

November 2022

# heartfulness

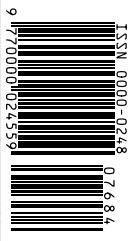
advancing in love

Celebrating Food  
**DAAJI**

Are You Eating for  
your Mind,  
Body, and Soul?  
**LUKE COUTINHO**

New Biology  
**SIMONNE HOLM**

Mudras@Work  
**DAAJI**



# Health

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

**LIVE**  
ONLINE  
PROGRAM

**Embark on a journey  
of personal and organizational  
discovery.**



# Heartful Adizes Leadership

Learn to apply timeless leadership principles in your personal and work life.

**AUTUMN 2022 - Voyage begins Oct 14, 2022**  
**Registrations open Sep 22, 2022**

**Heartful Adizes Leaders** continually refine vital skills and equip themselves and others with practical tools to successfully deal with complex challenges.

**Price of the program is... U-priced!**

These courses are offered as a gift, trusting the generosity of participants to support the development and sustenance of similar in-depth learning journeys.



**MASTERING-  
CHANGE.ORG**



**Discover upcoming voyages at**

**[mastering-change.org](https://mastering-change.org)**

**Join us** in this journey with a like-hearted community seeking to lead to a better society!

# PROTECTS. NURTURES. ENRICHES.

Truly blissful shading experience by Serge Ferrari

**Kanha Shanti Vanam** (Center for Heartfulness Meditation) located in Telangana State, India, is a one-of-a-kind place that is a unique blend of serene spiritual retreat and a well-planned lifestyle supported by modern infrastructure.

**Serge Ferrari** is honored to be part of this unique project. Through our unique structural solutions, a massive meditation hall was established and it can host more than 60,000 meditation practitioners – giving a spacious and comfortable ambience and spiritually uplifting experience.

The light weight and flexibility of composite membranes offer tremendous freedom of shape for the creation of the **Emblematic Kanha Ashram Dome (55 mtr Dia)** shaped tree like shade structure using **Flexlight Extreme TX-30**. The structure covers the juncture of 4 buildings which stands testimony to its functional and spiritual utility to the visitors and residents.

**Soulful Meditation Experience,  
Enriched by Serge Ferrari.**

**Serge Ferrari India Pvt. Ltd.**

DLF South Court No. 306, Saket, New Delhi – 110 117  
T: +91 (011) 4800 9400 E: infoINDIA@sergeferrari.com

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

**Serge Ferrari**  
lightweight + durable

# SUBSCRIBE TO Heartfulness Magazine



Available in print and digital versions

Order copies online: single, 12-month  
subscription and 24-month subscription:

**subscriptions@  
heartfulnessmagazine.com**

Printed copies are also available  
at selected stores, airports and  
newsstands, and at Heartfulness  
centers and ashrams.

[heartfulnessmagazine.com/subscribe](https://heartfulnessmagazine.com/subscribe)

## CREATIVE TEAM

*Editorial Team* — Elizabeth Denley, Vanessa Patel,  
Kashish Kalwani, Christine Prisland, Animesh Anand

*Design & Art* — Uma Maheswari, Angelina Bambina,  
Lakshmi Gaddam, Ina Gouveia, Jasmee Mudgal,  
Ananya Patel, Arati Shedde, Virinaflora

*Photography* — Heartfulness Media Team, Alanda  
Greene, Simonne Holm, Pooja Kini

*Writers* — Ichak Adizes, Luke Coutinho, Daaji,  
Elizabeth Denley, Karishma Desai, Alison Granger-  
Brown, Alanda Greene, Simonne Holm, Kashish  
Kalwani, Pooja Kini, Hester O Connor

*Support Team* — Balaji Iyer, Liaa Kumar, Karthik  
Natarajan, Ashraf Nobi, Jayakumar Parthasarathy, Arjun  
Reddy, Jatish Seth, Nabhis Tyagi, Shankar Vasudevan

ISSN 2455-7684

## CONTRIBUTIONS

[contributions@heartfulnessmagazine.com](mailto:contributions@heartfulnessmagazine.com)

## ADVERTISING

[advertising@heartfulnessmagazine.com](mailto:advertising@heartfulnessmagazine.com)

## SUBSCRIPTIONS

[subscriptions@heartfulnessmagazine.com](mailto:subscriptions@heartfulnessmagazine.com)

[www.heartfulnessmagazine.com/subscriptions](http://www.heartfulnessmagazine.com/subscriptions)

**EDITOR** — Neeraj Kumar

**PRINTED BY** — Sunil Kumar

RK PRINT HOUSE, H.No.11-6-759,  
3rd Floor, Anand Complex, Lakdikapul,  
Hyderabad, Telangana, 500004, India.

