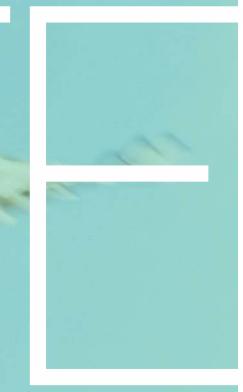
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ELEBRATING

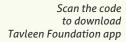








The meaning of life is to find your gift,

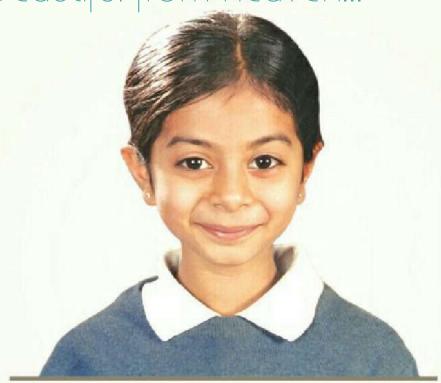








She dreamt of heaven on earth. Hope she finds earth as beautiful from heaven...



Tavleen Narang 1993-2008

"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's Message

Vision

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



Tavleen Foundation VALUES | AWARENESS | CONTEMPLATIVE STUDIES

Let's make a happier & peaceful world!

SOUL SPACE

Annual Publication of The Happiness Institute (An Initiative of Tavleen Foundation) 2017-18

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celebrate life!

This human life we got is very precious and rare.

Once we have taken birth, next is the death only. The span between these two is the life. We are just a visitor here. In the end mind will not question, How much I earned?, How many works I did? or How much I built?. But it will ask: Did I live well?, Did I love well?, and Did I learn to let go....? We must learn to act through wisdom and wise understanding otherwise we will lose the treasure of this human life. Follow your soul, it shows the way, it is the true companion.

Celebration of life should be at every moment available to us .Because we never know about the next moment. It is not possible to live happily if we don't lead a righteous and wise life. Find the meaning not only in the good times of life but also in the times of suffering and pain. Make your heart wise, noble and generous. That is the celebration of life.

Tavleen Foundation with all its programs is moving ahead with its #MissionHappiness. Join it to make this world far happier & kinder.

I am grateful to all the beautiful people who contributed the words of wisdom for this issue. I am happy to present you this beautiful new issue of 'Soul Space'- the world class journal of Tayleen Foundation.

May you be happy, may you be peaceful during your this visit, called Life!

Good Karma!

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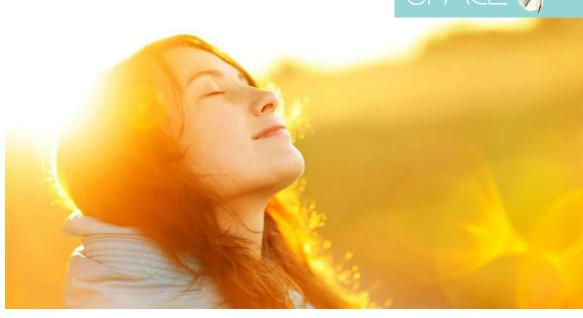


Kelli Davis Pease

founded the Happsters, a movement to spread happiness, in 2013. The movement started as a way to bring more happiness into every-day life. She teaches happiness principles. She graduated magna cum laude from the University of Southern California with a degree in Communication and completed the "Science of Happiness" course through UC Berkeley .She has been featured on Cosmopolitan.com, Self.com, Happier.com, Lifehack.org,

and other leading websites.

She lives in California, USA



When you think positively, good things come.

I struggled with vertigo and migraines for years. The migraines started when I was in college and were so intense that I would need to drop what I was doing and get into bed. Once I graduated, I started getting a very unfamiliar feeling that was similar to migraines. I later learned that the feeling I was having was called vertigo. The room would spin around me for hours as I tried to work at my job. Nothing seemed to make the room stop spinning and I would often need to go home from work to lie down until it went away. It was a debilitating feeling because not only did I not "look" sick on the outside, I couldn't figure out how to fix it. I had gone to at least 5 vertigo and migraine specialists with no answers and felt defeated.

The worst of it came only a few days before my boyfriend asked me to marry him. It was such a happy time and I was absolutely thrilled when he proposed, but felt so sick at the same time.

While I have a blog dedicated to happiness and have taken happiness courses, I was having a hard time using what I learned about positive thinking while I was feeling so sick.

Finally I hit a breaking point. Something shifted in me and I realized I needed to take control of what was happening in my life. I started meditating and writing in a journal for hours on end to get my feelings down on paper.

I realized then that at least part of the sickness I was feeling was as a result of my thoughts and I was absolutely determined to move through it. I opened up every spiritual and happiness book I had and

learned how to control my thoughts in a new way. Instead of thinking that I would never feel "normal" again, I started thinking that I would feel great each day. Even when I started getting a migraine or started feeling vertigo, I would say to myself that it would pass. I used positive mantras and began thinking of things I was grateful for despite how I was feeling in that moment

Once I started thinking positively about the vertigo and migraines, good things started happening in my life. Within a few weeks, I had found a naturopath who helped me tremendously. She gave me herbs that my body was lacking, I changed my diet and now over a year later instead of feeling sick every day, I rarely get vertigo or migraines. Today even when I don't feel well, I have a completely different perspective on it. I don't let anything control my thoughts or my life and know that I have the tools I need to change my perspective on anything. I learned a very valuable lesson during this trying time that will stick with me forever. Positive thoughts allow you to find more possibilities in your life and attract more positive things to you. They are the most powerful tool we have at our disposal to change our lives. When you're going through a hard time in your life, I encourage you to try to find something positive you can focus on. I think you'll find that good things start to happen as a result.



A Reminder of Our Sacred Present Moment

Human Being vs. Spiritual Being In 2016, we witnessed disharmony, disruptions, and disunity on a global scale. While world events are complex and varied, from the spiritual and psychological perspectives, the external events in the world are, in many ways, a reflection of our

disordered and conflicted mental and internal states.

The macrocosm is a reflection of the microcosm.

While remedies need to be considered on many levels, I will keep my focus on the spiritual level. I think our outer world would improve if we came to grips with our sacredness, our deep connectedness, and our common humanity. Particularly in these times, it is important to remember who we are individually and to reflect upon our interior essence, the divine within.

Many of us have forgotten that we are essentially spiritual beings, an aspect of the divine.

For the most part, there is a tendency to believe that we are human beings having a spiritual experience. But this claim does not provide us with the whole story. It means we live life from the perspective of a human being with the accompanying values. In particular, human beings create ego-based beliefs with related ego-based values. Many things that are valued by the personal ego (such as material objects and possessions, self-gain, self-image, personal survival, status, power, and so on) drive our beliefs and our behaviors. Most of us live and define ourselves in this ego-based world.

But there is another perspective.

What if we are essentially spiritual beings having a human experience? This belief emphasizes the values of the spiritual realm. If we think about the teachings of the great religious and spiritual leaders, saints, and other evolved souls—they value, encourage, and advocate: unconditional love, genuine compassion, altruism, empathy, fellowship, relationship, collaboration, transcendence, forgiveness, gratitude, harmony, kindness, and beauty.

These things are not based on the personal ego. Instead, they delve deep into our authentic nature, an aspect of the eternal, where we can glimpse the harmony and order of the cosmos within ourselves.

Valuing and embodying what is important in the spiritual life changes everything—how we think about others and ourselves, how we behave in the world, and our sense of purpose and meaning. If each of us realized that we are spiritual beings, if we genuinely embraced this idea and breathed it in, we would be living in a vastly different world.

How do we shift from the human domain to the spiritual? One way is through the development of unconditional love. When we begin to develop this kind of all-encompassing love, it transforms our personal ego and broadens our moral and spiritual perspectives; there is a natural shift to towards Spirit/God/Oneness.

When we start to experience the world through our hearts, we realize that everything is sacred. Our lives blossom, our expressions are aligned with Spirit, and we experience a profound energetic connection to everything.

Everything is experienced as God, the Divine Universal Consciousness, the Energy of Cosmic Love. This is the realm of the sacred present, the present moment

When we dive deep into the present moment, God becomes real. We become real.

Our divine nature waits for us here within the depths of Stillness.

The Present Moment

The present moment is teeming with potential miracles. It is an ever-present portal to the energetic depths of the natural world, of the universe. We are free to experience the present moment whenever we choose. The present moment is always with us. The choice is ours alone.

I think because most of us are so busy with our fastpaced lives, we do not believe there is time to stop and be in the present moment. But there is always time to be who we essentially are—even if it is only a few minutes a day.

One simple change can make a world of difference.

For instance, one way to deepen the experience of life and to increase the frequency of being in the



Dr. Elaine Yoshikawa

is a Bestselling Author, Speaker, and University Lecturer. Her books about spirituality include: The Shift Journey: Spirituality, Virtues, and Unconditional Love and Awakening in God's Heart: The Ascension of Humanity. She is the founder of Thousand Blossoms, LLC at thousandblossoms.com.

She lives in Phoenix, Arizona. present moment is to change what we think. Often, our thoughts are a result of life-long habits of the mind. The problem is that we are habituated to think about life in ways that obstruct our view of what is possible.

We forget that we are unlimited spiritual beings. We get stuck in patterns of behavior that may work for us at first, but ultimately they hold us back from discovering and expressing our divine, unlimited potential.

Most of the time, we automatically think or tacitly assume certain habituated thoughts. For example, let's consider the belief that we actually are sacred spiritual beings. If we truly believed this, we would inevitably experience the value and worth of being ourselves. Any beliefs we may hold about not being valuable or worthy of love, or not being enough, would fall away. We can change even deeply ingrained harmful beliefs through determination, persistence, and patience.

If we took the belief that we are sacred spiritual beings to heart, we would simply accept that we are inherently worthy and significant. We would not need external validation. We would not need to be other than what we naturally are.

Embodying the belief that we are sacred spiritual beings could transform the world because it would

change how we treat ourselves and others, for once we realize that others are sacred also, we would treat all people as intrinsically valuable.

In short, by changing even one fundamental thought, you can become a different person and as a result, you can perceive and experience a much different world. Your life flows naturally and the doors to your divine talents and gifts open effortlessly. It is about discovering, living, and expressing your divine purpose and potential within the present moment, within the realm of the sacred.

We are no longer limited.

In the deep Stillness of the present moment, the world is experienced in a different way. It feels as if time ceases to exist.

Time becomes an illusion, and we easily enter dimensions upon dimensions. Instantaneously all possibilities exist at once.

This is the realm of the Eternal.

In this very moment, right now, our choices are endless.



Relationships Without expectations

Are they? Are there really relationships without expectations?



Bhagyashree

Having the blockbuster "Maine Pyar Kiya" along with many films and Numerous T.V. serials in her repertoire, today she is actively involved in campaigning for the girl child. A mother of two grown up children, married to her childhood sweetheart for 28years, she believes that life has just begun as she explores her newer talents. She writes about nourishing the heart, body, mind and soul in her blog, bhagyashreeonline.com.

3,....

She lives in Mumbai.

When we have expectations even from ourselves: how we have be, how we have behave, what we have to do, how well we have to do it, in how much time can we accomplish it, and so on...isn't it the most unrealistic thing to say that any relationship can exist without expectation. When we want so much out of ourselves why wouldn't we want more out of any other person wherein we are probably investing our time, feelings, affections or monies. Either/or, but when we give we will expect. The degree may vary, the barter could be different, the outcome can be freedom, priceless or even intangible...but it's there. Selfless love on the other hand is an action that requires no reaction, it's about giving and moving on to the next moment, one does not dwell on it nor does it revel in it. Yet people tend to connect the two together. They want a relationship which is based on selfless love. How can it be possible when relationship in itself means attachment? Relationship is a bond, an intricately woven fabric of emotions, sentiments, needs, wants, vulnerability and interdependency. Yet very oft you hear a person proclaiming, "I can live without anybody!" but can that happen. We are social animals by nature, we need each other It's just that sometimes we don't want to accept it. And that's where the real problem begins: acceptance.

Acceptance of another's virtues and our vices is equally important when we choose to judge others. Are we without fault? Then why can't we cut the other some slack. It's okay not to be perfect, we weren't meant to be in any case. It's perfectly alright for a person to deviate from the track you had written out for him/her in your mind. It's your perception and expectation of how they should behave as a reaction to your relationship with them is what makes them right or wrong in your eyes. Think about it, they could have a different reasoning for behaving the way they do.

