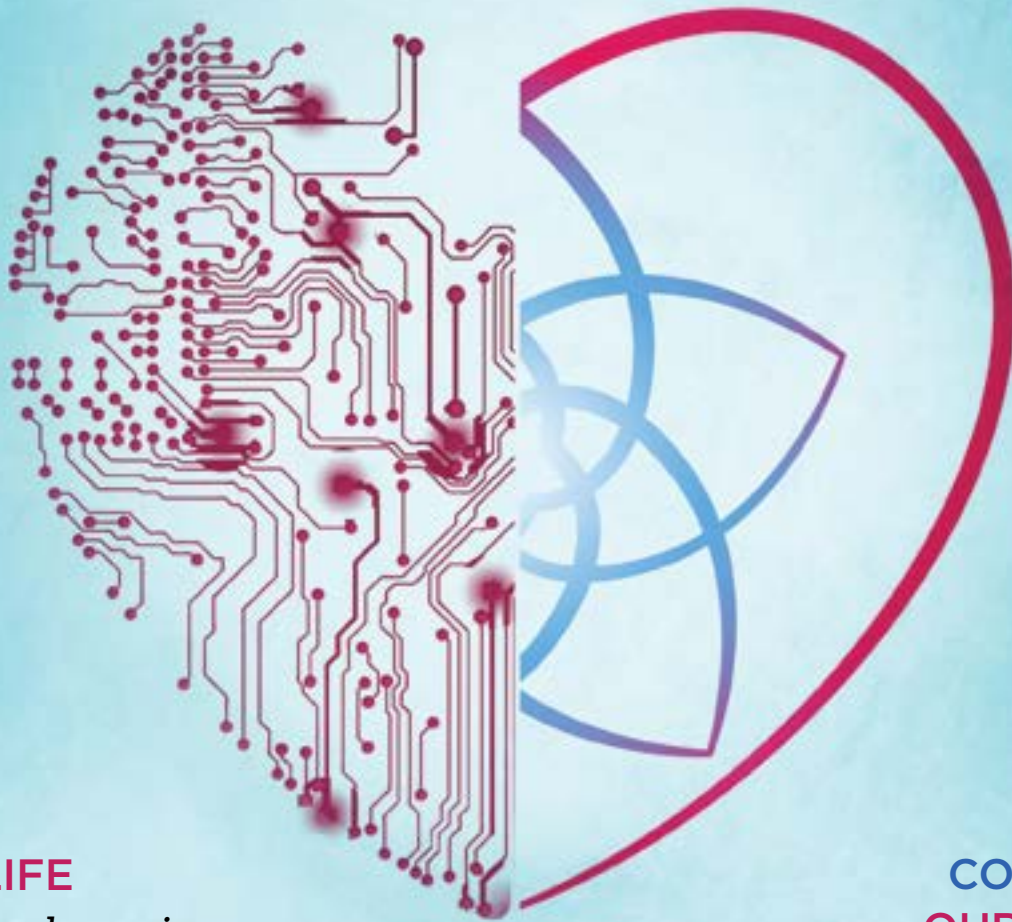


Who was
ST VALENTINE?

FEBRUARY 2017

Heartfulness

Self | Work | Relationships | Inspiration | Vitality | Nature | Children



LIFE IN LIFE

Daaji: love and consciousness

BETWEEN STIMULUS AND RESPONSE

*Dr Doty: compassion
shapes a child's life*

COMING TO OUR SENSES

*Terran Daily: living
with the new children*

OUR ESSENTIAL SELF

Dr Cowan: love and cardiology



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is the world teacher
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FEB**

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**02
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**03
FEB**

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Heartfulness

Through meditation, calm

How to meditate

Gently close your eyes and relax.

Take a couple of minutes to relax your body, using the Heartfulness Relaxation.

Turn your attention inwards and take a moment to observe yourself. Then, gently make a supposition that the source of light that is already within your heart is attracting you from within.

Do this in a gentle and natural way. There is no need to concentrate. If you find your awareness drifting to other thoughts, gently come back to the idea of the light in your heart.

Feel immersed in the light in your heart, and try to become absorbed.

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



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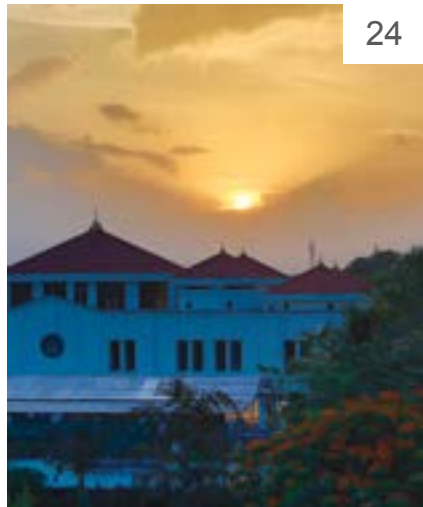
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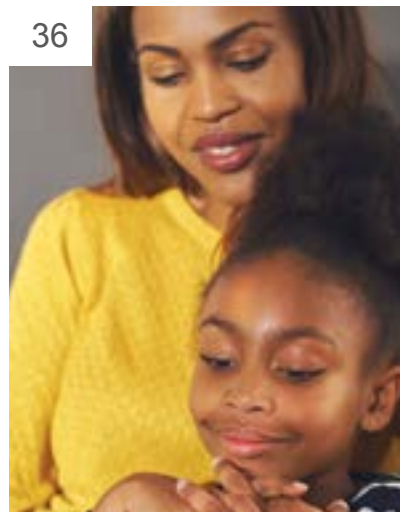
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IS HAPPINESS PROPORTIONAL TO *Love?*

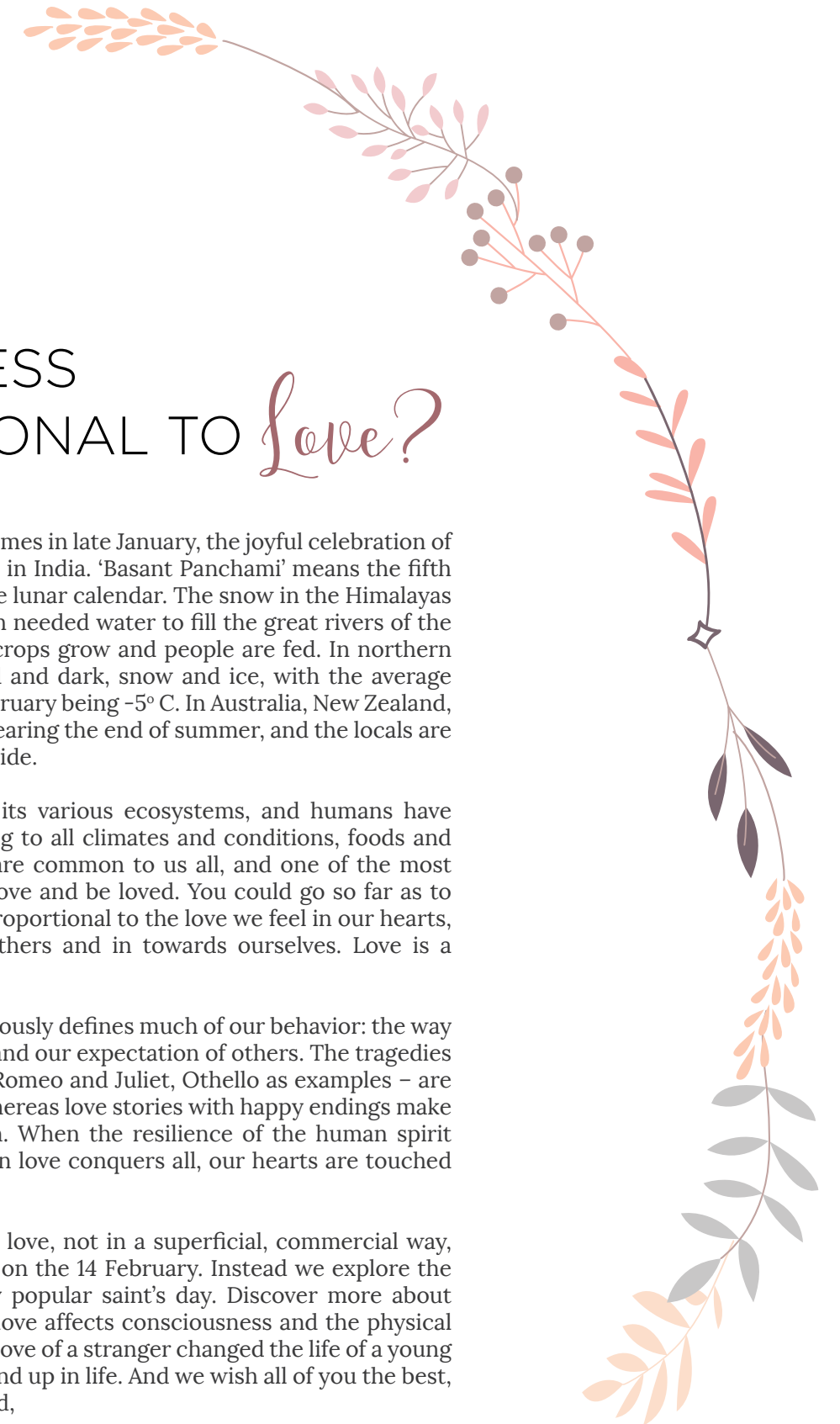
Generally in February, sometimes in late January, the joyful celebration of Basant Panchami is observed in India. 'Basant Panchami' means the fifth day of spring according to the lunar calendar. The snow in the Himalayas starts melting, bringing much needed water to fill the great rivers of the Indo Gangetic Plain so that crops grow and people are fed. In northern Europe it is still winter: cold and dark, snow and ice, with the average temperature in Finland in February being -5° C. In Australia, New Zealand, Brazil and South Africa it is nearing the end of summer, and the locals are enjoying sultry evenings outside.

Our planet is so diverse in its various ecosystems, and humans have colonized most of it, adapting to all climates and conditions, foods and habitats. Yet certain things are common to us all, and one of the most fundamental is the need to love and be loved. You could go so far as to say that happiness in life is proportional to the love we feel in our hearts, flowing both out towards others and in towards ourselves. Love is a constant flow.

Our attitude to love unconsciously defines much of our behavior: the way we dress, the way we speak, and our expectation of others. The tragedies of classical literature – take Romeo and Juliet, Othello as examples – are all about love gone wrong, whereas love stories with happy endings make us cry for a different reason. When the resilience of the human spirit overcomes all adversity, when love conquers all, our hearts are touched deeply.

So in this issue we celebrate love, not in a superficial, commercial way, as often happens these days on the 14 February. Instead we explore the deeper meaning of this very popular saint's day. Discover more about St Valentine, as well as how love affects consciousness and the physical heart, and how the motherly love of a stranger changed the life of a young boy who needed a helping hand up in life. And we wish all of you the best, wherever you are in the world,

from your Valentine.



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Thomas is an MD who also writes about nutrition, homeopathy, anthroposophical medicine and herbal medicine. He is the principal author of *The Fourfold Path to Healing* and co-author (with Sally Fallon) of *The Nourishing Traditions Book of Baby and Child Care*. Dr Cowan has served as vice president of the Physicians' Association for Anthroposophic Medicine and is a founding board member of the Weston A. Price Foundation®. He also writes the 'Ask the Doctor' column in *Wise Traditions in Food, Farming, and the Healing Arts* and has lectured throughout the United States and Canada. He has three grown children and currently practices medicine in San Francisco.



Victor Kannan



Victor is a Director for Heartfulness Institute, USA, a non-profit organization educating, researching and spreading the values of yoga, meditation and overall wellness. He has been an avid practitioner of Heartfulness Meditation and a trainer for more than 30 years. As a career CFO he has been able to combine the benefits of meditation in the everyday management of his duties and responsibilities. He lives with his wife in Atlanta and has a daughter.

Brigitte Smith

Brigitte was born in 1938, and was a child refugee, so the questions of 'why' and 'where to' came with a certain urgency. When in 1976 she was permitted to meet Babuji, all fell into place and her journey began. Brigitte went to art school, and has taught art as well as working as a freelance artist all her life. She has done illustrations for children books and exhibitions of her paintings. She has three daughters and three grandchildren.



