heartfulness purity I weaves destiny

A Pause is a Moment of Integration

Chicken
Soup for the
Successful Soul
JACK CANFIELD

The Buddhist Healer SARA BUBBER











Presenting a wonderful life journey written by Dr. Ichak K. Adizes

Seeing every challenge as an opportunity for growth, Dr. Ichak Adizes moved beyond a childhood marked by imprisonment in a Nazi concentration camp and immigration to an unfamiliar country to discover the benefits of opening his heart.

Dr. Adizes's personal story is more than a string of external events that propelled him through adversity after adversity to become the insightful, compassionate person he is today. It is also a map of his journey into a heart which, like the accordion that he played to earn a living and put himself through school, ultimately expanded and opened up to the universal truths that connect us all in our humanity.

The Accordion Player is a compelling account of a remarkable life — an unvarnished view of a man whose decision to recognize the value of change and creative conflict allowed him to love. His story reveals the enduring human ability to turn possibility into reality.

Foreword by Daaji

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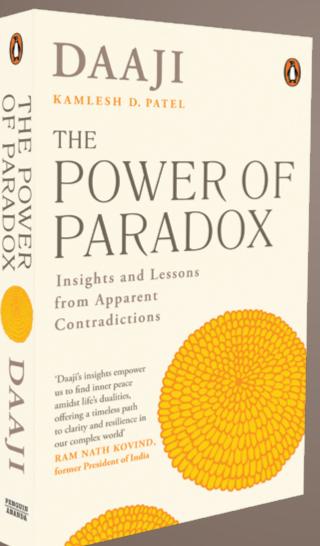
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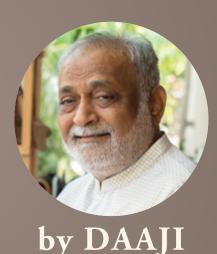


From the bestselling author of
The Heartfulness Way and The Wisdom Bridge

THE POWER OF PARADOX

Insights and Lessons from Apparent Contradictions





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Heartfulness Magazine was initiated by Daaji in 2015 when we were neighbors in Chennai, behind the Heartfulness Manapakkam Ashram. As the new Global Guide of Heartfulness, he envisioned a monthly magazine featuring lifestyle and spiritual articles for all family members, with thoughtful content that would awaken interest in the Heartfulness approach to life.

After months of building teams for content, editorial, design, and production, we launched the first edition on September 5, 2015—the birth anniversary of the Indian Avatar, Lord Krishna.

Since then, the magazine has featured content from around the world, with interviews of scientists, mystics, educators, psychologists, yogis, environmentalists, and innovators. There are children's stories, artworks, photography, and practical wisdom for well-being—something for everyone.

In 2021, we expanded our team and digital presence, developing our website and social media platforms, and focused on gaining a deeper understanding of you, our global audience, to better serve you. This evolution continues.

Personally, as coordinating editor, I have found the work to be stimulating, challenging, and very fulfilling—a catalyst for unexpected growth. After ten years, it feels like the right time to hand over my role to others while I continue to write and watch the magazine evolve.

We deeply value you, our readers—you're vital to our ecosystem. Equally critical are the many Heartfulness volunteers working in various teams to manage logistics, including the production team at hfnlife at Kanha Shanti Vanam, who handle subscriptions, printing, and distribution.

Here's to our new editorial team and the magazine's continued growth, bringing wonder and joy to more readers worldwide.

-Elizabeth Denley

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India. Her passion for observation



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ICHAK ADIZES

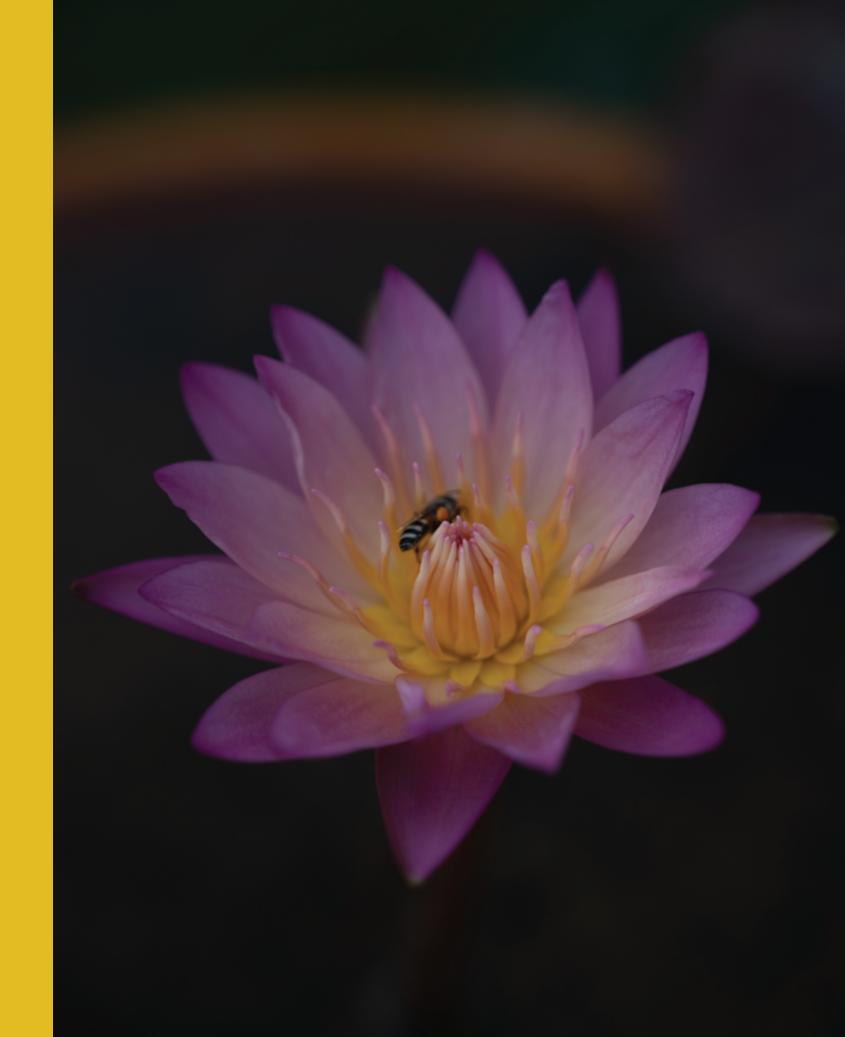
Dr. Adizes is a leading management expert. He has received 21 honorary doctorates and is the author of 27 books that have been translated into 36 languages. He is recognized as one of the top 30 thought leaders of America.

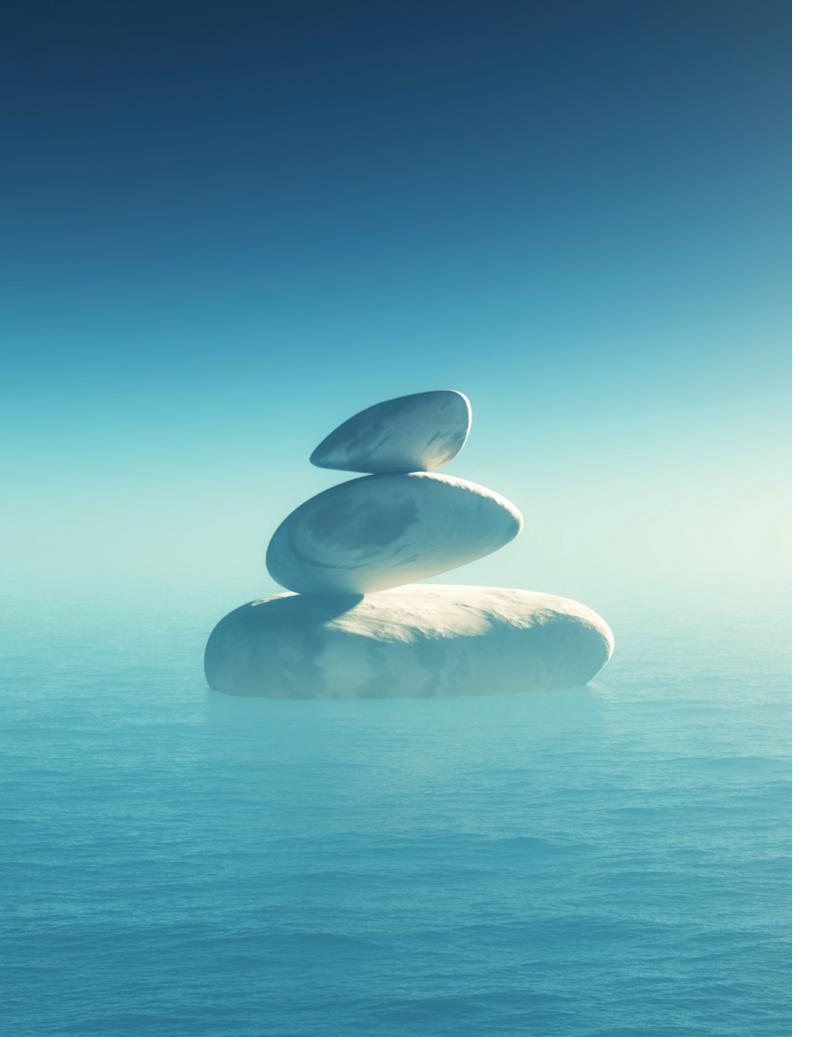
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self-care

Let the goodness of your heart be reflected in your actions.

BABUJI





A Pause Is a Moment of Integration

DAAJI celebrates the art of pause and how essential it can be for resolution in all areas of our lives.

ver the years, I've cultivated a habit that has guided me toward better decisions. Whether I am discerning where to build the next ashram, finalizing my travel plans, choosing the title of a book, or grappling with the next number in my Sudoku, I have found value in simply sleeping over it. The next day, I arrive at a decision faster and with greater confidence. Giving space before deciding—pausing—often reveals possibilities I hadn't considered.

It felt validating when I read that even in the world of machines, the wisdom of a pause matters. An associate shared with me a research paper from Google

titled "Think Before You Speak." It explored a novel approach in artificial intelligence, introducing something called learnable *pause* tokens in the language model.. These tokens allowed AI to reflect more (pause) before responding. When tested on reasoning and question-answering benchmarks, the delayed inference led to measurable gains as much as 18%.

