat healthily and dedicate time for serving others. This practice keeps me in tune with my inner self, making sure I am living my life authentically and in a balanced manner that I am able to help others by sharing my life and gifts that I was meant to do with my time here on earth.



## Teresa Coltrin

*Teresa Coltrin is California based life coach, speaker and writer. She founded 'Let Go, Live' coaching. She is featured in Wayfinder journal in US.*



# Who are we?



**I**t is ultimately you who has to decide what this life is all about. You can pick one of these four choices:

*You are either,  
A human being having a human experience or  
A human being having a spiritual experience or  
A spiritual being having a human experience or  
A spiritual being having a spiritual experience*

As a human being, in our current state, we are limited by egocentricity, cravings, aversions, ignorance, and deficits in attention. A human experience involves ordinary energy exchange that is often guided by self-focus, fulfillment of cravings, and averting aversions. For a large part of our life, we live as if we are humans having a human experience. A few such experiences, however, are necessary, since they provide the nidus of disruptions to help us grow.

Feeling human but experiencing the journey as a spiritual being helps you take a deeper look at life. When an act of kindness drops onto your lap unexpectedly, when compassion comes from quarters you didn't anticipate when you see love in its innumerable expressions directed toward you or someone else – you have a spiritual experience.

Becoming aware that we are spiritual beings is a remarkable step forward. Cravings and aversions are replaced by equanimity, egocentricity gives way to altruism, and ignorance is replaced by deeper wisdom. Awareness that we are spiritual beings initially is transient since we still see the world for what it looks like. Our experiences thus are only occasionally spiritual. In this state, we become seekers, passionate for

growth and enlightenment. We search for different paths that would take us there. A precious few find a path that resonates with them and they are even able to walk on it until a series of realisations happen.

### **What are these realisations?**

That we are all interconnected.  
That we are not just the body and the mind, but an essence that is profoundly deeper.  
That this is true not just for us, but everyone around us.

That there is a sense of purpose in all experiences, good and bad, even if the purpose isn't evident to our mind that is limited by time, dimensions, and paradigms.

These realisations change the way we live. We come to believe that we grow so that we can share more; get disrupted so that we can learn more. We find the whole world around us alive. We are filled with gratitude for the nature that spends enormous resources every day to sustain us. We begin to see aliveness in everything. Thus, in turn, making us feel privileged for all that there is.

We respect and are grateful to our colleagues, friends, and loved ones. We find a deeper meaning in all the animal and plant life in its infinite variety. We revere the cows munching grass so we that can give milk to our children. We find each tree breathing for us. We stop abusing life in its any expression, and instead, are filled with love. We even feel better being connected with the inanimate world.

Once you start progressing on this journey, you will reach a point of no return. That point brings in the complete realisation that

– You are a spiritual being having a spiritual experience.

Pierre Teilhard de Chardin wrote, “We are not human beings having a spiritual experience; we are spiritual beings having a human experience.” I think the truth is even deeper. I think – We are spiritual beings having a spiritual experience. We just don't know it. Waking up to this truth is freedom.

My warmest wishes for today and forever, on your path to freedom.



## Dr. Amit Sood

*Dr. Amit Sood is a Professor of Medicine at Mayo Clinic College of Medicine, Rochester, Minnesota, and serving as Chair of Mayo Mind Body Initiative. He completed degrees in medicine from Gandhi Medical College, Bhopal, All India Institute of Medical Sciences, New Delhi and Albert Einstein College of Medicine, New York. Sood was a first-hand witness to the chemical spill in Bhopal as a medical student.*

# TAVLEEN



Declaration of Opening of  
Tavleen Foundation  
**Oct. 2008**



आओ! सुनाओ तुम्हें एक कहानी  
Story Telling Launched  
**2010**



Gurusri Pattabhiram ji  
**2011**



First Soul Space launched  
**2012**

**Jan, 2009**

Tavleen Foundation  
Launched officially  
Think Green &  
Save Water campaign started



**TAVLEEN FOUNDATION**  
VALUES | AWARENESS | CONTEMPLATIVE STUDIES  
*Let's make a happier & peaceful world!*

**2011**

Meet the Masters  
program launched



**2012**

Smart Citizen  
campaign launched



**2012**

Ms. Purnima Krishnamurthy



**SOUL SPACE  
READERS CLUB**  
*Read. Interact. Grasp*

Soul Space Readers Club  
Inaugurated  
**2015**

**KARUNA-PARIVESH**  
*...An altruistic way for sustainable harmony.*

Karuna Parivesh Campaign  
Started  
**2015**



Ms. Madhuri Bannerjee  
**2015**



Ms Shalini Singh  
**2016**

**2015**

Happiness Institute  
Started



**2015**

Sri M.



**2015**

Dr. Deepak Ranade



**2016**

Ms. Akanksha Puri





# TIMES



Life & Mind Talks started  
**2013**



Dr P. V. Vaidyanathan  
**2013**

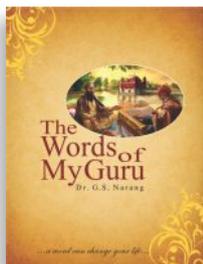


"Understanding"  
Book Published  
**2014**

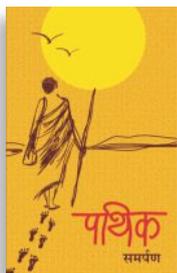


Mr. Krishna Raj  
**2014**

**2013**  
"The Words of My Guru"  
Book Published



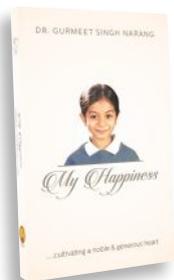
**2014**  
"पथिक"  
Book Published



**2014**  
Padma Bhushan  
S Jasdev Singh



**2014**  
Swami Samarpanananda



"My Happiness"  
Book Published  
**2016**



Sir Mark Tully  
**2016**



Swami Krishna Premananda  
(UK)  
**2017**



"Save Innocence in Life"  
Launched  
**2018**

**2016**  
Ms Bhagyashree Dassani



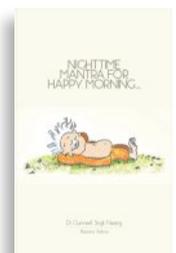
**2017**  
Ms. Richa Anirudh



**2017**  
Swami Anubhavananda  
Saraswati



**2018**  
"Nighttime Mantra  
for Happy Morning"  
Book Published





# Are You Okay?



Happiness is something we all consciously seek in life. One of the many ways to experience a sense of happiness is routed through the relationships we share with ourselves and the significant others of our life.

From the time of Adam and Eve, the human species have engaged in social relationships. While fulfilling the basic agenda, these relationships also bring along their fair share of struggles.

Our society perpetuates the notion of 'fairy tales', however, the real reason why fairy tales give us an illusion of a happy ending is that they end as soon as the actual relationship begins!

In my therapeutic practice, I'm often asked, "What is the secret to fulfilling and happy relationships? Why am I so dissatisfied with my relationship?"

The mantra is simple. The secret to fulfilling relationships depends on the perception of ourselves and the significant other in the relationship.

Dr Eric Berne teaches us that the dynamics shared between two people is based on four life positions. These positions dictate our worldview through which we determine how much we value ourselves and others around us.

Dr Berne, in his theory of transactional

analysis, suggests that life positions consist of two dimensions: 'Me' and 'You' as the first dimension and 'Ok' and 'Not Ok' as the second dimension. An interplay of these two dimensions results in four basic life positions, which are:

These life positions have a great impact on the way we communicate with others. Let us look at them in the reverse order:

### **I'm not ok, You're not ok**

A few weeks ago, I met a couple who were married for many years and had come for marital therapy. On talking to them, the husband confided that he wished to end his life, saying "I'm not good enough and I feel she enjoys pointing this out to me all the time. I can't take it anymore."

Before I could say anything else, he added: "Our marriage is hopeless and so is my life."

This is what we call the position of I'M NOT OKAY-YOU'RE NOT OKAY in which there is non-acceptance of others as well as of the self.