Veronique Nicolai

Veronique is a French pediatrician living in India. She is the editor of the children's section of our magazine, and likes to do things that are part of the universe of children. She loves the idea of learning through games in a colorful and joyful manner. She discovered that the most amazing universe is right there, in the heart, and since then, she has been traveling in it, teaching anyone who wants to explore that wonderful place.



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WHO WAS

St Valentine?

And why do we
associate St Valentine
with romantic love?

St Valentine of Rome lived in the 3rd century AD and was a Christian martyr. The story goes that he was executed on the 14 February for two reasons: because he married young Christian couples and because he converted others to Christianity at a time when the Roman Emperor Claudius outlawed both.

It is said that during his last days, while imprisoned, the jailer asked if Valentine would give lessons to his blind daughter Julia. He told her stories, taught her about Nature, arithmetic and God, and as a result she developed trust and faith. They often prayed together, and during one prayer session Julia regained her sight.

On the eve of his martyrdom, he wrote to her, urging her to stay close to God, and signed the letter, "From your Valentine." Julia is said to have planted a pink-blossomed almond tree near his grave. Today, the almond tree remains a symbol of abiding love and friendship.

St. Valentine is the patron saint of engaged couples, greetings, happy marriages, love, lovers and young people. He is represented in pictures with birds and roses and his feast day is celebrated on 14 February.

14 February is today widely recognized as a day of love, devotion and romance. No records exist of romantic celebrations on St Valentine's Day until a poem written by the English mediaeval poet, Geoffrey Chaucer, in 1375, in which he said that 14 February is the day birds and humans come together to find a mate. This was during the time when the tradition of courtly love flourished. Chaucer may have invented the celebration of romantic love we know today.

The earliest surviving valentine cards come from the 15th century, and in Shakespeare's Hamlet, Ophelia says,

*To-morrow is Saint Valentine's day,
All in the morning betime,
And I a maid at your window,
To be your Valentine.*

Today, Valentine's Day is highly commercialized, so it is nice to remember its origins, in the purity and joyous celebration of true love.



THE CHOICES

We Make



TENDENCIES AND TRANSFORMATION

VICTOR KANNAN explores the idea that ultimately we are responsible for our own happiness.

When I was a teenager, one day a thought flashed in my mind that had a profound impact on me. It was that people are unhappy because they are not willing to be happy. Later I realized what this meant. Happiness is a matter of choice.

So, then the question is: how can we make choices that are conducive to happiness – choices by which we create a destiny of happiness?

I was also puzzled by the many situations that appear to have been thrust upon us, where we have no choice in the matter. Birth and death themselves seem to be the bookends of life that we do not choose.

So, let's look at choice-less-ness first.

Our choice-less condition is largely due to our evolutionary past, with its animal tendencies (See the Maslowian Hierarchy of Needs at <http://www.simplypsychology.org/maslow.html>).

Our choices evolve as we satisfy the lower needs and move higher up in the aspirational spectrum towards fulfillment.

The problem comes when we have a high dependence on fulfilling materialistic and ego-satisfying things. We begin to lead a life of sensory and ego-satisfying pursuits, which reflects a very limited idea of self-fulfillment.

As a result, we compel ourselves towards choice-less-ness. How? We develop habits and tendencies and then become slaves to them. Whether it is smoking, drinking, shopping, watching TV, or getting angry and being argumentative, we reach a stage of helplessness. Our tendencies control us so tightly that our thinking ability is suspended. Our discrimination suffers, we rely on our habits and patterns, they become stronger, and we enter a vicious cycle.

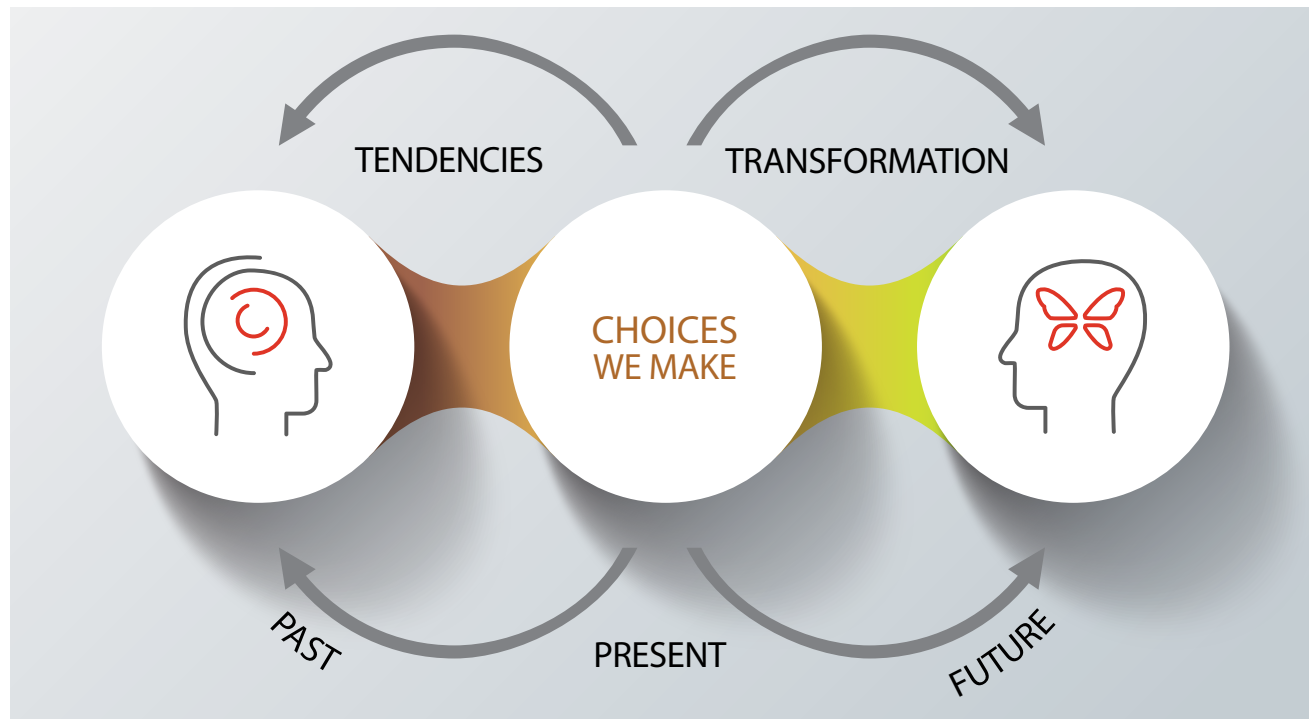
We blame others, our parents, our bosses, our environment and everything else for the poor choices we have made. We suffer terribly because we are slaves to this behavior.

Until one day the pain, or fortune, begins to awaken us to the possibility of a new choice. This awakening happens when we use our intelligence and willpower correctly. In the evolutionary charts, only humans are endowed with highly sophisticated intelligence and willpower. Using these instruments we elevate our consciousness and break from the mold. We are able to be different, and transcend only the sensory and ego-based ideas for self-fulfillment.

In Maslow's hierarchy of needs, a sense of fulfillment comes at the top of our life's efforts. It can also be described as reaching our highest potential.

What is our highest potential? How do we know what our potential is?

That then becomes a quest. That quest has been part of human endeavor for as long as we know: it is consecrated in mythology, stories, science,



religion and our highest goals, in all cultures. It is natural for anyone who is not satisfied only with the material life around them. Everything we see externally, however vast it may be, embodies a limit. So we look up to the sky and say, "The sky is the limit," to express the limitlessness of things. But in the practical sense where do we begin? One way is inside ourselves. A search inside is a choice for the better.

Choice presupposes freedom. Freedom presupposes knowledge. During the battle of Kurukshetra, Lord Krishna passed on the knowledge of the soul to Arjuna and told him that he was now free to choose whether to fight the war or not. Arjuna, with the knowledge he had received, chose to fight. This knowledge freed him from the bondage of his fears and tendencies. He used the freedom to make the right choice: to align himself with his Guru, Lord Krishna himself; to be a tool in the hands of Nature to vanquish the evils in the minds of some people; and to reestablish *dharma* or righteousness to protect the virtuous.

The choices we make
determine the destiny.
- Thomas S. Monson

We are defined by the
choices we make.

In fulfilling his duty, Arjuna also attained self-fulfillment, in that he aligned his choices with the will of Nature. This may be called a great alignment of choices. When we choose for the sake of self-realization or self-fulfillment, then those are the right choices.

When our choices are closely aligned with our inner calling, we will experience higher consciousness opening within us. How to experience that higher consciousness? How to tap into it and expand it? How to understand the components of this consciousness and its nature to expand?

Meditation is the tool. Meditation is done not only to clear the mind and increase focus, or to increase compassion and efficiency. It is also for the purpose of expanding consciousness to a level akin to angels, and beyond!

The only requirement to practice meditation is willingness. So, if meditation can engender focus and fulfillment, joy and happiness, then

it is logical to conclude that people are unhappy because they are not willing to practice any sort of self-improvement method such as meditation. They are not willing to transcend the basic needs and the higher ego-based needs, towards the fulfillment that arises out of service and the uplifting of others in need.

So we can make choices that are transformational in nature. If the choices we made in the past have determined our present, then our choices in the present will determine our future. It is as simple as that.

So, how do we use the choice-making process as an aid for transformation?

Find a meditation practice to follow.

Have a teacher, mentor or guide to help, inspire and guide us along.

All the paths of life, especially the ones of nobility, are taxing and uncompromising, While the results are heartwarming and blissful, the journey is full of ups and downs. So a guide is critical to help us move on this path of transformation.

So, the right choices arise out of pure intention, a clear mind, and following through with a sharpened will and daily discipline ●

RED *or* BLUE?



VERA MUENCH alerts us all to a choice we make every moment of our lives. What will you choose?

More and more people feel somehow unsatisfied and uneasy about their lives, their jobs, or their relationships. Is there more to life than this?

We work hard, we earn material benefits for our immense efforts, and we can afford a lot of nice things. Actually, we think that we should be very happy. But instead, we feel a void inside and no matter how many nice things we have, however many steps we take on the career ladder, that void is never filled. So it continues. A bigger car, a bigger house, more clothes, another vacation, more toys for the kids, a bigger TV, the latest smartphone, etc. We enjoy these things for a little while but then wonder why we are not happy.

We think back to times in our childhood when we simply enjoyed life, not having to think or worry about anything. How nice to be that free again! We feel trapped but don't see any way out. Because the world is the way it is. We need a job to pay for all the things we own, to be safe when we are old, and to offer our children a good life now and a better future than we had. And so we tell ourselves: "Once I retire, I will do all the fun things I am dreaming of. Then I will be free to do whatever I want."

But for now we are caught on the treadmill. And although one voice says, "Accept it, this will keep you safe," another voice says, "Break free! You want to do something else? Go for it!"

Do you recognise yourself? Congratulations. And you are not alone.

IT IS TIME - WAKE UP!

Waiting for retirement cannot really be the serious answer. Life is not only about suffering; it is also about enjoyment. It is an experience and we should make the best of it. But we are programmed to believe that suffering is necessary to enter paradise. Guess what? You can have paradise right now.

We have forgotten a tiny bit of information, which is very necessary to rediscover, and that is what this wake up call is all about. It alerts us to that inner calling. Our true self is trying to surface to show us that there is so much more than just existing. It reminds us that the answer to inner peace and happiness can never be found outside ourselves. We carry the key within. Paradise is inside each and every one of us. Unfortunately we have locked that door for ourselves because we have been taught something else.

We carry the key within.
Paradise is inside each
and every one of us.
Unfortunately we have
locked that door for
ourselves because
we have been taught
something else.

THE PROGRAMMING

Have you seen the movie, *The Matrix*? In it, people are programmed to experience certain things without being in a real world. All of their experiences are illusions and projections. When Neo, the main character, comes outside the matrix for the first time and is asked to bring humanity back to its true existence, he is asked if he wants to swallow the red or the blue pill. The red one will fully awaken him to reality and detach him from the matrix programming. The blue one will put the veil of forgetfulness back over him and he will go back into the illusory state within the matrix.

Are we any different? You might think, "But I have free will, and I can vote and I can buy all these great things that I want to have, I can choose where I want to live and travel, etc." Yes, but is this true freedom? Why do we then feel incomplete?