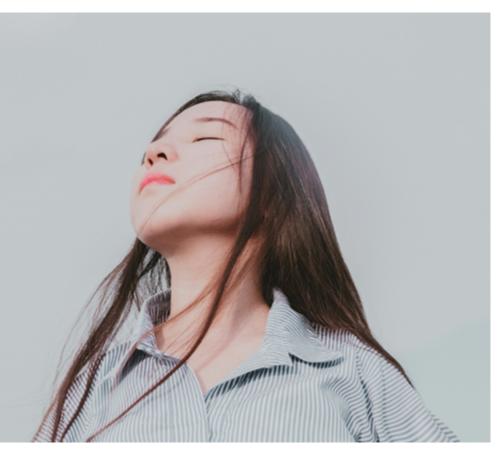
This is a striking reminder: if even artificial intelligence benefits from pausing, imagine what a pause can do for natural intelligence.

Wisdom, after all, is not just knowledge—it is knowledge transformed by patience, humility, and awareness. A pause is a critical element of that transformation.

Time and again, I have witnessed how taking a pause invites clarity. In a world where activity is often mistaken for progress, this may seem counterintuitive.But nature offers its own testimony. The human heart beats in a rhythm. Even synaptic transmissions those lightning-fast messages between neurons—benefit from milliseconds of delay, allowing the nervous system to respond more wisely rather than more rapidly. In times of illness, medicines are most effective when spaced outgiving the body time to respond. Pause is not a delay; it is part of the process that fosters life.

In our own lives, the same truth holds. A pause is a moment of

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integration, where we allow a deeper intuitive wisdom to guide us. In moments of conflict, a pause can help us shift from a reactive mind to a responsive heart. It gives space for our better angels to find their voice. When someone says something hurtful, for instance, taking a breath—just one—can be the difference between escalating the argument or disarming the other with humor.

At work, a pause can lead to clarity. We have all had experiences where, after wrestling with a problem for hours, we step away—and while taking a walk or folding

laundry we have a breakthrough. Insight needs room to surface. This is why I define meditation as *the art of pausing with poise*—stepping back from doing, thinking, judging, and striving. It is in this sacred stillness that we rediscover our deeper intelligence.

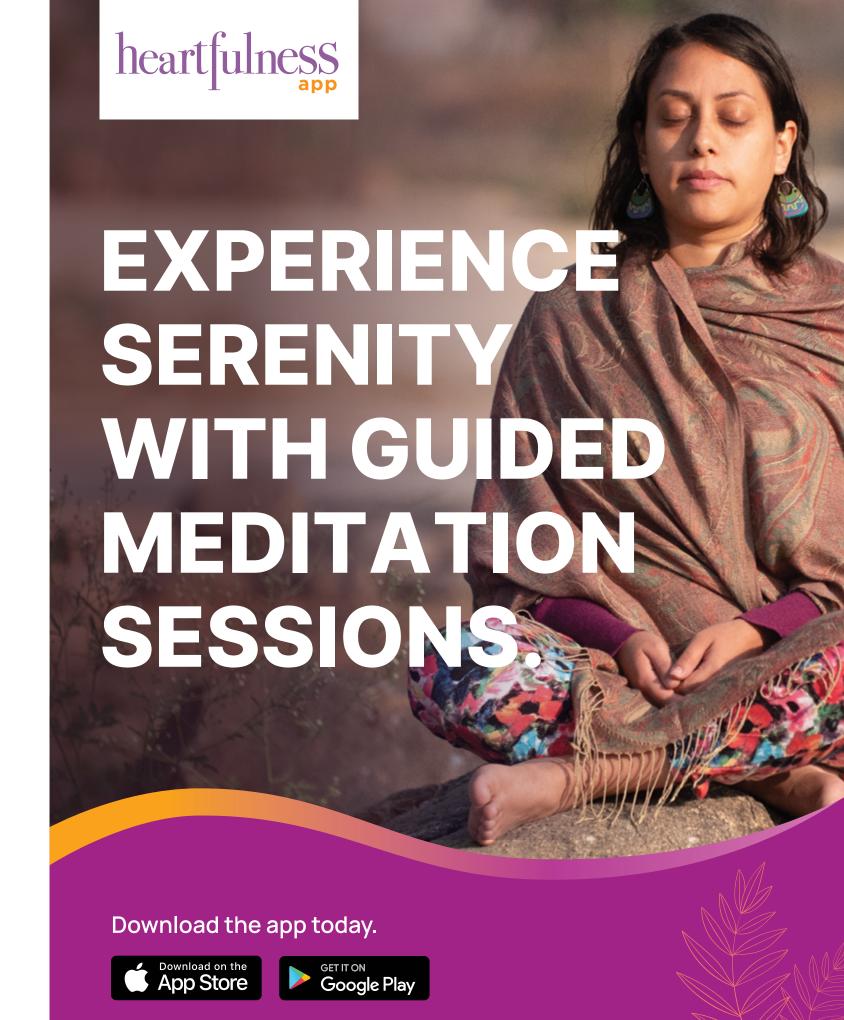
If someone cuts you off in traffic or a colleague says something upsetting—pause. Even a few seconds can help you respond from calm rather than chaos. You may still need to speak firmly, but your words will come from clarity, not fury.

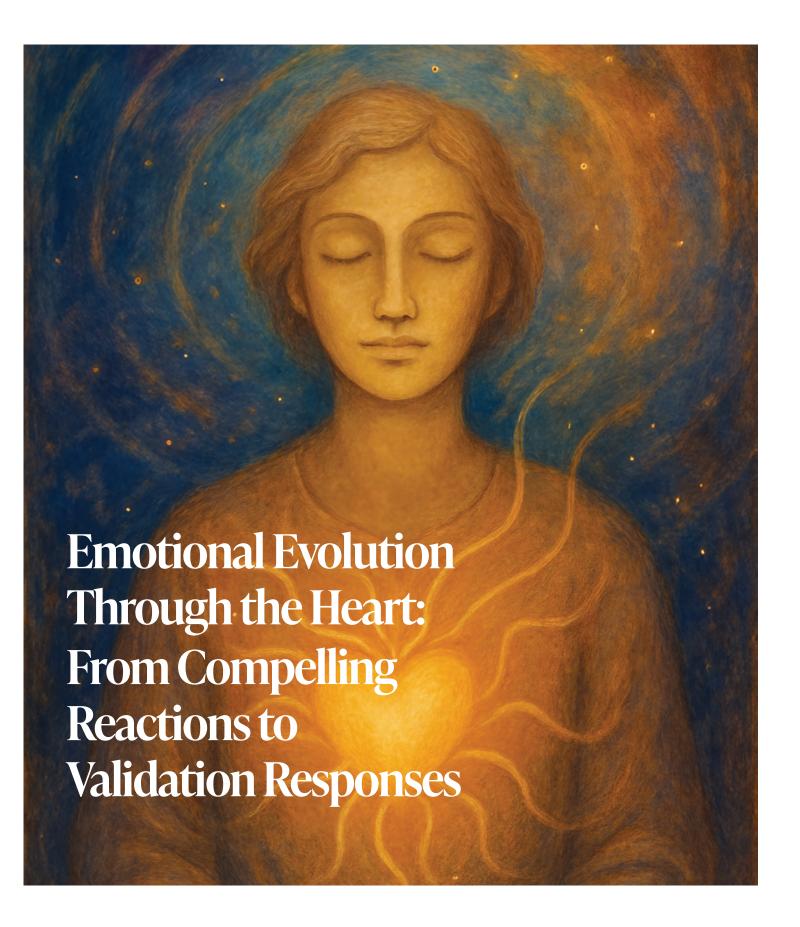
If you're stuck on a creative problem or can't make a decision, step away. Pause. Let your subconscious do its quiet work. Solutions have a habit of appearing during mundane moments—tying shoelaces, washing dishes, walking the dog.

Before meals, before a meeting, or just before you go to bed, take a moment to check in with your breath or your heart. These micropauses can reconnect you with yourself in powerful ways.

And if you've tried pausing in the past and found it hard, know this: you are not alone. Like any meaningful habit, the art of pausing takes time to cultivate. Some days you might forget. Other days, you may pause a moment too late. But even the intention to pause begins to reshape us. Over time, it becomes second nature—like a muscle that grows stronger with use.

So today, let this be your gentle reminder: Don't just rush to the next thing. Pause. Let your presence catch up with you. There is wisdom waiting in that stillness.





JASON NUTTING details the five chakras of the Heart Region, as explained through the principles of Heartfulness and experienced through regular practice of Heartfulness Meditation and Cleaning.

eyond reaction lies resonance, the quiet language of the heart remembering itself.

In the Heartfulness tradition, five chakras within the chest represent the Heart Region's sacred landscape where our spiritual journey begins.

Each chakra is connected with a natural element and within each lies an emotional resonance—an opportunity for deeper refinement.

Through Transmission and the practices of Meditation and Cleaning, we experience not only the purification of impressions but also the evolution of our emotional being.

Modern psychology is beginning to glimpse what the sages have long taught: emotions serve as signals, guiding us either away from or back toward our true nature.

In my own experience, I've noticed how quickly things shift when Cleaning really lands. Something that felt overwhelming a moment ago just softens. The reaction fades, and what's left is clarity. Over time, I've come to see that emotions aren't the problem, they're just signals. Some pull us off-center. Some pull us back home.

In this light, we can view emotional experiences along a simple spectrum:

Some emotions **compel** us outward, pulling us into reaction and separation.

Others validate the deeper alignment within us, strengthening peace, courage, compassion, and clarity. Each emotion opens a doorway: either drawing us outward or guiding us home within.

This unfolding, from compelling reaction to validating response, mirrors the journey through the Heart Region.

According to the Heartfulness perspective, compelling emotions often arise from the lingering impressions (*samskaras*) that color our perception. As Cleaning dissolves these residues, validating emotions emerge naturally, reflecting the heart's restored clarity.

Let us walk through each chakra together and explore not only what the mind feels, but what the heart reveals.

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POINT 1 - EARTH ELEMENT

Discontentment to Contentment

At the first chakra, we encounter the subtle restlessness that colors much of human life: the feeling that something is missing, that fulfillment lies just beyond our reach.

Compelling currents may feel like: Restlessness, craving, comparison, dissatisfaction.

Validating currents may feel like: Gratitude, sufficiency, groundedness, presence. As these qualities deepen, the heart naturally reorients toward its original simplicity.

Discontentment is a compelling emotion.

It pushes us outward, urging us to seek externally what can only be realized internally.

Through the practice of meditation, strengthened by Transmission and supported by Cleaning, this restless drive begins to soften.

We begin to taste contentment, a grounded peace that emerges as

the heart settles into its original

Contentment reflects the heart's deep sense of sufficiency—a gentle remembrance that we're already whole, needing nothing from outside to complete us. This fullness awakens from within, independent of circumstances, and draws us home to ourselves.