A person in this life position is often uncooperative in communicating with others, leading to the feeling of hopelessness or helplessness about almost everything in

life. This is a relatively rare position but may occur when people unsuccessfully try to project their bad object onto others. As a result, they remain feeling bad about themselves, whilst also perceive others in a negative light.

### **How does one come out of this state or life position?**

The idea is to start walking on the path of Unconditional Acceptance of Life, which you can begin, by practising **Gratitude**.

### **SOME GROUND REALITIES OF LIFE**

1. Life doesn't always work out the way that I'd like it to.  
I wish I had a crystal ball so I could predict life and make it the way I want it to! No such thing happens!!
2. There is no reason why life must go the way I want it to. And, there are no laws in the universe to support my demand!
3. Life is not necessarily pleasant but it is never awful and it is nearly always bearable. Tomorrow is going to come one way or another, how will do I choose to see it.

\* source - [www.albertellis.org](http://www.albertellis.org)



### I'm not ok, You're ok

#### Imagine this:

A specially abled child joins a new school, enters a new environment, meet new students and new teachers. Everyone around the child is curious and have questions simple enough to break the young child from inside. "Will he/she be able to swim? Will he/she be able to dance?"

Seeing everyone look at him/her, all that the child is able to think of is, "Why me...? Is there something really wrong with me? Maybe I'm not okay like everyone else is?" These doubts popping in the head hold the ability to break that young child's confidence, exactly how the snow starts crumbling after an avalanche. Steadily but with a huge impact. A decline in self-esteem soon follows, and every single day becomes a struggle.

This brings us to the second life position - I'M NOT OKAY – YOU'RE OK in which one loses confidence in himself/herself and feels worthless. This position can be exemplified by someone who says "You are fine, but I need to work on myself, I am not acceptable the way I am."

This life position thus indicates acceptance of others, but not of self. A person in this life position lacks self-confidence, thus becoming vulnerable to being taken advantage of by others.

Struggling with thoughts and ideas about myself on a particularly rough day, I randomly reached for a book in my mother's bookshelf which has always been a go-to for me. It taught me the art of loving and accepting myself just the way I am, with no conditions applied.

Thus, when faced with this position, you ought to remember that while one may have their own flaws, one also has reasons to love oneself. The self just waiting to be found.

Consciously decide to separate your emotions from the criticism you receive from yourself or others.

Thus, the next time you come across any criticism or rejection, slow down and ask

yourself: "Is this really about me or could it be about the other person or the situation?"

### I'm ok, You're not ok

I am sure that most of us remember the actor, Boman Irani who played Dr Viru Sahastrabuddhe (nicknamed Virus), a strict director of an engineering college from the Bollywood movie 3 Idiots. He stubbornly was stuck to a doctrinal method of teaching, which put him at odds with the protagonist and all others around him. The portrayal of the character emphasised the notion of 'my way or the highway'.

In spite of being such a knowledgeable man, was he really happy?

This is the position of I'M OKAY – YOU'RE NOT OKAY, wherein while the individual sees themselves as good or even great, somehow express isolation and dissatisfaction with others in life. This life position indicates a self-worth of self but not others, ie. "my ideas and values are OK, whilst yours are not". This position subsequently leads to a state or situation where, in a world full of people, the individual finds no one to connect with.

The secret to forming deep and genuine connections is to accept others just the way they are. Whenever you feel that you're finding it difficult to accept someone or their ways of doing something, *try to look for at least one facet to them that you appreciate and express it to them.*

### I'm okay, You're okay

Now that we have explored the unhelpful life positions, what is the helpful one?

I find this exemplified by the character of Mr Bean.

Despite his weird and eccentric ways, the essence of Mr Bean's character is that he loved himself and didn't let others get him down. As a result, he made millions and millions laugh. This is what we may call the ideal life position of I'M OKAY – YOU'RE OKAY.

This position indicates the realisation and acceptance of our self-worth and the worth

of others. A person in this life position is at peace with themselves as well as others. In general, this position upholds cooperation and good communication with others. This is the only life position that facilitates personal growth and development. This ideal life position banks upon the belief that "I have my pluses, you have your pluses; I have my minuses; you have your minuses". This acceptance of our own and others' individualities thus promotes the wholesome functioning of an individual in the larger context of relationships. The good news is that we keep swinging from one life position to another and thus we get to actively choose the life position in which we want to be in.

In this view, happiness in relationships is to unconditionally accept yourself, others and life.

And in this part of life, YOU WILL BE HAPPY.



## Prachi Agrawal

*Prachi Agrawal is a Transformational Psychologist and TEDx speaker with expertise in Personal Counselling and Psychotherapy. She is the founder of a Mental Health Foundation, 'Disha to life', as well as an empanelled Counselor with the Indian Institute of Management Indore (IIM Indore). She is trained in REBT, CBT, SFBT, Transactional Analysis, Pre-Marital and Marital Therapy, and is a Qualified Jiva Practitioner. She is member of Tavleen Foundation.*



# The Essence of Love

"Love more deeply today... just because..."

Love is one of the most talked about themes on earth. Unlike emotions that come and go, love is a constant. Even though it changes in intensity and goes from one person to another, it remains constantly in our lives.

Many decisions are based on love. Songs are written about love and most of the greatest movies and books of all times are about one thing, love.

Love is the grounding force of life. It is what inspires us to learn, to grow, and to evolve. With love, and through love we get to experience some of life's greatest teachers - anger, sadness, joy, elation, fear, happiness and ecstasy.

Through these emotions, we learn the importance of love and the reason for love. The reason we endlessly search for the 'perfect' love is so that it doesn't ever hurt us or allow us to feel sad.

Because we have loved, we inevitably know loss and sadness. This loss and sadness is proof that we are blessed because we have experienced a love so grand that it hurt when it was 'lost' through the myriad of ways love is 'lost'.

The first truth is, love is palpable and it is never lost, it just changes form. The love that we have had the privilege of experiencing will continue to exist long after our physical life is over.

The second truth is, love NEVER hurts. It's the fear of losing love that hurts. The absence of love aches the most, it may even be the conditions that are imposed by others that hurt. That, I believe is never really loving.

The good thing is that our life is always leading us into experiences where we get to experience deeper love or purer love, like the

love of a child, or the divine love when we see a baby for the first time. These are the moments of grace that are gifted to us.

Every moment in life is leading us to love:

- That's why kindness enriches the soul.
- That's why laughter fills our heart with spirituality

Ways to incorporate more love into our everyday lives:

- When you need to make a decision, always choose the option that brings you closer to love because it will lead to a life filled with much more happiness, clarity, and flow.
- We all have a purpose in life and although all life purposes vary, the one thing that every soul is here to do is to spread the love.
- Sometimes love makes us feel uncomfortable. So, *if today you can't choose love, choose kindness*. If you are not in the mood for either of these there is always a tomorrow. Never stop trying, baby steps always lead into big adult strides.
- Always try to speak words of love. People often remember the words that hurt them the most, but words of love leave an imprint forever on their soul. We have the power to make someone's world better than before because of our ability to love, it will never go unnoticed.

It's the simple things, like the richness of love that brings us the greatest joy in life. Love allows us to see the God's greatest artwork on display in our everyday lives.

Our soul shines the brightest when we express our love and because we are wired to love and be loved, it feels awful when we involuntarily start acting against this natural tendency.

When we have lived a large portion of our lives in fear mode, it is sometimes hard to



live with love. Keep trying, eventually, you will begin to live every day with a love so strong that it will send waves of love to those who don't have the strength to love. Love will become the healer. Begin with loving consciously... end with love.

And remember the road to love always ends up at the same destination... love.



## Kylie Riordan

*Kylie Riordan is the author of 'When Soul is Life: Life Transforming Wisdom from the Heart of the Soul'. Kylie is a catalyst for kindness, published poet, And healer. She is based at Brisbane, Australia*



# Happiness and Heart Health

*“Dear heart, please stop getting involved in everything. Your job is to pump blood, that’s it!”*

Indeed, if we would just allow our hearts to only do its own work, it would probably remain healthy for several decades. But we can’t help it! We think too much and make our heart suffer through various emotions.