**PUBLISHER** — Sunil Kumar representing  
Heartfulness Education Trust  
13-110, Kanha Shanti Vanam,  
Kanha Village, Nandigama Mandal,  
Ranga Reddy District, Telangana, 509325, India.

Copyright © 2022 Heartfulness Education Trust.  
All rights reserved.

**heartfulness**  
advancing in love

# Here's To Hale and Hearty Health!



Dear readers,

A healthy body is home to a healthy mind. Only when something goes wrong with our bodies do we realize just how much we depend on them for well-being and capacity. Our eating habits and nutrition are an important part of taking care of the body, but with life in the fast lane we are inclined toward food that is instant, involving minimal effort that suits our taste buds. As well as contributing to physical well-being, food is also an important source of contentment. What we eat, how we eat, with whom, and with what attitude have a big impact on health, moods, and outlook.

So, this November, Daaji, Luke Coutinho, Simonne Holm, Pooja Kini, and Alanda Greene explore aspects of growing and eating healthy food, also diving into the spiritual dimension. Elizabeth Denley looks at simple ways Nature heals us, Karishma Desai and Alison Granger-Brown present aspects of emotional well-being, and Kashish Kalwani shares her fellow students' attitudes toward eco-anxiety. Ichak Adizes discusses the health benefits of effective delegation at work, and Daaji explains the physical and mental health benefits of mudras at work.

We hope these articles will inspire you to take the time for hale and hearty health.

Happy reading!  
The editorial team

Illustration by VIRINAFLORA



# inside

## self-care

### **Are You Eating for Your Mind, Body, and Soul?**

*Luke Coutinho*

**12**

### **Let Nature Heal You**

*Elizabeth Denley*

**20**

## inspiration

### **Celebrating Food**

*Daaji*

**24**

## workplace

### **5 Imperatives of Delegation**

*Dr. Ichak Adizes*

**34**

### **Mudras@Work**

*Daaji*

**38**

## relationships

### **Entrainment**

*Karishma Desai*

**44**

### **Hope**

*Alison Granger-Brown*

**48**

### **The Minefield of the Mind: helping children make sense of their hearts and minds**

*Hester O Connor*

**48**

## environment

### **Garden Gifts**

*Alanda Greene*

**54**

### **Eco-anxiety**

*Kashish Kalwani*

**60**

## creativity

### **New Biology**

*Simonne Holm*

**72**

### **Easy Kale Salad**

*Pooja Kini*

**78**

## what's up

**80**



### DAAJI

Daaji is the Heartfulness Guide. He is an innovator and researcher, equally at home in the fields of spirituality, science, and the evolution of consciousness. He has taken our understanding of human potential to a new level.



### LUKE COUTINHO

Luke practices in the field of Holistic Nutrition and Integrative and Lifestyle Medicine. He is the pioneer and founder of the You Care Wellness Program which has consulted and treated over 20,000 patients globally. Luke has authored four bestsellers and won several national and international awards.



### ELIZABETH DENLEY

Elizabeth is the founding editor of Heartfulness Magazine. She has been a student of science and spirituality all her life. With a PhD in ecology, she turned her inquiry and research skills to the field of meditation and spirituality after starting the Heartfulness practices in the late 80s.



### 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 thirty thought leaders of America.



### KARISHMA DESAI

Karishma is an author, speaker, entrepreneur, and wellness coach. She is a licensed Heartmath™ Resilience Trainer, Certified Breathwork Instructor, Meditation Trainer, and a practitioner of Heartfulness for over 2 decades.



### ALISON GRANGER-BROWN

Alison has worked with people in prison for 22 years as a Therapeutic Recreation Practitioner. She has developed interventions to support healing for people with complex challenges resulting from childhood trauma, poverty, and mental health issues.