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Calm affirms the reawakening of inner spaciousness. It's a stillness that welcomes life's flow without resistance. It reflects a heart that is open, receptive, and tuned to the deeper rhythms of being.

POINT 2 - SPACE ELEMENT

Disturbance to Calm

At the second chakra, we meet the turbulence of the mind: distraction, overstimulation, the endless movement that prevents stillness.

Compelling currents may feel like: Mental agitation, anxiety, overwhelm, distraction.

Validating currents may feel like: Stillness, clarity, serenity, spaciousness. As stillness returns, the mind quiets and the heart becomes receptive once again.

Disturbance is a compelling emotion.

It fragments our attention, pulling us away from presence into the noise of the world and the chatter of the mind.

As our practice deepens, the currents of disturbance gradually settle.

Through Cleaning, the impressions that agitate the heart are removed, allowing the innate spaciousness within us to emerge.

Calm affirms the reawakening of inner spaciousness. It's a stillness that welcomes life's flow without resistance. It reflects a heart that is open, receptive, and tuned to the deeper rhythms of being.

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POINT 3 - FIRE ELEMENT

Displeasure to Compassion

At the third chakra, we confront the fire of judgment: irritation, frustration, and separation arise when life fails to meet our expectations.

Compelling currents may feel like: Irritation, frustration, judgment, resentment.

Compassion arises as the natural warmth of a heart that recognizes itself in all beings, dissolving the walls once built by judgment. We go from comparison to connection.

The same fire that once divided us now warms and binds us together.

Validating currents may feel like: Empathy, forgiveness, warmth, inclusive understanding.

As understanding grows, the fire that once separated now illuminates connection.

Displeasure is a compelling emotion.

It hardens the heart, reinforcing the boundaries between "self" and "other," between "right" and "wrong." Yet as the fire is refined through practice, something profound occurs: our reaction transforms into understanding and our judgment softens into empathy.

Compassion arises as the natural warmth of a heart that recognizes itself in all beings, dissolving the walls once built by judgment. We go from comparison to connection. The same fire that once divided us now warms and binds us together.





POINT 4 - WATER ELEMENT

Discouragement to Courage

The fourth chara invites us into the depths of the emotional body: memories, attachments, fears that once felt too heavy to bear.

Compelling currents may feel like: Fear, sadness, hopelessness, withdrawal, apathy.

Validating currents may feel like: Trust, resilience, bravery, openness.

As resilience awakens, the heart moves freely once more—open to life's unfolding.

Discouragement is a compelling emotion.

It whispers that we are not strong enough, not capable enough, that it is safer to retreat than to move forward.

But as the heart is purified, as the weight of old fears is released through Cleaning, a new strength begins to rise. Courage emerges as the inner strength to remain open, even when fear tempts the heart to close. This willingness to move forward means staying open, trusting, and alive to the flow of life even in uncertainty. Courage emerges as the inner strength to remain open, even when fear tempts the heart to close. This willingness to move forward means staying open, trusting, and alive to the flow of life even in uncertainty.

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POINT 5 - AIR ELEMENT

Delusion to Clarity

At the fifth chakra, we face the most subtle distortions of perception: confusion, false certainty, the veils that cloud true understanding.

Compelling currents may feel like: Confusion, self-deception, false certainty, misperception.

Validating currents may feel like: Insight, discernment, transparency, luminous knowing.

As clarity settles, the veils fall away, and the soul stands transparent.

Delusion is compelling. It convinces us that we already see clearly, even when perception is still colored by fear and past conditioning.

As the impressions are cleaned and the heart's refinement matures, the

veils lift.

Clarity is validating. It reveals truth without distortion, emerging as natural illumination from within rather than intellectual effort. Through clarity, we transcend mere thinking and enter knowing—deep, certain, undeniable.

Clarity is validating. It reveals truth without distortion, emerging as natural illumination from within rather than intellectual effort. Through clarity, we transcend mere thinking and enter knowing—deep, certain, undeniable.





Traveling through the Heart Region transforms our emotional landscape—we move from reaction to resonance, from distortion to discernment.

Compelling emotions function as invitations, pointing to areas where purification is still needed. Validating emotions work as confirmations, indicating that the heart is remembering its true nature.

And while understanding these currents brings clarity, it is through the daily practices of Meditation, and Cleaning that these inner transformations truly take root.

In essence, this journey reflects an evolution of freedom:

- Compelling emotions drive us to seek freedom from discomfort.
- Validating emotions arise when we act with freedom for truth, love, or clarity.

It all begins with listening—not outward to the noise of the world, but inward, where the heart speaks without sound.

As Babuji said, "Real freedom is freedom from freedom."

This is not freedom from something, nor the freedom to do something, but transcendence of the entire framework of freedom versus bondage.

We are allowing the deeper self to emerge—grounded in presence, open to life.

This is how the path of Heartfulness reveals itself through the heart. And it all begins with listening—not outward to the noise of the world, but inward, where the heart speaks without sound. When we listen, we move beyond reaction and rediscover resonance within. In that silence, all true knowing begins.

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Yesterday is gone.
Tomorrow has not yet come.
We have only today.
Let us begin.

MOTHER TERESA

Chicken Soup for the Successful Soul

JACK CANFIELD is the co-creator of *Chicken Soup for the Soul*. In part 1 of this interview with PURNIMA RAMAKRISHNAN, he shares insights into overcoming fear, following inner guidance, and the evolution of his definition of success over time. His wisdom offers practical advice and inspiration for pursuing one's passion and living a fulfilling life.

Q: You have empowered millions of people and helped them find courage and clarity in times of uncertainty. What keeps you grounded amidst so much movement and chaos?

What keeps me grounded is my meditation practice. I started meditating when I was about 20 years old. I'm 80 now, so that was 60 years ago. I've learned a lot of different forms of meditation over the years. Everything from Hindu to Buddhist to Sufi to Christian to Jewish. I've taken numerous week-long seminars, including 10-day seminars, where I focus on meditation. That's a big piece of what keeps me grounded. I believe that everything in the universe is happening for me, not to me.

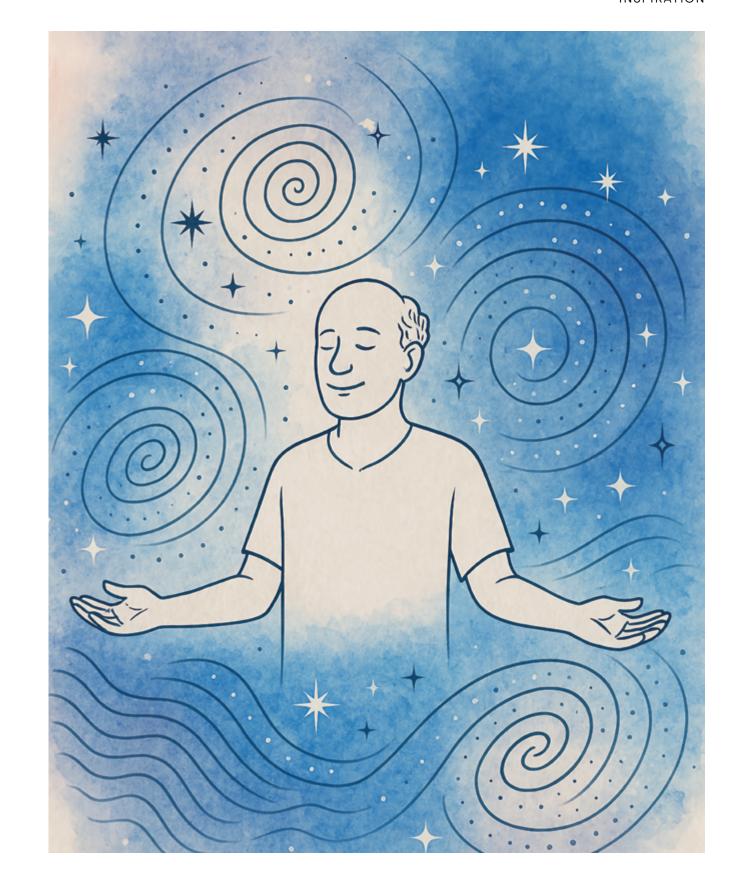
That's another belief I have, that everything is perfect the way it is.

The only thing that upsets us is our beliefs about how something should be different, not the actual thing that's happening. We have a lot going on in the United States now, and many issues could easily upset people. But the fact is, I don't have any control over that. What I do have control over is my thoughts and my emotions, because my thoughts easily influence them.

There's a woman named Byron Katie, and I love her work. She wrote a book called *Loving What Is*. She said that when something happens, you have to ask yourself, Is it true? If I'm upset with the

way someone behaves, I have to believe that they should be different. Well, he's not different. He is the way he is. So, it's only my belief that something should be different than what it is that creates the upset in me. So, I've let go of that. I realize that all fear is created by imagining bad things in the future that haven't happened yet. So, I stopped doing that years ago and just started being present in the moment. One of the benefits of meditation is simply being present in the moment, without worrying about the future or the past.

The other thing for me is that I believe the experience of joy serves as our guidance system. When we're on purpose, doing what we're



INSPIRATION

meant to do, we're experiencing joy. So, I followed my heart most of my life. And it's taken me from one thing to the next. Started as a high school teacher, and then became a teacher of teachers, and then became a teacher of everybody. It's like the same thing we're teaching in school; we're teaching it in life.

And then I wrote the *Chicken Soup* for the Soul books. After about 15 years, we sold that whole thing to someone else because I was finished with it. It was time. My inner guidance said, "Move on."

So, I think another thing that keeps me grounded is that I follow my inner guidance. I trust the internal messages I get from what I call my "High Self." Sometimes it comes in the form of a wise being speaking to me internally, or it could be an angel, or it could be Buddha, or Krishna, or Christ, or whoever.

Q: How do you personally define success today? Has the definition evolved?

Yeah, it has evolved. In the beginning, my definition of success was pretty traditional: having enough money to do what I wanted, own a house, buy the things I wanted, and afford the experiences I wanted to have. And then it evolved into just being able to achieve any goal I set.



In the last 10 years, I would say my definition of success has been fulfilling my soul's purpose. I believe that we all have a purpose that we're born with, and we're given talents to fulfill that purpose.

And that if one does that, one is successful. My purpose is to inspire and empower people to live their highest vision in the context of love and joy. And when I'm doing what I do, whether it's writing *Chicken Soup* stories, I inspire people.

The Success Principles book I wrote empowers people through all those tools. The seminars I do empower people. So, when I'm on stage, when I'm teaching, when I'm coaching, when I'm writing, those are the things that I do that fulfill my purpose. That is the essence of everybody's purpose. And along with that comes joy and love. Success is to inspire and empower people to live their highest vision in the context of love and joy.