We all know heart diseases occur largely because of improper lifestyle. We have adequate information about heart-friendly habits like knowing to eat, avoiding tobacco, regularly exercising, keeping our blood



pressure, cholesterol and sugar level in check. However, less than one-third of us actually follow all these! What can explain this paradox?

Clearly, there are certain other factors at play. When we are not at peace with ourselves, we tend to search for outside pleasures - the sources of which may not be always healthy! Frequent dining out, late night parties, addiction to alcohol, tobacco, etc are few such examples. It is not easy to get up early in the morning for physical exercise or Yoga if one is not in a happy and relaxed mood.

On the other hand, a good and cheerful mood may prompt us to follow a healthier lifestyle. With a genuinely peaceful state of mind, we don’t have to pursue happiness via various addictions. It becomes easier for us to sleep on time, get up with energy in the morning and follow a healthy schedule.

By and large, we are fearful people. The outside world makes us feel unsafe. We continually strive for some kind of security. We tend to run for ‘more’ while ignoring what we already have. All these attributes have an adverse impact on our health. We all may have various challenges in our daily lives. We react to them with our conditioning, our thoughts, and our emotions. How often overreact! Our thoughts are countless, repetitive, forceful, compulsive. Indeed, more people might suffer from thought attacks than heart attacks!

There are so many people around us who have smaller bank accounts and yet more frequent smiles than us. Maybe we can learn something from them. We should try to keep our sources of happiness natural and simple.

We do not understand the molecular basis of a lot of diseases. We can treat only infections and very few other illnesses. Despite all the medical advances, we are yet to find a cure for most other ailments like high blood pressure or heart disease. There are serious patients who, despite statistically meager chances of survival, continue to come for their follow-ups in good health and smiles for many years! On the other hand, there are others who keep deteriorating despite the best medical care.

Indeed there is enough scientific evidence to indicate a strong link between mind and body. There is a significant impact of our thinking on our heart’s health. Positive and cheerful people with some belief system often have healthier hearts. Even if they do develop a disease, they often recover fast. On the other hand, patients who are fearful, nervous and skeptical tend to recover slowly.

Laughter, physical exercise, and positive mood - all release chemicals called endorphins (self-healing hormones) which promote a rapid recovery. Anger, fear, and jealousy can make us age faster. They induce the release of catecholamines and other harmful chemicals. Blood pressure, diabetes, heart attacks, strokes and various other

diseases rapidly progress in response to these chemicals.

A data from a 75-year-long Harvard University study showed that social connections and interactions were the most important criteria to live healthily and happily. It suggested that these factors were even more important than cholesterol levels in a middle-aged man!

Just a regular health check-up in any five-star hospital doesn’t guarantee us a sound health. One may assume this is the end of one’s responsibility for his or her health. Money can’t buy us good health. Good health is a combination of good genes, a healthy lifestyle, and a cheerful mood.

There is clearly a strong link between a happy and peaceful life and sound heart health. More people need happiness pills than heart pills! Let’s start the day with a smile. Let’s not hold a grudge or anger. Let everyone be in our prayers. Let’s be grateful to God that our heart is still beating.

Let’s make the best use of it!



## Dr. Bharat Rawat

*Dr Bharat Rawat is working as an interventional cardiologist and life style specialist at Medanta Hospital Indore. He is a writer and well known speaker on health issues. He is one of the mentor of Tavleen Foundation.*



## A Pocketful of Smiles

# How I Rebuilt My Life from Rock-Bottom

**W**ithout a doubt, we all seek happiness. My perpetual search for happiness began sixteen years ago when my mother left home and never turned back. Since then, I developed a stoical way of being able to cope with my rollercoaster life, which repeatedly took me through experiences that caused extreme sadness. Merely two and a half years ago, life finally took a good hard swing at me and knocked me down—all the way down—to rock-bottom. My entire life crashed to the floor as I sat defeated, unable to recognize the person staring back at me in the mirror. The only way left to go then was up.

At that point, I was awfully far from achieving any degree of happiness, still, I relentlessly continued my search for it. One beautiful December morning, I had an epiphany—why was I searching for happiness? I couldn't find happiness; it was not a goal to be achieved, I had to create it. It is said that happiness comes from a life well lived—my life was nowhere close to being 'well lived' but I was insistent on making a change. That December, I stood tall, faced my fears, and took control of my life once and for all. I started to rebuild it bit by bit each day, by doing meaningful things to nourish my mind, body, heart, and soul.

### **Nourishing My Mind—Changing the Way I Think**

When I changed my mind, it changed my life making me realize how powerful a weapon the mind can be. By opening my mind to change, I developed the ability to shift perspective, to identify and eliminate negative states of mind, and to replace it with positive ones. I achieved this by reprogramming my mind with positive affirmations, inspirational quotes, philosophical books and personal development talks. I formed a new habit of mindfulness by taking control and staying in touch with my inner thoughts and emotions,



making conscious decisions, being aware of my attitude and response towards people, and remembering that my happiness depends not on situations, but on how I responded to those situations. I regularly practised meditation which calmed my mind and helped me to maintain clarity and focus, making it easier to be mindful. Being mindful and keeping a positive frame of mind played an enormous role in influencing my happiness.

I also began practising gratitude daily, as it is said to increase happiness. I started a gratitude journal and got into a habit of recording something every day that I was grateful for. This contributed to my happiness because it made me appreciate the things I had and lose focus from what I lacked. It encouraged me to see the bigger picture and recognize that life is too precious to spend it fretting over trivial things. While I had developed an appreciation for what I already had, I still wanted to grow. William Yeats said, “We are happy when we are growing”—I injected this philosophy into my life to gain more happiness. I followed a simple motto: To be better today than I was yesterday; better in any way—whether it meant reading one page, learning one new thing, or getting one step closer to my goals—any extent of growth made me happy.

#### **Nourishing My Body—Living a Healthier Lifestyle**

Although studies show that increased levels of regular exercise are connected to higher levels of happiness, health and fitness seemed insurmountable to me and were not an option. However, as issues of self-confidence and lethargy heightened, my happiness started to dwindle; I had to find a solution to live a healthier lifestyle. With some determination and effort along with three simple changes—eating healthier foods, prioritizing time for exercise and getting sufficient rest—my happiness drastically increased.

I improved my eating habits by simply finding healthier ways to enjoy the food I love, which included, making more conscious choices at the supermarket, preparing my own meals, drinking more water daily, and controlling my sugar intake. I made regular exercise a priority and scheduled it into my week. Eventually, what

started out as a short-term health and fitness goal transitioned into a long-term lifestyle change. To me, the benefits were a lot more than just getting in shape—it boosted my self-esteem and energy level; I felt healthier, slept better, and had a happier as well as more peaceful frame of mind. I also gained similar benefits and found myself to be in a much brighter mood by getting sufficient rest (7-8 hours of quality sleep every night).

#### **Nourishing My Heart—Cultivating Healthy Relationships; Practicing Compassion and Kindness**

It’s no secret that relationships are essential for our well-being. A major study revealed that the happiest people are those who cultivate strong, healthy relationships. A substantial part of rebuilding my life included getting out of unhealthy relationships and fostering meaningful ones. Surrounding myself with uplifting, supportive people and forming strong relationship bonds have been major contributors to my happiness.

To further nourish my heart, I got into the habit of being kind and practising compassion. Research has shown that people who perform simple acts of kindness report being happier. Doing random acts of kindness became a priority in my everyday life which inevitably produced tons of happiness. Researchers also identified that compassionate service to others is a key characteristic shared by many of the world’s happiest people. By being compassionate to others, my mind adopted a broader perspective that allowed me to see my petty problems in a more realistic proportion. Things that once caused me sadness reduced when I practised compassion. I concur with the Dalai Lama’s well-known truism, “If you want others to be happy, practice compassion; and if you want yourself to be happy practice compassion.”