# contributors



## ALANDA GREENE

Alanda Greene lives in the Purcell Mountains of British Columbia, Canada. Having a deep connection with nature, she and her husband built their house of stone and timber and a terraced garden, and integrated their life into this rural community. Alanda's primary focus is the conscious integration of spirit with all aspects of life.



## KASHISH KALWANI

Kashish is a Master's student at Emory University, Atlanta, USA, after spending her childhood in the UAE, Russia, Denmark, and India. She has a diploma in Bharatanatyam dance, and has volunteered with GRAVIS, Robinhood Army, Sarvahitey, and Girlz, FTW.



## SIMMONNE HOLM

Simonne is the founder of the Alkaline Institute. She helps people discover plant-based cooking through classes, retreats, and her cookbooks.



## POOJA KINI

Pooja is based in San Francisco and loves to cook, read, drink coffee, and take long walks with no destination. She recently graduated from UC Santa Barbara after studying Economics and Accounting, and now works in finance. You can find her on Instagram @poojxk.



## HESTER O CONNOR

Dr. Hester O Connor is a Clinical Psychologist who manages a psychology service in the Irish Health Service. She lives in Wicklow, the Garden of Ireland, loves chatting with friends, drinking Darjeeling tea, and listening to pop music.



## UMA MAHESWARI

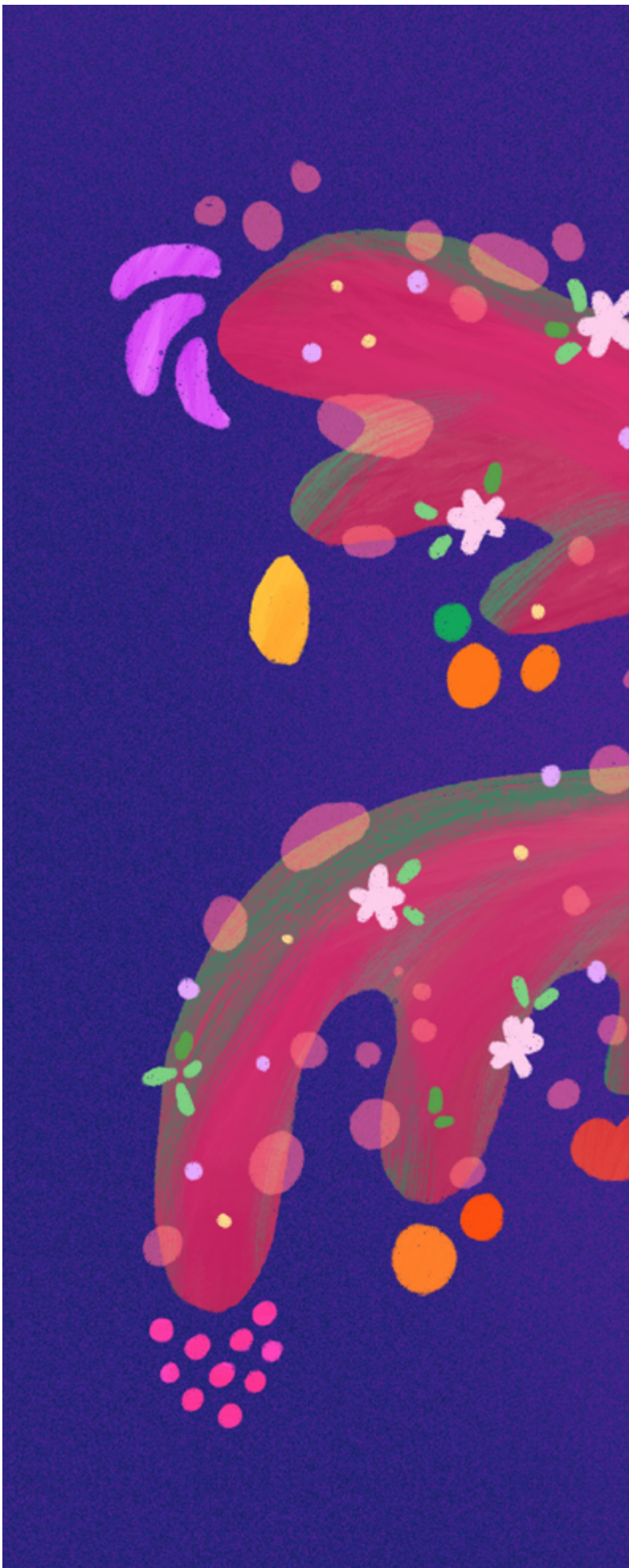
Uma is a web and graphic designer by profession, serving clients worldwide. She is our chief designer for Heartfulness Magazine since its inception in 2015. She has also designed many books for adults and children, and is responsible for the design of our magazine website at [www.heartfulnessmagazine.com](http://www.heartfulnessmagazine.com).