From a very young age we are programmed. Societal conventions and behavioral patterns are ingrained in us. Our parents teach us what they were taught, generation after generation, for example, not to trust strangers, the world is a dangerous place, there is not enough for everyone, and you have to be better than others to be able to make it in this world. At a very young age, girls are taught to look good and be attractive, and boys are programmed that crying and showing emotions other than anger is a sign of weakness and not masculine.

We go to school to be taught a lot of food for the head: history, politics, geography, law etc. Grades

foster competition between fellow students. We learn to put conditions on everything and have expectations of everyone. What we do not always learn in school is teamwork, mindfulness, compassion, and being our authentic self.

We start our first job and the competition continues. We are kept in a feeling of separation. We are told that we are alone and somehow have to make it through boot camp earth, although we do not even understand why we exist. We do not question it, because everyone is playing the same game. So it must be true.

We watch TV and go to the movies. They show us how romance and love should be, and they show us the ugliness of this world and all the dangers and brutality. The news talks about what is wrong in the world, and how much hate and evil is out there. Rarely does it show the amazing good things happening every day on earth. Commercials and marketing stimulate our desires and show us how to be accepted in society.

The list goes on. We are not even aware of all this mental programming.

So what is the solution? We are so used to these patterns, that we don't see them and take them for granted. We are convinced that this is our only reality, the way this world works. How can we ever manage to get out of this?

SELF-LOVE


The key is very simple. In order to leave these patterns, we have to learn how to love ourselves; to leave behind a pattern of fear and grow into a world of love. By doing this, all of a sudden, we have access to a completely new self, our original self, the one we have forgotten about and locked in a cage. The one that knows exactly what we need. The one that knows what love is and is able to give and receive love with each and everyone around.

Here, I am talking about unconditional love; a feeling of joy, awe and bliss that you sometimes have a glimpse of, for example, when you are struck by the beauty of a moment in nature. In these rare moments, time has no meaning, and there is an immense feeling of being at peace with everything. This is how life is supposed to be permanently, to feel oneness with everything and everyone around us.

It all starts with self-love. As long as we don't love ourselves, and do not feel good enough, we will stay in a place of fear. We will not be able to share our love freely and unconditionally, but will depend on the love of others.

Have you ever met a person who is at ease with him or herself. They have rediscovered their intuition and follow it. They have recognised the difference between the programmed mind, and the mind once it is freed from its ego-prison. They have silenced the 24/7 chatter box inside their head, permanently jumping from past to future and back, worrying about everything. They have put their ego in the backseat so that it is not in the lead anymore. They have discovered how to live in the now. They have swallowed the red pill and have let go of everything they were programmed to believe was real. They have exited the matrix and live without fear. They choose love. Every day.

That is your choice too: red or blue? ●

A black and white photograph of a hand reaching out towards a shower of falling water. The water is captured in a bokeh effect, creating a soft, dreamy atmosphere. The hand is positioned on the right side of the frame, with fingers slightly spread. On the left side, there is a dark rectangular box containing white text.

The great man is he
who does not lose his
child's heart.

MENCIUS

The Incredible

LIGHTNESS OF BEING

KRISHNA SAI shares his experience of the beauty of inner silence and how it has helped him produce his best work.

I was in Chennai, India, for a wedding, and took the opportunity to spend a few hours visiting a place that has been close to my heart for several years. I first visited that place as a shy, unsure, very confused young man nearly 25 years ago, not really knowing what I wanted in life, or even knowing how to go about finding it. Today, being a Sunday evening, the place was quiet, and the air was silent.

I walked in, removed my footwear, and entered the space specially created for going deep inside in meditation. I was the only one there, in a space that can typically have more than a thousand people. I took a deep breath, allowing a few seconds to take in the atmosphere, gently closed my eyes, brought my mind's attention to my heart and let it stay there gently. I sat there in that state for the next hour, my consciousness occasionally coming back to the surface attending to some noise, or an awareness of my physical self, but for the most part there was an overpowering silence and a sense of

being merged in an incredible lightness. It was as if I went in just under the surface of a body of water, with the noise at the surface and total silence just a few feet underneath. During those moments of total silence in between the awareness of the self, time stood still in an eternal continuum.

During those first visits many years ago, I experienced two things that changed my perspective on life. The first was when I experienced that stillness inside and experienced

that inner state. "Weapons cannot cut It, nor can fire burn It; water cannot wet It, nor can wind dry It," says the Bhagavad Gita. This gave birth to a great sense of inner confidence, not just in my abilities or who I am in this world, but a subconscious feeling that what I am inside is immutable and eternal, beyond destruction or construction, never born, never perishing, infinitesimal and infinite, the indeterminate absolute! This transcendental feeling of connectedness has stayed with me since the first time I experienced it.

The second and more important was that these visits introduced me to a person whose association and guidance has served me as a beacon throughout my life. He taught me how to breathe when the air was meager, to allow myself to be moved to tears when touched in the heart, and to stand with courage when the trodden path was not so easy, both personally and professionally. To label him as a spiritual guide, life-coach, or mentor would all be limiting.

I have been a student of science and technology, and have been fortunate to work with a lot of amazing people and fascinating minds. Through varying levels of material success in these ventures, the least I got from anything was to have learnt a lot! And that is a tremendous bargain. When we approach life as a lesson, our internal being becomes a learning organization!

I have learnt that when all your being comes together in an endeavor, that is akin to creation itself, not very different from a bee soaking in the nectar, or the surge of energy a marathon runner feels in the last mile.



PHOTOGRAPHY BY MONA MISHRA

Building teams, solving problems, creating value through productizing a new technology, all partake of that fragrance of the creative impulse of Nature.

The times I have produced my best work have been when I felt unburdened by my past, or fear of the future; that same inner feeling I experienced when I went deep within myself on that humid Chennai evening.

I have learnt that true integrity is being fully present in the moment, that courage is using the heart to overcome fleeting fear, that the manner is more important than the matter, and approaches that are universal always stand the test of time! All of these and many more such lessons have guided me every day through my professional career and my approach to life itself.

When I came out of those depths, I took a few deep breaths, and soaked in that atmosphere again, brooding over my condition. There was an immense sense of gratitude for all that I have received over the years. I see a bird flying, albeit a bit late in the evening hurrying home, I feel that I am already home, for the home is in my heart ●

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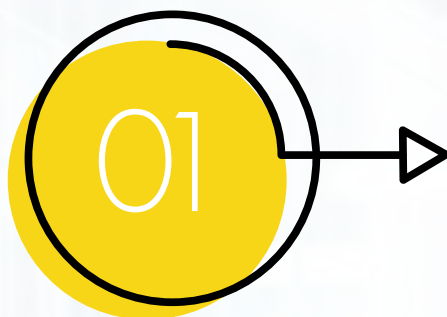
Next Level of
CONSCIOUSNESS



Next Level of
PERFORMANCE

RISHI RANJAN explores the possibilities that an evolved consciousness can bring in workplace problem-solving situations.

Let's take a live example of performance at work. You are in a meeting leading a discussion on a particular problem to be solved:



Absolute focus

Enter the discussion with an evolved consciousness and you will have absolute focus on the problem and the problem only. You will be attentive to understand the problem to such a level that you can almost FEEL the problem.

Truthfulness in approach

With a higher level of consciousness you will be honest and look at long-term sustainable solutions to the problem. From the inside you will not do any harm to the organization in any manner. You will be TRUTHFUL to the values of the organization.



Simplicity of solutions

An expanded consciousness means that you will solve problems with simple solutions, as from inside we are all simple. Simplicity means the most natural solution, without creating any complication or without getting distracted from SENSING the most natural solution.

Willpower to execute

Operating from enhanced levels of consciousness, your willpower will also be developed, unfettered by self-doubt and fear. Your decisions do not need to satiate your ego, so your willpower can be SELFLESS, acting in the right direction.



Respect for others

When your heart is open, you will naturally create a team environment without prejudice, and there will always be RESPECT for others. Even if you criticize others, that conversation will not be hurtful as it will have an undertone of love with the idea of betterment as the goal.



You will have **Absolute Focus** towards a **Truthful Approach** to **Simple Solutions** with **Enhanced Willpower** to execute and develop a team having **Respect for Others**.

All this is possible because you are able to access your Next Level of Consciousness leading to the Next Level of Performance.

Now, can you do it from outside? Remember, if an egg is broken from outside it destroys life, but if it is broken from inside naturally it creates life ●

BETWEEN STIMULUS and response - PART 3 -

In Parts 1 and 2, DR DOTY explored the evolutionary advantage of compassion in human beings and its relationship with our physiological responses, and took us further into aspects of human behavior that relate to compassion and collective social issues. In Part 3 he shares some cherished memories of how the compassion and unconditional giving of a remarkable woman gave him a helping hand up when he was a boy.

Q Tell me about the experience you had as a kid growing up with a father who drank a lot, where there was violence in the home; somewhat familiar territory for a lot of people growing up in America. And when you were in the 8th grade you happen to meet this woman named Ruth at a magic shop and she taught you meditation and concentration techniques. She said to you, “I know how to turn a flicker into a flame,” and “This will change your life.” Tell me about meeting her and how it changed your life.

JD Yes. There is no question about that. As I discuss in detail in the book, I grew up in poverty, my father was an alcoholic and my mother had had a stroke and was partially paralyzed, chronically depressed and attempted suicide multiple times. Neither parent had gone to college. We were on public assistance and this is not the environment for a child that is typically associated with success in life.



IN CONVERSATION WITH DR JAMES R DOTY

She was the kind of person we meet rarely, whose presence radiates goodness and kindness. Their smile is radiant and they embrace you and you feel calm and comfortable in their presence. She was that type of a person.

Although I was intelligent and to some degree self-aware, that actually made the situation worse. I had the insight that I essentially had no ability to change the situation, no resources and no access to knowledge. I had a sense of despair and hopelessness. I was unhappy and angry. I was angry at my situation and at my parents.

So one day at the age of twelve I walked into a magic shop and there was a woman behind the counter. I describe her in the book as an Earth Mother type. I asked her about some of the things in the magic shop and she laughed and brought her head up to look at me, because she was reading a paperback at the time. She explained to me that she knew nothing about the magic in the store. She said it was her son's store and she was simply sitting there while he ran an errand.

She was the kind of person we meet rarely, whose presence radiates goodness and kindness. Their smile is radiant and they embrace you and you feel calm and comfortable in their presence. She was that type of a person. She immediately sensed that perhaps I was troubled, and she paid attention to me and asked me some questions, which was unusual for a child in my position.

At the end of fifteen or twenty minutes of conversation, where she queried me about my background and interests and hopes and aspirations, she said to me, “I'm here for another six weeks and if you come every day I'll teach you something that could change your life.” I wish I could tell you that I had some incredible insight that led me to show up, but the fact of the matter is that I had nothing else to do and she'd given me some cookies during our conversation. So I showed up.

Of course if we think about a situation like that today, where a person offers to spend an hour or two with you in a backroom – an adult with a child

– it would be frowned upon and perceived as some sort of predatory-type behavior. Perhaps it was a more innocent time in 1968. Needless to say I did show up, and in the course of that interaction it was apparent retrospectively that this woman had significant knowledge of Eastern philosophical practices. She understood from her own experience that you can change your own brain. Although it wasn't named at the time, what she was talking about was neuroplasticity.

So for the next six weeks, we spent an hour or two together every day in a back room, and she taught me what I describe as Ruth's Tricks: one through four.

The first trick was relaxing the body. It was her understanding that many of us carry around the emotions that we have in our muscles and that this distracts us from being attentive. The first thing that she taught me was this concept of relaxing the body and learning attention and focus. She did this in ways that we now know as the typical practices associated with Buddhism or meditation or mindfulness practice. To really be a success, one has to be able to attend and focus and respond to emotional states and have insight into them. So that was the first thing that she taught me.

The second trick was taming the mind. This is understanding the reality that there is a dialogue going on in one's head that we often think represents

What I had thought were impairments to my ability to succeed, or limitations of my possibilities, were suddenly removed. And that was absolutely critical.

us or is us, but in fact it's simply a dialogue that is made up of all the words, feelings and baggage that we collect growing up. And for many of us in the West this is negative. It is a dialogue that says you're not good enough, smart enough, or talented enough to do x, y or z. It is self-limiting.

She made me realize this reality and understand that this dialogue – she used the analogy of a radio station – was like being tuned to a particular radio station that wasn't particularly helpful. Like Mindfulness Based Stress Reduction, she taught me this practice of being able to notice those words and let the words flow by without emotionally responding.