So, is it possible not to expect? NO, but we can choose our reactions when our expectations are not fulfilled. Let the expectations not define the relationship. Selfless love is where it all begins with. The love we give our child as we cradle it for the first time in our arms, the joy of fulfillment that brims over when we look into eyes of our loved one during the nuptials, the belief we have in the Almighty. Where does it all go with the passage of time? It attaches itself to our thoughts, our feelings, our desires, our wants and we forget the gratitude we felt of just

being lucky to receive them in the first place. We as parents do a lot for our children and all we want is love and respect. We are hurt beyond compare when we do not receive that in measurable form. We love our significant other, our partner, our spouse and then we are traumatized when he/she loves another more. We pray to the almighty God morning and night and yet we are ready to turn against him when he doesn't answer our prayers. Recall the first moment when you decided to start any of the above relationship, did you weigh these possibilities? Did you ask for a barter? Is there a tangible amount that can be decided and accepted unanimously? When we ask ourselves this, we would probably roll our eyes in exasperation. No! We did all of this because we wanted to and then..... we wanted returns on our investment, we began to expect.

So then the next question would be...how do we make it work?



I am as good or bad as any of you, with my own share of ups and downs and what I have learnt through experiences of my own is that the only thing that holds everything together is when you are true to your own nature. Is there anything that you would have done differently in that given situation? If yes, then go ahead and do it. If no, then don't fret 'cause it is beyond your control in any case. When you pull out what you invest you feel the pain less but do that because you want to do that not because the other person has made you do it. Only then will you be able to live with yourself.

Relationships are like a flowing river. It can be clear and smooth flowing, or meander gradually into murky waters. Sometimes it runs at a languorous pace with parallel banks and sometimes it narrows to cause rapids with twists and turns. Every river yearns to reach the wide ocean but sometimes it just dries up. It is up to you to make what you can out of the relationships that you have in your life. Expectations are natural so do not deride yourself for having them. More often than not they will be fulfilled, be positive, be true and do what makes you happy. It's only a happy person that can make others so.



Humility is a forgotten value in today's world

If you keep your mind humble, pride will vanish like morning mist.

How many times during the day we feel pain because our pride is hurt? Pride, the exacerbation of self-importance, consists of being infatuated with the few qualities we possess and, often ,of imagining ourselves to possess those we lack. It hinders all personal progress, because in order to learn we must first believe that we do not know. In the words of one Tibetan saying: "The water of good qualities does not pool on top of the rock of pride."

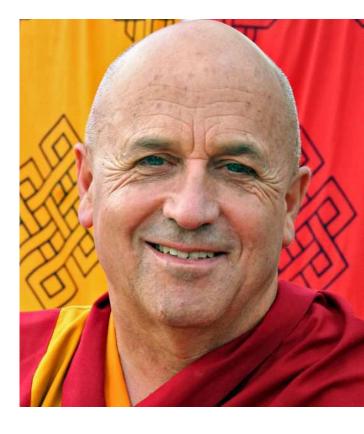
Conversely: "Humility is like a vessel placed at ground level, ready to receive the rain of qualities."

The concept of humility is too often associated with self-contempt, a lack of confidence in our abilities, depression linked to a sense of powerlessness, or even to an inferiority complex or a feeling of unworthiness. This represents a significant underestimation of the benefits of humility. Says S.Kirpal Singh: "True humility is freedom of all consciousness of self, which includes freedom from the consciousness of humility. The truly humble man never knows that he is humble." Not feeling that he is the center of the universe, he is open to others and sees himself as a part of the web of interdependence.

In what way is humility an ingredient of happiness? The arrogant and the narcissistic fuel themselves on illusions that come into continuous conflict with reality . The inevitable disillusionment that follows can generate self-hatred (when we realise that we cannot live up to our own expectations) and a feeling of inner emptiness. Humility avoids such unnecessary distress . Unlike affectation, which needs to be recognised in order to survive, humility naturally abides in Inner freedom.

The humble person has nothing to lose and nothing to gain. If praised ,feels it is humility that is being praised. If criticised ,feels that bringing faults to light is a great favour. "Few people are wise enough to prefer useful criticism to treacherous praise", wrote La Rochefoucauld, echoing the Tibetan sages who are pleased to recall that "the best teaching is what which unmasks our hidden faults." Free of hope and fear alike, the humbled person remains lighthearted.

Humility as an attitude is also essentially focused on others and their well-being. People who overvalue themselves present a higher than average tendency toward aggression. Paradoxically, humility promotes strength of character; the humble person makes decisions on the basis of what he believes to be right and sticks by them without concern for his own image or opinions of others.



Dr. Matthieu Ricard

Dr. Matthieu Ricard is a Buddhist monk who has lived in the Himalayan region for the last forty years. Born in France in 1946, as the son of philosopher Jean-François Revel and artist Yahne Le Toumelin. He earned a Ph.D. in cell genetics at the Pasteur Institute under Nobel Laureate Francois Jacob. He traveled to the Himalayas in 1967 and has studied with some of the greatest masters of Tibetan Buddhism. He is the author of The Monk and the Philosopher, a dialogue with his father, Jean-François Revel; The Quantum and the Lotus, a dialogue with the astrophysicist Trinh Xuan Thuan; Happiness: A Guide to Developing Life's Most Important Skill, Why Meditate? and Altruism: The Power of Compassion to Change Yourself and the World. As a photographer, he has also has published several photos books, including Motionless Journey: From a Hermitage in the Himalayas. (See www.matthieuricard.org).

He is an active participant in scientific research on the effects of meditation on the brain, working in conjunction with the Mind and Life Institute, and has been the French interpreter for the Dalai Lama since 1989.

He lives at Shechen Monastery in Nepal.



Say Yes to Life, Say Yes to Yourself!



Each and every one of us is part of this rapidly expanding universe our planet calls home. Every day, every moment, we have an opportunity to grow and transform like planet Earth. Or we can contract and remain stuck and afraid, regrettably, like too many of us.

Expanding instead of contracting starts the moment we say YES to life.

The first step I take when I work with a client is to get her to articulate her goals and dreams for the future. This can be uncomfortable and scary for many people, but it's necessary for success. Whether she wants to lose weight, change careers or find love, she can't move forward, have a breakthrough and create an extraordinary life until she commits to saying YES to life.

Saying YES to life is powerful. It moves you from "trying" or "hoping" to "I am," "I can," "I will." Saying yes allows you to take advantage of opportunities, harness the energy available in the present moment and act... instead of contract. When you say yes to life you see circumstances, and your life, in a new light. You attract opportunities and move forward in the direction of your dreams. Yes creates a life that is rich and vibrant and flows with grace, beauty and ease.





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"People have a hard time letting go of their suffering," says Thich Nhat Hanh, "Out of a fear of the unknown, they prefer suffering that is familiar."

Saying no often feels safer and more comfortable. But in reality it's a slippery, dangerous slope. NO keeps us contracted and small pushing away opportunities, friends and family. In the short term staying in our comfort zone may feel safe. But eventually you will feel stuck, depressed and anxious. In contrast saying yes and facing uncertainty... and opportunity, opens the way to expansion and endless possibilities.

So how do we move from No to Yes?

First, you have to face fear and accept it. Fear is hard-wired into our brains to protect us from danger. It evolved millions of years ago when every day was a struggle to eat... or be eaten. Over millions of years our brains developed an interconnected web of regions (called the default mode network, DMN for short), which scans the past for problems and anticipates threats in the future. So yes, that prehistoric brain of yours is still watching out for the Saber Toothed Tiger that got Grandma last week. In other words, your brain is filled with fears that are no longer applicable in the modern world. Yet, fear persists.

Everyone is afraid of something, some of us, many things — success, failure, public speaking, flying, heights, bugs, snakes, strangers, blood, needles, darkness. Believe it or not, 7.6 % of people are scared of clowns and 8.9% of Americans are afraid of zombies, which don't even exist!

In fact, most of our fears, zombies are a good example, are learned. Unless you're in immediate danger (i.e. being chased by a mugger or you're in a burning building), for the most part fear is in your head. In reality, people are born with only two fears — falling and loud noises. The rest, we develop on our own, in many cases, figments of our imagination.

We can't always change our situation, but you can overcome fear by changing your thoughts. As Marcus Aurelius put it: "Very little is needed to make a happy life; it is all within yourself in your way of thinking."

Fear is a thought that triggers uncomfortable emotions, which impact behavior. You can rid your life of unnecessary fear by changing how you think. That's exactly what I do to help my clients. Change the way they think about fear so they can say YES to life and all the wonderful opportunities it brings.

There's an ancient Native American parable that says inside each of us are a pair of wolves, a good wolf and a bad wolf fighting for control. The good wolf represents all the positive emotions and outcomes generated when we say Yes to life — joy, calm, love, peace, kindness, bravery, happiness, hope, abundance, compassion, generosity, kindness and

freedom. It's the inner voice of truth that says YES to life's possibilities.

The other wolf is the opposite. This bad boy is the voice of scarcity, fear, hatred, greed, prejudice, self-doubt, self-loathing, insecurity and envy. This wolf comes from our old reptilian brain that urges us to say no to life and stay small and safe. In the parable a grandfather is telling his grandson the story about the two wolves. The grandson asks, "Which wolf wins?" The grandfather replies, "The one you feed."

Winning the inner struggle between saying YES or NO to life isn't easy. If being a "NO" is your default mode breaking your bad wolf addiction can be uncomfortable and scary. If you've spent years feeling defeated, desperate and depressed, feeding your bad wolf, it's time to stop, take stock and think about where you are... and where you really want to be.

The good wolf is waiting for you. You just have to say YES to life and start feeding it with positive thoughts and actions.

As a psychologist, entrepreneur and author (I recently wrote a new book with my husband, The Diabetic and The Dietitian: How to Help Your Husband Defeat Diabetes Without Losing Your Mind or Marriage, Alexandria Press.), I face fear and uncertainty every day. Confronting obstacles and challenges, being creative, putting myself out into the world in a big way, trying failing and trying again are all part of a day's work.

Whenever I step outside my comfort zone my NO wolf howls for food. Sometimes it's hard but I've learned, don't feed the beast. Rather than pushing uncomfortable emotions and fear away I accept them, feel their presence and ask what fear is teaching me? I note what thoughts triggered the wolf's arrival... and let them go. Instead of projecting into the future or ruminating on the past, I practice mindfulness (which is one of the most powerful ways to tame fear because it deactivates the default mode network), and focus on what is happening now. I slow down and take a few deep breaths to cultivate inner calm, and then I tackle the challenge with confidence, not fear.

According to the Dalia Lama, "We are all visitors on this planet. We are here for 90 or 100 years at the very most. During that period, we must try to do something good, something useful with our lives."

Every moment we have a chance to say yes or no to life. When we say yes to life we expand with the universe and make a happier more peaceful, more successful self. Isn't that what we all want?







Swami Krishnapremananda

is a senior teacher at Mandala Yoga Ashram in Wales U.K.
He has lived yoga and spiritual life for over 20 years under the guidance of teachers such as Swami Anubhavananda, Swami Nishchalananda and other teachers.

He live in Wales, UK.

The Touch of the Sacred

Everything living is imbued with the touch of the sacred. Without that touch, each form is simply inert matter. This is evident, for example, if we perceive a body soon after death. The living spark that animated that body whilst alive has gone... leaving an empty shell which will in time simply and naturally decompose back into its constituent elements.

The sacred plays into our life in each moment, expressing itself in multifarious ways: the touch of a loved one, the fragrance of a flower, the taste of fresh fruit, the sound of birdsong, the vision of the sunrise and so many other daily occurrences.

Yetwe are conditioned to focus in a more limited way on our day to day responsibilities, problems, issues and so forth,hence losing sight of the sacred playing into each moment. Occasionally, we may get a glimmer or a feeling of the sacred that is behind/ underlies this thick veil, getting caught up again in the 'stuff' of daily living. It generally takes the aspiration, willingness and ongoing intent to follow a mystical path that enables us to begin to pierce through this veil in search of a deeper meaning to life. To the extent that we do, we feel renewed through a closer reconnection with the sacred.