We're meant to expand our capacity to love as part of our journey, and in doing so,

experience more joy. When we exercise our talents to fulfill and be of service to others, then we experience fulfillment and success.

Q: In your book, *The Success Principles*, there is this one principle that says, "Inquire Within." Can you share a moment in your life or even in your spiritual journey where this inner stillness or intuition led you to some sort of unexpected breakthrough? How did you evolve because of this principle?

Well, I'll give you a large answer and then a more specific answer. The large answer is every day in my meditation, I ask to be guided. "What would you have me do today?"

It gives me some sense of whether to work on this or that person. To go specifically to your question, I remember Janet Bray Attwood, who wrote this book, *The Passion Test: The Effortless Path to Discovering Your Destiny*, said to me, "There's this woman named Rhonda Byrne and she's making a movie called *The Secret* and she would love to interview you. We're having this meeting in Colorado, where a lot of the people that she wants to interview for that movie are going to be meeting."

I started a group called the Transformational Leadership Council, and it's got about 120 members from around the world. And so, she said Rhonda would like to come, and I said, "No, I don't want her to come there because what'll happen is everyone will want to be in the movie. It'll create a division that we should be pulling people out of sessions, and it'll just be disruptive."

And so, she said, okay. So, that night, I usually meditate before I go to bed as well as in the morning. And I'm sitting there in silence, and this big voice says, "Tell Rhonda yes."

So I did. I called up and I said, "Okay, I just got this inner guidance that I should say yes."

And as a result of that, Rhonda Byrne came to that meeting with a camera crew, and she filmed about twenty people, and I was one of them. And that movie just took off. It became the number one DVD in the world. It was a bestseller in Japan. I got to speak in Iran. And they had seen the movie. I'm surprised the Ayatollah allowed it to be shown, but they did air the movie *The Secre*t on national television. And they invited me to Tehran. I had to go to the Pakistani embassy to get a visa because they don't have an embassy in the United States.

It was 850 people in the seminar. I probably made millions of dollars doing talks and other things I never would have done if I hadn't listened to that inner guidance in that moment in time.

At another time, when I was running a retreat center, I was meditating. All of a sudden, I got this guidance that it was time for me to move to California. And then a whole series of events, like signs, started to emerge that I should go to California. And that changed everything. At first, it was challenging because I was a small fish in a big pond, but everyone I know who works in this field lives here.

So, there have been three or four major shifts for me. Those are probably the main ones. My life evolved.

We're meant to expand our capacity to love as part of our journey, and in doing so, experience more joy. When we exercise our talents to fulfill and be of service to others, then we experience fulfillment and success.

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INSPIRATION

Q: What advice would you give someone who wants to pursue their passion? There are numerous limiting self-beliefs, fears, and negative tendencies. The biggest fear is self-doubt. So, tell me something very practical when it comes to real life.

I believe that change is one of the most important pieces of work anyone can do. Everybody, including me, had experiences somewhere between the ages of three and eight years old, where they made a decision based on an experience. So, maybe you raised your hand at school and gave the wrong answer. Everyone laughed, and you said, "I'm never doing that again." Or, you wanted to play athletics, but when you didn't make the team, you felt inadequate. Or you wanted your mother's attention when you were four years old. She's vacuuming the floor, not paying attention to you, so you start to think you're not lovable, not worthy of success. Or maybe you've lost some money. You were sent to the store, but you came back without all the money. So, you decided that somehow you're not good with money. And these little beliefs that we form when we're children stick with us, and then they become unconscious; you're unaware of them. You go to make that phone call, but you just can't bring yourself to pick up the phone because you're so afraid of rejection, etc.

Currently, I'm working on finishing a book that explores how to become aware of and replace limiting beliefs. The basic idea is that I'll start by saying, "What is something you want that you can't seem to manifest, you can't seem to create, or that you can create but you can't sustain?"

Some people will get into a relationship, but they can never make it last. Or they'll get money, but it never lasts. Or they get a job, but they never stick with it. It's as if they get fired, or their business, their coaching practice, just doesn't fill up with clients.

And then I'll say, okay, so what do you feel when you think about that? And they'll have a feeling like resentment, or resignation, or fear, or sadness, or whatever. And then I'll say, keep thinking about that thing that you want, that you can't seem to create.

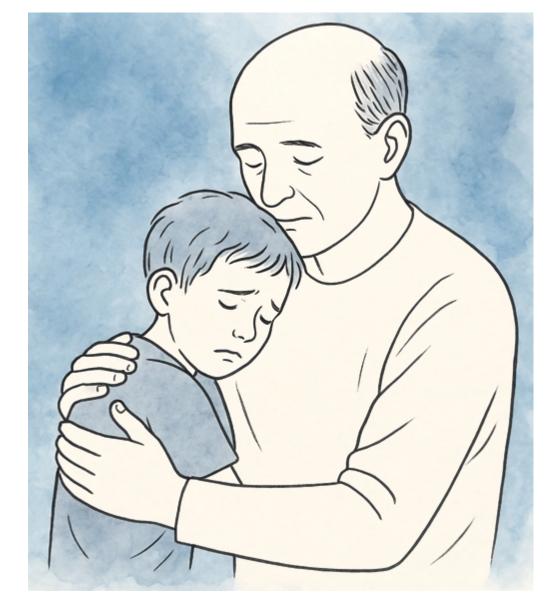
And I'll scan your body from head to toe, noticing where you feel the most tension, pain, or numbness. Because when we squeeze too hard, too long, we numb out, we don't feel it anymore. And

everyone does. It might be a band across their shoulders, it might be a band around their head, or it could be queasiness in their stomach. And then I'll say, "what's the feeling that's inside of that?" There's an emotion inside that physical sensation. It could be fear, sadness, etc.

Now, go back in time to the earliest time you can remember having that same physical sensation and feeling. And everybody does. They usually go back between the ages of three and eight years old. Sometimes when they're a teenager, if they've been physically abused, maybe by their husband, they'll go back to that event. But generally, in their childhood.

And then we'll say, "what happened? Where were you? Who was there? What did you decide?" And I'll give you a quick example of one of our clients, who was an Olympic-level athlete. She was amazing. And yet, every time she performed in competitions, she didn't do as well as she did in practice.

I believe that change is one of the most important pieces of work anyone can do.



And we couldn't figure it out. So she came to us for a session, and we used this process I just mentioned. And she went back to where she was a little girl.

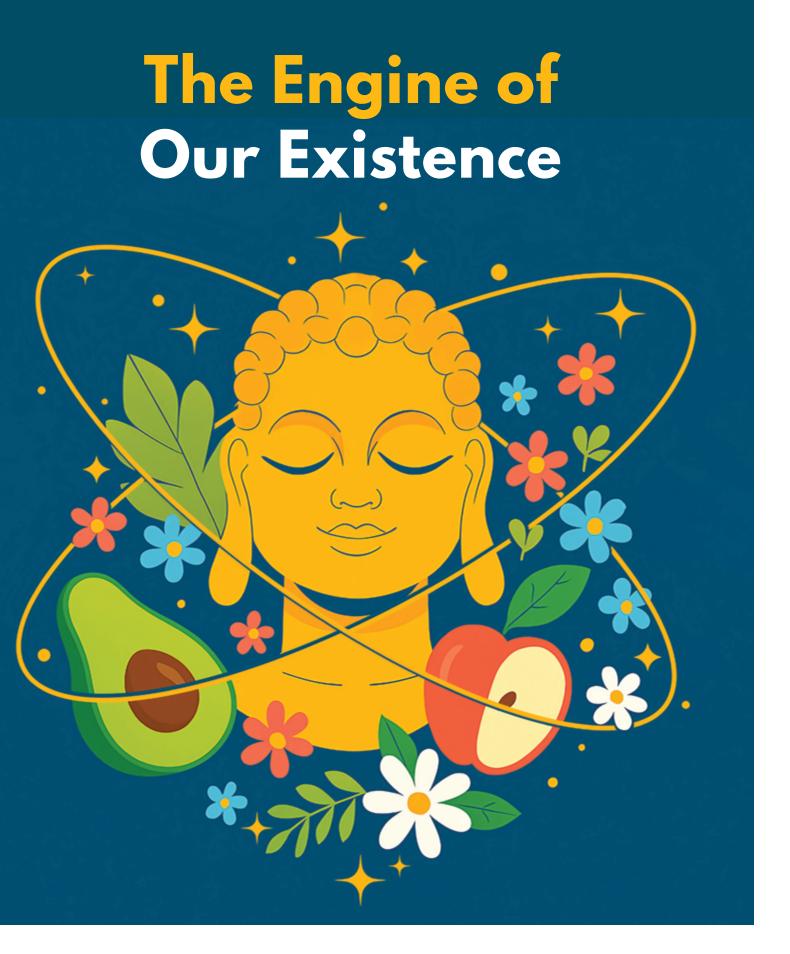
And she remembered that whenever she would bring a ribbon home, or a medal, her mother would never put it on a shelf, a trophy; she would never show it anywhere. And one day she asked, she said, "Mom, why don't you ever put my ribbons on a bulletin board, or put my trophies on a shelf? Or, every other kid I go to their home, they have that." And she said, "Whenever you win and

bring something home, it makes your brother feel bad, because he never wins anything."

She decided in that moment, I don't want to make my brother feel bad. I don't want to hurt someone I love. So, here she was in her 20s, still stuck with a decision she made when she was eight or nine years old, and she wasn't even aware of it.

After clearing that belief and adopting a new oneunderstanding that I'm not responsible for my brother's feelings, he's responsible for his own—I realized I'm responsible for fulfilling my purpose: expressing my talents. Following this realization, she went on to win. The reality is that we have these beliefs, and they're critical. And we have to find a way to work with that. You can work with beliefs with tapping, if you're familiar with EFT tapping, where you tap on these nine acupressure points. That's another way to get rid of limiting beliefs.

Al generated images



SENTHIL VISWANATHAN reflects upon keeping the human engine running in top condition: The friction of the parts must be minimal, that is, no wastage of energy. In addition, the deposit of soot must be removed periodically to keep the engine working and in pristine condition.

et us consider the workings of a piston engine—the piston moving in a cylinder harnesses the energy provided by the mixture of fuel and air. The engine comes alive when the initial spark is ignited and is combined with the fuel-air mixture. This initial spark is the infusion of life into the engine. The energy released by the combustion caused by the initial spark is then harnessed and transferred to the crankshaft, which then powers everything else. After the vehicle is set in motion and sufficient momentum is attained, the engine continues to draw in the fuel and air mixture as long as they are available, provided the vehicle is not turned off. This energy of the engine is then transferred by means of gears and transmission to power the various other parts of the vehicle. This includes setting the wheel in motion or powering an alternator, which then produces electricity to power the car audio system, etc.