# self-care

Let food be  
thy medicine,  
thy medicine  
shall be thy food.

**HIPPOCRATES**

Illustrations by ANANYA PATEL





# Are You Eating for Your Mind, Body, and Soul?

**LUKE COUTINHO** practices in the space of Holistic Nutrition - Integrative & Lifestyle Medicine and is the founder of You Care, an online wellness market. He shares some simple wellness tips to help us benefit from the food we eat every day.

Do you remember growing up and having a cold, cough, fever, wound, stomach bug, or flu? The first line of action for our parents or grandparents was to delve straight into the kitchen pharmacy and brew concoctions for immediate relief. Our ancestors relied heavily on the power of food as medicine. If there is one learning I have had over the last decade consulting people across the world, it is this: food, when cooked with quality ingredients and served within the frameworks of nature, possesses the power to heal.

It is not to say that food alone can heal you, because every disease or lifestyle condition is multifactorial. But when you

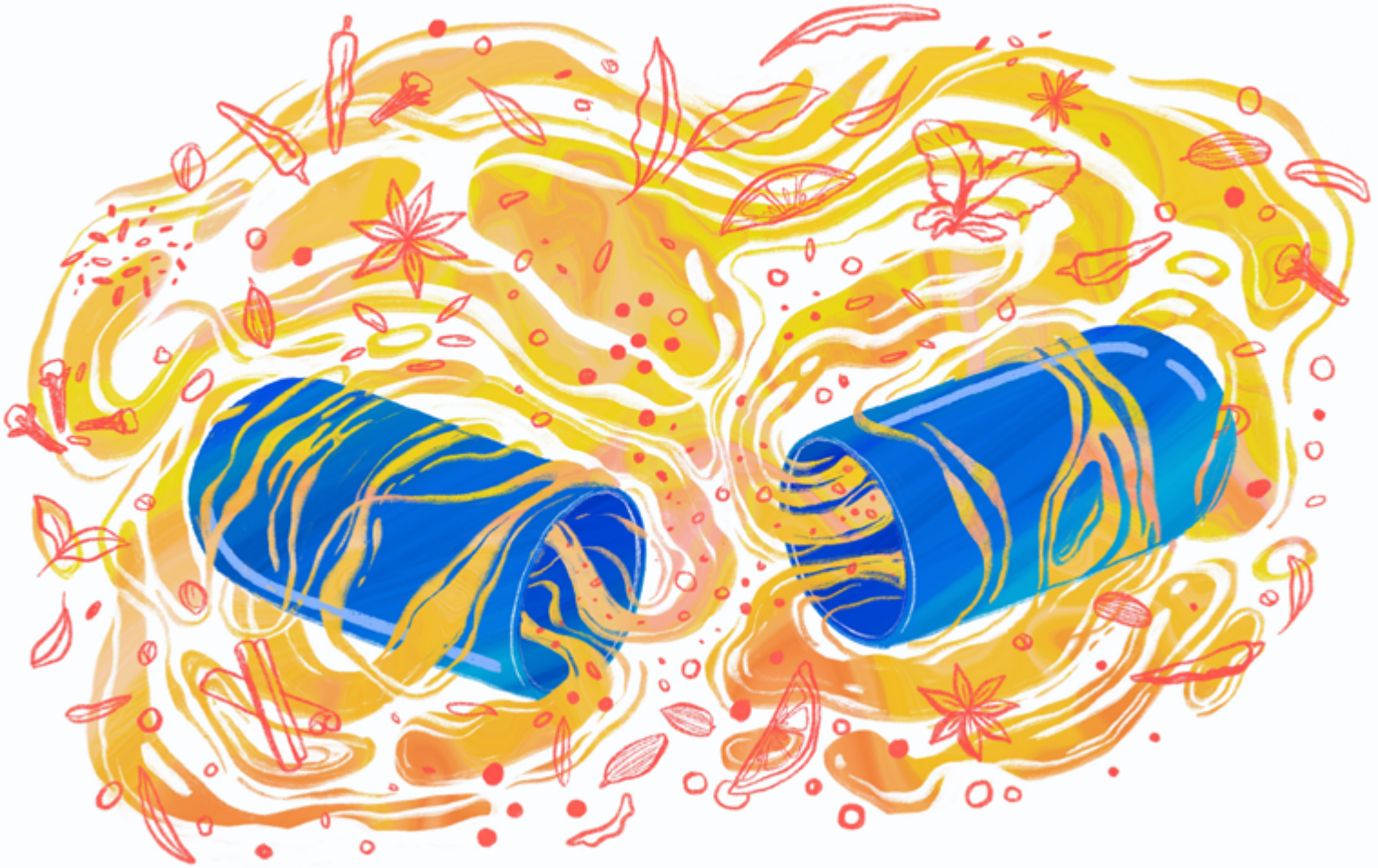
couple clean eating with quality sleep, adequate movement, rest and recovery, emotional wellness, and your spirit, you help the natural in-built intelligence of your body to work for you and aid prevention and recovery. It is another reason why deep and advanced cellular nutrition is one of our key lifestyle pillars.