#### **Nourishing My Soul—Having Fun Experiences and Enjoying Life**

Having fun experiences and enjoying life became a staple while rebuilding my life. Research shows that regularly having fun is a key factor to have a happy life; people who have fun are twenty times as likely to feel happy. Everyone’s idea of fun is different. My fun didn’t include partying or doing extravagant things in large groups. Instead, I

focused on doing joyful, meaningful things with those whose company ignited my soul.

While having fun, I tried my best to stay in the present and live the moment. I spent more time outdoors—taking walks on the beach, soaking in the warmth of the sun, feeling the freshness of the air, watching gorgeous sunsets and literally stopping and smelling roses. I created immense joy in my life by simply experiencing and appreciating the full essence and true beauty of life all around me.

Lastly, it became a necessity to spend time in solitude at least once a week. I used this time to refresh and reset my soul by doing simple things I’m passionate about, like gardening, writing, or enjoying a scented candle while reading. Research shows that making time for a passion brings a tremendous happiness boost, it certainly did for me.

By nourishing my mind, body, heart, and soul, I rebuilt my life from rock-bottom. Bit by bit, I drifted away from sadness, lethargy, defensiveness, disinterest, low self-esteem, and resentment, and moved towards feelings of light-heartedness, compassion, gratitude, kindness, and most importantly, happiness—or as I call it—a Pocketful of Smiles.



## **Candace Bisram**

*Candace N. Bisram is an Engineer, Writer, Certified Life Coach and Blogger based in Trinidad and Tobago. In her blog—Pocketful of Smiles—she writes about creating happiness and living a meaningful life through nourishing the mind, body, heart, and soul.*

A person is silhouetted against a bright, golden sunset sky. They are standing on the peak of a dark, jagged rock formation. Their arms are raised in a gesture of triumph or joy. The background shows a range of mountains under the warm light of the setting or rising sun.

Be an encourager  
to your own self.

*"I am a divine presence of light,  
I am a divine presence of peace."*



I have travelled the world as an International Model and has acted on theater plays and for many advertisements all over the world. I have worked for big corporate companies on sales and marketing. I started modelling when I was 13 years old and has seen the challenge to deal with criticism, superficial and surreal beauty standards, hence found herself with depression, low self-esteem and eating disorders. Years down the road I saw emotional life and health crashing due to stress, unhealthy nutrition and sleep deprived corporate work, I found out a psychosomatic disease which has taken me to study and develop practices that would minimize emotional and psychological stress cause and effects at CNS level. I started learning yoga, superfood nutrition, meditation and healing therapies. With the help of a spiritual meditation teacher Respected Guruji Maria Cristina Barbosa, in Brazil I launched myself in a journey of faith, surrender and self-love discovery. I as model and professional theatre actor likes to join creative work and a spiritual holistic approach in my own life through yoga, meditation, nutrition, sports, self-love and community work.

Through my good life learning practices I learnt a beautiful practice of feeling my true self through breathing practices. To go inwards and feel your true self, for that you just need one conscious breathe. Exactly one single breath can bring you to the gift of this moment called life. Now just imagine what a couple of breaths with closed eyes can bring you? You can have miracles! You can have feeling of bliss.

Deep breathing can do so much more than we can possibly imagine, it brings our awareness to the miracle of life happening every second in our body.

I challenge myself every day, in the morning I close my eyes and allow myself to take 6 deep breaths. And after it, slowly, I go to the mirror and speak 3 good things I love about myself and at least 5 things I am grateful for in my life. This makes my whole day joyful. In our routine life we have stress, expectations, traffic, attachment, unhealthy relationships, unhealthy habits, targets, rat race, bills and bad

behaviour of people around us, these are the things that has transformed human beings in living machines. But we are not machines, we co-exist and we are co-creators with God. Unawareness in life can bring us to places and in situations we did not wanted to be in, and these may cause suffering. But life is beautiful as well, when you fall back in love with yourself.

Melody Beattie in the book Beyond Codependency, beautifully describes beautifully about the next step when we are in suffering or pain. She mentions something that deeply caught my attention: "We go back...we must go back to the beautiful and exuberant, authentic, happy, pure, naive, kind adorable child that we once were and is still deep within us. When we find her, we will love her, cherish her and never ever let her go again."

I remember the child in me always encourage me to feel the unlimited joy. It is a beautiful meditation exercise that might change your life, as it has changed mine. In a meditative state visualise yourself as a child. See your adult version taking care of your child version. You will surely feel the change. As a personal experience, this blessing happened to me twice: in a Deep Yoga Practice and in one of my Spiritual Retreats with my Brazilian Meditation Teacher. And I am sure you will find a beautiful path into it. There aren't any rules to do it, just follow the breathe and feel the child.

To meet the purest essence of your child, it is an outstanding experience and it can just teach you a lot.

We have different experiences in life sometimes we are winners, or survivors or sufferers but we are granted the biggest thing, which is life. It is on us to be grateful in all times. Sometimes it isn't that easy to be truly grateful when we are caught up in a cyclical routine. Actually, more than a word, gratefulness is a state of being. And can be worked on, believe me. If you can't find something to be grateful for right now, try changing the view, the mindset, the food, start a new work out, move away from negative people, drink more water, give and receive real hugs, the flush of endorphins will just make you say thank you

indeed. One golden key to unlock a new world of blessings is to be grateful for what you have. Be kind and grateful to everyone and yourself in this life journey.

Once I read this quote and it really resonated with me: *"This world has enough critics already, be an encourager."* And I became an encourager to my own self. I am my own best friend, I spend time with myself, for my hobby, I always encourage myself for better things in life. Do you encourage yourself? Have you taken special vacation for yourself? Have you ever taken yourself on a date? What would you love to do by yourself right now? What brings joy to your heart? All you need is to love yourself and enjoy your own company in order to move ahead in life. Loving oneself is the key to love others and it brings healthy relationships in life.

I am passionate about everything, specially with the sun, so I resonate with sunsets and sunrises. Truly feel grateful to have the opportunity to be in that exact moments where time stands still, nature takes over and grant us with the reminder ephemeral quality of time and space. I truly feel recharged by these, you should also try these to have beautiful and happy life.



## Agatha Figueiroa

*Agatha is model, actress and inveterate optimist. She belongs to Brazil.*



## Jack Stephens

*Jack Stephens is a US based business leader, bestselling author, and personal transformation mentor. He is CEO, Soul Self living, Inc. He has written the spiritual transformation guidebook, "Soul Self: How to Tame Your Mind, Uncover Your Blueprint & Live Your Soul Purpose"*

# 31 Ways to Celebrate Your Soul Self

**Y**ou know that good feeling when everything in you feels aligned and life is flowing forward with focus and ease? Or, the bubbling joy you feel when someone you love succeeds at something they've worked hard for and you can't help but jump, shout, and cheer them on? How about that richly poignant feeling of grace and surrender when a situation is clearly out of your hands, such as when a friend is suffering, sick, or dying, and you have the faith and presence to care for them with

love? Or, those feelings of wonder and awe when you witness the birth of a child, a new litter of wriggling puppies, or a whale or elephant up close? These are moments when we celebrate being alive because we are so fully present. Here. Now.

Moments like these are when you are most expressing as your Soul Self: body, ego-mind, and Soul are balanced, aligned, and acting as one. What if you could always be this present, aware and full of feeling? That

would be worth celebrating, right? What's stopping you?

You aren't alone if you find it difficult to remain at this level of present awareness. Most of us struggle to find a moment like this in a month or a week, much less every day. So, what could you do differently to experience this more often? Put your Soul in charge. How do you do this? Celebrate your Soul Self!