Likewise, in the human system, it seems that the heart is the engine

that is set into motion when the initial spark of life descends into it. Once set in motion, it harnesses this vibrational energy of life, powering the entire existence inside out. The life-giving force of the heart draws its energy from the "fuel-air mixture" of food and breath, powering the physical existence, which then becomes the foundation for the mind and intellect to blossom. The saying, sarvam annam, translated to "everything is food," is seen in action in our human body. The life-giving force of the heart is the food or energy for the physical and subtle bodies, each having a spiraling effect on the other. The way this energy is utilized depends on the mind, which seems to control the physical self (akin to the vehicle's steering wheel, accelerator, and brakes), influenced by the gunas, the 3 qualities of nature, buddhi, intellect, and the heart's qualities, which are then manifested as what one thinks and does.

This life-giving force also powers the most important property of

the embryonic stem cells present in the umbilical cord to become any type of cell in the body that can be used to regenerate or repair diseased tissue and organs.

In a vehicle, what is seen by the eye is only the external manifestation of the energy, such as a wheel moving or the stereo working. The engine is completely eclipsed and covered by layers of gears, transmission, and crankshaft. Similarly, what powers our existence inside out, starting from the life-giving force in the heart, is eclipsed by the internal organs, the external physical self, the mind, and the intellect. Hence, we miss out on what animates us from the inside out and fuels this entire being.

To keep the engine running in top condition, the friction of the parts must be minimal, that is, no wastage of energy. In addition, the deposit of soot must be removed periodically to keep the engine working and in pristine condition.



Similarly, the soot covering the heart must be cleaned up so that the vibrations received in the heart are transformed and utilized without any loss, contamination, or additions. The soot of human existence is due to the residue or impressions of our day-to-day actions (karma), our gunas, and our subsequent likes and dislikes influenced by our ego.

To keep the machine running efficiently, the Transmission loss must be minimal. Similarly, as a human being, the energy that animates my existence inside out must also be regulated and balanced, so that the energy is utilized for the right pursuits. All of this is possible when the mind is regulated, so that it is in tune and guided by the heart, in turn driving the physical existence in a balanced manner.

As a human being, the energy that animates my existence inside out must also be regulated and balanced, so that the energy is utilized for the right pursuits. All of this is possible when the mind is regulated, so that it is in tune and guided by the heart, in turn driving the physical existence in a balanced manner.

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The only true wisdom is in knowing you know nothing.

SOCRATES

Standard Operating Procedure for Delegation

DR. ICHAK ADIZES underscores the importance of learning to let go of control when delegating in the workplace.

t is not unusual that a decision to carry out a task is delegated, and the task does not get accomplished as desired. It causes lots of hard feelings and managerial problems. The rules on how to delegate, if followed, would avoid having those problems.

Complete decision. When a task is delegated, the person delegating it must specify the four PAEI (Producer, Administrator, Entrepreneur, Integrator) imperatives of a decision; otherwise, it is not a complete decision. These imperatives are:

- 1. What is expected to be done,
- **2. By when** it should be completed,
- **3. How** it should be executed (e.g., whether it requires

additional budget, personnel, etc.), and

4. Who is responsible for carrying it out, including whether it requires teamwork and collaboration with specific individuals.

If the delegator omits one or more of these imperatives, the person to whom the task is delegated must ask and get answers regarding the missing details. Never allow an incomplete decision to proceed. An incomplete decision often results in misimplementation, misunderstandings, conflicts, and hard feelings.

Doubting a delegated decision.

If the person delegated to has questions or doubts about the decision, they should discuss the matter until it is completely clear:

what, how, when, and with whom it is expected. Failing to do so may indicate either:

- 1. The delegated person is too timid to ask questions. In such cases, their agreement to carry out the task cannot be trusted, and the organization must evaluate whether it wishes to retain such an employee.
- 2. The organizational culture is dominated by an intimidating leader who manages by fear and any questioning is discouraged or over time punished. In this scenario, the delegated individual must decide whether they want to remain employed by such a company.

Disagreeing with a decision. If the delegated person fully



If the person delegated to has questions or doubts about the decision, they should discuss the matter until it is completely clear: what, how, when, and with whom is expected.

understands the task but does not agree with it—because it is not feasible, is based on faulty judgment, illegal, or unethical—they must voice their concerns. Silence implies agreement, by failing to express concerns, they accept responsibility for delivering the task as requested and if the task fails, they will be held accountable for the undesirable outcomes.

If disagreement is expressed but the delegator insists on proceeding anyway, the delegated individual has two options:

- 1. Offer their resignation, or
- 2. Accept the assignment and carry it through as instructed but document their disagreement in writing, specifying that they are executing the task under objection. This documentation must be communicated to the delegator.

This step is especially crucial when dealing with Entrepreneurial-type (E) delegators, who may forget prior objections and hold the delegated person solely accountable for the failure of the task. Written records ensure shared responsibility for any negative outcomes.

Tasks must also be recorded to ensure follow-up. "What gets



Tasks must also be recorded to ensure follow-up. "What gets done in a company is not what is expected, but what is inspected." done in a company is not what is expected, but what is inspected."

The task cannot be accomplished as planned. If a delegated person realizes this fact, they must notify the delegator on the same day. This allows the delegator to make adjustments, such as revising deadlines and reallocating resources. Keeping difficulties secret in the hope that things will work out is unacceptable. When the deadline arrives, excuses for failure are inadequate. It is better to request permission to revise an imperative than to offer explanations and seek forgiveness after failing to deliver.

Delegation does not mean abdication. In cases where person A delegates to person B, who further delegates to person C, and so on, all individuals in the chain remain responsible for the task.

These rules and procedures look overwhelming, but the process of delegation is often abused and lots of people lose their employment or the company suffers from inadequate implementation of decisions, either not done at all or done badly or done in a wrong time range.

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All Knowledge Stems From the Heart



Transforming Intention into Action through Listening Behaviors

The Heartful Listener - Part 5

In part 5 of his series, The Heartful Listener, RAVI VENKATESAN shares how listening can shift our intention for empathy into action.

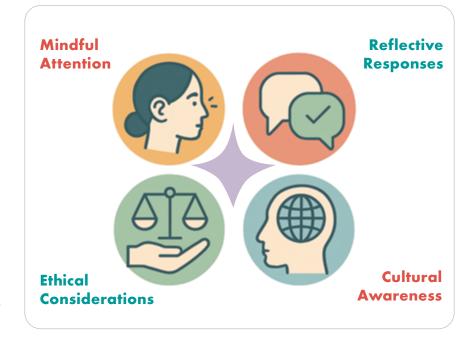
"The proof of the pudding is in the eating."

ven with the best of intentions, things can go wrong. We may tune our inner state, develop empathy and sincere interest, but if we don't manifest these qualities as behaviors, we cannot achieve the wonderful outcome of being a great listener.

Listening is not just a state of mind or a heartful intention—it must be expressed in how we show up for others. This part of the Heartful Listener series explores the four critical behaviors that bring listening to life:

- Mindful Attention
- Reflective Responses
- Ethical Considerations
- Cultural Awareness

Each of these is a visible expression of the inner qualities we explored in Part 4 —Empathy, Open-Mindedness, Presence, and Sincere Interest.



Mindful Attention - The Discipline of Being Fully Present

Mindful Attention is about giving someone your undivided attention - your mind, eyes, body language, and heart all attuned to the speaker.

Practically: Turning off devices, maintaining gentle eye contact, and mentally shelving distractions.

Nelson Mandela was legendary for the attention he gave to those around him, regardless of status. During peace negotiations in South Africa, he would make tea for his political adversaries and listen without interruption. "When you speak to Mandela," one opponent noted, "you feel like you are the only person in the world." His mindful presence

WORKPLACE



diffused conflict, invited respect, and laid the foundation for national healing.

Reflective Responses – Showing You Listened, Not Just Heard

Reflective Responses validate the speaker's experience by paraphrasing or echoing their feelings—not to agree, but to affirm that they were heard.

Practically: Phrases like, "What I hear you saying is..." or "It sounds like you felt..." help create clarity and trust.

The pioneering psychologist Carl Rogers's revolutionized therapy with non-directive listening and reflective dialogue. One client, after a session, remarked, "I didn't realize what I felt until I heard myself through your words." Rogers' ability to reflect helped people process their own truths.

Ethical Considerations – Listening with Integrity and Respect

Being a heartful listener includes respecting confidentiality, consent, and boundaries. Without ethics, listening can feel like intrusion.

Practically: Avoid sharing someone's story without permission. Don't probe into trauma without invitation.

As First Lady, Eleanor Roosevelt visited wounded soldiers during WWII—not with photographers in tow, but quietly, privately. She held their hands, asked questions gently, and never quoted their stories publicly. Her ethical

Being a heartful listener includes respecting confidentiality, consent, and boundaries. Without ethics, listening can feel like intrusion.

discretion made soldiers feel safe and dignified.

Cultural Awareness - Listening Across Differences with Sensitivity

Cultural Awareness means recognizing different communication norms, emotional expressions, and cultural values.

Practically: Be curious instead of assuming. Ask: "Is there a better way I could be receiving your story?"

When Nadella became Microsoft's CEO, he emphasized inclusive listening in a global company. At a company town hall in China, he paused to ask, "Are we interpreting this conversation correctly for the culture here?" His openness

transformed Microsoft's approach to international collaboration and product empathy.

Connecting the Dots – From Inner Qualities to Outward Behaviors

Inner Quality	Outward Behavior
Empathy	Mindful Attention
Open-Mindedness	Reflective Responses
Presence	Ethical Considerations
Sincere Interest	Cultural Awareness

If Qualities are the why behind great listening, Behaviors are the how. Together, they turn passive hearing into active connection.

Practice Prompt

Think of a recent conversation. Reflect:

- Did you give full mindful attention?
- Did you reflect anything back to the speaker?
- Did you honor their boundaries?
- Were you sensitive to their context or culture?

Choose one of these behaviors to consciously practice in your next meaningful conversation. Journal what shifted in the interaction—and in you.



True devotion is the surrender of ego at the altar of love.

DEEPAK CHOPRA





THE MIND OF A CHILD HAS IMMENSE

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MEMORY



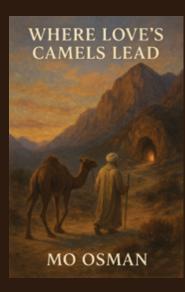
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ENROLL TODAY!