## Eating local versus global – which is better?

It is one of the most commonly asked questions. Yes, eating local food is excellent. It is not only beneficial for health, but also supports our farmers and the yield of our soil. If you live in a country that is diverse, eating local is important. Different foods grown

in different climates suit body temperature, skin, hair, genes, and immune system.

For instance, we have witnessed the magic and wisdom in Indian food. Of course, there is a right and wrong way to cook anything, but, in essence, a staple Indian diet is well-balanced, wholesome, and nutritious, because it involves an array of fresh ingredients and freshly ground spices. Yet, we come across people who label it unhealthy, deem it too oily, spicy, or acidic. The truth is that the food isn't the culprit. It is our sedentary lifestyle, poor quality oils, adulterated ingredients, and overeating that are the main culprits.



When you couple clean eating with quality sleep, adequate movement, rest and recovery, emotional wellness, and your spirit, you help the natural in-built intelligence of your body to work for you and aid prevention and recovery.

Think about it. For our ancestors, disease was at its lowest and the happiness quotient was at its highest. They lived fulfilling lives and found joy in simplicity.

Many Indian herbs and spices have now become global superfoods. Traditional Indian meals like dal, rice, and vegetables; one-pot *khichdi* with salad; *bhakri* (millet tortilla) with dal; vegetables with a dash of garlic chutney or raw mango pickle are all complete meals.

While appreciating this ancient wisdom, we can also stop putting ourselves into a box of only local food. Why? Most medical and lifestyle conditions are not

local but global – such as cancer, cardiovascular disease, Alzheimer's, or Parkinson's.

If foods that are not local can help manage your condition, why not eat them? For instance, kiwis originated in China, are commercially grown in New Zealand, and are scientifically documented to help with DNA repair. For those undergoing chemotherapy or radiation, kiwis are excellent.

The point is, embracing local foods is super important. But if certain global foods can help with your medical conditions, be open to them.

We need to consume certain foods moderately, or cut down on them, to avoid an array of lifestyle ailments. Studies have consistently linked the large amounts of refined sugar, particularly in sugary beverages, to obesity and excess belly fat.

### Stop making food the enemy

Following a diet shouldn't deprive you of food. Instead, it should mean eating more of what's good for you and less of what's not. Fad diets may seem like they help you shed the initial few kilos, but they are not sustainable. They deprive you of macro and micronutrients and cripple your metabolism. You will hit a plateau or put all that weight back on (the yo-yo effect). The first step is to understand that food is not the enemy. You need to improve your relationship with it.