Here are 31 ways you can Celebrate your Soul Self every single day of the month!

|  |   |   |   |
|--|---|---|---|
| <p><b>1</b> Today, Share your happiness, joy, excitement, and passion with the people around you.</p>                           | <p><b>2</b> Today, Allow yourself to love fully, completely, and unconditionally. Don't hold back.</p>                             | <p><b>3</b> Today, Meditate, and find the peace and love at the center of your being.</p>                                      | <p><b>4</b> Today, Nourish your mind with healthy, uplifting, and empowering books, music, movies, and other entertainment.</p>  |
| <p><b>5</b> Today, Find what inspires you, thrills you, and fulfills you, then incorporate more of those things into your daily life. These activities will point you in the direction of your life's purpose.</p> | <p><b>6</b> Today, Take the time to learn from your mistakes. Examine your errors and make necessary changes. Grow in wisdom.</p>  | <p><b>7</b> Today, Let love in. Allow others to appreciate you. Allow the beauty of nature to affect you. Trust in the inherent goodness of life.</p>   | <p><b>8</b> Today, Turn down the volume on your mind's voice and turn up the volume on your Soul's. Listen with your heart.</p>  |
| <p><b>9</b> Today, Be mindful. Be present. Take responsibility for the energy you bring into a room. Center yourself before you speak. Connect heart to heart, soul to soul.</p>                                   | <p><b>10</b> Today, Nourish your Soul with peaceful moments alone and fun moments with others.</p>                                 | <p><b>11</b> Today, Look at how you can shift from dependence to independence, and from independence to interdependence. Take actions that evolve you into greater emotional maturity and community-mindedness.</p> | <p><b>12</b> Today, Be of service. Volunteer your time and skill to help others.</p>   |



|   |  |   |  |
|---|--|---|--|
| <p><b>13</b> Today, When you feel stagnant, get moving. Take a walk outdoors. Sometimes a little movement is all you need to gain clarity and momentum.</p>                                    | <p><b>14</b> Today, If you need help, get it. Pay for it, barter for it, or collaborate on it. We're in this life together. You don't have to do it all by yourself.</p>   | <p><b>15</b> Today, Care for animals. Practice being affectionate, caring, protective, and providing. Love unconditionally. Keep going. Once you have the hang of it, practice loving a person in this way.</p> | <p><b>16</b> Today, Examine your attachments to your beliefs. Let go of those that do not serve the highest good. This is the path to real freedom.</p>  |
| <p><b>17</b> Today, Grow some food. Grow sprouts, a container garden, or a backyard garden. Discover how fulfilling it is to care for your body by being involved with the food you eat.</p>  | <p><b>18</b> Today, Use the practice of growing things to give you a direct experience of the phases of planting, growth, ripeness, death, and decay (compost). Learn to appreciate the value of each stage. Apply this to everything.</p> | <p><b>19</b> Today, Be mindful when someone else is struggling with something you are good at. Teach them or help them out, reinforcing your own mastery in the process.</p>                                    | <p><b>20</b> Today, Play. Horseplay with a child, play with a dog, be silly with your mate, have an adventure with your friends. Have fun.</p>  |
| <p><b>21</b> Today, Explore ways you can live more naturally, sustainably, and regeneratively. Become a more conscious steward of our shared natural environment.</p>                        | <p><b>22</b> Today, Give your all, do your best.</p>    | <p><b>23</b> Today, Make the person more important than the concept. Keep your heart open when you disagree with someone. Let go of attachment to 'who's right' and seek to find 'what's right' together.</p>   | <p><b>24</b> Today, Heal your past. Design your future. Get help from a therapist, counsellor, coach, or a spiritual partner if you struggle to do this on your own.</p>   |
| <p><b>25</b> Today, Practice kindness when you interact with others. Share a smile, offer a helping hand, give a genuine compliment. Lift their spirits.</p>  | <p><b>26</b> Today, Build your wealth. Take good care of yourself. Enjoy your prosperity. Be strong.</p>    | <p><b>27</b> Today, Keep your energy positive and your intentions loving and see how much more effective this is than hate, fear, or fighting against what you don't want.</p>                                  | <p><b>28</b> Today, Discern more, judge less. Find what works for you and allow others to do the same for themselves.</p>                     |
| <p><b>29</b> Today, Share your wealth. No matter how rich or poor you may be, be generous with your love, your praise, your time, your goods, and your money. Be caring.</p>  | <p><b>30</b> Today, Seek opportunities to collaborate with like-minded people. Invite others to join with you in accomplishing your shared vision.</p>  | <p><b>31</b> Today, Celebrate your successes, small and large. Fully enjoy the moment, then move on to the next.</p>  |  |

I leave you with this quote from The Ancient Ones, channeled by my wife Stacey Stephens:

**"Wherever you are in the stages of your life, YOU are your greatest responsibility. When you have taken the time to become your highest potential, you then have more to offer to others. So, take the time to uncover your blueprint, your purpose, your Soul's reason for incarnating. Once you know who you are, you will naturally attract yourself to others of like-mind. Building momentum becomes easy, because of the trajectory you create with Self-awareness. Call everyone and everything that will assist you in your Soul's expression. Become your true Self, your Soul Self."**

# CONSTRUCTING STABILITY

With impregnable engineering expertise, **Pre Fabricated Steel Structure**, solar power supply, sophisticated interior, state of the art equipment together with strong network.



## INDUSTRIAL

Factories • Workshops  
Warehouses • Cold Storage  
Car Parking Sheds  
Bulk Product Storage  
Process Plants



## COMMERCIAL

Showrooms • Distribution Centers  
Supermarkets • Fast Food Restaurants  
Offices • Toll Plaza • Labour Campus  
Service Stations • Shopping Centres

## INSTITUTIONAL

Schools • Exhibition Halls  
Hospitals • Sport Halls  
Theatres/ Auditoriums



## AGRICULTURE

Dairy Farms • Green Houses  
Grain Storage



**Dynamic Infracab Pvt. Ltd.**

We fabricate your dreams **Engineering | Fabrication | Technology**

**Manufacturer of Pre Fabricated Steel Structure, Industrial Shed, Transmission Line Tower & Engineering Fabrication Work**

Plot No. 49-A/50-B, Sector-F, Sanwer Road, Indore, 452015 (M.P.)

Ph: 0731-4047229 | Email: [dynamicinfracab@gmail.com](mailto:dynamicinfracab@gmail.com)



As per Aristotle, the purpose and aim of all human existence is happiness. While I subscribe to this view, it doesn't imply that you spend your life chasing happiness. It means that you live your life in such a way that happiness descends upon you, surrounds you and you enhance the happiness of all those with whom you interact.

There are many facets to life's journey. One of the most important contributors to happiness is fulfilling your own potential and helping others to achieve theirs. It's important that while doing this, you recognise your own strengths and limitations and set goals which are achievable maybe with a little stretch. You enhance your capabilities and potential with the right partnerships. The blind pursuit of success which can drive you into the misery of non-fulfilment is not the recommended path.

In your life's journey, everything will not



work out as you expect it to. There will be failures, and ups and downs. The approach to deal with these is to exercise your resiliency and courage. When you fall, pick yourself up and proceed with your journey. Good health contributes enormously to a sense of well-being. Yet, one doesn't know what cards life is going to deal us with.

Stephen Hawking didn't know he would be afflicted by a crippling motor-neurone disease. Not knowing how much time he had remaining, he accelerated his life's work. As Dr Hawking said, "I want to show that people need not be limited by physical handicaps as long as they are not disabled in spirit". It is this attitude and mindset which enabled Malathi Holla, an International para-athlete from India, to win many awards and declare, "I am the happiest person in the

# The Journey of Life

world" in spite of being paralyzed from the waist downwards. Likewise, Dhanya Ravi radiates cheer and gratitude in spite of having osteogenesis imperfecta.

During the course of your life, you will meet people who, willingly or unwillingly, hurt you or cheat on you. The attitude you require in encountering such experiences is forgiveness. You need to forgive for the sake of yourself and your own wellbeing. In this context, I marvel at Rahul Gandhi's statement that he and his sister Priyanka have long since forgiven the killers of their father.

Other emotions to be avoided include envy, resentment and jealousy. Giving, rather than receiving, is a key contributor to happiness. Bill Gates, Warren Buffett and Azim Premji are names which come to mind as examples of people who have given generously and inspired thousands of us to also do our bit for charity.

Giving doesn't have to be only when you have vast amounts of money. The mother-in-law of my sister, Usha, lost her two sons during her lifetime. Though she had little to make both ends meet, she always earmarked a monthly sum to give away to charity.