What many of us forget is that when we hear these words or have this type of internal dialogue, it affects our peripheral physiology, often times in a very negative way by stimulating the sympathetic nervous system and all the deleterious affects of the release of these low-level stress hormones. Then the mind shuts off to possibilities. So she made me aware of this and I learned to sit with this without having that emotional response. And ultimately she taught me to actually change the dialogue so that it was not one of criticality but one of self-compassion and affirmation. In doing so, it changed how I saw the world. What I had thought were impairments to my ability to succeed, or limitations of my possibilities, were suddenly removed. And that was absolutely critical.

The third trick was opening your heart. Frankly, at that age, I did not take it to heart as much as I should have. And understanding that the greatest gift we can give is not only being kind to ourselves, but being of service and kind to others. And to interact with others always with this idea that the mere presence of another is a wonderful thing and that everybody has something that you can learn, and everyone can give love.

The fourth trick was to cultivate clarity through visualization techniques and cultivate your intention. By doing so it allows you to do almost anything. That's not to say that when you do this practice it is a straight line from point a to point b. To get to where you want to be there may be

hills and valleys and detours, but ultimately, by utilizing these techniques, it places within your subconscious this incredibly strong motivation that you are moving in the direction to fulfill that desire. Even without your knowledge. Certainly that's mitigated by the fact that these should be desires that benefit yourself and others and not work in a negative context.

Those were the four lessons that Ruth taught me that allowed me to go from the mindset of 'limited to no possibilities' to 'unlimited possibilities'.

Q It's a beautiful story that moved me a lot. It was with Ruth that you discovered you wanted to be a doctor. It was one of the goals you listed among other things like cars and money, which you also eventually got. And you learned a lot from having a lot of money and then losing the money.

Regarding mindfulness meditation, I'm curious what you think about mindfulness being taught to people in the military. I don't hear many people discussing this trend, but the US military is doing what they call Mindfulness Based Mind Fitness Training. Do you have any thoughts about this?

JD Whether it's for the military or the police, I think practices which promote understanding of others lead to a decrease of your own anxiety and fear, and help you understand that the other

is you. It then leads to a change so that instead of looking at the other always as an enemy, it allows you to be more thoughtful and compassionate. As an example, if you look at the militarization of the police over the last two decades, the very nature of the word 'militarization' means that there is you and there is an enemy. This is antithetical to the very concept of police working for the citizenry and it creates an 'us versus them' environment. It also promotes this idea of tribalism where there's the in group and the out group. Unfortunately often times this translates into the white and the black group. As a result, it leads to decision-making that has horrible consequences.

The nature of being in the military is one where there is an enemy and you are fighting against them. When I've spoken to members of the upper echelon of the military – the officer class – there was a lot of anxiety: "If we teach the soldiers to be compassionate and kind then it will negatively affect their ability to fight." And really this is untrue. What it does do is result in an understanding that while these conflicts may have to occur in certain contexts, civilians and other soldiers are not dehumanized.

Individuals keep in mind that these are people like them. By doing such training, as an example, hopefully it leads to situations where instead of raping the women and arbitrarily inflicting pain, military people will be much more thoughtful. This will diminish the occurrence of these things that are often associated with military occupation.

To be continued ●

INTERVIEWED BY JOHN MALKIN, AUGUST 2016.

Dr Doty is the author of *Into The Magic Shop: A Neurosurgeon's Quest to Discover the Mysteries of the Brain and the Secrets of the Heart* (Avery, 2016) and is co-founder of the Center for Compassion & Altruism Research & Education (CCARE) at Stanford University in Palo Alto, California, USA.

John Malkin is a journalist and musician living in Santa Cruz, California where he also hosts radio programs on Free Radio Santa Cruz and KZSC.

Whether it's for the military or the police, I think practices which promote understanding of others lead to a decrease of your own anxiety and fear, and help you understand that the other is you.



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Does science have all the answers for human illness? Is health and illness decided purely by our genes? Do genes decide how to evolve?

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THE NEED TO LOVE



DR ICHAK ADIZES shares his thoughts on the most important need for all human beings.

There are a lot of theories on human needs, like to reproduce and to feed where the common denominator is the survival of the species.

Then the McClellan theory that there is the need to achieve, to control, and Maslow's hierarchy of needs from survival to self-actualization, etc.

I have not seen it but I believe someone must have identified the need to love and be loved.

We know from research that babies that are not caressed do not gain as much weight, and children

We are trying to solve our problems with our brain, analyzing cost benefit ratios. The real, sustainable solution is processed by the heart, where we feel without having a clue of the ratios.

that grow up in an orphanage deprived of parental love, develop all kinds of mental problems.

And we all know from personal experience, I bet, how lonely and depressing it is not to be in a loving relationship.

It is not the need for affiliation. That need is from your brain, to socialize, to interrelate. It is not the need for sexual release either. It is to love with your heart; to ache with your heart for someone.

If you cannot get it from a human being get a pet.

Research shows that even hardcore prisoners get humanized when given a dog to raise. The love that dog gives to them changes their behavior better and faster than any talk therapy.

Maybe they became criminals because they were deprived of this most basic need of all: to love and be loved.

We are trying to solve our problems with our brain, analyzing cost benefit ratios. The real, sustainable solution is processed by the heart, where we feel without having a clue of the ratios.

What interferes with this need to love or be loved is the brain with all the other needs it has to process. One of them is fear which is related to the need to survive. Another is to achieve; we are so busy with a career we have no time to feel and love another person.

Calm the brain. Think less and let your heart manifest the love it naturally has ●

Just thinking,

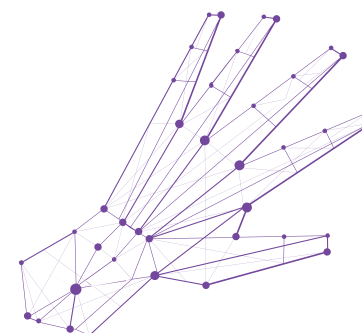
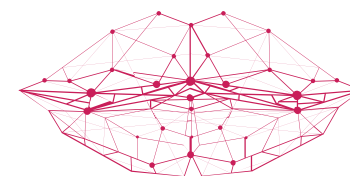
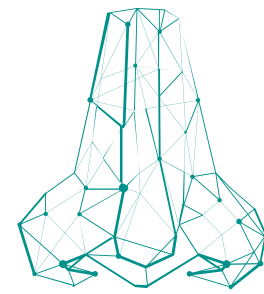
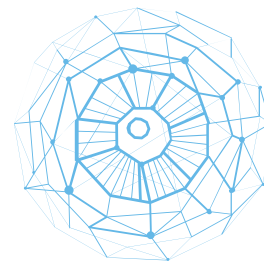
Ichak Kalderon Adizes

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I know of only one duty, and that is to



ALBERT CAMUS



Coming to Our Senses: Living With the New Children

TERRAN DAILY provides some simple, practical advice to parents on how to understand behavioral tendencies in their children.

So many children now have sensory processing issues. Have you heard this term? Did you know that the way a person's nervous system processes sensory information can deeply affect their behavior?

We all swim in a sea of constantly changing sensation from our eyes, ears, nose, tongue and skin. The nervous system has a big job filtering out irrelevant sensation and focusing on the sensation it needs for optimal function. Think about it. Just notice for a minute everything you feel against your skin – a breeze, heat or cold, the weight of your body against your feet on the ground or your bottom on a chair, the clothing against your body, and what else? Then notice all the sounds around you, including those in the background, and everything present in your visual field in all its detail. What do you smell or taste? Tune in carefully as it may be hard to notice.

THE OVER-SENSITIVE CHILD

Some peoples' nervous systems are over-sensitive – they have difficulty filtering out extraneous sensation. Imagine what the world would be like for this person – clothing itchy against the body, background noise irritating and distracting, all the visual detail overwhelming, smells and tastes often too strong. Children in this situation are often easily distracted and have trouble concentrating. They can be in a near constant state of overwhelm and anxiety.

So they try to limit the stimulation coming at them by keeping control of their environment in whatever ways they can, then we think they are rigid or controlling. When overwhelmed, an oversensitive child may suddenly go into a fight or flight response, run away, hide, or lash out at those around them. They may be picky eaters, or become upset when their hands or faces are messy. They may refuse to wear clothes or wear only certain clothes, refuse to walk barefoot or refuse to wear shoes. All these strategies to manage life in a state of over-stimulation and overwhelm make perfect sense when you understand what the child is experiencing.

THE UNDER-SENSITIVE CHILD

Other peoples' nervous systems are under-sensitive. They live in a sleepy state. It takes a lot of stimulation to get them going. Children in this state may not want to do much of anything, so they are seen as lazy. They may not be very aware of their environment, and run into people or objects when they walk, thus appearing clumsy. They may not be able to judge the force of their own movements so tend to slam doors, put things down too hard, or press too hard when they write or draw. Others may fight their sleepiness by wiggling, fiddling with things, bouncing instead of walking, touching everything in sight, humming, or talking loudly.

THE MIXED CHILD (MOST)

These children are a mixture of over- and under-sensitive. For example, they may be over-sensitive to taste and smell, so be picky eaters, but under-sensitive to touch, so touch everything and fiddle with things.

THE HIDDEN SENSES

In addition to the five senses, there are two senses that are not so well known – proprioception and vestibular awareness. Proprioception is the body's awareness of itself through sensory receptors found in muscles and joints. Each time you contract your muscles or put pressure on a joint, these receptors fire to let your brain know.

Vestibular awareness is also a kind of body awareness. Each time your head moves through space, up and down, forward and backward, right and left, or around and around, tiny sensory receptors in the semicircular canals of your inner ear let your brain know what is happening. Children with an underactive vestibular system can't get enough of swinging, jumping, bouncing and spinning, while children with an overactive vestibular system may become motion sick from these same activities.

WHAT CAN I DO IF I THINK MY CHILD HAS SENSORY PROCESSING ISSUES?

The best is to consult an occupational therapist. This is a complex field, and it may take some time for even a trained professional to determine what will help your child. An occupational therapist can often be located through your child's school or doctor.

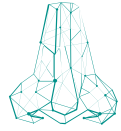
If you don't have access to an occupational therapist, the resources listed below may be helpful. Many communities have parent networks for sharing strategies and resources, and there are online communities for this as well.

Some peoples' nervous systems are over-sensitive – they have difficulty filtering out extraneous sensation. Imagine what the world would be like for this person ...

MEANWHILE, A FEW BASIC TIPS MAY BE USEFUL:



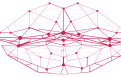
Proprioception is magic – it alerts, calms and organizes the nervous system all in one. You can give your child proprioceptive input by encouraging them to run, jump, push, pull, chew and carry heavy things. This is useful before the child has to concentrate, and before and during stressful activities.



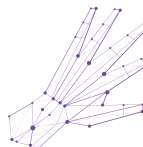
If your child is over-sensitive to sound, keep their environment as quiet as possible and warn them before loud or sudden sounds if possible. If they must be in a noisy environment, maybe they can wear a heavy backpack to provide proprioceptive input.



If your child is over-sensitive visually, keep their space as clean and uncluttered as possible.



If your child is over-sensitive to touch, let them know before you touch them. Let them approach activities that are unpleasant to them at their own pace – never force them.



If your child loves to touch and fiddle, provide them with a range of fiddle toys to keep their hands busy. These can be as simple as paper clips, water bottles or a balloon filled with rice, or store bought items like squeeze balls.

The most important thing you can do for your child is to understand them. If they have sensory issues they are truly not wiggling, fiddling, refusing to wear certain clothes or eat certain foods to drive you crazy!