Yes, all of us eat a cookie or two sometimes, but that is not the reason why the world is sick today. The reason is overconsumption, eating with greed, using food to cope with emotions, and so on.

We need to consume certain foods moderately, or cut down on them, to avoid an array of lifestyle ailments. Studies have consistently linked the large amounts of refined sugar, particularly in sugary beverages, to obesity and excess belly fat. Foods containing high-fructose corn syrup (HFCS) may cause you to become resistant to leptin, a hormone that signals your body when to eat and stop eating. Foods rich in refined sugar are commonly linked to a higher risk of type 2 diabetes, depression, dementia, liver disease, and certain types of cancer.



### Cut down or avoid

- Refined sugar
- Refined carbs
- Diet sodas
- Excess salt
- Fast foods
- Pesticide-laden fruits and veggies
- Junk and processed foods
- Aerated drinks
- Binge drinking
- Dairy and gluten if you are intolerant to it
- Refined oils

Even if you enjoy eating junk once in a while, ensure that most of your nourishment comes from natural sources.

### How does food influence your mind?

We are what we eat. What you feed your body nurtures your five inner selves – physical, emotional, mental, intellectual, and spiritual. It is why ancient Ayurvedic and yogic texts speak about three types of food – *sattvic*, *rajasic*, and *tamasic*.

There is a direct link between food and mood. Our body relies on nutrition to manufacture the number of neurotransmitters and hormones that make us feel good. Certain foods can stimulate emotions like anger, frustration, anxiety, and grogginess, while other foods can help us feel calmer, composed, and grounded. Excess sugar can make you irritable and jittery. On the other hand, fermented foods, raw veggies, fruits, and whole grains, help you feel calmer and grounded.

## Foods that boost neurotransmitters

- **Serotonin** – known as the happy hormone, it is responsible for feelings of well-being and happiness. Rich sources include banana, pineapple, nuts, kiwi, tofu, whole egg, and fresh cheese.
- **Endorphins** – help us change our perception of pain and stress. Rich sources of endorphins include chocolate and spicy foods.
- **Dopamine** – helps us feel motivated. Rich sources of dopamine include avocados, chocolate, spinach, almonds, all types of seeds, and yogurt.
- **Acetylcholine** – sparks creativity, muscle action, and reaction. Rich sources of acetylcholine include beans, kidney beans, chickpeas, green peas, radishes, spinach, strawberries, and whole eggs.
- **GABA** – helps us feel calm and focused. Rich sources of GABA include non-GMO soy, rice, mushrooms, potatoes, and fermented foods.





## 7 healthy eating habits you can adopt today

### #1 Eat a rainbow

The more colorful your plate, the more diverse your gut microbiome. The more diverse your gut microbiome, the better your immunity. Balanced meals help your immune system fight inflammation, swelling, bacteria, infection, and viruses. Follow simplicity. Keep your meals simple, wholesome, and diverse. As clichéd as it might sound, some of the most effective nutrition strategies revolve around incorporating whole grains, pulses, lentils, fruits, vegetables, nuts, seeds, cold-pressed oils, and ghee, among other wholesome foods. Eat a rainbow for at least two out of three meals.



Divide your plate into three quadrants:

- The largest quadrant will consist of starchy and non-starchy vegetables
- The second-largest quadrant will consist of quality protein (animal or plant-based)
- The smallest quadrant will consist of carbohydrates that come from grains and cereals

Your portion intakes may vary based on your unique

requirements, medical conditions, and health goals.