Where Love's **Camels Lead** From the Nile to the Mountain

In part 1 of this series of poems, **MOHAMED OSMAN** traces a personal spiritual journey beginning on the Nile and culminating in a moment of grace atop the mountains of Assisi. It speaks to inner transformation, interfaith understanding, and the quiet unfolding of the soul.



(The Favor, Fulfilled) -by Mo

Born of Two Waters

I was born by the Nile, in Mansoura—not far from Damietta, where the river meets the sea: one side salt, one side sweet.

The Qur'an speaks of this mystery: "He has let loose the two seas meeting together: Between them is a barrier they do not transgress." (55:19-20)

Even as a child, that place felt holy. We were poor, couldn't go often. But my wealthy aunt had a place there—though her husband was cruel. So I'd wander the shore alone, head tilted to the sky, asking questions I didn't yet know how to ask.

Later, I returned to that beach. To smoke. To drink. To search. I walked the sands of Damietta, not knowing I was retracing sacred steps.

Not knowing a saint had once come there, carrying a gift and waiting for someone to return it.

49 July-August 2025

The Role of a HEARTFULNESS TRAINER

SURAJ SEHGAL speaks with MAMATA SUBRAMANYAM about coming together and creating community with change and vision.

Q: You're a Heartfulness trainer. Can you explain what that means?

A byproduct of what we do is serving humanity and serving each other. One of the primary roles and responsibilities of a trainer, however, is to represent the living guide and to understand that he has a purpose in the work that he's doing, and work on his behalf. There's often more to the work than we understand at our mundane and human level.

Q: Why is having a living trainer essential for meditation practice, whether for new or seasoned practitioners?

I think mastery of any field always benefits from a teacher, whether it's a karate master or an art teacher; we learn by mimicking and by understanding those who have excelled in the field before us. As humans, we have a unique ability to read books and understand things from the past and then build on them. The entire scientific body is all about constantly iterating and reworking and retesting and discovering new things, building on what we've already learned so far.

To me, the spiritual field is total. It dictates and influences every aspect of your being and your life, which makes it even more important to have someone who can guide you and provide direction when required. There's so much that I've learned. I think it's that quote of "Inspiration is

caught, not taught," right? And while the guides of Heartfulness have developed and codified a set of practices that, if followed, will deepen a person, spiritually speaking, there's still so much more that is learned by just observing the way that those they talk, conduct themselves, the way they respond to a question, the way that they walk.

So much of human life is about how we respond, where we place our attention, and how we respond to what's around us. And I think in observing Daaji and the guides before him as well, sometimes consciously, I've picked up things about the way they place a glass on a table, or the way they notice something that seems like they had not were



ignored. And they continued to think about the feelings of someone they had spoken to just a few hours before. Some of that I can consciously imbibe, but a lot of it is unconscious, the sitting, the way that we, on a mass scale like during a large meditation gathering, unconsciously imbibe from that teaching done in silence together.

Q: As you say this, I'm just reflecting on the trainers that I've watched. I see the uniqueness of how each trainer conducts themselves, whether it is their poise, the way they pause, or the way that they're conscious of other people and the needs of other people. I also know that, like any of us, they

are human and consistently and consciously are working on growing to be the type of person that they want to be, based on the principles of Heartfulness.

In the moments where you, as a trainer, feel like you struggle with that point of growth, how do you handle it? And what should we even be aspiring toward?

Most recently, I became a parent. It has had me reflecting a lot on what the role of a parent is in a child's life. In many ways, we're all emotional machines, right? We come into this world with a capacity for thinking, attention, and skill development. But a lot of that is dependent on where we place our attention. So much of

where we place our attention is dependent on the emotions we are guided by.

Why does a kid focus on one thing or the other? Somewhere, it is the expectations and the emotional reward or punishment, however slight, given by the structure in which they grow up. The ones around us shape us. It's a simple fact. Whether it's a schoolteacher with expectations or a school system that gets you to focus a lot on grades, you place a lot of emotions on these situations, and your achievements are motivated by that.

I've had friends who were really into physical fitness, mainly because their family history in

RELATIONSHIPS

the military emphasized the importance of physical fitness and prowess. Even though they ended up doing their PhD, to be fit was just a part of their being, right? The emotions from early on and throughout our lives make us emotional machines.

The reason I bring that up is that we're each so different, and we all have our desires, thoughts, and aspirations. Thinking about the role of a parent, I cannot stop my kid from falling. I cannot protect them from the fact that they have fallen; life happens. Their heart will be broken. They will aspire for something and fail. I cannot save them from that. But often the role of the parent is to guide and direct a kid's attention, to say, "Oh, you failed. But look at what you can do next. You can also get back up." Your role is almost to serve as an emotional guide for how to handle something, because we are emotional machines.

Every time we face something for the first time, it is extremely emotional, right? When I was a graduate student instructor at UC Berkeley, I would sit one-on-one with so many students who were receiving a C for the first time in their lives. As somebody who generally tries to be empathetic and meet people where they're at, I would engage with these students and understand that "failing" feels like a lot. This feels like the end



of the world for you. And the only thing I can tell you, as somebody who's lived ten more years, is that you will probably get a few more Cs throughout college; this is your first semester, your first year, and it's okay, you will get through it. This is difficult, but it's something that you can learn from. It gave me a lot of insight into the role of a parent, which is that you've just been through a lot of things before. That's why grandparents can be so comforting; they've experienced a wide range of emotions and ups and downs.

The role of a trainer is very similar; when I think about the amount that I've grown in the last ten years, it's all been inward. Much of it revolves around emotions and conditions, encompassing the mastery of intense emotions. How do I deal with a day where I suddenly feel an intense craving to become one with the Divine, and it's unbearable? Where do I go? Does anyone even understand what that feeling is? That's where having a trainer is important; it's not just somebody who has mastered it and knows exactly what to do next. It's somebody

who's maybe experienced that condition before you and can just tell you, "Hey, you're not alone, and I see that you've fallen, I've also fallen." It reminds us that having experienced a certain level of emotions and mastery in the past doesn't necessarily mean we're good. It only serves as a foundation for us to continue learning, trying, and remembering that, no matter what difficulties we face, a trainer is also there to give us support.

Q: Heartfulness is now millions strong, with over 16,000 trainers supporting the organization in 160 countries. We're growing and growing, and it can feel hard to stay connected to one another. There are all these links, including trainers, that keep us all together. I often reflect on my responsibility as a trainer to build community wherever I am around meditation, not because I think my way is the best, but because I know that I simply want to connect with people, heart to heart. I imagine that it is a similar feeling for you.

One of the keystones of a good spiritual practice is the community. There is so much that we can learn from each other; in supporting one another, we also grow. I grew up in a world where both my parents were trainers, surrounded by weekly group meditations and people visiting our home

One of the keystones of a good spiritual practice is the community. There is so much that we can learn from each other; in supporting one another, we also grow.

for individual sessions. That translated to what I thought of as community; it felt super normal to do a housewarming or a Diwali party or a holiday get-together and to just start with a meditation, followed by food. You mark it with a sacred silence in communion with the people around you. It is in silence that we share, not only our love with the divine, but we share that divine love.

What made our marriage ceremony so special that it was conducted by my spiritual guide, in silence, and surrounded by some of our closest family members. In those forty minutes, I felt like I shared and received so much more with these loved ones than you could have ever said or given in an envelope. To me, that's deep, unshakable, and it relies purely on your openness, your heart, and your intention.

When it comes to building a community, what's been truly transformative is coming from

a place of: "What is the world that I want to live in? What do I want the world to look and feel like? What are the best parts of humanity that I've experienced, whether in the Heartfulness community, another meditation community, or just in general?" And then to be able to say, "Okay, based on my capacity and means, what can I emulate right now?" But even more than that, "What can I set an intention for, for what I want this area around me to look like?"

I think it will soon extend beyond just whether people meditate or not, but to start with the folks who share with you in this sacred silence. It goes much further, at least that's what I felt. We start with those around us and those we want to look out for. We do whatever is within our means and set an intention for what we aspire to. It will happen. We have the power of meditation and the support of our guide behind us.



Once we start to act, hope is everywhere. So instead of looking for hope, look for action. Then, and only then, hope will come.

GRETA THUNBERG

Reuniting Soul and Soil

ASHRAF NEHAL speaks to the centuries of correlation between faith and climate, how, now more than ever, it is critical to reconnect with the Earth through Heartfulness and mindfulness practices to help heal the ongoing climate crisis.

he planet is gasping.
Forests are vanishing, rivers shrinking, and Himalayan glaciers retreating like fragile memories. From Uttarakhand's flash floods to rising seas in the Sundarbans, climate change is no longer a distant threat but a lived reality. Governments negotiate, scientists warn, and engineers innovate. Yet, beneath these responses lies a more profound reckoning: a need for inner transformation.

If the Earth is burning, it is not only because of fossil fuels but also because of fossilized ways of thinking. Disconnection from nature, consumption without reflection, and a moral numbness toward the suffering of both people and ecosystems have brought us to this precipice. As we look outward for policy solutions, we must also turn

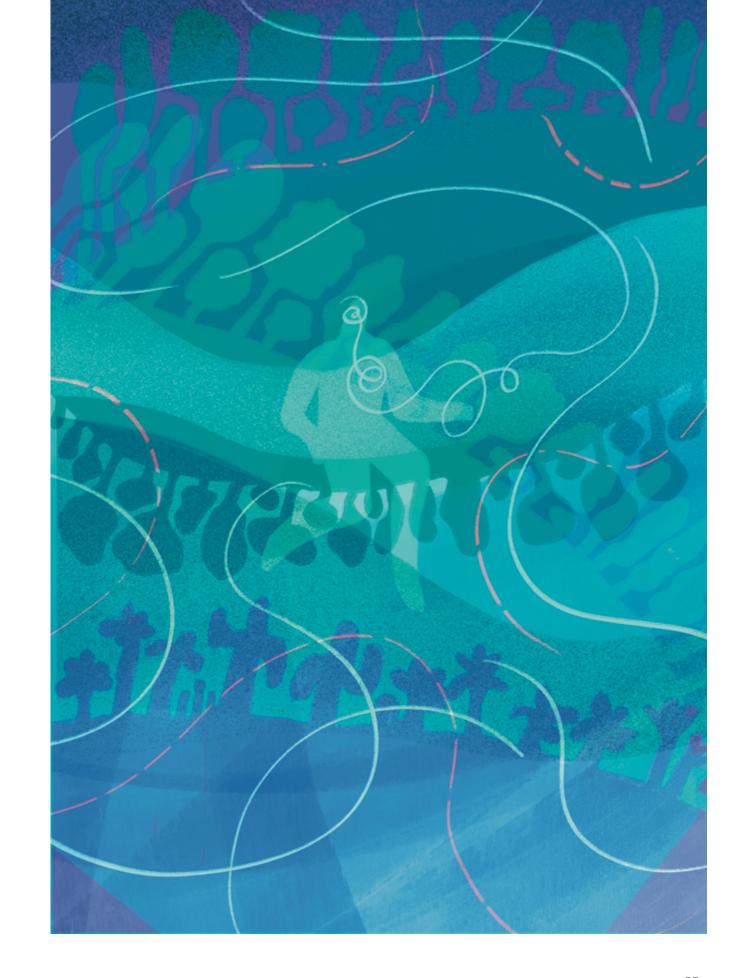
inward for moral clarity, emotional resilience, and spiritual renewal. Faith, Heartfulness, and mindfulness—long embedded in Indian civilizational wisdom and increasingly embraced worldwide—offer a path forward.