Does deep faith in your religion add to your happiness? Belonging to a community certainly creates a sense of belongingness and trust. Unfortunately, religion today has also become a divisive force. The desire to impose one's religious beliefs on others outside the pale leads to conflict. Misguided interpretations of religion lead to terrorist acts, lynching and a fear of the other. While the vast majority of each faith derive support and happiness through the same, a few fanatics and extremists have a disproportionately high impact on peace and

security. Whether you believe in God or not, we should look for the God within ourselves and in others. As Mohan Rao says in his book 'Reflections' - "Don't we meet God everywhere, all the time? In the face of an innocent child, in nature, and in our parents' benevolent nature, as they give everything to their loved ones with no expectations?"

Finally, happiness is all about human relationships: with family, friends, your social circle, and your larger corporate family. The basic fabric of society is being torn apart by families being torn asunder. As we grow older, we will all experience the loss of a loved one. How do different people cope with such situations? Some of these aspects are thoughts and issues I want to explore in deeper depth in a planned book on happiness, as there are no easy answers.

In conclusion, I would just urge the reader to continue their journey through life with peace, honour, care, gratitude, love, forgiveness and lots of happiness.



**Ashok Soota**

Mr Ashok Soota is a writer, speaker and chairman, Happiest Minds Technologies, Bangalore.



# Celebrate Life

**'Life is a journey, awe-inspiring, with twists and turns, flavoured without human's intervention.**

**It is a box of happiness, ready to spring; just give it a push of love and every day celebration!**

I often find people torching the light of their curiosity in search of reasons to celebrate. We need a reason to find our happiness. We need reasons to feel special. We need reasons to celebrate in life. We wait for birthdays, occasions, anniversaries, achievements and success to celebrate. Why? Because these events call for celebrations! The remaining days are just 'a routine'! I believed in the same theory until I realized how pathetically we are being reluctant and ignorant of life.

It is an instance from the last rain when I was driving my car amid a heavy thunder. I was one of the most anxious drivers that day, blabbering out complaints about each and everything coming in my way during my journey. The roads, the drains on the road, the traffic, the rain showers everything was a big problem, I desperately wished shouldn't have existed! Suddenly my disturbed eyes were caught by one such view which in no time made me realize how big pity my attitude towards life deserves. While every one of us was stuck in the jam, a middle-aged man on a bicycle, wearing a torn pale blue raincoat was crooning a rain melody for his blind son sitting behind him. The boy was trying to feel and search something in the rain with his hands. He had a big smile on his skinny face. Though, he was not fortunate enough to watch the drizzles, but his father's efforts to make him feel how watching rain feels like covered up for that. It was visible how he could figure the beauty in every drop without any regret of not being blessed with windows to look at this beautiful world. He could have framed what miracles these falling showers can do. With a sigh of guilt, I thought deeply. Who was

more into living? He, who was enjoying his black and white life or we, who have numerous complaints about our colourful life?

Often this truth comes in front of us, that we are breathing to pass the time in life, busy in pointing faults with it, forgetting that life is to live. To live and to replicate smiles, to exchange joys and to celebrate every blessing bestowed upon us. We are blessed with good health, a roof on the top, proper melas two times a day, every sense working perfectly fine, a heart pumping life into us flawlessly every second, and a brain which has the ability to think, to judge, to perceive and to understand the vitality of life. A perfect package of reasons to celebrate life! If unprivileged souls can celebrate even their imperfections, then I would ask for one reason that why we people need to miss celebrating our life!

I always vision life just like a celebration which is expected to never show its end, because we never welcome the end to any celebration when we really enjoy it. The idea of flowing with the flow needs to be put on rest when it comes to the celebration of life. We celebrate when we are happy and we are the most happiest when we deal with waves flowing against our consent. So if you are not among the dead fishes, you will get a reason to celebrate every time you successfully deal with a situation. No matter what results time wants to bring for you, pain or gain. The strength and the inner power which boosted you to battle like a warrior is the real reason to love yourself. Often I find people asking themselves, how can we celebrate life with no reason? Loving ourselves, making ourselves feel special is often tougher while kicking ourselves in the ditch of dejection is just peanuts. Isn't that strange! Trapped in such numerous perplex calculations of life, we often feel celebrating life is something impractical especially without motives.

Start with loving, correcting, admiring and valuing yourself. It will cultivate a fruit of confidence which will sparkle in your eyes. It will make you treat others in the same way. When you know the skill of loving and admiring people, when you know the importance and relief of marking smiles on the faces, you start creating and extending aura of sanguine reflection. This reflection has a power to attract more people towards you. Making your life a happier life while choosing an exquisite path of selflessness, you start winning the hearts and crowning the real idol of humanity. A happy life is free of any expectations or hopes to receive something in your basket in return of what you do. It is only an investment to make your heart and mind more spacious where you will happen to discover a permanent corner of peace in your life. Where there is peace and will power to stand erect and strong before every difficulty, we have everyday occasions served in our plate to celebrate life.



## Rashika Joshi

*Rashika Joshi is a writer by profession, has authored a book "Consequence-a tale untold", motivational speaker, counsellor. She is a member of Tavleen Foundation. She lives in Indore.*



# Celebrate the journey of life: Gratitude in the Interdependence.

**T**he journey of life begins as a gift and a gratitude and ends with acceptance and complete ignorance.

Universe calls and we are born. The child is a gift, a source of joy and happiness for parents, grandparents and the extended family. The child hardly recognises these facts but lives a life of full in connection with people around him/her. It is this time of human life where a child is compassionate, kind, open minded, with deep innateness, and filled with love. But the environment teaches the child to be practical. This leads him/her being not to be oneself but someone else out there. The parents begin to help a child compare and judge himself/herself. S/he begins to live others life and not his or her own.

I had a great childhood being born in a cowshed in rural Bhutan and brought up with animals and plants, which form the two greatest part on this planet. No one told me what to do? At the age of 9, my brother picked me up and admitted to a school very far those days, a whole day's walk. My father thought that I would become weak without the milk and sent a cow to school with me.

Growing up is the most challenging period for parents and not for children. Without realising that a child is born with innate values, their lives gets moulded with the belief in the environment they live. My schooling went well. I stopped one year when I was just about 12 to take care of my parents. Without them, I would not be born. Therefore, as a young boy I thought it was my responsibility, beyond what my future holds, to serve my parents. My brother again brought me to a school far away from home, three days journey to the school during those days, which can be done in

max 6 hours today. It was most painful to be separated from parents. Receiving letters from parents, after every six months was a complete joy in that distant space. Quietly, I would shed tears for my parents, wishing them wellness and happiness and constantly thinking, 'may the brother, who separated one time, feel well at home and serve our parents well.' I missed them very much - still I do. The journey of life never keeps us connected but only in contact, this is due to largely the greed implanted in us after we are born. Harvard proves over 75 year of study that relationship matters the most for happiness.

My early life was not easy. I learnt to accept things as they were and let it go, forgave others easily, created right intentions all my way, and said sorry even if I was right and thank you every moment of my life. This ideal has nourished me to develop humility. I learnt to be a calmer with peace inside me. Whatsoever the situation may be there is only one being that moment and that is you.

At the middle age, we all compromise our lives the way we have picked our tentacles in youthful days. We seem to be more relaxed and happy with full of energy and rides on the roughs as well. There is the power of affluence, autonomy and acceptance at this age. Competition remains within the realm of job, not outside...rather inside. There is nothing but to being either content or complain, compare and compete.

My journey has helped me learn to accept things as they come and be content in life. You can do so much and not beyond, leaving the rest to the ultimate.

Stepping into the golden age or old age becomes graceful if we have learnt to leave our greed behind. I feel proud of not having

designed my future...it came automatically to me. The learning here is when we make ourselves vulnerable to innateness that we are capable of, keeping our intentions right, that thing will come to us naturally.

Death is something unavoidable. We do not prefer to talk as we fear the ultimate truth. I am waiting each day, reminding myself to live every moment with love as the foundation on which is the roof of relationship, compassion, integrity, humanity (RICH) and covered by the roof of trust.