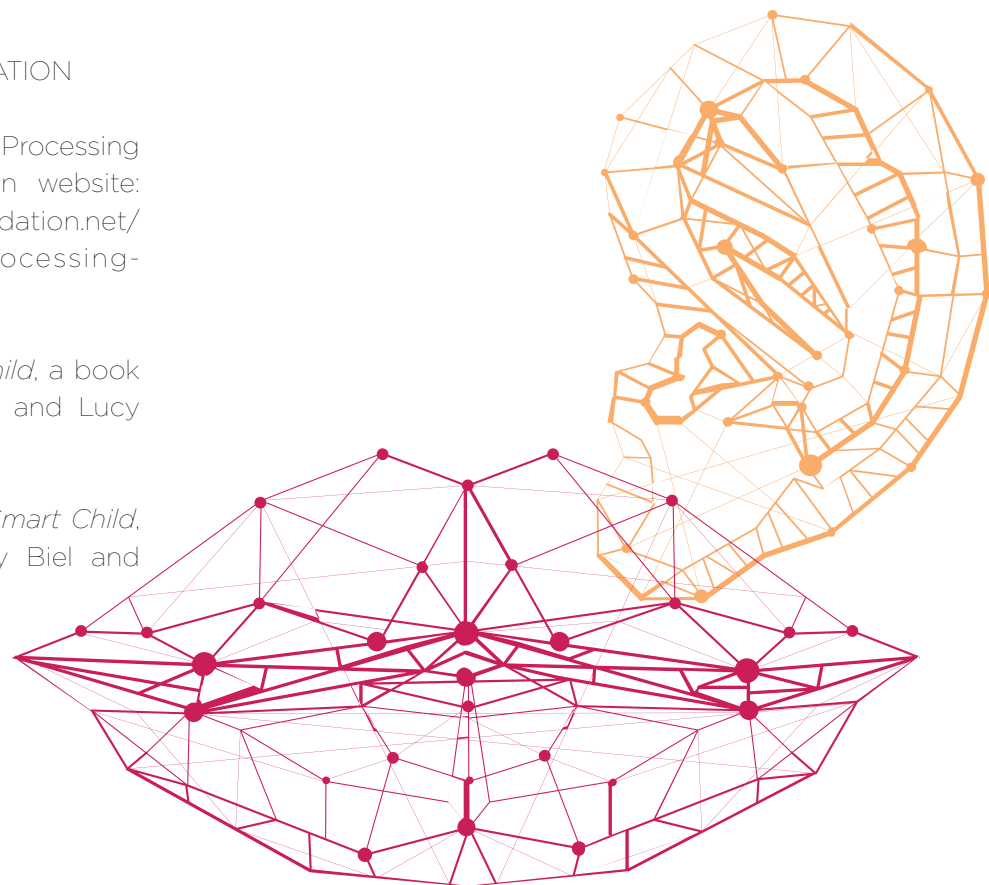
This is an ever so brief summary, but I hope it serves to alert some of you to the existence of sensory issues and point you toward sources of support and assistance ●

FURTHER EXPLORATION

The Sensory Processing Disorder Foundation website:
<http://www.spdfoundation.net/about-sensory-processing-disorder/>

The Out of Sync Child, a book by Carol Kranowitz and Lucy Jane Miller.

Raising a Sensory Smart Child, a book by Lindsey Biel and Nancy Peske.



Every step that has been really gained in the world has been gained by love.

SWAMI VIVEKANANDA

The Evolution of Consciousness Series

Life *in* Life

In this issue, KAMLESH D. PATEL explores a different facet of the evolution of consciousness. He writes of love, transmission and the need for connection and communion along the way.

What do most people want more than anything else in the world?

If you examine the research about this question, you will find a number of answers, including happiness, peace, trust, appreciation, freedom, money, etc., but the most fundamental of all is love. Love is the center of life. Most poetry is created in the name of love, most music, art and film. “God is love,” “Love conquers all,” and so on. All great mystical teachers have extolled the importance of love. All the great saints have loved God and loved humanity. The Buddha did not speak about love, but one of his most famous statements is that he would keep coming back again and again until every human being is liberated. Is this not love?

In this series we have focused on the evolution of consciousness and the other subtle bodies, as a result of doing a spiritual practice. So how does love enter into this domain of the science of spirituality?

In fact it is only love that can propel us to the end of this journey of expansion of consciousness, with all its ups and downs.



It is vital to understand, because in fact it is only love that can propel us to the end of this journey of expansion of consciousness, with all its ups and downs. Of course it is possible to go part of the way without love, just by wanting to grow individually, and even for that you need enough interest to commit to the process. But to reach that state of stillness, the center of our being, love is essential. Love makes the path smooth.

Let's take a worldly analogy. Marriage. What happens in a marriage where there is no feeling, no love for the other? Is it easy to accept the foibles and funny habits of another person at close quarters if there is no love? In contrast, what happens when we love? Even the faults of the other person seem so adorable. We accept so much more when love is there. It softens the way forward. Love overcomes obstacles with ease.

In a marriage or partnership, love brings connection and eventually communion and oneness. We are genuinely interested in the well-being of the other person. We put them first, we care about how they are feeling, what happens to them, and support them in all ways. We feel their feelings and know their thoughts. We finish each other's sentences and respond to each other's needs instantaneously. You have probably seen elderly couples who have been together a lifetime, who are so merged together that they understand each other completely without saying a word.

With motherhood, the state of connection and communion moves to an even more profound level; the feeling of giving defines a mother's relationship with her children. Giving is the quintessence of motherhood. Mothers do not sacrifice anything for their children – whether it be giving birth, staying up all night with a sick child or loving a rebellious, disobedient teenager. It is natural for a mother to love.

Loving is connection. Love creates empathy, compassion, and the awareness to 'feel' the other person's needs at the deepest level. At such moments, everything we have flows from our heart into the heart of the other, naturally, without our needing to do anything.

We don't have to look far to know that love opens our hearts. Even at the most human level, the experience of falling in love, or loving your newborn child, is instantly understood. The world appears rosy, and we exude a vibrancy that is easily recognizable.

The heart has a very interesting property – in its purest state it is actually an infinite universe of potentiality. The more it opens to deeper levels through a spiritual practice, the more we expand its field of existence, the spectrum of consciousness, and the more we become aware of our connection with the hearts of others. A pure heart feels connection with every other heart. A vacuum can be created in the heart by love, which results in a flow of current from heart to heart.

So let's relate this now to the spiritual journey of expanding consciousness. What happens if the practice we do is mechanical, routine and dry? You could compare it to a dry, loveless relationship. There is no spark, no interest, because there is no communion. So there is no expansion. Instead, there is resistance, and the practice is ego-driven, just like a loveless relationship is ego-driven. When interest is there, a spiritual practice comes alive and there is wonder, experience, opening and magic in every moment.

We are given enormous support to develop this interest in our spiritual practice in today's world. How? With the help of yogic transmission.



Transmission is the most sublime, subtle love. Transmission is from the Source, so it is the purest love possible. As the heart opens to love, the flow of transmission nourishes us from the inside, like a mother's love nourishes a child. While transmission itself has no qualities, it dissolves boundaries and removes separation. It transmutes the grossest of forms to the subtlest of states. It loosens the knots of our entangled existence, making way for joy and bliss. Transmission is the ultimate catalyst.

Where does transmission come from, this potent love that seeks out the very core of our being? Transmission is always there, and it is infinite in its nature and application. It is there in the fabric of existence as the subtlest forceless force emanating from the Source.

But knowing it is there is one thing; it is quite another thing to be able to utilize transmission for the expansion of consciousness and spiritual evolution of others. That requires a special relationship with the Source itself. And that is the real role of a Guru, a spiritual Guide of the highest caliber. Because such a Guru can transmit that subtlest essence into our hearts, so that consciousness expands with the purity of true love.

The Guru is like a mother, giving us birth into a higher dimension of existence, and filling us with a love that passes understanding. Perhaps this is what Swami Vivekananda meant by saying, "The Guru is the bright mask which God wears in order to come to us. As we look steadily on, gradually the mask falls off and God is revealed."

With transmission, there is life in life. The heart, the canvas of consciousness upon which the subtle bodies of the mind play, is nourished. We thrive, we blossom, and eventually our consciousness expands to its fullest potential of complete Oneness. And thus our life takes on a meaning that is otherwise only found in dreams ●

ABOUT KAMLESH PATEL

Embracing the many roles of a modern-day spiritual Guide, you will find Kamlesh Patel equally at home meditating with a group of followers in the sublime stillness of a Himalayan ashram, teaching thousands of people to meditate at an international conference in Lyon France or Los Angeles California, addressing recruits in a police academy in Delhi and sharing tips on life skills with students at a high school campus in Mumbai.

Known to many as Daaji, he has that rare and beautiful blend of eastern heart and western mind that allows him to dive deep into the centre of his existence in the heart, and simultaneously have a scientific approach to original research in the field of meditation, spirituality and human evolution.

As the world teacher of Heartfulness and the fourth spiritual Guide in the Sahaj Marg system of Raja Yoga, Daaji oversees Heartfulness centers and ashrams in over 130 countries, and guides the 7,000+ certified trainers who are permitted to impart Yogic Transmission under his care.



Today, something is happening to the whole structure of human consciousness. A fresh kind of life is starting. Driven by the forces of love, the fragments of the world are seeking each other, so that the world may come into being.

PIERRE TEILHARD DE CHARDIN

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Why do we go on vacations anyway? What do we hope for at the end of it? Perhaps a change of scene that can reset our mood, relax our stressed bodies, so that we come back refreshed and renewed, with a new attitude towards our daily life?

VANI KOLA discovers life in the slow lane, at a spiritual retreat on the edge of a lake in Maharashtra.

It has become customary for most of us to go on a vacation at least once a year. “I could really use a vacation,” we say very casually whenever we are frustrated. Why do we go on vacations anyway? What do we hope for at the end of it? Perhaps a change of scene that can reset our mood, relax our stressed bodies, so that we come back refreshed and renewed, with a new attitude towards our daily life? These days, going to a detox center once a year is a very ‘in’ thing. It is prescribed as a way to reset bad eating habits and remove toxins. So going for a spiritual retreat should also not be such a difficult concept to consider once a year. Our spirit, our soul also needs time to reset, recharge and renew from time to time.

I was at a Heartfulness Retreat center recently in Maharashtra in India. As I left there, I was deeply moved by one thought: my spiritual progress is not

a burden on a path I am trudging alone. I have well-wishers watching out for me and I have support to draw upon. I only have to reach out for it. Others are willing to give their services to allow me this time and opportunity to practice and progress. Without volunteer support the retreat centers cannot be run and maintained. My retreat was possible only because of silent work by many who give selflessly of their time and effort.

The magnanimity of our Gurus to create these retreats, and the love and care that goes into the upkeep and impeccable service by volunteers, strikes me at the core. They serve without fanfare, without looking for reward or recognition, so that I may focus on my well-being; that is the reward. Isn't that the best example of unity? All I have to do is go to the retreat, use the facilities, take advantage of all that it offers and benefit.

A silent retreat can be intimidating to consider at first. We are so enamored of the daily bustle of our life. And our electronic devices own us more than we realize. Even as I recognize it, I have slipped into a habit to check messages when I get up to go to the bathroom in the middle of night. Sounds familiar, doesn't it. Though I know very well the world does not depend on me to solve any impending crisis, the worst habit I have picked up is to constantly be on the device.

And silence is one thing absent in our lives. Every day is a rush, though what we are rushing towards we rarely stop to think about. I am not proposing being lazy, but being reflective. These were the thoughts that made me go on an impromptu trip to the retreat without much prior planning. I had already been there a few years before, so I knew what to expect. At the physical level, everything was taken care of and addressed very smoothly from the moment I submitted my application, to my arrival and departure.

A silent retreat can be intimidating to consider at first. We are so enamored of the daily bustle of our life. And our electronic devices own us more than we realize.

When I found myself slipping in my meditation practice, I wanted to take the time to reground myself or rather reflect on my tendencies. Hence my decision was to go on a retreat, silently beckoning, inviting us to explore our inner self.

From the moment I walked in, my daily world disappeared. I found a routine – meditate, a short walk, reflect and write, three times a day. In silence I had a chance to observe my thoughts, thoughts that rippled and bubbled up to the surface and drew my attention and energy. I felt it was like watching the antics of a squirrel or a bird as you sit under a tree peacefully. I observed my mind gravitate to past incidents, mostly irrelevant memories and unimportant people, rippling with inconsequential thoughts. To still the mind, I had to observe where it was wandering and the absurdity of why my energy was drawn unproductively. Only in silence

was it possible to watch my mind and understand my tendencies. And in doing so, it was possible to gently withdraw into stillness and remembrance of something much higher than my daily world.