### #2 Chew your food

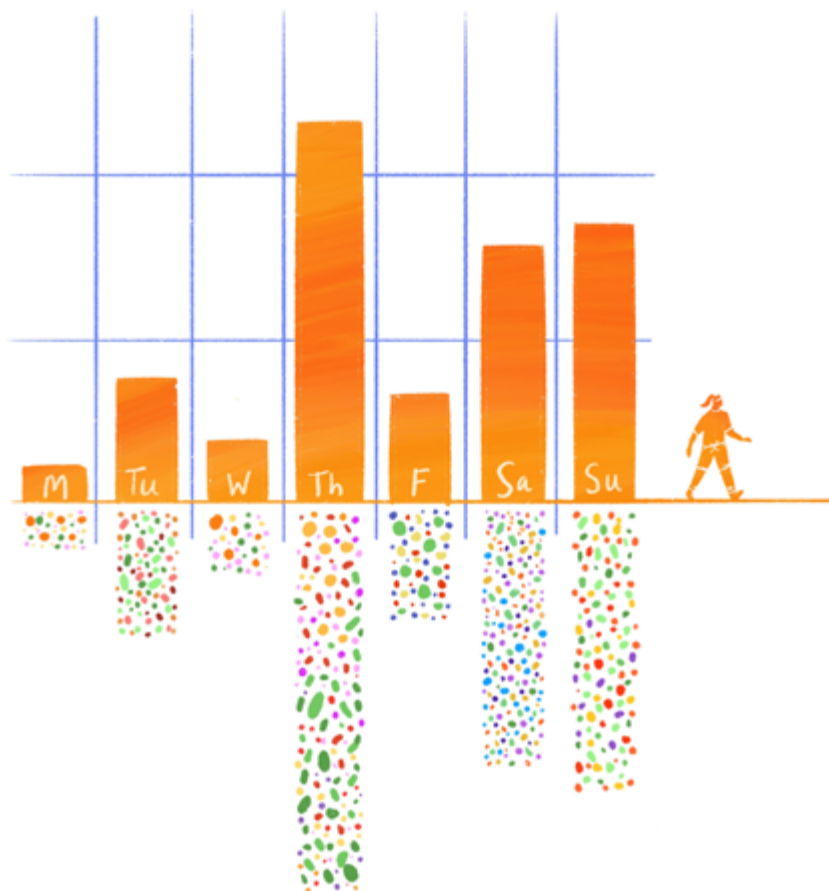
Master the art of chewing. Digestion begins in the mouth. Eat your food slowly and mindfully. When you bite every morsel, your saliva has digestive enzymes like amylase, lipase, and protease that help you break down this food. It allows you to extract maximum nutrients from the food you eat. The action of chewing and producing saliva signals your stomach to start the production

of acids and other enzymes to aid digestion. When you eat too quickly without using your teeth to break it down, you send partially digested and larger chunks of food into your stomach. It can lead to acidity, indigestion, and other gut issues.

### #3 Align your nutrition intake with movement

If you sit for long hours, keep a check on what you eat and control your portion size accordingly. But is it okay to be a couch potato? NO. Sitting is the new smoking.

## SELF-CARE



So keep moving. Even if you work at a desk job, take regular breaks, and engage in simple stretching. Choose fun workouts that you enjoy — dancing, aerobics, Zumba, swimming, yoga, and keep that body moving. If you are just starting, fast-paced walking or jogging daily for 30 minutes can help. Do not overtrain or undertrain. Prioritize rest and recovery.

### #4 Differentiate physical and emotional hunger

Stress can affect the way you eat. Chronic stress is associated with a greater inclination toward high sugar and high-fat foods which

are major risk factors linked with obesity. While emotional eating may make you feel good and fulfilled at that moment, eating to counter negative emotions will leave you more upset than before. This cycle repeats until you address your emotions at their root. Eat when physically hungry and not emotionally.

### #5 Do not starve yourself

Studies show that food deprivation can cause nutritional deficiencies. Self-imposed dieting can do more harm than good. Avoid looking online and following extreme fad diets without knowing their side effects. Seek professional advice if

you must. Find a holistic nutrition and lifestyle plan that suits you best. Remember, you are a unique bio-individual.

### #6 Don't eat your dinner like a bird

Your dinner should be the lightest meal of the day, but don't eat like a bird. Make it a balanced meal by adding quality protein, fats, and carbohydrates. If your goal is to lose weight or manage your blood sugar, don't go no-carb, go low-carb instead. Use your judgment.

### #7 Follow the circadian rhythm way of eating and living

In my free-to-download eBook, *A New Way of Living – Circadian Rhythm*, I speak about our biological clock, the circadian rhythm. It is the sleep-wake or day-night cycle that determines how the body carries out different processes at different times.

Following the circadian rhythm of eating and fasting can benefit your overall health and well-being. Try some of these rules when it comes to eating.