## Dr. Saamdu Chetri

*Ph.D, Visiting Faculty Rekhi Centre of Excellency for the Science of Happiness IIT Kharagpur. He belongs to Bhutan and headed GNH movement, he is known as happiness guru of Bhutan.*

[www.bccindore.com](http://www.bccindore.com)

# One Brilliant destination for every BIG and small celebration

Central India's Largest CONVENTION CENTRE located in the heart of Indore city



## Brilliant Convention Centre

- 1,00,000 Sq.Ft. of Flexible meeting space across 15 independent banquet halls.
- Fully equipped air-conditioned exhibition hall approx 25000 Sq.Ft. to accommodate 80/100 stalls.
- Landscaped garden of approx. 55,000 Sq.Ft. for outdoor events with amphitheater facility.
- 100 Rooms & Suites.
- Recreation Area, Business Centre and more.
- Exclusive Restaurant for Room Residents.
- 40,000 Sq.Ft. of Open Paved Area



Plot No. 5, Scheme No. 78, Part-II  
Near Vijay Nagar, Indore.

Call 0731-2552424, 7389937059



# Seven things I learnt from my near *death* experience...

Around midsummer last year, I had a couple of heart attacks, which resulted in a sextuple bypass. That operation entailed sawing my ribcage open, pulling arteries from elsewhere in my body and attaching them to my heart to replace the arteries that were almost entirely blocked.

As I posted earlier (and right after the event) the experience and its aftermath made me re-evaluate my priorities. I decided to spend less time worrying about work and more time enjoying with my family, neither of which was perhaps particularly original, although the feeling was definitely heartfelt.

It's been a little over six months since then. I'm in a better shape than I was before the heart attacks but the simple truth is that my life expectancy is now much shorter than it was before. In thinking about what happened and what's coming, I've learned a lot about myself, my goals, my emotions, and other people.

Here are a few observations that I have made:

## 1. Doctors can be curiously negative.

Both my cardiologist and my GP seem unable or unwilling to help me stay positive about my prospects. It's bad enough that I have a genetic propensity for heart disease and Type 2 diabetes... Does that news really need to be delivered with such doom and gloom? Their advice has been on the level of "if you're lucky, you'll die before you get diabetes." Not helpful, guys.

## 2. Most people don't 'get' it.

My erstwhile business partner assumed a heart attack meant I'd be in the hospital overnight to have a stent installed and be back on my feet in a week. Another of my

clients cancelled an ongoing contract because I wasn't fully back to speed within a month or so. I must say, however, that my editors at the website company were very understanding and allowed me to lighten the load.

## 3. People say stupid things.

One of my relatives wanted to know if I'd seen a tunnel of light or a circle of angels. (Uh, no.) Another relative insisted upon providing details of how, when he was hospitalised, he had frequent sexual fantasies about one of the nurses. (TMI, dude.) It wasn't just other people. I also said some stupid stuff, like making a joke to my cardiologist about enjoying the fentanyl while in recovery. (Not funny.)

## 4. Obituaries can be weirdly fascinating.

In the past, I pretty much-ignored obituaries. Now my news feed is full of them. I immediately calculate the difference between my age and the age that person died and then read the obit to see what they died of. As awful as this sounds, I can't help but feel a bit cheery if death was something preventable, like an overdose. The worst is when a relatively young person dies of heart disease.

## 5. I really regret wasting time.

I resent every minute that I spent working at a job I hated or staying in a bad relationship. I cringe when I think of the thousands of hours I've wasted playing computer games or watching mediocre television. I think of all the times in my life that I could have been kinder to other people or accomplished something noteworthy. Now I have, what, 5? 10? 15? maybe 20--if I'm lucky--years left? No way will I make those same mistakes.

## 6. Every moment is precious.

When I was young, I felt immortal and therefore didn't appreciate the many good things in my life. I breezed through experiences because I figured I'd always get a second chance. Once I realized--in my gut--that I'm getting a do-over and that This Is It, I find myself savouring experiences in a way that was impossible in the past.

## 7. The longevity freaks are dead wrong.

There are a bunch of nouveau-riche baby boomers in Silicon Valley who think they'll become immortal by transferring their brains into computers, becoming plasma vampires, or other varieties of pseudoscience. What they don't realize is the most important thing I've learned: I didn't really start living until I almost died.



## Geoffrey James

*Geoffrey James is an American author, journalist, and contributing editor on Inc.com. His CNN blog "Sales Source" was ranked on Business.com's list of the "Top 10 Blogs on Sales Management" for 2016.*

# ACTIVITIES



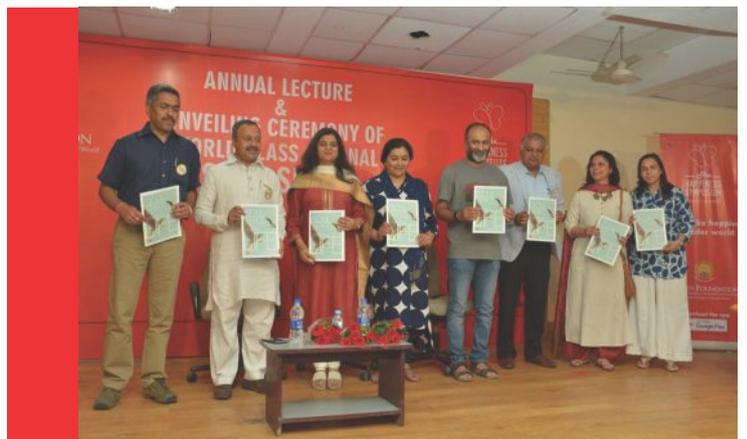
**Storytelling session in Soul Space Reader's Club.**  
**Participants - Ms. Bharti Dixit, Dr. Heena Punjabi, Dr. Bharat Rawat & Mr. Ajay Singh.**



**Ms. Richa Anirudh visited Tavleen Foundation**



**Soul Space unveiling ceremony.**  
**Guests: Mr. Sanjay Dubey, Commissioner, Indore Division, Mr. N Raghuraman, Senior Journalist & Shri Parag Abhyankar, Seva Pramukh, RSS.**



**Soul Space unveiling ceremony.**



**Unveiling ceremony of book "Nighttime mantra for Happy Morning" (By Dr. Gurmeet Narang & Arpana Saboo).**  
**Guests: Ms. Richa Anirudh, Padmashree Dr. Janak Palta & Dr. Apoorva Puranik, Neurologist, Indore.**



**Ms. Ritika Bajaj, Writer & Author from Mumbai addressed on "How to find greater meaning in life."**



# ACTIVITIES



Members of Tavleen Foundation presenting the publications of Tavleen Foundation to **Ms. Vandana Shiva, Philosopher & Environmental Activist.**



Members launching **"Jeev Daya Project"**.  
A Campaign to provide water for birds.



**Meeting of Soul Space Reader's Club** - Where members meet, read, interact and explore themselves.



Write & Author, Padmashree **Dr. Malti Joshi** in **"Baatchit"** programme of Tavleen Foundation.



Cover Unveiling of **Soul Space** by the members of Tavleen Foundation.



A man of extraordinary services **Mr. Bhupinder Singh Kohli** presented a talk on **"Beyond Everyday Life"**.

# ACTIVITIES



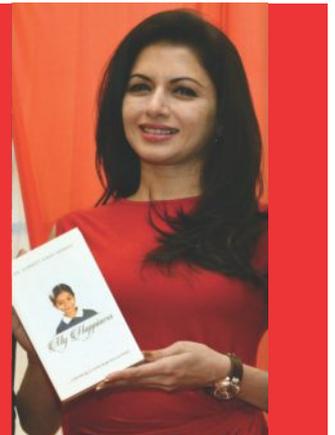
## MISSION HAPPINESS

A campaign to spread a word of goodness and happiness in society through happiness talks and story telling sessions by Dr. Gurmeet Singh Narang.

*More than 300 talks delivered until now*



Releasing Happiness Messages on the eve of **International Day of Happiness** by members.



Ms. Agatha Figueiroa & Ms. Bhagyashree with our publications.