Essentially all mystical paths, such as yoga, offer a means to calm and focus the energies of the mind so as to align ourselves more readily with the present moment, the gateway to the sacred. Whilst the sacred can feel ever so elusive whilst caught up in the compulsive clinging of mind, paradoxically it is always present and closer than each breath. Our birthright is to awaken a conscious appreciation of the sacred through the experiences of daily existence. This appreciation is in fact communion; after all, the wave is existentially one and the same with the Ocean. In doing so, the whole of life becomes our teacher especially when we willingly embrace its challenging experiences as also being sacred gifts from which we can learn and grow. Our practice- in whatever form-offers us a means of resonating with the sacred, so as to drink deeply from its life giving waters, and letting it guideus through life and into the transition from death to the beyond.





Jason Garner,

is former 500 company executive and is a spiritual student. Worked with rock stars and sports legends and was twice named to Fortune magazine's list of the top 20 highest paid executives. His Mother's sudden death due to cancer caused him to reevaluate what really mattered in life....and to finally breathe. He is a writer and shares the lessons learned towards inner journey. His famous book is ...And I Breathed.

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He lives Los Angeles.

We all just want to be loved...

We debate whose version of God is right or whose is wrong while the world drowns in the muck of not thirteen, but seven billion salty muffins. We spend billions of dollars fighting diseases and obsessing about the perfect diet to lose weight all the while eating and drinking ourselves into sickness and obesity, walking past the simple solutions that live in the produce aisle. We work to make money to get the things we want, only to be so stressed out and exhausted by our debt that we never enjoy what we have. We raise our children based on someone's rules, timelines, and priorities and then wonder why why kids rebel and look for safety outside the home.

Most importantly, we talk endlessly about fixing the world, about helping the poor, cleaning the rivers, saving the whales, and we never ask ourselves the question, "Who is caring for me?". We miss the paradox that a pure world cannot come from a sick and unloved people. We are caught up in our stories of right or wrong that we have forgotten what life is all about.

My journey started with two simple and yet impossibly complex questions: "Who am I" and " Who is God?" After all the searching I have come to believe that the answer is simple and the same for both- LOVE. It's such an easy answer and yet we make it so difficult.

Starting as little children we learn that it's a dangerous, complex world. We are taught all the things to do to be "good" and all the things that are "bad". This becomes our programming. Then we layer on religious theory and a judgmental caricature of God and by the time we arrive at adulthood we have spent so many years looking through this filter that we can't see the truth in front of our faces; or better stated, in our hearts.

If you believe that to gain God's grace you have to get down on one knee and accept Jesus as your Lord and Saviour, do it; then get on with truly loving yourself and all your neighbours.

If you believe that God shines within while you're meditating in lotus position, then nail your butt to the floor and boldly share your light with the world . If you find God while communing with nature , don't stop at hugging the tree ; hug yourself and then hug your children.

If you worship your job , then right from your executive chair , use your position to find joy in life and better the lives of those who work for you and with you.

And if money is your God, by all means go make a lot of it and use it to create the life of your dreams; then spread it around to those in need.

This is heaven on Earth, the kingdom of God in real time. Our greatest issue isn't where we will go when we die; it's what are we doing right now, while we live. When we die we'll all find out what happens. In the meantime, why not spend the precious moments of our lives focused on living the best version of ourselves that we can, a life centred around joy and love?

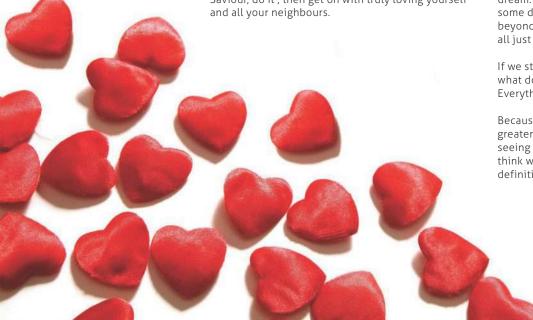
If we fight in the name of God, if we kill and hate and judge and discriminate and we make into spiritual equivalent of the Hatfields and McCoys, then what good is God? Really. Think about it. Do we really need that God?

Once, in the middle of a painful breakup, I asked Guru Singh what my responsibilities were. He told me simply," Cause no harm. Look for the similarities. Find yourself in other." This may sound like spiritual nonsense, but it's belief that has served me well. If we start from our similarities, and not differences what will we find?

We all live on the same planet together; we are mothers and fathers, brothers and sisters, sons and daughters. We all want the best for our families. We dream. We strive. We have fears that we overcome some days and others not . Deep down ,deep inside , beyond all the stories and extraneous bullshit.....we all just want to be loved .

If we start right here, if we don't go another step, what do we have? Everything.

Because that one similarity, our desire to be loved, is greater than all our differences. Stopping at love, seeing that we are all the same, regardless of who we think we areto me that unity is the most beautiful definition of God.



Creating transformation for better life.

Dina Proctor

The biggest truth I've learned from my journey is that no matter how far down you've fallen, you can always, always, always find help and inner guidance to build your life back up.





I don't believe that hitting rock bottom is necessary before beginning a journey toward healing, but for me hitting my lowest emotional point turned out to be a tremendous gift that began my road to transformation.

Toward the end of 2008 I felt like I had tried everything to fix myself and my life. I had a gaping, painfully desolate black hole inside of myself that no matter what I tried, I couldn't fill. I was clinically, suicidally depressed, hopelessly addicted to alcohol (and food, and money, and men), and had tried to fix myself in uncountable ways over the prior ten years.

During that time, I thought I needed to change the circumstances of my life to find happiness. If only I found the perfect fulfilling job - or my soulmate - or financial stability and abundance, I thought I would feel better, worthy, whole. So I changed jobs a few times, upgraded my boyfriends, moved to different cities in southern California... all in an effort to fix how I felt. What I didn't realize at the time though, was that every time I changed my circumstances I took myself with me. And so nothing really ever changed.

I was stuck in the clinical depression cycle for years, with the black hole inside me continuing to expand, and desperation slowly taking me over. Alcohol became the only thing that was working to soothe my inner pain.

I knew I couldn't quit drinking because, sadly, it was the only thing that made me feel better, but I also knew that without quitting I wouldn't have much of a life to live. While struggling with whether to take my own life or not, I found myself going to meetings at an addiction recovery center.

The women at that center literally saved my life. They didn't make me quit drinking before I was ready - and it took me three full months before I acknowledged that I really was ready to leave the bottle behind and focus on building a healthy life.

I chose a woman, Grace, to lead me through the steps of the program. The first thing she told me to do was to learn to meditate. I completely balked at her suggestion at first - what on earth would sitting still in a floaty, wistful kind of way do for a suicidal alcoholic? But she was insistent, and it was her one and only instruction, so I agreed to give it a try.

Her instruction was to sit still every morning and focus on my breathing for 20 minutes. It didn't sound too hard, but when I tried to do that, I found it intolerable to sit for longer than three minutes at at time, partly because my mind was rampant with negative (understatement) thoughts, and partly because my body was still in physical detox. The shaking and sweating was unbearable while sitting still for more than a couple of minutes. But since Grace told me it had to be 20 minutes, I would sit

several times a day for three minutes at a time so I could make her quota.

It was slow going and rather tortuous at first, but I committed to it and stuck with it. And after about eight weeks, I came out of one of my meditations in what I can only call a state of higher consciousness. As I opened my eyes after that afternoon's three-minute meditation I realized that my mind chatter had completely subsided - there were no words in my head! And my conscious awareness was outside and above my body - I was connected to my higher self, and was fully present in the moment for the first time in my life.

I maintained that state for about three days, and two insights during that time made a huge impact on me: first, that there's no such thing as time (really!) and second, that anything I wanted to create in my exterior world - healing my body, my relationships, advancing my career, gaining money and abundance, and everything else, were all easy to achieve if I worked from the inside out. If I connected to that intuitive wisdom, that voice of guidance from my highest self, and connected emotionally with what I wanted to experience, the outer world would show it to me in my physical reality.

Once I realized all of this, I began using my three-minute meditations on everything. I had gained weight since I'd quit drinking so I visualized connecting to my body's highest source of wisdom and eating and exercising from that place and I lost seven of those extra pounds in ten days. I also used these meditations to lower my cholesterol, transform my relationships, and as a crucial part of healing from my alcohol and food addictions.

Eventually my three-minute meditations settled into a routine of three minutes, three times a day, and I now call it 3x3 Meditation. I've used it to transform every area of my life - because I know now that every goal needs to start with mindset first, and then everything else falls into place.

Today, more than five years later, I still use 3x3 Meditation to gain insights and breakthroughs. I have a coaching business where I teach others how to transform their lives using 3x3 Meditation, I wrote a best-selling book, and I love speaking to groups and explaining to them how powerful mini-meditation can be.

The biggest truth I've learned from my journey is that no matter how far down you've fallen, you can always, always, always find help and inner guidance to build your life back up.



Dina Proctor

is a life and business coach, and best-selling author of the book "Madly Chasing Peace: How I Went from Hell to Happy in Nine Minutes a Day." Supported by Jack Canfield, Dina's 3x3 Meditation method is helping thousands to transform their personal and professional lives all over the world and speaker.

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She lives in Santa Monica





Jessica Bartram

is a transformation coach who helps women stop habits they hate, so they can live a life they love. She assists clients in overcoming emotional eating while developing a healthy relationship with food at the subconscious level.

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She is also a founder of KidsWhoMeditate.com, an online program that empowers children through meditation.

She lives in Sanford.

How to break bad habits using alternative therapies

We all have parts of us that we would like to improve. Often we get sucked into a habit without even realizing it, or start a habit that we know isn't good for us. The problem then becomes, how do we change that habit? Breaking habits can be especially challenging. I've outlined several of my habit breaking methods that my clients find extremely useful.

Hypnotherapy

Let's start clearing up the air on what's exactly "Hypnotherapy" and how it can help you overcome your bad habits. Hypnotherapy is a relaxing and natural therapy that works on your subconscious mind (right where the bad habits develop), it can make you more aware of your bad habits, let's say like smoking, so you can control it better and feel that you are doing something bad to yourself. On hypnosis treatment the client's behavior towards the treatment and it's outcomes is very important, so if you don't not believe it can work, don't even start it cause your chances of success will be very low. Commitment is also very important, so you should stick to the techniques and tools until you can feel some results over your habits.

Meditation

Another relaxing and natural way of therapy is Meditation. Meditation can help you to quickly feel when your mind gets distracted, when you are losing focus and motivation. Motivation is what keeps us moving forward and it's simply the upside of noticing the bad effects or the risks you have and feeling like overcoming them. It will keep you aware of your motivation and will help to trade the bad habits for good ones. One of the main benefits of meditation is to increase the time gap between an emotional trigger and your reactions. So you will be capable of thinking a little bit more before taking action in any situation. Back to the smoking example, if your first reaction to a stressful situation is to place

a cigarette in your mouth, you will have some extra time to think about this action and maybe avoid it, cause as far as I know cigarettes do not solve problems yet, am i right?

If you find yourself struggling all the time to take care of simple tasks on a daily basis, meditation will work just fine for you, it can increase your concentration and keep focus on the main items on your task lists.

EFT (Emotional Freedom Techniques)

Emotional Freedom Techniques, often known as Tapping is a healing tool that can provide impressive results for emotional, physical and even performance issues. It doesn't matter what part of your life needs improvement; there are always an emotional link to our habits. It is common knowledge that even for physical issues, any kind of emotional stress can ruin the healing potential of your body. In the EFT method, the more unresolved emotional issues you have and can clear, the more peace and emotional freedom you will find in your life. EFT can help with Sugar addiction, smoking, anxiety, and many more challenges. Every one of these has an emotional background and solving the emotional issues you can heal even your body. It's also important to trust in the process to feel the results. EFT is an ongoing process to transform you in a healthier and more productive human being.

Alternative therapies are often overlooked for habit breaking. However, the positive results achieved through each one of these therapies is undeniable. If you are feeling stuck and unsure of how to change, consider alternative therapies to enable you to create positive changes.

Reframing my hurts.







Dr Amit Sood

is a Professor of Medicine at Mayo Clinic College of Medicine, Rochester, MN, USA, serve as Chair of Mayo Mind Body Initiative, Director of research and practice at Mayo Clinic Complementary and Integrative Medicine Program, Chair of Mayo Medical Student Life and Wellness Committee, and Associate Director of General Internal Medicine Research Fellowship.