Recently my computer was getting overheated and hence the fan was working on overdrive. I checked on what was consuming the CPU cycles. It was none of the programs I was using or needed to use, as they were all consuming normal CPU cycles. A background sync of an application that was launched was hogging 90% of the CPU usage. I am certain if there were a device to measure our brain activity, it would show 90% of our mind likewise consumed on things that we don't need. The manifestation of this is sleeplessness, anxiety, anger and hoards of emotions, unwanted, like overheating of the computer. The biggest benefit of the retreat for me, apart from renewing my practice, was the



gift of silence to reset my brain (CPU), choosing to delete the unnecessary thoughts from my mind. A day spent like this with a calm mind had the added benefit of me slipping gently into the evening and drifting into deep sleep in the night, waking without an alarm. My body felt fully rested with a lot of energy to renew the day in the morning. When my mind slowed down, the body also felt tuned in and regulated itself. And meditation was deeper. Even just a few days made a profound difference to me.

It may be my age and lifestyle, but these days vacations have become a burden – flights, hotels, a grueling schedule to hit all the spots, pictures to click; all this stress me out more. My needs draw me to nature, silence to reflect, slowing down the day, reconnecting with myself, bettering my practice. And the retreat is a perfect destination for this.

Pune Retreat Center overlooks a lake. The sunset, a bright orange ball of light seems to descend from the heaven and merge into the lake. It is truly absorbing to see this beautiful sight and watch this bright orange ball slowly sink and the day come to an end. All our retreat centers are beautiful, in tune with nature, away from the background decibels of the city noise, quite and serene, timely and nutritious food served punctually, comfortable accommodation packed with service straight from the heart. What more can you ask for? It is a vacation for the body, mind and soul.

And it costs nothing! That is right, it is funded by voluntary donations. You can visit for a period between 3 and 30 days. Though such a wonderful arrangement is available, for the most part the retreat centers are underutilized. The day I was

leaving, one of the volunteers working in the center said, “We are ready to serve, when more people come to stay, we feel more enthused to work.”

Our actions are deep reflections of the heart. I had to leave at noon, so I had decided to skip lunch and pick something on the way so as to not cause any inconvenience. But one of the volunteers working in the kitchen observed that I was preparing to leave, firmly insisted I could not go without lunch and quickly packed it for me. These simple things I experienced at the retreat.

As I described the serenity, the lake and the beautiful sunsets, and my experiences at the retreat, someone asked if I had taken any pictures. I hadn't. They are locked in my heart, and if I was a poet or a painter I could describe it better or reproduce it.

I don't know when I can next go to a retreat, although I hope it is soon. I am truly glad that it exists. I cannot end this note without sharing my heartfelt gratitude to those who are helping me in myriad ways in this journey of life ●



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Ritual Gold

AMANDA ESPY holds an MA in Psychology and certification from the Jung Institute of Los Angeles. As the creator of a line of unique and custom jewelry called Ritual Gold, she works both academically and artistically by using symbols to explore the human psyche.

What is your mission with your jewelry?

To create pieces that individuals can wear every day which deeply connect to their soul.

What informs your work?

Academic studies of ancient symbolism and a deep connection to my own inner source of images.

I've found the symbolism of nature is patterned deep in the Fibonacci of the human mind. It's the building blocks from which all other symbolism seems to derive.

What symbols are most interesting to you?

My current symbol of a rose. It might not seem ancient, but it is. It showed up in my dreams and through imagery. It has such a history. It is a symbol of beauty and elegance. It has also turned out to have so much depth of meaning to my psyche and to women around me who I feel are drawn to the rose.

With Valentine's Day coming up, a lot of people will be gifting jewelry. How do you work with clients to create a custom piece for someone they love?

Clients send me a few photos of the person they love and we have a discussion about how that person has impacted their life, for me to feel the essence of that person.

I loved making the engagement ring of a dear friend. Being a part of the process, holding space for his secret, watching the rings exchanged at the wedding. Every time I see her & she has that ring on her finger it's unbelievable.





Student pieces from a symbols workshop.

How do you integrate meditation into your work?

Meditation teaches me that the images, the story, the art that comes out of me is a true gift. It's not me. It humbles me, but it also relieves me of any pressure. So I can just allow it to be what it is.

How would you encourage someone to integrate the power of symbols into their day-to-day life?

We've had symbols our whole lives. When little kids are obsessed with turtles or a certain princess, that shows their unique character.

I would encourage everyone to trace through their lives and remember things that they're drawn to, and find a little token that reminds them of that phase of their life. They can buy a special box to collect those objects. That way when they feel alone, or melancholy, or just reflective, they can pull out the box and go through the symbols of their life, and remember all the lessons they've learned. That's how I think symbols can provide meaning ●

What did the symbol mean for her?

He wanted to create a piece that embodied the way he wanted to hold and protect her, but also allow her to be free. So we used an imperfect pearl and created a ring that wrapped around one side and came around the other side of the finger in two leaves that were spread open towards the pearl but had a gap in between and they didn't quite touch. That was to symbolize flora, plant life, and growth and potential. Also, the way that he was there - just close enough if she should need anything but giving enough space to be free.

My favorite piece is your Ethiopian cross. Tell us about it.

Actually, the Ethiopian Cross came into form because of several things. I had a friend who studied African drumming. He taught me a lot about the *orishas*, which are African gods and goddesses and the way that each *orisha* has its own rhythm and its own form. He took me into a world I hadn't experienced. As a woman from America with Christian roots, I saw this form, which was the Ethiopian cross. Like the conversion of Africans to Christianity, it showed me how you can be changed but your essence is pure.



Artist pictured right with her grandfather and collaborator in her Missouri hometown.

PHOTOGRAPHY BY AMANDA ESPY
INTERVIEWED BY EMMA IVATURI



Our bodies are our gardens, to the
which our wills are our gardeners.

WILLIAM SHAKESPEARE

THE THIRST FOR

Beauty

YVES BENHAMOU explores the science of joy, and how to cultivate joy within in order to open the doors to the Infinite and nurture our kinship with splendor.



It is human nature to unendingly yearn for happiness. It seems we have that sort of thirst within us, that compelling impulse, that hope that will nourish our days and our dreams. There are also moments when, from the bottom of our hearts, joy will simply be there, without necessarily being attached to any particular circumstance, and sometimes even when we are going through a difficult time. It is like a bubble full of emptiness, an instant of quiescence, a Presence: our thirst is quenched and our quest rewarded. Art itself is opening, at the heart of our life.

Let me presume that we have all shared that experience, we as well as everything that lives: men, animals and plants. Why not the cat, which can be suddenly stunned, or the weightless leaf throbbing under the breeze in the light of dawn?

Can psychology explain such a dazzling joy? How could the newborn leaf translate that precious moment when it is dancing in tune with Nature? If we were to interfere in the plant metabolism at that very moment, could we discover a potential growth in photosynthesis, a sudden activation of the mitochondrial metabolism, or any other tangible phenomenon?

And we who are conscious beings – can we discover within us, in the convolutions of our brains, that sudden synchronicity between the Delta, Theta and Gamma waves, or will there be new types of waves still unidentified due to their higher subtleness?



Delta waves are from 0.5 to 4 Hz – the waves involved in deep sleep, a sleep without any dreams.

Theta waves are from 4 to 7 Hz – the waves involved when we are relaxing deeply, particularly if we have some experience in meditating.

Alpha waves are from 8 to 13 Hz – the waves involved in a light relaxation and calm awakening.

Beta waves are from 14 Hz and beyond – the wave involved in our day-to-day routine activities. The brain waves can also switch to the beta mode during the short sleep periods when you have dreams (paradoxical sleep), just as if the activities we have in your dream were routine ones.

Gamma waves are beyond 30 or 35 Hz – these waves indicate that the brain is being very active, e.g. involved in a creative process, or busy solving problems. NB: The brains of experienced meditators show a far greater number of Gamma waves than other brains.



Solving the mystery of joy probably amounts to solving all other mysteries.

So we had better be grateful and bow to joy's intrinsic evidence when we are endowed with it, rather than try to understand it.

Solving the mystery of joy probably amounts to solving all other mysteries. So we had better be grateful and bow to joy's intrinsic evidence when we are endowed with it, rather than try to understand it.

But is there any way to reproduce such moments? Is there a way to satisfy our thirst for joy, to no longer limit the process to random contingency? Can we turn it into a source immediately available for us to quench our thirst whenever needed? Changing rarity into frequency, specificity into routine? Changing ourselves, in fact.

Because if we change ourselves, our vision of the world will change, the world itself will change. "Beauty lies in the eyes of the beholder," André Gide reminds us in his book *The Fruits of the Earth*. True grace is to have within us a thirst for everything that is beautiful, together with a heart that can grasp beauty. That kinship with splendor will open the doors to the Infinite. Our job now is to develop that secret space, to refine it to the extreme, so that we see only the beauty in everything.

Life has given us the required organ, the heart. It has given us the means, meditation on the source of light within the heart. Our heart is the well from which we draw in order to quench our thirst for beauty. Our instrument is meditation, the pail with which we can draw from that well. The pail will never come back up empty. Beauty is there, and we can draw a quantum from it, a mere sample, but the Great All is also there which will never run dry. It is the Infinite the finite bears. Such is the definition of spirituality André Comte Sponville gives us: "Our finite relationship with the Infinite."

When the pail comes up from the well it is always full, provided we spare some time to go to the Source and fill it.

Every meditating act bears at least an instant of pure Grace, and there is nothing easier than experiencing it daily. Then, that meditative experience will pervade our whole life, and that instant of joy will unfold and expand, growing deeper and deeper, until our life becomes a relationship with the Infinite ●



LOVE INVOLVES

Our Essential Self

THOMAS COWAN, MD, goes beyond the realm of typical cardiology when it comes to understanding the heart. And his approach appeals to patients who have not felt satisfied with a purely physical approach to heart disease. In his new book, *Human Heart, Cosmic Heart*, as well as providing a wealth of medical and scientific knowledge and dietary advice, he finishes by sharing some thoughts on love and our essential self.

What does the heart have to do with love? Probably nothing, according to your cardiologist. The heart is a finely innervated piece of specialized muscle. Nothing else exists but this physical stuff. Dissection of the heart reveals nothing one can call love. The heliocentric, modern, scientific, quantitative, double-blind research, mechanistic paradigm says there is no connection between the heart and love. And yet, across centuries and across cultures, so many countless people – poets, writers, lovers, mothers, fathers, children, even scientists – have experienced love and connected it with the heart. What gives? Where lies the truth?

I can't define love, or characterize it in a succinct way. But I do know that love, perhaps more than any other feeling, involves our essential self. You do not love something in a superficial way. Superficiality and love are mutually exclusive.

But what is meant by our essential self? Imagine yourself as a young child playing in a park. Then picture yourself as a teenager, as a young adult, and then as a middle-aged or elderly person walking with a slower, stiffer gait. Physically, the cells in your body – those things that scientists and doctors 'believe' in – are different in each of those scenarios, because your body replaces your cells over time. Nothing is the same between that young child playing in the park and that elder walking slowly and gingerly.

And yet we all know there is a thread, an essence, that runs through each of our lives. We know there is continuity between the child who was and the elder who will be. Although it's impossible to articulate a person's essence without it sounding glib, I believe Mozart's essence – and the reason he was able to give us so much – had something to do with the tension between his musical genius and his immaturity. Tiger Woods' essence has something to do with an almost mystical connection to golf and the natural consequences of a lost childhood. Dostoyevsky's essence had to do with justice and freedom; these ideas, those deeply held beliefs, permeated everything he wrote and did throughout his life. For me, my essence has to do with trying to get to the heart of a matter, of a deep unease with answers that are served on a platter, an essence that has kept me company through my entire life. This essence seems to arrive at or before birth and travel with us at least until the day we die.

This essence is also revealed in the way we refer to ourselves spatially. If you want to make a gesture referring to yourself, you don't point to your foot and say, "This is me." You don't point to your

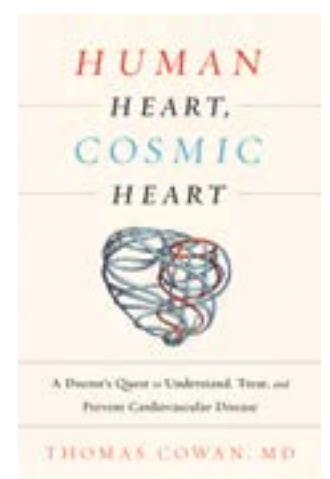
genitals, or abdomen, or buttocks, or even your head and say, "This is me." Try it. It feels weird and wrong. Then point to your heart and see if you feel, "There do I dwell."