Environmental psychologist Peter H. Kahn describes a phenomenon called "generational environmental amnesia," where each generation comes to accept a more degraded environment as the new normal (Kahn, 2011). Once-sacred rivers like the Yamuna and the Ganga are now among the most polluted; Delhi's toxic air is routine; and the rhythms of the seasons seem unmoored. This forgetting transcends environmental boundaries and becomes a crisis of spirit. As the soil erodes, so too does something within the soul.

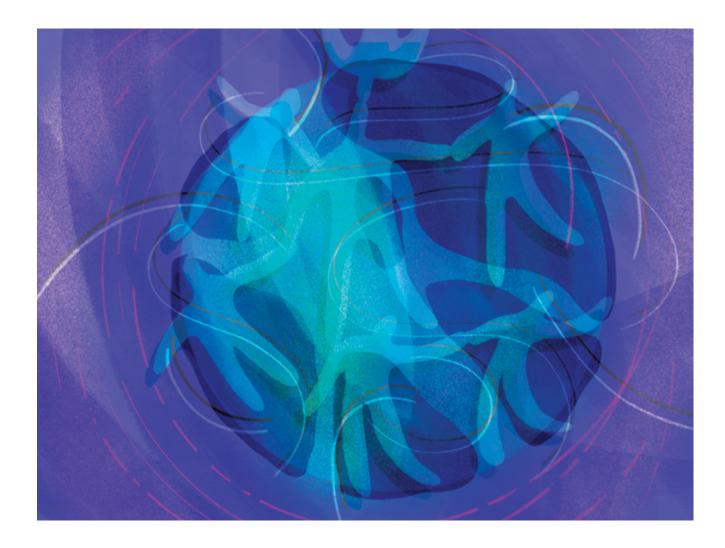
When the Soul Forgets the Soil, and Faith Remembers

The Intergovernmental Panel on Climate Change (IPCC, 2023) warns of irreversible impacts if global warming exceeds 1.5°C. Despite the scientific clarity and urgency, such forecasts often fail to spark profound, sustained transformation. This is because the climate crisis has deep existential dimensions that technical approaches alone cannot address. It stems from profound alienation: from the Earth, from one another, and from our deeper values. Addressing it, especially in culturally and spiritually rich societies like India, demands more than policy shifts. It requires a shift in consciousness.

This transformation of consciousness is not unfamiliar;



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it is deeply rooted in the world's faith traditions. Spiritual teachings have long offered ecological wisdom. From Vedic hymns to Islamic ethics, from Sikh reverence for *hukam* (divine order) to Christian calls for stewardship, nature has always been viewed as sacred, worthy not only of admiration but protection.

Faith, once dismissed in environmental discourse, is now emerging as a vital force. Pope Francis's encyclical *Laudato* si' advocates for an "integral ecology," where care for the Earth and care for the vulnerable are inseparable. Faith offers not only ecological insight but moral clarity and urgency (Francis, 2015).

Islamic teachings emphasize *khalifah*, humankind's role as stewards, and *mizan*, the balance inherent in creation. The 2015 Islamic Declaration on Global Climate Change urged the

global Muslim community to act with restraint and responsibility (IFEES, 2015). Hindu cosmology sees divinity in all elements—agni (fire), vayu (wind), jal (water), prithvi (earth). The ethic of ahimsa (non-violence), which once fueled India's freedom struggle, now shapes low-impact lifestyles and vegetarianism for millions (Coward, 2003). Sikhism, too, teaches humility before nature and critiques the greed that underpins ecological destruction.

Importantly, these teachings have moved beyond scripture into lived practice. Faith-based organizations across India are translating belief into action. GreenFaith, a global interfaith environmental coalition working in over 40 countries, has partners helping temples and mosques transition to solar power. Interfaith coalitions are protecting sacred groves in Meghalaya and organizing water conservation drives in Maharashtra. A 2023 Nature Climate Change study confirms that religious framing significantly increases climate engagement, particularly in spiritually inclined societies.

In a world grappling with ecoanxiety, disillusionment, and despair, faith also offers solace. Spirituality helps individuals see themselves as part of a larger moral and cosmic arc, where change, though difficult, is both possible and essential. To remember the soil is, in a sense, to remember the soul. In that reconnection lies our greatest hope.

The Heartfulness Way: Climate Action with Compassion

Beyond belief systems, the act of living with intentional compassion and present-moment awareness is emerging as a powerful response to the climate crisis. Heartfulness, a meditation practice rooted in Indian traditions

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yet global in reach, emphasizes living from the heart, cultivating empathy, emotional balance, and conscious choices that align with planetary wellbeing. Alongside it, mindfulness—defined by Jon Kabat-Zinn as present-moment awareness without judgment—serves as a complementary force, teaching us to notice, slow down, and reflect before acting.

The Heartfulness Institute in Hyderabad offers accessible tools such as guided meditation, relaxation, and gratitude practices to millions worldwide. Scientific studies support their impact: a 2022 Ecopsychology study found that heart-based meditation increases willingness to participate in ecological restoration. Similarly, gratitude has been shown to enhance a sense of reciprocity with nature, promoting more responsible consumption habits (Emmons & McCullough, 2003).

Youth-focused initiatives like Changemakers for Climate Action—supported by the Embassy of Italy and TERI—train Indian students in heart-centered leadership. These programs emphasize acting not from fear or obligation, but from love for the Earth. This model of leadership is emotionally resilient, ethically grounded, and inclusive, and is especially vital in today's polarized climate discourse. Heartful leaders are uniquely equipped to build coalitions that are not only effective but compassionate, sustaining long-term efforts without burnout.

Where Heartfulness teaches us to feel deeply, mindfulness helps us pay attention and disrupt the autopilot of unsustainable habits. In India, mindfulness is finding renewed relevance in schools, therapy rooms, and tech workplaces. It enables reflection on everyday decisions, whether to take a cab or walk, eat meat

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or choose plant-based foods, or buy fast fashion or repurpose clothing. A 2019 study in Global Environmental Change revealed that mindfulness correlates with reduced materialism and increased pro-environmental behavior (Wamsler, 2019).

Moreover, mindfulness builds psychological resilience. As climate anxiety becomes more widespread, especially among young activists, meditative practices offer crucial support. The American Psychological Association (2022) recognizes mindfulness as a key strategy for managing ecoanxiety. Globally, institutions like the Garrison Institute engage corporate and policy leaders through the Climate, Mind & Behavior program, integrating inner awareness with external impact. Bhutan's Gross National Happiness model, which weaves mindfulness into environmental and educational policy, stands as a compelling template for other nations in the Global South.

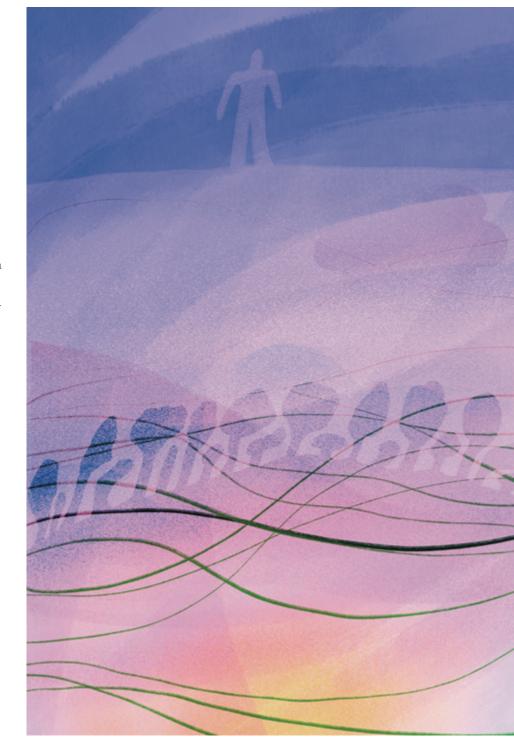
Together, Heartfulness and mindfulness form a powerful inner ecology. They remind us that climate action need not come solely from crisis, guilt, or fear but can also emerge from stillness, care, and compassion. In a time of accelerating environmental and emotional turbulence, cultivating the heart and mind may be among our most radical and restorative acts.

Healing the Earth Within and Without

When faith, Heartfulness, and mindfulness converge, what emerges goes far beyond a soft supplement to hard science—it represents a necessary paradigm shift. This synthesis creates a new kind of sustainability: in systems and spirits. It generates sustainability that moves beyond fear-based messaging to hopefilled action, replaces burnout with belonging, and treats the Earth as a relationship to heal rather than a problem to solve.

The climate crisis extends beyond carbon emissions—it reflects a deeper crisis of disconnection. In trying to dominate the Earth, we have forgotten that we are of the Earth. This forgetting is now costing lives, livelihoods, and futures. Faith traditions remind us of sacred duty. Heartfulness helps us act with compassion. Mindfulness teaches us to live with awareness. Together, they offer a path forward—rooted, resilient, and radically hopeful.

For the world, this integration offers a powerful way forward, in which innovation is matched by introspection and the path to a greener world begins in breath, prayer, and love, flowing outward into policies and action.



Illustrations by ANANYA PATEL





To acquire knowledge, one must study; but to acquire wisdom, one must observe.

MARILYN VOS SAVANT



Rooted in Thread

Weaving the Essence of Nature

ANANYA PATEL profiles textile artist DARSHINI PATEL, exploring her meditative weaving process and the nature-inspired textiles she creates.

arshini Patel describes her entire process as a textile artist, especially her work with a loom, as a form of meditation.

"It is done slowly and gradually, step by step, and it is very meditative for me," Darshini explains.