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He lives in Rochester.

Let your moments of pain remind you to practice deeper gratitude, compassion, acceptance, meaning, and forgiveness.

Let your moments of pain remind you to practice deeper gratitude, compassion, acceptance, meaning, and forgiveness.

Acute back pain, particularly the kind where one wrong twist can send you into severe pain, changes every aspect of life, at least for a few days. Sitting, lying, walking, eating, sleeping—during every single activity, you protect yourself from the pain.

Emotional pains are the same. An emotional pain, strong enough to draw your attention for the better part of the day, becomes the defining thought for the day. Further, while most acute backaches are short-term visitors, emotional pains can find a home in our brains for a lifetime because of our phenomenal memory of negative events and ability to imagine and catastrophize.

It doesn't have to be this way. A multitude of salves, made of timeless values, can heal the emotional pain. The balm of gratitude helps you remember that the hurt could have been much worse. My shoulder pain could have been not just the muscle sprain but metastatic cancer. I should be grateful that it isn't metastatic cancer and focus on that reality rather than the pain itself.

The emollient of compassion helps me remember millions who have pain worse than mine, no one to empathize, no rest from work despite the pain, and suboptimal treatments. When I focus on compassion for them, I help palliate my own pain.

I should also recognize that of the 360 joints and 650 muscles, one or two will at times get sore in this almost fifty-year-old frame. I can either fight this reality or just accept it. With acceptance a light shines, which lets me find meaning in my pain. Maybe my pain is signaling that I should become more disciplined about keeping myself fit; maybe it is preventing something worse that I don't even know about. With gratitude, compassion, acceptance, and meaning, I rewrite the scripts. Eventually I will have to arrive at a place where I erase the hurts—by forgiveness.

Forgiveness is the curative surgery that completely removes the hurts from life. Forgiveness clears the mind of negativity so love can find a place in it. The mind can't purify itself of hurtful emotions until it learns to forgive. Until I and others around me are perfect, I will keep getting hurt. I should accept this reality. Educated and empowered by this acceptance, I should learn to forgive, if I wish to remain light, free, and fully available to experience the magic of life.

May your hurts spur you to deepen your anchor in timeless values; may a deeper anchor in timeless values decrease your hurts.

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Find Greater Meaning in Your Life



It's a quest we're all on... At some point or the other in our lives, we get stuck, we get lost, we get disillusioned. And we begin to wonder what the meaning of our lives is; we question our existence, its purpose, and we often question life itself and its absurdities.

While we seek meaning, we try various activities - we adventure into unknown places, we climb mountains, we undertake pilgrimages, or we join a people's movement - all consciously or subconsciously directed at finding greater purpose and fulfillment in our lives.

At such times, we also often set out on a 'spiritual shopping spree' as it's called. We go from guru to guru, practice kriya after kriya, consult tarot readers or astrologers, and read as many books on self-help and mythology, in the hope that they may help us decode the deeper meaning of life.

Little do we realize that the true meaning of life cannot be found 'out there'...but within us. Somewhere during the process of growing up, following parental wishes and societal norms, we began to disconnect from who we are and who we really want to be. We started playing roles, and we started believing that those roles are us.



with 6 Simple Practices



Ritika Bajaj

is an author, prolific writer and editor, focusing on people, startups, and the finer nuances of life. She is currently a content consultant, generating ideas and providing solutions for online and offline mediums. Ritika describes herself as a spiritual seeker, voyager and change agent, constantly finding ways to make life richer and more meaninaful. You can follow more of her writing https://medium.com/@riti kabajaj

She lives in Mumbai.

We also started getting attached to goals instead of finding true meaning – we studied to find jobs, we kept our jobs to support our lifestyles, we started collecting homes, cars, and building bank balances, thinking these things are a reflection of who we are... What continued to remain though was a sense of emptiness.

To find meaning then, we need to connect once again to our core... Connecting to this core requires us to be harsh on ourselves at times; it requires us to ask ourselves questions we've been afraid to answer thus far... It requires us to peel away the layers of dust and look at life through a clean lens - at times highlighting scary, but more often, enhancing the beautiful.

Once in touch with our inner self, meaning automatically unfolds...You begin to live in sync with your true self, and you connect with more smoothly with the people around you, and with the universe as a whole... You become like the wheels of a car, moving friction-free, and going full throttle toward your destination.

But how does one connect more deeply with oneself? Here are some simple ideas...

1.Think of death

Yes, it can be a morbid thought; but only once you get comfortable with the idea of death, will you get more comfortable with life. The sooner you know that the end of life is death, everything else falls into place. Small issues become genuinely small, and you stop worrying about them. You realize that life is too short, and you start looking at each new day as a gift. The yogic practice of Shavasana, is one such way of coming to terms with death - by lying down on the earth, you surrender yourself to it, and begin to let go... What follows is a sense of calm and relaxation.

2.Find your peace

Seek out activities that make you genuinely happy. If you're feeling stuck in a job that is taking you nowhere, but just paying the bills, at some point you will get frustrated. That doesn't mean you quit without a plan, think of how you can find other sources of income, or start looking at an alternate career path. A good way of doing this is to think of where and how you would spend your time, if you weren't in your current place of work... Would you rather be a teacher, a writer, a trekker, a musician?

3. Keep positive company

There are people who drain your energy. Being around them makes you feel a sense of imbalance, a feeling of not being 'the person you are'... They can bring out the worst in you. Such people are toxic and detrimental to your spiritual and emotional growth. Distance yourself from them, as they will only pull you down and make you think, talk and behave negatively ... Instead, hang out with those who genuinely make you happy and inspire you to become a better person.

4.Stay close to nature

Nature stirs something within us. It makes us more humble. We realize we're just one small part of the larger universe. We also realize that life is actually simple, and our basic needs are taken care of by nature. The drama we have created is really our own doing. Spending time in nature allows us to appreciate the beauty around us. And, for some time, we can lend our problems to the ocean, or the trees, or the vast sky. So take walks by the sea, go for nature trails in the forest, or simply feel the rain as it drops...you will begin to experience life anew.

5. Challenge yourself

Life loses its luster when you stay stuck in a limbo or state of inertia for too long. Every now and then, increase the challenge in your life to find new meaning. Move out of your comfort zone...maybe learn a new skill, see a new place, or discover a new dimension of life... But for this you may have to give up your old ways, break out of patterns that you've been used to, and sometimes even sacrifice what is dear to you. For example, if you want to live in a new city, you must give up the comfortable feeling of being in a familiar place, and be confident enough to make new friends, and travel on new roads.

6.Celebrate often

True meaning comes from being joyous, and joy comes from celebrating what you already have, and celebrating how far you've come. Every life is a journey, and just making it to the next stop is momentous enough. So take time off from your daily grind, and celebrate occasionally... Make this celebration special, do what you love doing, and include the people you care for. Also, don't forget to remember those who are struggling, with little means to celebrate on their own, like the lesser privileged... share with them the goodness you have...and you will discover new meaning in your life.



Multidimensional





Dr Denise McDermott

Board certified adult & child psychiatrist. Authority multidimensional wellbeing. She is author of famous book "Mental Health & How to thrive". Her approach is to encourage people to believe in wellness not illness and to lead a balanced healthy lifestyle. www.drdenisemd.com

She lives in Manhattan Beach.

We are fortunate to be living at a time when the Mind, Body, Spirit paradigm shift in healthcare has been introduced and embraced by many. I honor and thank the Pioneers of Integrative Medicine that have paved the way for succeeding generations.

I am a board-certified Adult and Child Psychiatrist with 20 years of clinical experience and have 40,000 patient hours of service working with children, teens, and adults. I like to think of myself as a Doctor of the Soul. Did you know that the word "psychiatrist" translates in Greek to "Doctor of the Soul"—psych (soul) + iatros (doctor)? I couldn't agree more.

I believe that reaching our highest soul alignment is a multidimensional path that integrates a spirit, mind, and body approach.

By setting intentions of love and compassion for ourselves and others, we can find health, happiness and inner peace. We are multidimensional individuals with thoughts, feelings, and perceptions that matter and have an impact on our physical, mental and emotional wellbeing.

There is no better time than at this moment in history where we as a collective society are taking it more seriously to truly embrace a Spirit—Mind—Body approach, with an emphasis of putting Spirit first.

His Holiness, the 14th Dalai Lama defines spirituality with great clarity: "In Ancient Wisdom, Modern World 'spirituality' is concerned with those qualities of the human spirit such as love and compassion, patience, tolerance, forgiveness, contentment, a sense of





responsibility, a sense of harmony-which bridges happiness to both self and others..."

The human spirit can be thought of as your intention to be the kindest, most loving and compassionate you. How can this approach be applied to the day-to-day interactions with children, teens and adults in need of mental health care?

A fundamental first exploration with my patients includes, "What makes you happy?" It is important to know where each individual's starting point is. In a warm and engaging manner, I find out how each child, teen, or adult views their health and wellbeing in the context of their developmental stage and Worldview. "Why are you here? How can I help you?" Questions are asked in a way that inspire self empowerment from the start. "Your opinion matters to me." It is important to make the point, "We all perceive and process the world in our own unique way." This statement is a "shame-breaker."

In Western Medicine we are trained to start with the chief complaint, "What brings you here today?" That is important, yet let's take it a step further. When working in my practice, I ask my patients to think about their goal for achieving their "chief success or aspiration of how they want to feel?" Do you feel the difference in the words? They are healing intentions. You are a fundamental part of activating your path to wellbeing.

I work with a lot of kids and parents who love it when we outline the steps towards wellness:

Step One: Spirit: Be Your Own Best Friend. Set the intention that you will be aligning with your highest self.

I collaborate, empower, and foster a trusting relationship with each individual that makes it known that they need to engage in the goal of starting their journey of health with the intention of "being your own best friend".

I help my patients to want to shift from being in crisis, to stabilization, with the end point being "thriving".

When working with children I state, "I am a feelings doctor." I ask "What did your parents tell you about coming here today? Was it your idea to be here or your parent's idea? Or both?" I validate all possibilities. I convey, "Your opinion matters to me. This is your health." I ask, "Is there anything you want help with or want to feel better with?" Common responses from kids are "I want to focus more." "I care too much about what other people think." Another question I often ask is, "If you could design a school or family routine that was your favorite what would it look like to you?"

This approach engages the child into thinking about what their best life would look like.

Step Two: Assessing the Mind. Essentially what are your thoughts like?

I interview with open-ended questions using the biopsycho-social model taught in western medicine and determine a treatment plan with the current standard of psychiatric care.

I carefully choose words that promote wellness, not illness. I educate my patients as to why I use terms that allow for a "flight towards health and wellbeing".

Here's an example. If someone is struggling with an eating disorder such as Anorexia (as defined by the DSMV/Western medicine) the treatment plan is defined and aligned with a multi disciplinary approach based on scientific data coupled with the collaborative "thrive plan" that each person and family system helps to create.

I quickly educate my patient that we will now be calling it your "nutrition issue" (a neutral reframe) or if a different term works for my patient I have them "coin their own term" and I coach them to phrase it in a neutral or positive way.

Why? This promotes a cognitive reframe, sets the intention for wellness and shifts an individuals thoughts and actions into acting as if "I am already on my way to being healthy." Not everyone is ready to do this from the start. That is ok. It is a process. It happens at the pace it is going to happen. It is essential for each individual to know that their thoughts, word choice, and actions make a difference in feeling better.

Step Three: Assessing the Body. Essentially what is your Physical health like?

To honor your overall wellbeing you need to take care of your physical health and your nutrition too. I work closely with primary care doctors to make sure a physical exam and lab work has been done. Exercise, Nutrition and Meditation/Mindfulness are all part of the assessment and treatment recommendations. I view the Spirit—Mind—Body Paradigm as the progressive evolution of what "OUR" Masterminds in medicine, science and spiritual leaders have been restating throughout history.

Can you imagine a World in which all of OUR children begin their lives with the encouragement to strive for happiness and inner peace? I can. Love of self, healthy thoughts and physical wellbeing create healthy individuals. When individuals thrive we all thrive.