Scientific, maybe not. An actual experience, absolutely. And again there is the question of which do you trust as a way of knowing? When you want to connect with another person, do you hold them to your foot, your buttocks, or against your head? (Try this with a child or a beloved pet. I strongly suspect it will feel weird and wrong.) No, you hold your beloved against your heart. We have an instinct to represent deep connection with our heart. ...

If we want to convey a deeply-held belief, we often hold our clenched fist – about the same size and shape as our heart – over our hearts. We don't hold it over our head or over our abdomen. (Again, try it and see how it feels.) When we want to make an emotional connection, convey our deep feelings, or demonstrate that we are dealing with our 'essence' as a human, we rush to get our heart involved in the experience.

Love necessarily involves the deepest part of our being, our essence. ... We only accept expressions of the heart as meaningful •

This excerpt is from *Human Heart, Cosmic Heart: A Doctor's Quest to Understand, Treat and Prevent Cardiovascular Disease* (Chelsea Green Publishing) and is published here with permission of the publisher. For more information, visit www.chelseagreen.com.



CONQUERING FEAR

write to us at GLOW@heartfulness.org

led by



MS VANI KOLA

Monday, 23 February 2017

7:00 pm IST (India), 8:30 am EST (USA)

Register at <https://goo.gl/3YMB4F>

Vani Kola is a Managing Director at Kalaari Capital, based in Bangalore, India. Her leadership at Kalaari centers around her commitment to the development of entrepreneurs and her conviction that Indian companies are poised to become global players. Vani brings 22 years of Silicon Valley experience as a founder of successful companies to her role as a mentor and enabler of startup companies in India. She serves on several company boards and speaks widely on entrepreneurship and leadership.

In this webinar, we will look at 'discovering self'.

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BRUSSEL SPROUTS SALAD & HORSERADISH SAUCE



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Photos & recipes by Simonne Holm

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BRUSSEL SPROUTS & SWEET POTATO

Serving in 2 big kale leaves (any kale)

TOPPINGS

1/2 cup roasted pumpkin seeds or other seeds,
toasted on a hot pan
1 fresh chili, chopped (option)

3 cups brussel sprouts
4 sweet potatoes, cubed & roasted
1/2-1 cup chopped coriander (cilantro) or parsley
3 tbsp extra virgin olive oil
1/2 lemon, the juice
2 scallions onions (spring onions)
1 clove garlic, minced
Himalayan salt and pepper to taste

INGREDIENTS

Wash all vegetables.

Preheat oven at 180 C / 356 F.

Cut the sweet potatoes into chunks or cubes. Toss in olive oil and sprinkle with Himalayan salt. Place on a roast sheet or light oiled roasting pan and bake for about 20 minutes - until they are tender.

While roasting, prepare brussel sprouts. Cook for 5-8 minutes make sure they are still crunchy.

Let them cool down and cut them in halves.

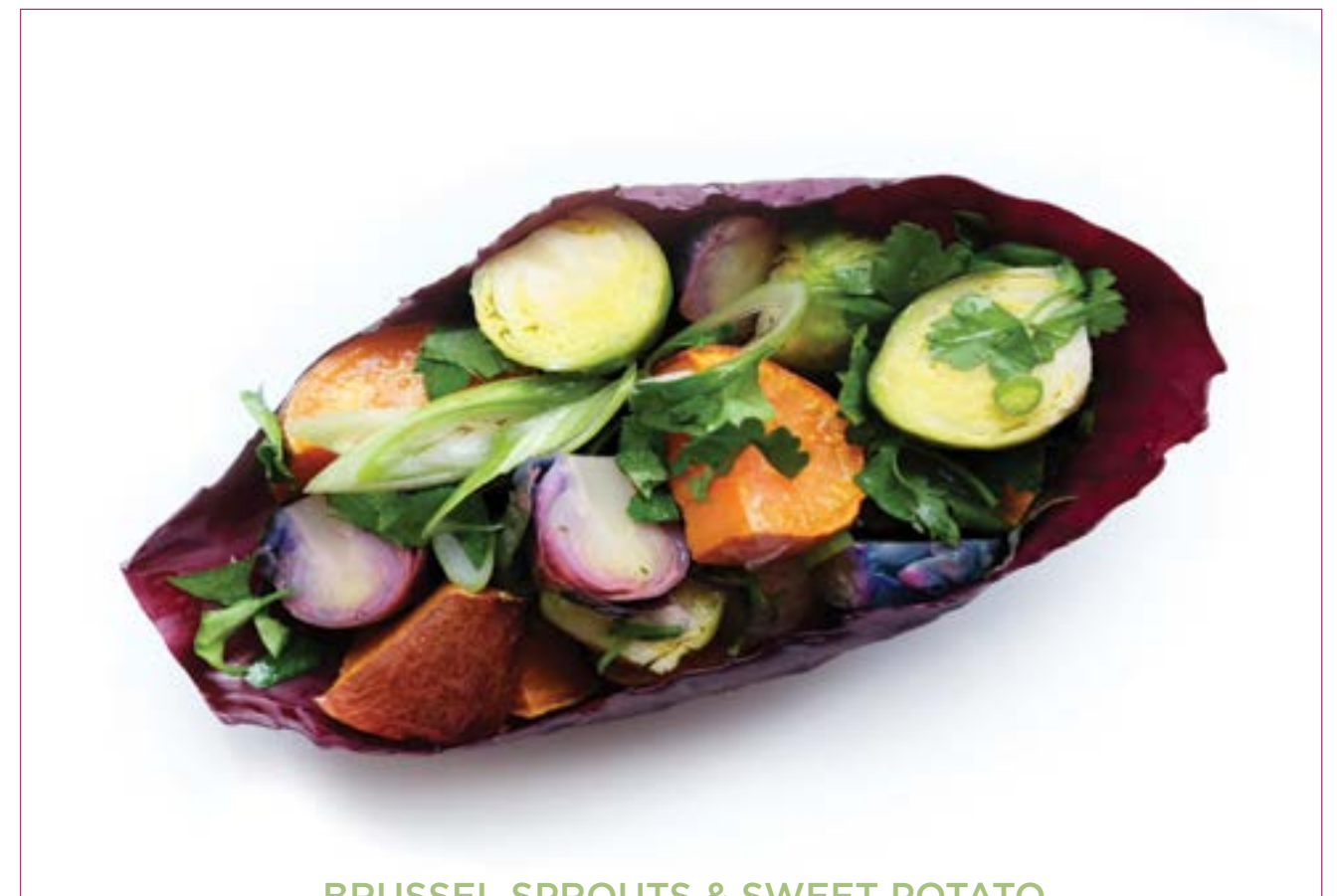
Place in a bowl and pour 2 tbsp olive oil on, juice from a 1/2 lemon, salt, pepper, garlic, chopped cilantro/parsley and finely chopped scallions onions.

Check the sweet potatoes. Once tender, remove from oven and let them cool down.

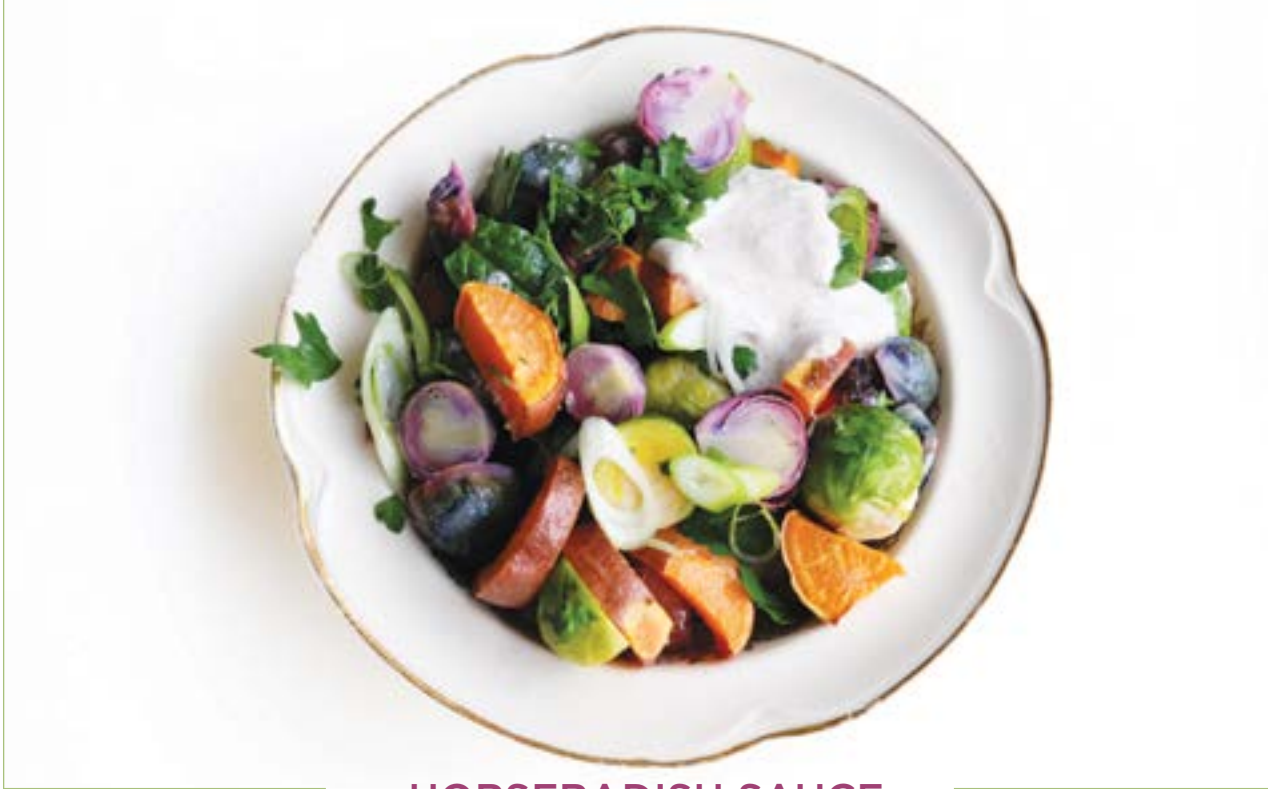
Mix brussel salad and sweet potatoes. Top with roasted seeds and fresh chilli.

Enjoy as it is or with a healthy horseradish sauce.

Variation: Add fresh spinach or other green leaves.