## Our Prestigious Publications

Gift **HAPPINESS**  
to your loved ones

Ask for your copy today!

✉ [tavleenfoundation@gmail.com](mailto:tavleenfoundation@gmail.com)

☎ +91-8959008291

Person of Contact Mr. Pradeep Yadav





# MESSAGES



## Dr Matthieu Ricard

We have a precious human life. However, if, like an explorer who returns empty-handed from an island covered with treasure, we just enjoy this inestimably valuable life for some time without bringing back the gem of sublime Dharma, our journey will have been useless.

**Dr. Matthieu Ricard is a Buddhist monk & Ph.D. in cell genetics. He is the author of The Monk and the Philosopher. He lives at Shechen Monastery in Nepal.**



## Eckhart Tolle

Acceptance of the unacceptable is the greatest source of grace in this world. Letting go of inner resistance, you often find circumstances change for the better.

**Eckhart Tolle a spiritual teacher. He is a German-born resident of Canada best known as the author of The Power of Now and A New Earth: Awakening to Your Life's Purpose.**



## Swami Samarpananda

Every life is a journey -- from birth to death, and then beyond. Life is a bridge that takes one from the infinite to the infinite. And this bridge is unique for each one of us. It is in the rightness of things that such journeys be recounted so that the future travellers may get the right road map.

**Swami Samarpananda ji is a monk at Ramkrishna Ashram. His books Tiya, Junglezen Sheru, Pathik, Param, Living Hinduism, World of Religions, are world famous.**



## Shekhar Kapur

Did you hear the gentle whisper of love?  
Or  
Was the noise inside your own head so loud,  
That love just passed by you?

**Shekhar Kapur is an Indian film director, actor, and producer, known for his works in Hindi cinema and international cinema.**



## Dr Denise McDermott

"Inspired and in memory of his beloved daughter, Tavleen, who passed away from bone cancer in 2008, Dr. Gurmeet Singh Narang founded The Tavleen Foundation to honor his vision and spiritual resonance of devotion to a greater Awareness that Happiness, Kindness and Compassion allow all of us to live better lives. He passionately organizes workshops, educational material, and events that are open for everyone to attend. I can say that "I FEEL" the essence and sweetness that comes from his daughter's soul when I connect with Dr. Narang and the mission of this honorable foundation.

**Dr Denise McDermott Board certified adult & child psychiatrist. She is author of famous book " Mental Health & How to thrive". She lives in Manhattan Beach. She is one of the mentor of Tavleen Foundation.**



## Elena Flores

True expression doesn't come from your mouth, it comes from your soul. To live in alignment with who you are is to be the fullest expression of yourself through your mind, body and spirit. You will shine more brightly when you express yourself from a place of truth rather than that of ego. Who you are at your core is who you get to be at all times, unapologetically. Life can't be fully lived if you are hiding your soul expression from the world.

**Elena Flores is teacher of body, grief and the universe. She is writer and blogger.**

# MESSAGES



## Centia Calevoso

Celebrating life is a source to achieve happiness. And that celebrating life is also a natural byproduct of being happy. Celebrating life is waking up every day with a joyful spirit, knowing with a full heart that life is a precious gift and that it can reveal miracles and mysteries onto us moment by moment. The key is in first transpiring celebration - not merely experiencing it or projecting it outwardly - but transpiring it throughout our entire being.

**Centia Calevoso is president of the Alavina Foundation, USA. She is one of the mentors at Tavleen Foundation.**



## Amy Noelle Shih

This is a universal law: When I am able to experience your joy, I'm in mine. Which is to say when I open myself to receive joy, I receive yours. When we open ourselves to receive joy, we are saying yes to life. We are choosing to have a pure relationship with the Now. That is, we do not judge the situation or wish this moment to be anything other than it is. Instead, we enter the moment with full presence and accept what is without trying to project our stories onto reality. We allow each moment to naturally unfold, and we respond to whatever emerges from an as-is place.

**Amy-Noelle Shih is a Relationship Therapist and "inner truth connector" in Houston, Texas.**



## Ishaani Geetam

When you drop the constant negotiations with life, you free your energy to simply "Be"! Open, Curious, Present to LIFE and LOVE! It is LOVE that propels you forward with gusto and pulls you back to your heart. Between the push and pull lies the stillness, where all is effortless and joyous. In here, you are whole, balanced & harmonious, where you don't feel pushed to react to your habitual feelings or thoughts. Yet when you act, it always is from a place of inspired love. Then you know then you have come HOME to yourself, to LOVE that always is!

**Ms Ishaani Geetam is USA based Philaethes, Social Entrepreneur and metaphysician.**



## Muskan Virk

Gratitude is a quality of being thankful and be ready to show appreciation for anything and everything you have at any given moment. Gratitude is simply a good response to life and is a choice that we make. It is simply a choice and also our willingness to what we focus at any given moment. When you have gratitude you feel happy and when you focus on what is missing you don't feel so happy and it by nature we feel ungrateful.

**Muskan Virk is author of book " 365 days of Gratitude. She lives in Vancouver, BC, represented in the Positivity Power Movement as official Canadian ambassador.**



## Lisa Concepcion

True love is love of self and from there we connect to the Divine. When you love yourself, you love God and are then able to love others unconditionally. True love is honouring the other person's journey because you know how to honour your own. It is the real celebration of journey called life.

**Lisa Concepcion is the founder of LoveQuest Coaching. She is Professional life coach who specializes in relationships and self-love, based at New York.**



## McCall Erickson

*Maybe the journey isn't so much about becoming anything. Maybe it's about unbecoming everything that isn't really you so you can be who you were meant to be in the first place.*

**McCall Erickson is a author of 'The second half of the mountain: A guide to personal alchemy after awakening'. She writes on love, beauty and mystery.**

Recognised from-  
Department of Higher Education,  
Govt. of Madhya Pradesh



Affiliated to-  
Devi Ahilya Vishwavidyalaya, Indore



Accredited by-  
ISO 9001:2008 Certified College



Associated with-  
National Service Scheme & Red Ribbon Club



**VISHISHT**  
SCHOOL OF MANAGEMENT  
Recognized from Govt. of MP and Affiliated to Devi Ahilya University



LIBRARY



SPORTS



INT. CONFERENCE



COMPUTER LAB



CULTURAL ACTIVITY



CLASS ROOM

**COURSES OFFERED:**

## Department of Commerce

### B. Com

Honors/Tax Procedure/Computer Application/Sales & Advt./Plain

### M. Com

## Department of Management

### BBA / BBA (Foreign Trade)

## Department of Computer Science

### BCA

## Department of Social Work

### MSW

ISO 9001: 2008 Certified College | Experience and Well Qualified Staff | Tradition of Excellent Results

**Admission Helpline No. 7566668371 | 7566668373**



Pologround, Near MPEB Office, INDORE - 452 003 (M.P.) India. Ph.: 0731-2425222,  
[www.vsom.in](http://www.vsom.in) | [www.vipsar.ac.in](http://www.vipsar.ac.in)

[/Vishishtschoolofmanagement](https://www.facebook.com/Vishishtschoolofmanagement) [VSOM\\_indore](https://www.instagram.com/vsom_indore) [VSOM\\_indore](https://www.youtube.com/channel/UC...)

# THE REAL TUSCAN KITCHEN

One of Italy's most famous products, recognized the world over.  
Come & discover the secrets at [stosacucine.com](http://stosacucine.com)

**STOSA**  
CUCINE  
A SPECIAL FRIEND

**BHOPAL**  
+91 9826967779

**DELHI**  
+91 9810227635

**BANGALORE**  
+91 9886125540

**JAIPUR**  
+91 9829111117

**COIMBATORE**  
+91 9894023235

**GUNTUR**  
+91 7032558877

Tri Star Decor India Pvt Ltd, 11/5, South Tukoganj, Near Hotel Amrit Residency, Nath Mandir Road, Indore  
(M.P.) 452 001, Tel: +91 731 4065174 / 4064971, Mobile: +91 9165353535, Email: [info@stosaindia.com](mailto:info@stosaindia.com)