Sylvia Boorstein
leads retreats across USA,
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Generosity as a Natural act

I am blown away by generosity that is completely unselfconscious. It the most concrete example of the buddha's idea of "nonseparate self". Of course our bodies are, in the physical sense, separate from other bodies, popping into and out of this world at different times and different locations. But the Essence of consciousness that enlivens all those bodies in singular. with that awareness, fear vanishes and sharing is a totally natural act.

A woman much younger than I am was dressing next to me in the locker room at the gym. We were talking about benefits of regular exercise for staying fit and trim, she added,"I just had a surgery a few months ago, and my doctors are amazed at how fast I have gotten my strength back."

"What kind of surgery did you have.?" I asked.

"I gave my sister a kidney. she's diabetic, and she needed it."she said it with the same matter-of- fact tone that might have accompanied, "I had an extra bike I wasn't using...." She was completely causal about it. It was just what needed to be done.

I have been thinking for many year about one particular story about the Buddha. In one of his previous incarnation, he was talking along the edge of a cliff and heard cries coming from below. Upon looking ver the edge, he saw starving tiger cubs with a mother tiger too weak to feed them. The Buddha-in-progress leaped immediately to his death to provide nourishment for the cubs.

The story was told as a generosity story. It worried me because I couldn't imagine That kind of spontaneous selflessness.

Now I can. I have five grandchildren. For them, I would not hesitate a minute about a cliff decision. I am not even especially proud of that because it's not a big deal. Not doing it would be impossible. What would be a big deal for me is that next step, which is to remember always that everyone's grandchildren are mine. Any one's grandchildren are everyone's grandchildren.

You don't need to have children or grandchildren to have this realisation. This is the truth of nonseparate self, and it reveals itself when the attention is focused. I see it happen when disaster occurs. A plane crashes in Potomac, and passers-by leap into the ice filled river just because people are in it -not people they know, just people in need. There is a fire in the World Trade Centre building, and people carry a co-worker in a wheelchair Down sixty-seven flights of stairs, at great risk to themselves . No one think , "I will do heroism," or "I will do generosity."We realise, when the attention is sharp, that we are all part of each other, and we become caregivers. Perhaps generosity is the word we use as long we think there are donors and recipients. When sharing is a natural and spontaneous act, we probably call it compassion.

I used to think if I began seeing all beings as my kin, it would be a big burden. The opposite is true. When someone I know is doing something admirable I don't feel I need to be doing it. She is doing it On my behalf, or as me, Alex is teaching for me in remote places, Izhak Perlman is me playing the violin, and Joe Montana is me, too. So is his mother.







Carina Aviles

is an actress and humanitarian based in Los Angeles, CA.
She became involved in social activism at San Diego State University, where she joined M.E.C.H.A (The Chicano Student Movement) and Forensics Debate.
Aviles is passionate about consciousness, universal laws, health & beauty, healing, progressive technologies, and all creative works she's a part of.

Labor and Delivery - A Spiritual Account

Coaching my sister through childbirth has been the most meaningful experience of my life thus far, because it's been my most concrete example of LOVE overcoming FEAR. Oh fear was present, but it bowed to the will of Life, and Love. The amount of coincidence, harmony, and higher intelligence observed was truly beautiful, and I want to share my account with the hope that we may continue to welcome Supreme Connection in our own lives, as much as possible...

Throughout the process I had two choices; be scared, or trust. I could let my mind run with visualizations of all the wrong that could happen, or, I could choose to focus on the synchronized signs/answers given. Trust is a very brave, and personal choice.

We had done our best coming in; Krystal was open and tuned-in, Jose was supportive and together, while I was clear and forthright. We had our grounding crystals (moonstone, carnelian, lapis lazuli, amethyst), and our loved ones sending prayers, but when it comes down to the wire, insecurities can pop up, and all bets are off.

Well, plans switched up, a little ego came through, and the potential for havoc was there, but, not for long...

We all seemed to know - "The show goes on" - This is natural, and spiritual law. We moved past any mental or physical hurdles by staying engaged in the newness of each moment, and thinking of the higher goal; creation, birth, service.

There was unexpected help in the final phase, and after 18 hours in the hospital, Elon Reign was born. It

was the most perfect experience we could've ever imagined. What meant the most to me, was that through any and all doubts, I felt a higher presence "rooting" for us. Little things happened to let us know we were being supported.

We weren't alone, none of us are, but it's important to make the choice of receiving your own messages day to day...

- Be open, instead of fixed.
- Flow, and follow gracefully.
- Approve of yourself, and let things turn out how they will.

There is Infinite Possibilities for our fulfilment if we fear less. Breathe by breathe, generation by generation...

Cheers to the growth cycle of life.



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He lives in Mumbai.



Whenever we speak of forgiveness, most people fall into two groups. The first group says "I know all about forgiveness, I have forgiven most people in life who hurt me, I don't need to listen to a lecture on forgiveness, it is so easy" while the second group would say "I know it is good to forgive, that it is not good to keep resentments, grudges and anger against someone, but try as I might, I am not able to forgive the person who caused me hurt. I really want to forgive but cannot". A small minority would say "I don't know whether I will be able to forgive or not. Maybe sometimes I could, sometimes I cannot. I want to learn how to be able to forgive, in the face of adversity".

First and foremost, forgiveness does not mean we accept or endorse the act that made us mad. The act

was real and it did hurt us at that time. Someone insulted us, someone hurt us, someone said something unpleasant, someone injured or killed a family member, someone broke our heart, someone abused us, and someone cheated us or stole from us...the list of things that make us angry and hold resentments, is enormous. And yet, each of these events happened and we were affected adversely. That fact is always going to be true and these events cannot be wished away or deleted from our memory.

In order to forgive, we cannot say "It is okay if someone committed murder or rape or kidnap or robbery, I forgive him---no, it will never be okay and it probably cannot be done. It was wrong then and it will always remain wrong. Someone refused us money when we were in dire need, someone did not





help us when they easily could have—these events have caused us tremendous pain and we cannot behave as if it did not happened. They did happen and they did hurt us. And hence we are angry and holding on to that anger, hoping for revenge or retribution one day. Or we are hoping that destiny or karma punishes that person for troubling us. Or waiting for the law of the land to take its due course and punish that person. All this is true and is quite normal.

Then how does one forgive? And why should we forgive? What is wrong in holding on to anger, to grudges all throughout life? The Buddha used to say "Holding on to anger is like holding on to a piece of hot charcoal. It will only burn your hand and nothing else". Someone once said "Holding on to grievances against someone, is like drinking poison, and expecting the other person to die". Whatever negative energy we hold on eventually starts to seep inside and starts to pollute and destroy our body and mind. Our mind, thoughts and emotions are very powerful and they are responsible for our vibrations. Anger and resentments lower our vibrations, and also release a lot of harmful chemicals into our body, often leading in the long term to diseases like hyperacidity, high blood pressure, diabetes, migraine, irritable bowel disease and even cancer. They also interfere with our sleep and good health and in our interactions with others. In extreme anger, we ourselves run the risk of becoming that which we hate or detest, and we are likely to harm someone else, who will then continue with the cycle of anger, resentment and un-forgiveness. If not for any other reason, we need to forgive for our own peace of mind and body. Un-forgiveness is often at the root cause of many of our problems.

How does one forgive? Forgiveness is not paying lip service and just saying "I forgive you". Those are just words and often have no meaning. Then there are many who might say they have forgiven, but will then cut off all connections with the person who they forgave. That too, is just escapism and not real forgiveness. True forgiveness involves in understanding the other person and his deeds, whenever it is possible to do so. We can make forgiveness easier by realising that the other person was actually unaware, egoistic and foolish, and hence acted in this way. They acted in the best possible way, according to them. If they knew a better way, they might have taken it, but they were ignorant and took this path. We can change our perspective on the event in this manner, and let it go. For example, if my friend did not wish me on my birthday, I can get angry and become unforgiving, or I can say that maybe he was very busy or in trouble or sick, and hence he forgot. To forget, to err is human and is something all of us do, from time to time. Saying this, I might find it easier to let go and forgive. Also, by focussing on the many years of our friendship and all that he has done for me in the past, I can allow him this one error. I need not end a lifelong friendship just on the basis of one unwanted act of his.

Where serious or heinous acts like rape or murder are concerned, it is almost impossible to forgive the person or the act. In such cases, we can feel sorry for that person, who has fallen to this level that he or she is forced to commit serious crimes to get what he wants, and is not able to get it in a normal, legal way. And we can always try and go beyond the body-mind to the soul of that person, the spirit which has incarnated on this earth with this plan, in order to commit these crimes and to experience the backlash that comes with these crimes. A soul, as we know, is always pure, and we can easily forgive the soul behind the person, for the soul is a piece of God, which is always perfect.

I would like to end with a few words on the concept of radical forgiveness. Radical forgiveness, a term coined by Colin Tipping, says that people are attracted into our lives only to become a mirror and reflect whatever beliefs we are holding. And they come and play out roles which will portray our beliefs in the outer world. They give us an opportunity to see what good or bad beliefs we are holding so that we can change the unwanted beliefs. For example, if I am holding a belief that I cannot be a good husband, or father, my wife and children are likely to behave very badly with me, and might force me to leave them. They are not really intending to trouble me, but they pick up by beliefs as vibrations and play the role as dictated by my beliefs. I am likely to go from marriage to marriage, facing the same issues, unless I realize my false beliefs and let them go. And then, once I realize this, I will actually forgive them and thank them for coming into my life to show me who I am and what beliefs I hold. If I can see that they are only helping me know myself, even with their worst behaviour, and what needs to change is not them but me, it becomes so easy for me to thank and forgive them. This is radical forgiveness, where we move from anger and frustration to forgiveness, gratitude and appreciation.



Catching Gratitude

My story, as I will share with you shortly, was a pivotal moment that would end up being the spark to reimagining a life of happiness. It would also be the point in my life that I started to live without guilt for moments of sadness, or any other one of those pesky "uncomfortable" feelings. This moment would also set me on the path to learning and absorbing everything I could get my hands on related to the topic of emotional intelligence and the habits of happier, higher performing people. It's also why I am in front of you. Sharing this story. Sharing with you what I know about a life before and after happiness.

The Scariest, Best Moments and How they Change Us Permanently

My story begins on a sunny, California day in September 2009. It was the day I learned that my husband Jim, a gold-medal-winning, professional lacrosse player, was in the ER, diagnosed with West Nile and Swine Flu. What was even more worrisome was that due to his severely compromised immune system, Jim had contracted Guillain Barré Syndrome (GBS), a disorder in which the body's immune system attacks part of the peripheral nervous system. The response to treating Jim was all about acting fast. When I first learned it would require 10,000-50,000 donors every time Jim would receive a transfusion I was amazed. After two treatments per day and three days later, knowing that hundreds of thousands of people had to donate their blood to save Jim's life, I was humbled. When the ilness plateaued, the infection finally giving up its relentless attack on Jim's tired body, I was grateful.

You may think that this is when my life tilted. And it most certainly was the start of something life changing, but it would take years before I would fully understand and embrace the impact of these next few weeks in my life.

What came next was the healing and recovery.

This is when the physicians managed our expectations by informing us that Jim may never walk again. They followed up quickly with a slightly less than awful scenario for a pro athlete with, "we are hopeful you'll recover fully and be able to walk again, but we think it will take a year, you will most likely need some kind of assistance from either a wheelchair or a cane (and the clincher) you shouldn't expect to play pro again."

Jim seemed to be impermeable to the news, or perhaps it was complete denial, but he took it all in stride. He decided to put a call out to everyone he knew on social media and ask for help. He wanted to get his hands on any book, video, research, textbook, audio file. What resulted was a deluge of all the above in large quantities. From the boxed set of Tony Robbins DVDs to the books that flooded in along with the emails and links to TED Talks on Facebook and every day it leveled Jim up. His bucket was filling along with his knowledge and I was assimilating into this world because it was, quite remarkably, helping him to heal.

I would sometimes struggle with his newfound optimism. I wanted to be happy, but I just couldn't seem to authentically feel the gratitude that Jim had discovered for his illness. See, I was also pregnant with our second child. A two-year-old boy Wyatt was waiting at home for me every night. He would beg me for answers and I would fake a teary smile and tell him all sorts of fun stories about daddy in the rehab hospital. It was hard and I was lonely, stressed out and infinitely scared.