BRUSSEL SPROUTS & SWEET POTATO

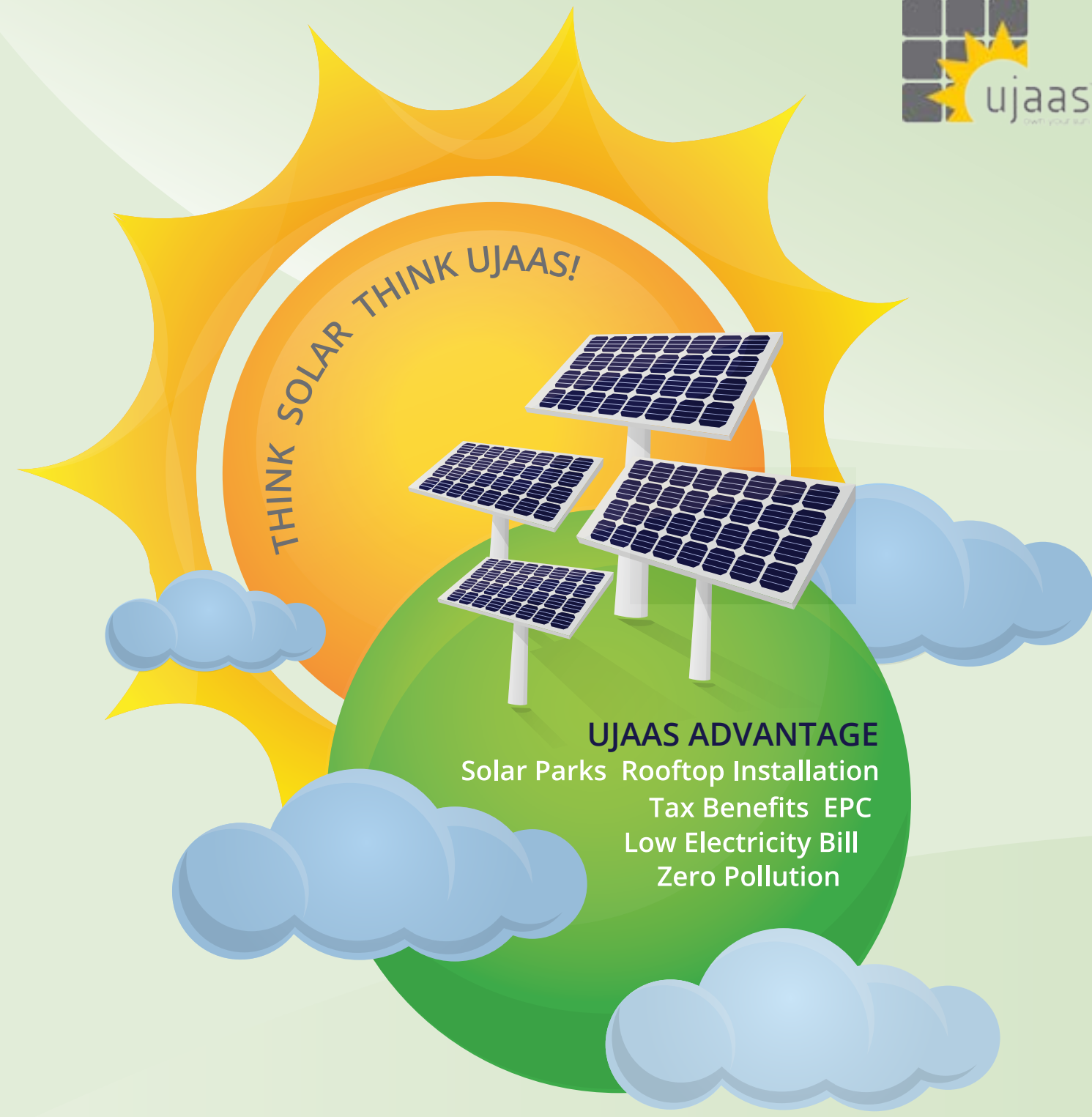


HORSERADISH SAUCE

- 1/2 cup grated fresh horseradish (or to taste)
- 1-1/2 cups unsalted cashew nuts (soaked in water for at least 10 minutes)
- 1/2 lemon, juice
- 1 tsp lemon zest
- 1 tbsp Soy-free seasoning sauce or 1/2 tsp yeast free bouillon
- 3 tbsp extra virgin olive oil
- Freshly ground black pepper to taste
- Himalayan salt to taste
- Water

INGREDIENTS

Grate the horseradish.
 Drain the soaking water from the cashew nuts.
 Placing all ingredients into your blender or in an electric food processor.
 Just add a little water at a time until the blades catch the mixture.
Taste and enjoy!
 You can use both almonds, cashew nuts mixed or choose either one.
 Almonds are more alkaline and need to soak at least for 8 hours. Cashew nuts only need to soak for 15 minutes



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WHEN I MET GOLLUM

Sayali T

I have often heard people say, “Be in tune with Nature. Be pure and simple. Be one with Nature.” I personally thought I was doing my best to live in tune with Nature until I met Gollum.

Most of you who are J. R. R. Tolkien fans or LOTR fanatics like me know who Gollum is. For those of you who don't, let me tell you very briefly about him. Gollum is an important character in Tolkien's books. He is a monster-like creature constantly in search of a powerful magical ring after he loses it from his possession. He also calls the ring, 'my precious'. Once known as Smeagol, a happy and a sane hobbit, he turns into a corrupt and hideous creature due to his greed for the ring. Smeagol and Gollum are two sides of the same individual constantly trying to reason with each other. They both love and hate

each other and constantly fight each other about wanting and not wanting their 'precious'.

Not so long ago, I went on a spiritual retreat. Every morning when I walked into the deeper parts of the remote hill country ranch where I was staying, I had unending questions in my mind. Wrapped in a shawl, with a camping chair on my shoulder, granola bars in my pocket, my writing diary tucked under my arm, and a water bottle in my hand, I would walk with the intention of disappearing for a long time. And disappear I did.

One such morning I was camping under a beautiful tree trying to write some thoughts in my diary. I reminded myself that I was in Nature and needed to

How does one really be in tune with Nature? How do I really blend in? Do we always have to be present in Nature to live like it? And even if we are present in Nature, can we or do we always feel one with it?

be in tune with it. At that moment Nature to me was the trees, animals, birds, rocks, insects and flowers that surrounded me. But this Nature was actually only a subset of a much grander Nature. And then, I had a set of new questions coming to my mind about being in tune with Nature: “How does one really be in tune with Nature? How do I really blend in? Do we always have to be present in Nature to live like it? And even if we are present in Nature, can we or do we always feel one with it? How will I continue to blend with it when I return back to the concrete jungle in which I live?” My questions did not stop, so I decided to close my eyes and meditate.

After a while, I opened my eyes to find all the answers literally standing in front of me. At first, I thought it was Nature's joke. And maybe it was. I smiled, allowing Nature to have a sense of humor if that is how it chose to answer my questions. In front of me was a flock of wild turkeys. On the other end of the ranch grounds, was a big herd of deer. Standing behind me were some of the curious but magnificent ranch peacocks. And to my left Jack the rabbit was hiding behind a bush busy nibbling on something. Beautiful red butterflies were sitting on delicate yellow flowers while a cricket crawled in the grass by my feet. It was too much beauty to take in all at once. It was too much Nature for the unaccustomed eye.

As the birds and animals surrounded me, I sat in the center of my momentary Nature. I wondered if they had been around me all the time or if they only appeared to answer my questions. Maybe they had always been there and my eyes refused to see them. Whatever the case, I sat in my chair quietly feeling every ounce of beauty that these animals were showering on me. At that moment we all co-existed in perfect harmony. We were all still, absorbing and trusting each other. There was pure silence and for the first time I heard the voice of the silence deep within me. I felt that the pace of my heartbeat and the flapping of the butterfly's wings had the same rhythm. Our rhythms had mysteriously blended



But a few seconds before I felt One with Nature, I met somebody else. I met my inner Gollum, who reminded me of the very first memories or instincts I felt when I experienced Nature around me that day. When I first saw the beautiful yellow flowers growing in the grass, my inner Gollum said, “My precious,” and wanted to pluck them. I convinced Gollum that the flowers belong to Nature and that possession is unnecessary. When I saw the butterflies sitting on those flowers, I again heard the words, “My precious,” and tried to understand what it meant this time. Then I remembered childhood memories when my brother had taught me to sneak up on butterflies and catch them by holding their wings. I cringed in pain because now that I was One with Nature, I could actually feel how the butterfly feels when someone holds it by the wings and bottles it up for temporary enjoyment.

I am now a vegetarian but earlier I was not. When I saw the beautiful wild turkeys standing in front of me, I could not believe that a few years ago they were ‘My precious’ when I was consuming them. The same went for the deer and everything else.

Now that I was One with them and the rest of Nature, I realized how I had been affecting my own extensions and reducing myself bit by bit. It felt miserable to realize that I was not only bottling a butterfly but also locking my own extension into a glass jar and suffocating myself. No wonder I never felt whole before; no wonder I never blended and felt in tune with Nature before.

And that’s when I realized why it was difficult to follow this spiritual principle. I had not left any Nature around me to follow its example, learn from it and live like it. For too long, I had been hoarding it, thinking that it was ‘My precious’. I had to possess it and feel powerful. But now that I was One with it, I realized that ‘My precious’ is within me. In fact, I am the precious. I am Nature. I am.

Now that I was One with it, I realized that ‘My precious’ is within me. In fact, I am the precious.

and I felt One with it. I felt whole. I knew. I smiled in acknowledgement. As if my understanding smile was a signal to leave, all the animals slowly departed after explaining to me what it meant to be One. I was finally felt in tune with Nature.



My questions had been answered. I serenely walked back to the cottage amidst the nine beautiful peacocks that lived on the ranch, for the very first time feeling One with them, feeling like the tenth peacock.

We all have an inner Gollum hidden inside us. Each one of us has a voice that constantly keeps saying, “My precious”. Sooner or later we all encounter the Gollum within and we are not going to like the creature that faces us. But we have to give this creature a chance to surface and resurface again in our life. We need to hear it. We need to face it with courage and accept it. Maybe it is showing up only to leave us forever. After all, it is there for a purpose ... to reintroduce ourselves to us. It is constantly teaching us how to differentiate between who we are and what we are meant to become.

My inner Gollum appeared in front of me that time when I was in the middle of Nature. The minute I overcame him, I felt in tune with Nature; I felt One with the Universe. Next time he may appear when I am stuck in heavy traffic, or in the middle of an important meeting with a room full of people, or maybe while I am shopping for groceries.

What will you do when your inner Gollum appears in front of you next time? Will you choose to snatch ‘My precious’ from outside? Or will you be the precious yourself? ●

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The Rainbow Children

PART 2

In Part 1, the rainbow children came to earth and met many interesting animals and people. They were searching for the special seed of contentment. In Part 2 they continue their journey ...

Here in the deep shade of the big trees they could only see the glow of the eyes of all the animals living there, and many, many whispers, chirpings and other noises.

While walking they met many of these jungle folk. It was amazing to see such a variety of creatures here on earth. They observed the fugitive, graceful deer, the ever-chatting monkeys. They saw the little jungle fowl, the colorful parakeets, the powerful buffalo and even a glimpse of the mighty tiger.

They were talking among themselves, asking each other if these creatures would know about the seed of contentment. This place was so full of life but it seemed to be a separate universe of its own. These animals all had their own law of existence and survival. They were naturally content, when they were not hungry and absolutely discontent when hungry.





The seed of contentment and the secret heartflower seemed to only be for people, because people could decide, if they wanted, to be good or not good.

They decided, therefore, that people needed this special gift of the seed of contentment, to remind them that indeed they could decide. Therefore the special heartflower would become a gift for them, so that they would persevere and not give up on being good.

It was a very secretive world, such a jungle. The children walked and walked until they came to a beautiful meadow. There was such peace and tranquility, that they began to feel different.



The children felt such a joy within themselves that they sat down silently to listen. There they felt as if their hearts were talking. They felt that the seed they were looking for must be called the seed of contentment, because that was exactly how it felt: utterly content.

Then they saw the sun rising over the blue rock and out of the sun there were flowers of light growing. They understood, that in their hearts they had discovered the seed of contentment, so it must also be there that the heartflower grew.

The silvery tune of the flute became very jubilant and they understood that their discovery was correct. The flower they were looking for was in the heart, growing out of the seed of contentment.

At the end of the meadow was a big blue rock. In front of it, under trees full of flowers, sat a fine figure in blue and gold playing the flute.

They understood now what the wise old man had said: every person has the seed within, and can let it grow to become a heartflower or not. Every person has to discover that themselves. And when it is discovered it has to be nourished and helped to grow by the right living of each person.

The children were so grateful and happy. They danced to the tune of the golden flute before going back home over the rainbow. They were eager to tell their elders about the discovery of the heartflower

Then they said goodbye to the lovely flute player, who played them a farewell tune while a little white cow was listening ●



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Hand-made paper hearts with seeds

Equipment:

- ♥ Light-colored scrap paper
- ♥ Mosquito netting
- ♥ A mixer
- ♥ A pair of scissors
- ♥ Seeds of your choice
- ♥ A plastic bucket
- ♥ A heart-shaped cookie cutter



Make the seed paper:

Tear the scrap paper into small pieces; as small as you can.

Put them in the mixer bowl and cover with water.

Blend at different speeds until the mixture becomes a paste.

Once your paste is ready, add some seeds of your choice.

You can also add natural colors, for example, beetroot juice will make it pink, chlorophyll will make it green.

Place the mosquito netting on top of your bucket. Pour the paste onto the mosquito screen and spread it thinly with a plastic spoon.

Let the paste dry. To make it dry faster, place a layer of baking paper on top of the paste and press lightly to squeeze the water from the paste. Then remove the paper to let the paste dry fully.

When the paper is dry, gently lift it from the mesh and place your hand-made paper sheet on a clean table.


Place the heart-shaped cutter on the paper, and around it to draw hearts on your beautiful paper.

Cut the hearts out with scissors. You can write a personal word on each heart if you like, tie them with a ribbon or place them in a pretty box.

Add instructions for your loved ones before you gift them the hearts:

Place this heart in water,
then plant it in a pot
or directly in your garden.
Water it with love every day.
Love grows!





*The joy of Heartful
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