With painstaking precision, she works her material into specified shapes, which she weaves together with jute, wool, and other organic fibers, on a large loom. She then shapes these woven pieces into organic creations that evoke natural forms and unique textures. "My concept is to document how nature evolves. The process is very observational, exploring how slowly and gradually profound changes in nature occur, and I try to incorporate this into my work. That is my inspiration."

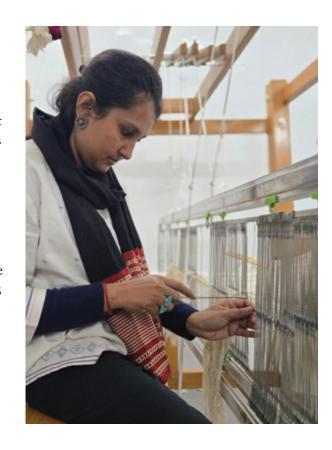


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Her creative process starts in two dimensions. "I'll start the concept using ink and paper, using a pencil to sketch the kind of shape I'm looking for based on my research. And then, slowly and gradually, I move towards the technique, considering what kind of technique will work best with the particular work and what material to use. If I want stiffness in the structure, I pick jute or wool for the warp and the weft. This way, I can get the shape I want."

Darshini then moves on to the loom, which she has customized over time to suit her practice and needs. "I wanted a bigger loom, so the big one is seven feet wide, but the mechanism is the same; I wanted it sturdier, so I used teak wood instead of pine or mango wood, and I made the seat deeper because I spend two or three hours at a time working at the loom. The big one has four shafts, and the smaller loom has twelve shafts, which helps me experiment and explore different outcomes."









The slow, repetitive movements on the loom have helped Darshini grow her practice in textile art. Her expertise with textiles, particularly with handlooms, has allowed her to innovate with varied sizes, shapes, and materials over the past ten years. "Earlier, I had a smaller loom, and slowly and gradually I moved towards the bigger one. It's like mathematics, quite technical, and I learned it from scratch, from thread to fabric," Darshini shares.

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Darshini's recent series examines coral formations and the widespread bleaching of coral reefs over time. This concept was deeply explored in her most recent residency. "I documented a lily pond daily—one day it's crowded with plants and the next day, it changed because the gardener has cleaned it up. So, in one series, I have represented this evolving nature using the textile medium and the loom. My work is deeply rooted in observation."





CREATIVITY

"My work is deeply rooted in observation."







Darshini prefers to use industrial waste in her creations, particularly compressed felt and soft felt from local factories. "This material is great because it doesn't fray at the edges, there aren't fibers coming out, and I'm able to cut out different shapes. Darshini is on the lookout for more sources of waste, wanting to incorporate organic fibers like cotton and linen. "When you're dealing with waste material, there are limitations.

You don't get specific colors. You work with what you get. I'll introduce the color eventually once I have researched enough, but I won't use synthetic dye. I'll only use natural dye or eco print. But again, my whole concept is an evolving nature. So I won't pluck the flowers and leaves. Whatever has fallen on the ground, I'll collect it and use it. And then there are onion skins, vegetable waste, and beetroot."



In keeping with her work, Darshini's practice is also deeply organic and committed to the process of creation. At any given time, she has about two or three works in progress. "Some of it is a repetitive process, and that way it's very homogeneous, the shape and everything. But I like doing the whole process. It's very meditative. It takes me four or five months to complete something that is, say, $10' \times 6'$. Finishing the sides once it's off the loom also takes time. And then I start crumpling it, shaping it to get the result I'm looking for according to my concept."

Darshini is working on expanding her practice by researching the incorporation of color, movement, and scale in her new pieces. While she works towards exhibiting her work in shows, she also creates commissions for art lovers and works with international clients to develop textiles for furnishing and commercial use.

You can learn more about Darshini and her work here.

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Third Culture KIDS

JEMINA WATSTEIN shares how art can be both therapeutic and transformative for Third Culture Kids, individuals who live in multiple places over their formative years.

In my early twenties, this question was easy to answer. Now, in my mid-forties, after living in Germany, Thailand, and the United States, it's not so simple.

For my children, who have now lived in eight different "homes," this question can stir up anxiety and usually a pause as they look the asker up and down and decide just how deep they want to go.

In 1963, the term *Third Culture Kid* (TCK) was coined to

describe an adolescent who spends a significant part of their developmental years in a country other than their parents' passport country. Over time, the definition has expanded, and new labels like *chameleon*, *global nomad*, and *military* brat have emerged. Regardless of the label used,

for someone who has grown up between cultures, the question "Where are you from?" rarely has a simple answer.

Today, over 220 million people live in countries that are not their own, and this great "floating tribe" of TCKs represents the 5th largest nation on this earth. Growing up as a TCK comes with unique gifts such as bilingualism, cultural awareness, and the ability to adapt easily to new environments. But it also comes with challenges like difficulty developing a clear sense of identity, struggles with belonging, making lifelong friendships, and, of course, answering that one simple question. Where are you from?

In a recent study titled *The Power* of the Visual Arts to Explore Who We Are and Where We Come From: A Qualitative Phenomenological Study, I explored how TCKs feel about their identity after completing a two-year high school visual arts course. My research focused on three significant areas: Who Are TCKs?, Themes of TCKs, and Supporting TCKs Through Visual Art Education.

Long story short: TCKs move frequently, attend several international schools growing up, and may switch languages between school and home. Although this lifestyle can sound adventurous, it can be emotionally complex. A

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typical TCK story might include being told they will be moving at the end of the school year, packing up, saying goodbyes, and bracing for the unknown, only to arrive somewhere new. Experiencing new smells, new tastes, new customs as the new becomes the normal. They start at a new school, often as the intriguing "new kid," make new friends, settle in, only to learn 6 months later it is time to start the cycle again. Rinse and repeat.

Over time, the repeated moves take their toll. "Where are you from?" becomes harder to answer. TCKs carry experiences that can be difficult to explain to those who have never lived this way. Here, art can become a bridge. The beauty of the visual arts is that words are not required to express deep feelings, memories, or identities.

In my study, I found that students who engaged in an inquiry-based art course and exhibited their work at the end of the program created pieces they felt proud of and often highlighted their multicultural upbringing. One young artist described her piece as a "multicultural bouquet", saying flowers capture the beauty of being intercultural and international. Another painted a "tribute to all of the places I've lived."

So, where are you from? What does that look like to you? There's no single answer, and maybe that's the point. For many of us, "home" is not one place on a map, but a collection of moments, friendships, and cultures stitched together by memory and heart.

When someone asks me where I'm from, I sometimes smile and wonder how much they want to know. If it's small talk, right now, I say Kalamazoo. If they genuinely want to listen, then we might be here for a while, and I ask if they are ready to settle in.

If you're a TCK, or you love someone who is, remember this: you are not alone. You belong to a vast, floating tribe, millions strong and growing. And with every story shared, every piece of art made, we build a sense of home together, one that travels with us, wherever we go.



Joy does not simply happen to us. We have to choose joy and keep choosing it every day.

NORMAN VINCENT PEALE

The Buddhist Healer

This National Doctors' Day, commemorated on July 1, SARA BUBBER shares a Buddhist tale of a visionary healer whose holistic approach encompassed the patients' wellbeing and that of the society, bringing growth and prosperity through love.



nce upon a time there was a king who was very active. He loved to go horse riding, see how the people of his country were doing, and to practice marching drills. One day the king noticed he was feeling lethargic, but he brushed it off. The lethargy grew over time and he wondered what was wrong. He called the physicians who treated him and gave him doses of herbal medicines. Nothing worked.

The king was sad as he could no longer engage in the activities he loved. Allopathic doctors gave him antibiotics for his symptoms. Ayurvedic doctors tried to work on his inner body, and priests prayed for his well-being. There was no improvement.



After giving up hope, he heard from his courtiers of a monk in a remote area of the kingdom who was a great healer. The king thought he had already tried so much, there was no harm in trying one more thing before giving up completely.

He told his courtiers to call the monk and a letter was sent with a messenger. But the response came back in the form of another letter from the monk. He told the king that if he wanted the treatment he would have to come to the monastery. The courtiers were very

angry. What nerve to call the king to a suburb!

The king, however, was untroubled by this and went to meet the monk. The seat bearers carried the king to the monastery where he stayed with the monk. The monk was hospitable and gave the king a simple diet. With this simple fare and herbal formulas, the king got better. The monk told the king to live simply and in the natural environment as the best medicine comes from there. The king was amazed at this simple wisdom and left pondering about the lifestyle



CHILDREN



he had lived and its potency. He decided to let his health minister come and learn the natural way of life from the learned healer.

As he was ready to leave, the monk gave him a note and told him to read it to himself only when he reached the palace. He also advised the king to ride back on his own horse as he was now fit to ride. The king started off and realized that his horse was walking very slowly and with difficulty. The pebbles on the streets made it difficult for the horse to keep balance.

The king was shocked at the state of affairs in this part of the kingdom. The roads were bad and lined with garbage. He had not visited this area before now. When the king arrived home, he read the note from the monk. It stated that most people in the kingdom could only afford the natural treatment that the monk provided, as the quality of their lives was not good. As the king, it was his duty to see this and become aware, and that is why he insisted that he ride on the horse and see for himself.

The king wondered what happened to years of taxation and money taken for prosperity by ministers and contractors. He now personally made sure that the road was repaired, people got included in development, and prosperity grew. He was amazed at how one person inviting him into a new world could make such an impact. He realized that health was connected to well-being and prosperity. He also found out that a good doctor not only knows the practice but also has a deep sense of compassion, just like the monk.

ACTIVITY 1 - FIELDS OF MEDICINE:

There are many specializations in the field of medicine. Can you match the activity for the field and its meaning? How many do you know?

Dermatology	Deals with the immune system
Gynecology	Deals with maternal and reproductive health
Oncology	Deals with imaging for issues
Neurology	Deals with skin
Endocrinology	Deals with the issues of the heart
Neonatology	Deals with issues of glands and hormones
Radiology	Studies and treats cancer related issues
Ophthalmology	It understands and works with the nervous system
Immunology	It is concerned with eyes
Cardiac	Deals with newborns and their issues

ANSWERS:

Dermatology- Deals with skin

Gynecology - Deals with maternal and reproductive health

Oncology - Studies and treats cancer related issues

Neurology - It understands and works with the nervous system

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The Power of Paradox by Daaji

The book is an exploration of twenty-two every day paradoxes combined with spiritual and scientific enquiry. Paired with the Heartfulness way of living, these practices will help one clear the mind and unburden emotions of the heart. https://hfn.li/pop

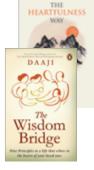


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We are planting millions of trees across India