But. I also found that once Wyatt would drift off and I had chosen to fill his sleepy dreams with positive thoughts, removing his worries at the same time, it made me feel way better than the nights I would lock myself in the bathroom and cry. Granted, I needed those nights too - there was a certain level of catharsis to crying that I needed too. But, I never felt as good as I did when I watched Wyatt drift off with a crooked smile on his face, thinking of how lucky Daddy was for being able to eat vanilla pudding in bed!

We'd learned through much of the literature, research and science that gratitude has a vast and complex set of benefits when we practice it. So, we did. Gratitude for the view from the hospital bed. Gratitude for the health insurance I was lucky enough to have in place. Gratitude for all the people rooting for us. And the list goes on.

I also noticed that Jim's positive mood impacted his doctors, nurses, occupational and physical therapists' ability to assist his healing. The more optimistic he was and grateful for all their efforts the more time they spent with him. When he needed something they were there. As opposed to his grouchy neighbor who would complain all day about how long it took to get a nurse in to help when he rang his buzzer. Jim and I also witnessed the occupational and physical therapists volunteer an extra hour of time at the end of their shifts. Nurses would change his bed sheets faster and they would give him extra rice pudding to brighten his mood. Doctors would check in at off hours and make sure he was keeping up his happy





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She lives in Ontario, Canada. spirit. All of this increased his determination to heal, to walk and to prove the pessimistic outlook by the early doctors wrong.

What was going on with me simultaneously was a better understanding of how life continues to ebb and flow around you, even though a crisis strikes. Jim was strangely cocooned inside the hospital and although that certainly isn't where he wanted to be, it allowed him to have tunnel vision on his healing. I, on the other hand, came in and out of his world. It felt like those times when you emerge from the theatre and you forget it's daylight outside. It can feel jarring.

My personal development came in those moments. When I would have to face the world including my boss, who was obviously concerned, but still had expectations. It came from the stakeholders that I had to serve in my role with whom I chose not to share any of this experience with. It came in my "on" moments when I had to wake up and play the role of mother, wife, friend, coach and of course, employee, peer, colleague, leader, follower.

Six weeks after being rushed to the hospital in an ambulance, Jim walked out of the hospital assisted by his fore arm crutches but he refused the wheelchair. And of course, he still had a good hold on Wyatt's tiny hand

Jim would never go back to play and that took some getting used to. Someone who has a lacrosse stick in his hand by two doesn't give up on that dream immediately. But, what did happen was this; a life focused on learning how to give back to the world.

What Came Next

Jim would start on his mission to give others the same psychological tools to walk out of a hospital after six weeks. Or at the very least, better handle the massive shifts that life hands us. Some athletes may have never recovered emotionally from leaving their sport altogether, but when you are psychologically fit you roll with life's punches. You get back up to fight another day and you look for new paths to pursue.

Another lesson learned from the hospital bed, was just how far away our support system lived. Our parents rushed to our side as fast as they heard the news, but with 5000 miles between us, it still took them several days. That stark realization led us to move back to Canada and build our lives back home, closer to family and our extended relatives.

When we returned to Canada, Jim got straight to work. He went back to University with a goal to better understand the science behind his healing. He began to study the role gratitude played in his recovery. He landed on research by Dr. Nicholas Christakis from Yale University that analyzed social contagions. Dr. Christakis and Dr. Fowler would demonstrate that happiness can be just as contagious as diabetes, smoking, even divorce. Experiments have demonstrated that people can "catch" emotional states they observe in others over time frames ranging from seconds to months and the possibility of emotional contagion between strangers, even those in ephemeral contact, has been documented.

We personally experienced that contagion effect in the early days of Jim's healing. As our gratitude extended outward, the support system grew and more care and healing would boomerang back to Jim.

We also landed on Dr. Robert Emmon's research, Counting Blessings Versus Burdens: An Experimental Investigation of Gratitude and Subjective Well-Being in Daily Life. His analysis of 192 subjects who spent ten weeks writing down gratitude, hassles and neutral statements showed improvements in overall happiness, life satisfaction and physical health for the gratitude group. Over time, Emmon's research has proven that a consistent practice of gratitude strengthens immune systems, lowers blood pressure, improves sleep, increases levels of positive emotions, generosity and compassion, helps people to be more forgiving, decreases loneliness and even increases physical fitness.

We too, engaged in research related to gratitude. Our Director of Research, Dr. Vanessa Buote, analyzed how activities focused specifically on workplace gratitude would impact a variety of outcomes including job satisfaction, predicted future job satisfaction, procrastination, community, and overall happiness at work. Dr. Buote found that employees in the gratitude at work group reported an improved impact on every outcome measured.

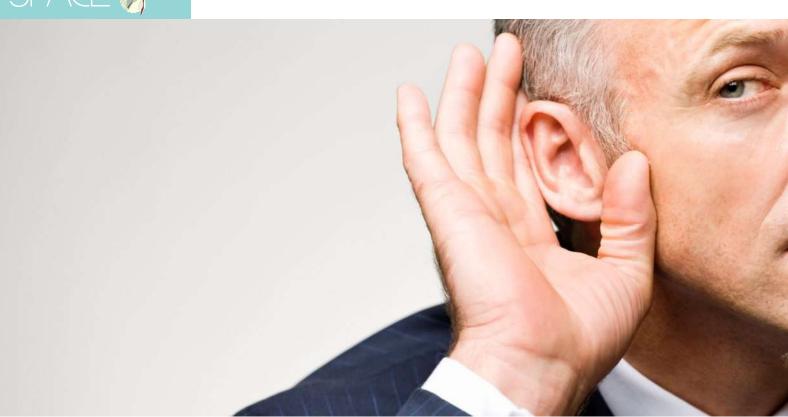
Employees felt greater sense of workplace community – promoting trust and encouraging employees to work together towards common shared goals. The research also demonstrated that workplace-focused gratitude reduced burnout and increased job satisfaction. It also reduced procrastination. Importantly, after completing the gratitude at work activity, employees believed they would be more satisfied with their job in six months' time as compared to those who did the gratitude in life activity.

Flash forward to 2017 and all of this research and learning has taken the shape of technology, built to explore the capacity of increasing happiness. We joined forces with Lance Mohring, our technical cofounder, to figure out how to scale happiness globally. It has become our mission to give 1 billion people the tools to live a happier, healthier, higher-performing life. We named it Plasticity because of its roots in neuroscience and it has taken on a life of its own.

Plasticity represents a rebirth for Jim and I. What may have been considered an impossible trauma from which to rebound, we saw it as a growth opportunity. We saw it as a path to true happiness.

So, both Jim and I changed. I may have been reluctant to join Jim on his journey at first, but as I watched his incredible recovery, I knew there was something quite profound to the stories we tell ourselves, and the narratives we share with others. What I do know for certain is that I would never go back and change a single moment. It's brought me here. And, now I have the profound honor to share this story with all of you.





Listen Up: A Better Way to Pursue Happiness

People don't choose what makes them happy. Huh? I know that may sound ridiculous but hear me out. Unfortunately, that statement is not an opinion. It's a finding discovered by scientists. Of course this isn't true for every individual, but research confirms that the majority of people don't choose what will make them happy. How can this be? Why wouldn't we choose what makes us happy—especially since, when researchers ask us what we want most in life, the consistent answer we report is "Happiness for myself and for those whom I love."

The phenomenon that people don't choose what makes them happy is

surprising/absurd/perplexing/counterintuitive/conce rning (insert your own adjective here). Do you notice this phenomenon pertaining to your family members, friends or even yourself? How about your co-worker who complains about his job most days, your childhood friend who complains that her partner doesn't express appreciation for her, or your own thoughts and feelings regarding what you hoped an experience would be but it actually disappointed

Perhaps that finding can partially explain why millions of people suffer from depression and spend billions of dollars every year on psychotropic and recreational drugs. There's a better way to make yourself happy, satisfied and fulfilled. A reliable way. A healthy way. An honest way.

The reasons for why we usually don't choose and do what will make us happy are complex. Science



explains that the reasons are due to our decision-making biases—most of which prevent us from making accurate predictions about our future experiences and happiness. And when our decisions are accurate, our inability to self-regulate our impulses and emotions prohibit us from following through with the choice that actually would make us happy.

Perhaps people don't choose what makes them happy—much less, know what will fulfill them because they don't listen to the information and guidance that is best for them. What guidance might this be? Where does this guidance come from? Other people? No! The guidance I am speaking of can be called many things: gut, the unconscious, intuition, voice, the divine, and any non-secular term.

Unconscious or gut feelings have even been examined in scientific research, and more than conscious feelings, our unconscious or gut feelings are found to accurately reveal what we feel and, when listened to and followed, these feelings accurately predict future outcomes. Researchers also note that people often ignore their gut, despite research showing that it is more accurate.

So why don't we listen to the voice inside? Any number of reasons can be supplied—from thinking you don't have a wise inner voice, to being in the habit of looking at what others say or do for guidance as to how you should behave (this, by the way, is one of the biggest predictors of unhappiness), to not being taught how to identify and listen to that voice.

It's time to disturb your habitual patterns of thinking that keep you trapped in cycles of experiencing unpleasant thoughts, emotions and feelings—which lead to actions and behaviors that produce unhappiness and nonfulfillment. It's time to disrupt the conscious by building awareness of the unconscious.

Here are seven strategies you can practice to cultivate and strengthen your ability to listen to your wise inner voice. Each of you is capable of implementing these strategies. Before you try any of these, I encourage you to engage in one important moment. In this moment, make a promise to yourself that you will never again ignore the voice inside you and instead, you will listen to it. I committed to this some years ago, and can tell you that I have kept my promise. And not once have I felt that my voice guided me anywhere but exactly where I am meant to be. No more regrets, guilt, uncertainty...you name it. Trade those for integrity, love and confidence.

- **1.** Sit quietly and ask yourself the question: What do I want to experience today? Then, listen to the answer.
- 2. When you are faced with options and need to make a decision, engage in the following visualization: Imagine your future self in front of you.

Your future self is completely fulfilled and happy—in all the ways your soul desires. Take a moment to feel this in your body. Once you feel this sensation, imagine your current self walking up to your future self and asking "What did you just do?" Then listen. You've got your answer for what step, decision or action to take.

- **3.** If you are looking for an answer for how to solve a problem you have been contemplating, then before you go to sleep at night, ask that the guidance be revealed to you in your dreams, and then request that you remember the answer in the morning. Like each strategy, this method strengthens with practice.
- **4.** There is a moment between sleep and waking up when your unconscious is still highly active. This period is called Yoga Nidra. In this state of consciousness, pay attention to the information that is presented to you.
- 5. Get your hands on a photo of yourself as a baby or young child. Look at that child in the eyes. Ask "Why are you here?" And "What do you need?" Then, listen to the answer. As the adult, take care of the child that lives inside you by giving her/him what s/he needs.
- **6.** Reflect on what nags at you. If you're like most people, you put some things off...and off...and off, instead of just listening to and following the voice. It's telling you to do even mundane things for a reason. Do them. You will feel greater ease, and more possibilities will open to you.
- 7. Remember that everything coming your way is information. Information is neutral. For example, an event has no negative or positive value or meaning until humans choose to label it. Practice observing events as neutral information that simply indicates what is present in that moment. Listen to what the voice says. And without judgment, notice how observing information in this way affects your perceptions, acceptance and love states.

Become a master of listening to your Self. With intentional effort and commitment over time, you will notice and experience the maturation of your voice. You will hear and feel the essence of your true Self.

If you want, begin these strategies now. You will never again have to wonder, worry or regret a decision if you simply commit to honoring and listening to your inner voice, and then following its guidance. Remember: nobody knows you better than your Self.

There is a grand, honest and dependable wisdom inside you. No matter the situation. No matter the time. No matter how loudly or softly it communicates with you. Listen to it. Trust it. This, my fellow human, is your inner voice, always guiding you towards the love, truth, integrity, fairness, trust, compassion, creativity, belief, joy and fulfillment that is your nature.



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Ajahn Brahm

A British Theravada Buddhist monk. Currently Brahm is the Abbot of Bodhinyana Monastery, in Serpentine, Western Australia, the Spiritual Director of the **Buddhist Society of Western** Australia, Spiritual Adviser to the Buddhist Society of Victoria, Spiritual Adviser to the Buddhist Society of South Australia, Spiritual Patron of the Buddhist Fellowship in Singapore, Patron of the Brahm Centre in Singapore, Spiritual Patron of the Bodhikusuma Centre in Sydney, and most recently, Spiritual Adviser to the Anukampa Bhikkhuni Project in the UK. He also a writer and speaker.

He lives in Serpentine.

When all my wishes were fulfilled.

IN MY TRADITION ,monks aren't allowed to accept, own, or handle money , whatever it's kind. We are so poor that we mess up government statistics. We live frugally on the unsolicited, simple gifts from our lay supporters. However, infrequently we may be offered something special.

I had helped a Thai man with a personal problem. Out of gratitude he said to me " sir , I would like to give you something for your personal use. What can I get you for the amount of five hundred baht?" It was usual to quote the amount when making such offering, to avoid my misunderstanding. Since I couldn't think what I want straight away and he was in a hurry, we agreed that I would tell him the next day when he returned.

Before this occurred, I was a happy little monk. Now I started to contemplate what I wanted. I made a list. The list grew soon, five hundred baht wasn't enough. But it was so difficult to take anything off the list. Wast had appeared out of nowhere and solidified into absolute necessities. And the list kept growing. Now, five thousand baht wasn't sufficient!

Seeing what was happening, I threw my wish list away. The next day, I told my benefactor to give the five hundred baht to the monastery building fund or to some other good cause. I didn't want it. What I wanted most of all was to regain the rare contentment I had had the day before. What I had no money, nor the means to get anything, that was the time when all my wishes were fulfilled.

Wanting has no end to it. Even a billion baht isn't enough, nor one billion dollars. But freedom from wanting has an end. It is when you want for nothing. Contentment is the only time you have enough.





Carrie Heinze Musgrove

A licensed therapist since 1996, her clinical experiences are very diverse. She has extensive training and experience in group therapy and individual therapy. She has worked in both inpatient and outpatient hospital settings in Chicago and the Dallas/Fort Worth area, as well as private practice. She now practices exclusively through video conferencing.

She lives in Arlington, Texas.



The secret to happy arguing.

How you argue, and more importantly, how you choose to end an argument, determine the long-term success or failure of your relationships.

Being upset, distressed, troubled, or concerned does not give you license to be childish, abusive or condescending. It is mandatory in ANY fight that you control yourself. You are entitled to disagree. However, disagree in reasonable, caring and constructive ways.

Here's how:

- 1. Take it private and keep it private. Fighting in front of your children is nothing short of child abuse. It can and will scar them emotionally. Fighting in front of them will give them a lot of information about how relationships should look. They're watching and they're smarter than you think. Figure out how to contain yourself until you can talk privately. Also, discussing your private conflicts with family and friends may seem like a good way to get a fresh perspective on your issues, but drawing in third parties can often cause even more problems. When the dust settles, they aren't as forgiving. As uncomfortable as it is, the best way to avoid this situation is to deal with issues between you and your partner as they occur. If the problem persists, reach out to a therapist.
- **2. Keep it relevant.** Don't bring up old grudges or the past when they don't belong in an argument. Put boundaries down around the subject matter so that a fight doesn't deteriorate into a free-for-all. What is the issue today? What are you attempting to resolve today? Given the past, what can we do today
- 3. Keep things real. Deal with the real issues, not with a symptom of the problem. Get real about what is bothering you, or you will end up even more frustrated. The dishes in the sink aren't really about the dishes in the sink. It's about feeling unimportant, disrespected, taken advantage of, unheard, misunderstood and so on. Address those issues instead.
- **4. Avoid a character assassination.** Stay focused on the issue, rather than attacking your partner personally. This is typically done to tarnish a person's reputation. It often involves exaggerations, misleading half-truths, or manipulation of facts to present an untrue picture of the targeted person. It's not okay.
- 5. Stay on task. Know what you want going into the discussion. If you don't have a goal in mind, you won't know when you've achieved it. Devise a plan of action to avoid future issues.

- **6. Pick and choose your battles.** Every single thing you disagree about is not an earth-shattering event or issue. It's always good to speak up about things and share your opinion about things, but also know when it's time to let it be. Is it more important to win an argument or to build the bridge? Sometimes it is, sometimes it isn't. Save your energy and focus on important issues.
- 7. Never partake in the silent treatment. The silent treatment is abusive. The purpose of the silent treatment is to "prove" that your partner has done something you perceive as wrong and deserve punishment. They deserve to have your "love" taken away. However, what you are taking away is not love at all, since love is unconditional. What you are taking away is your approval, and for approval-dependent people, it is a powerful form of control. The silent treatment is immature. You can't express your feelings, so you just shut down. It leaves people feeling hopeless about the relationship.
- **8. End your argument effectively.** How an argument ends is crucial. Take a step back from the argument and ask the other person to let you summarize their position to make sure you understand it correctly. You can say something like, "Let me make sure I understand you," or "I want to make sure I'm hearing your point of view correctly." Then paraphrase what you heard and then validate their feelings. "I can see how you were worried about me when I didn't call you to tell you I was going to be late."

Resolving arguments take practice. You will find that using these tools are worth the effort. Although it is much more difficult at first, you will find that it is much more effective than screaming, avoiding, withdrawing or name-calling. Imagine resolving things in a manner that doesn't hurt your relationship.





जीवन एक उत्सव



डॉ. पवन कुमार सिंह प्रोफेसर भारतीय प्रबन्धन संस्थान इन्दौर

सर्वसार उपनिषद तथा तैत्तिरीय उपनिषद में पंचकोष की व्याख्या की गई है। हमारा व्यक्तित्त्व पंचकोष से निर्मित है। सबसे बाहरी कोष अन्नमय कोष है एवं भीतर की ओर क्रमशः प्राणमय कोष, मनोमय कोष, विज्ञानमय कोष, एवं आनन्दमय कोष हैं। तात्पर्य यह है कि हमारे व्यक्तित्त्व के केन्द्र की प्रकृति आनन्दपूर्ण है। यह केन्द्र निर्दोष व मिलनता से परे है। गौतम बुद्ध से लेकर अंगुलीमाल तक हरेक व्यक्ति के मूल में आनन्दमय कोष ही है। केन्द्र की प्रकृति के हिसाब से सभी व्यक्ति समान हैं। फिर भी व्यक्तियों के स्वरुप व स्वभाव में भिन्नता क्यों होती है तथा वे आनन्द से विहीन क्यों परिलक्षित हाते हैं? इसका कारण बाहरी चार कोषों के भिन्न—भिन्न प्रकार से दूषित हाने की सभावनाओं में छिपा है अतः आनन्दपूर्ण होना हमारा स्वभाव है तथा आनन्द से विक्षेप होना हमारी प्रकृति से परे अधोगित को प्राप्त होने का परिचायक।

परमात्मा के कई गणुों में एक गणु है कि वह रसपूर्ण है — रसो वै सः। परमात्मा के रसपूर्ण होने अथवा उसके आनन्द की प्रतिमूर्त्ति होने का कारण उसका प्रकृतिस्थ होना है। अपनी प्रकृति से च्युत न होने के कारण परमात्मा का एक नाम अथवा गुण है— अच्युत। जीव को उस अंशी ने अपने ही अंश से सजाया संवारा है तथापि वह जीव अपने ही स्वभाव से परे होकर आनन्द को खो देता है।

जीवन एक अवसर है, जीवन एक उत्सव है। उत्सव की सुगंध यदि आंतरिक स्वभाव में परिपूरित हो तो प्रत्येक दिवस होली है, दीवाली है, ईद है, ईस्टर है, प्रकाशपर्व है। होली या दीवाली या ईद या ईस्टर या प्रकाशपर्व के विशेष दिन तो उत्सव के फाईनल के दिन हैं अन्यथा उत्सव के टूर्नामेन्ट तो अहर्निश चल रहे हैं। जीवन के मर्म को समझने वाले तथा जीवन जीने की कला को जानने वाले हर सांस के आने-जाने को ही उत्सव बना देते हैं – सांसों की माला में सिमरुँ मैं पिया का नाम! परन्तु यह सनद रहे कि उत्सवप्रियता व आनन्दपूर्ण होना तो पर्यायवाची हो सकते हैं किन्तु आनन्दपूर्ण होना व मौज-मस्ती की अभिलाषा में चित्त का रत हाने । शायद विपरीताथर्क शब्द ही होंग । सुख की वृद्धि की तलाश तो आनन्द से दूर ले जाती है। आनन्द निहित है एकांत तथा महफ़िल की तटस्थता में, स्वीकार के भाव में, परोपकार में, कृतज्ञता के अहोभाव में, एवं तप में। जहाँ भी उत्सव है, उस उत्सव के नेपथ्य में आप तप व त्याग को पाएँगे। होली के पीछे आप प्रहलाद के तप को पाएँगे, दीवाली के पीछे राम के तप को, ईद के पीछे उपवास के तप को, ईस्टर के पीछे ईसा के तप को, व प्रकाशपर्व के पीछे गुरुओं के तप को। यहाँ तक कि जब आप परिवार या समाज में भी

जब किसी उत्सव के अवसर को मनोयोग पूर्वक देखेंगे तो उसके पीछे आप तप को ही पाएँगे। विवाह के उत्सव के पीछे आप वर व वधू के योग्य इन्सान बनने के क्रम में जो तप लगा है, उसको पाएँगे। इसलिए तप के गहन अरण्य से गुजरना उत्सव से दूर होना नहीं है अपितु यह वह अवस्था है जिसमें उत्सव रुपी महल के नींव को हम दृढ़ता प्रदान करते हैं अतः तप की अवस्था भी उत्सव का ही अभिन्न हिस्सा है। जितना गहरा तप उतनी उत्तुगं उत्सव की लहरें!

जीवन को महोत्सव बनाना कला है और यह कला आती है गहरे समझ से। कर्मयोग व निष्काम कर्मयोग का मार्ग बताता है कि कर्म के द्वारा जब फल की प्राप्ति होती है तभी उत्सव का क्षण नहीं आता अपितु कर्म संपादित होने के क्रम में ही उत्सव का भाव निःसरित होता रहता है। कर्मयोग नकद उत्सव है, प्रतिपल अभी और यहीं। ध्यानयोग द्वारा, मन जो मालिक बनकर चेतना पर शासन करने लगा था, अब चेतना द्वारा शासित होकर जीवन के उत्सव का द्वार खोलता है। ज्ञानयोग प्रखर प्रकाश के द्वारा नासमझी के सारे अंधकार को दूर कर देता है। भित्तयोग तो रसपूर्ण है ही जो अहोभाव से भर देता है और जहाँ अश्रु की धारा सारे मनोमालिन्य को धोकर आनन्द का मार्ग प्रशस्त कर देती है। शास्त्रों में निहित ज्ञान सपं दा तो हमारे दुःखों के जंगल को भरमीभतू करने के लिए तैयार ही रहते हैं परन्तु हम ही उनसे विमुख होकर बैठे हैं।

जीवन में उत्सव को आविष्कृत करना एक सरल प्रक्रिया हो सकती है। इसके लिए आवश्यक है औंधे पड़े हुए घड़े को सीधा कर देना। हमारा जीवन उत्सव से भर सकता है, अभी और इसी परिवेश में। जीवन के तथाकथित छोटे—छोटे कर्म भी हमें उत्सव व आनन्द से भर सकते हैं। कर्म की गुणवत्ता, आपसी सम्बन्ध का माधुर्य, किसी उद्देश्य की प्राप्ति में निष्कपटता, मदद पाने के अधिकारी को दिया गया सहयोग, इस जगत के सौन्दर्य में वृद्धि करने के लिए उठाया गया छोटा सा कदम, ये सभी जीवन को उत्सव से भर सकते हैं। लेने में सुख दिखाई पड़ सकता है, परन्तु आनन्द का भाव तो अहंकारशून्य हृदय से देने में ही आता है।

हर युग की ये रामायण, इक इक से ये कहती है। सोने का हिरण लोगे, सीता का हरण होगा।। जब भाव किसी दिल में, पूजा का जब ही जागे। हर साँस भक्ति होगी, हर शब्द भजन होगा।।



How you see the Life

The other day I overheard a fish and a child debating on what life is all about. For fish water was life and coming out of it was being lifeless. On contrary child couldn't think of living in water, for him life was always out of water. So what was life for one became matter of being lifeless for other. Dark clouds may bring smiles to a farmer who has been waiting long for rains but can upset somebody who has cracks in the roof. Hence life can simply be treated as a relative phenomenon which exhibits different meaning for different individuals. Life is a journey from relative to absolute form, travelling in a precise manner. If we talk about a new born baby, for him, his mother's fragrance, presence, touch and voice becomes life. For a mum, her baby's smile would incorporate life. And for a student, grades/marks compose life and to a sports person, a shining medal would be life. Hence the very present moment is life and living it fully would give meaning to it, as beautifully quoted by someone 'the meaning of life is to give life a meaning'.

The only absolute naked truth about life is, the moment we try to understand, it transforms and becomes complicated. Acceptance and realization make life easy to grasp.

At times it is like a ride in roller coaster, going high, dropping down, and halting at places with shaking around, with thrill and palpitations..

And then it may appear as hunting a treasure with cracking the clues, getting something else while searching for some other gem, failing, falling, feeling lost and exploring and finally getting what one is destined to...As such life is a happy instrument with no room for negativity to peep in. It is we who change our perspective and see it the way we want at that particular time.

Life is a movement from measurable to immeasurable, touchable to untouchable and countable to uncountable.

Very well said by William Shakespeare 'the meaning of life is to find your gift, the purpose of life is to give it away.'

It's being in the state of soulfulness when mind and heart are brought together at one point. We have been gifted with bank of thoughts; if those don't nourish your soul, let them go.

As humans, we are miracles and we are form of life. When we live in sync with nature, birds, flowers, sun, air and soil, we possess LIFE. Harmony with our own self is the real essence of being alive. Accomplishment of material tasks makes them finished while fulfilling immaterial needs makes one complete. The very objective of life is not to finish the day to day tasks but to achieve completeness. The desire of things which we can gauge will never end, they will appear like mushrooms.



We would never realise presence of nails on our toes until any one of it gets injured. When there's pain we notice the presence. We acknowledge brightness only when we come from dark, we get satiated by food only when we had experienced the hunger. Day ought to follow night so does the happiness to pain. Hence beauty of life lies in variability, contrasting its own form...

Each one of us is carrying thousands of invisible mirrors, for what we receive is exactly the reflection of what we give. At times, we feel that we did so much for others but in turn they don't give back the same, they return either less or more. The truth is, what we get back is never like a shadow which diminishes or enlarges with time, but the mirror image. Surprisingly the invisible mirror which we carry is unlike the visible shiny mirror, for it reflects image of inner beauty and not concerned with external appearance. It shows how one is from inside.

So, the only person who needs to be worked upon is the person himself and now is the time. Discover the best you, Transform and Evolve...
Today is the day...



Asha Bhatia Educator, writer and life skill coach. Presently working as Principal, columnist for HT and counselor.

She lives in Indore.

Foundation's Activities





Book "My Happiness" written by Dr Gurmeet S. Narang and published by Tavleen Foundation launched by Film Actress Ms Bhagyashree Dassani and Sr Journalist Ms Shalini Singh & Mr. Ravi Bafna in the Happiness Symposium organised by Tavleen Foundation.



Senior award winning investigative journalist Shalini Singh speaking on love and happiness.

#AauSunauTumheEkKahani campaign in a children's Ashram.



Swami Krishna Premananda, Ms Bhagyashree with Soul Space.

Swami Anubhavananda Saraswati reading "The Words of My Guru (... A word can change your life) - Publication of Tavleen Foundation



Dr Deepak Ranade, from Pune and Mr Varoon Kapoor, ADG, Narcotics in a workshop on "Ego".

Cardiologist Dr Bharat Rawat speaking on Happy & healthy heart. Mr. Deepak Redgaonkar (in the background).



Film actress Akanksha Puri in Happiness Symposium by Tavleen Foundation.



Father Varghese Alengaden of Universal Solidarity Movement of Value Education for Peace speaking in TF programme.



Ms Amrita Narang presenting our publication "My Happiness" to famous celebrity fitness expert Ms Yasmin Karachiwala.



Launch of Soul Space issue by Sir Mark Tully, Ms Akanksha Puri, Mrs. Smita Rathore, Dr. Janak Palta, Mr. Rajan Baweja, Mrs. Aarti Sanghi and Mr. Sanjay Patel.

Foundation's Activities





Gathering in Happiness Symposium organised by Tavleen Foundation

Dr Prakash Chhajlani & Ms Sonali Sachdeva, Speaking on Health and Nutrition in Soul Space Reader's Club meeting of Tavleen Foundation.



Members attending the meeting of Soul Space Reader's Club



Launch of book "Instant Happiness" by its writer Dr PV Vaidyanathan and Padmashri Dr Janak Palta McGilligan.



Sir Mark Tully in Happiness Symposium by Tavleen Foundation.

Launching of Cover of Soul Space journal in Soul Space Readers club by club chairman Shri Virendra Goel and convenor Shri Ravi Bafna, Ravi Gupta, Mrs. Sangeeta Bafna & members.



Lt. Gen. (Retd.) Syed Ata Hasnain visited Tayleen Foundation.



Dr P V Vaidyanathan, speaking on Anger Management, in Meet the Masters program of Soul Space Reader's Club.



Sir Mark Tully, a world famous broadcaster, reading Book The Words of My Guru in Tavleen Foundation.



Mr Deepak Jain, Chairman & managing director, Blu Cursor Infotech Pvt Ltd, launching App of Tavleen Foundation in Happiness Symposium.



Dr Samdu Chetri of Bhutan happiness movement visited Tavleen Foundation.



World reads Soul Space

Foundation's Activities







Dr Narang & Dr Mukesh Modh presenting the copy of our world class journal Soul Space to famous electronic media personality Mr Sumit Awasthi.

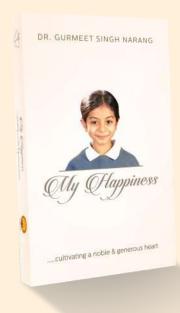
Presentation of publications of Tavleen Foundation to Swami Anubhavananda Saraswati ji by our founder Dr Narang.





Jessica Bartram of Sanford, USA with book "My Happiness" - Publication of Tavleen Foundation.

The woman members of Tavleen Foundation released the cover of Soul Space journal on International Women's day to spread the message of peace and happiness.



Always realize that we are alive & can get in touch with many wonders of life, that are present for us......

(from the world famous book "My Happiness", published by Tavleen Foundation)

Book Available at Tavleen Foundation & Reader's Paradise (Apollo Square) 366R, Khatiwala Tank, Indore, (MP), India. Contact: +91-900 900 4020 tavleenfoundation@gmail.com • www.tavleenfoundation.com

Messages & More...







"We are here to express His Will and His happiness. There is nothing more to done or not done. Give it a try and you will dissolve in Him."

Swami Anubhavananda Saraswati Widely known as smiling swami The day you were born, you were gifted to this world and this world was gifted to you.

Put life into LIFE and live it to the hilt.

Mahatria Ra Spiritual Master & Founder of the Infinitheism. Your body is the Gate. Your mind is the Door. Love is the Key.

Let your Soul expand! #ShineOn

Gordana Biernet
Oprah's Super Soul teacher,
Writer, Speaker(Sweden)

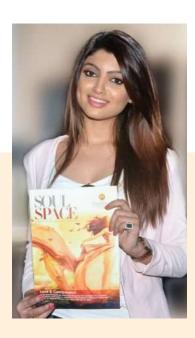


Wonderful life changing book.
Must read.

Bhagyashree Dassani Renowned Film Actress



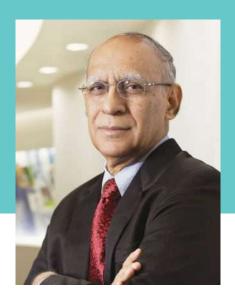
Film Actress, Host and Co-Producer of the Tara Sharma show, **Tara Sharma Saluja** with a message on book -My Happiness.



I'm very happy to be a part of Tavleen Foundation, an organisation of Happy people...

Akanksha Puri Model & Actress

Messages & More...





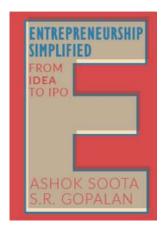


I have just recently returned from a 5-day Roorkee friends reunion in Bangalore and Kerala. There were 24 of us with spouses, wherever applicable. Close friends reuniting as a group, 53 years after graduating. Some came from the USA and others from different part of the country.

Why am I describing it here? This is because happiness in life is all about relationships and nurturing them. We should do this with family, old friends and our extended family at work. Caring human interactions, be they 5 minutes or for 5 days, are what nourish the mind, body and soul.

Ashok Soota,

Chairman, Happiest Minds Technologies Pvt. Lts, Bangalore and Co-author of famous book "Entrepreneurship Simplified"



Happiness is not made, presented, gift wrapped, decorated, brought, paid or be given to anyone, Its within us, we have to train yourself from childhood to find happiness in everyday moments, small joy has to be gathered and savoured, like we do with our meals . we enjoy the taste, aroma and are content with everyday meals which is the essential part of our well being. It gives us health, contentment and satisfaction. If certain dish is not to our liking or taste if it fails to excite our tongue, it doesn't mean that we stop eating or enjoying our meals. We just go ahead and eat something different and look forward to it eagerly. Likewise life throws many variety in our plate, some exciting, encouraging, and some which is not to our satisfaction making us sad and dejected but like we do with our meals we look forward to have what we enjoy to keep us healthy and happy it gives us strength.

Happiness is like the meal we have every day to savour to enjoy and to maintain good health and strength.

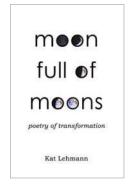
Anitha Jain Kotecha,
Thinker and Housewife

Take My Love

I take my love into the sunshine. take it into the rain and the snow. Love likes to get out and stretch a bit, teach my love to dance. My love already knows the rhythm. With a little coaxing, my love will learn to sing. Do not worry if my love wants to go for a walk. No need to follow it. Love knows the way home. I let my love take a nap. It's not a sprint, after all. Do not think my love is lazy. My love just knows how far it has to go.

A Poem by Katrina Lehman.

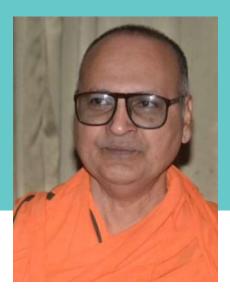
Katrina Lehmann Blount, Ph.D., is an Associate Research Scientist at Yale University Nephrology Clinical Research, USA. She is author of award winning book Moon Full of Moons.



Messages & More...









When we truly love ourselves, we want to take care of others, that is what most enriching, or nourishing for us. When we have genuine inner life, we are intimate with ourselves and intimate with others. The insight into our inner world allows us to connect to everything around us, so that we can see quite clearly the oneness of all that lives. We see that all beings want to be happy, and that this impulse unites us.

Sharon Salzburg
Cofounder of the Insight
Meditation Society,
Massachusetts.
Author of Lovingkindness: The
revolutionary art of happiness.

*Shann Salcherg has offered a gift of peace to the swords.—ALICE WOLKER

LOVINGKINDNESS

The Revolutionary
Art of Happiness

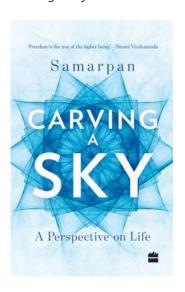
SHARON SALZBERG

Incomed by Toly Karant-Zinn

The way one does not build a house on a bridge, one should not cling to life and whatever it may have to offer.

The utility of a bridge lies in crossing over to reach the desired land; similarly, life should be treated merely as the gateway to something different from the present form. Life is a great opportunity to attain highest. Let it not go to waste.

Swami Samarpanananda Monk with Ramkrishna mission, author of world famous life changing books: Tiya, Param, Junglezen Sheru, Pathik and Carving a sky.

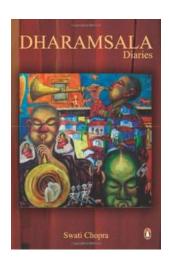


This book is available with Tavleen Foundation

We might often feel that there is nothing to celebrate- things seem difficult, and life appears full of struggle. However, in the darkest of times, there is hope and an inner light that never goes out in the darkest of times. When we become aware of this inner light, each moment becomes a celebration.

Swati Chopra

Author of famous books: 'Dharamshala Diaries' & 'Buddhism: On the Path to Nirvana'



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