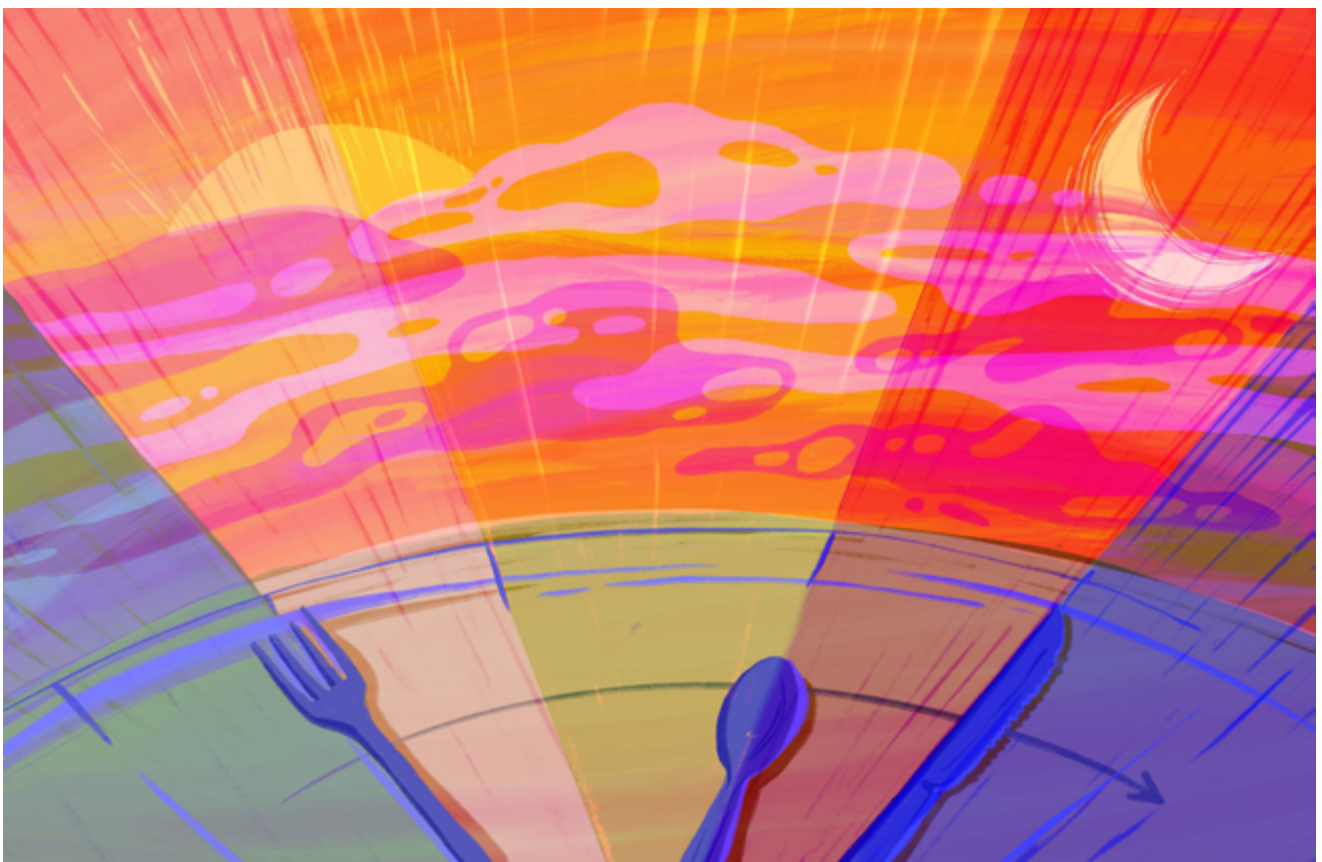
- Want to drink tea or coffee? Have it after three hours of waking up. Avoid drinking it in the second half of the day, as it is a stimulant that may affect your sleep routine.

- Your metabolism fires up and is at its peak at noon. So consume your maximum calories at breakfast and lunch. Let dinner be your lightest meal.
- Eat your last meal of the day as close to sunset as possible (around 7 pm). Fast until sunrise to give yourself a good natural 12-hour break. This is known as circadian fasting.
- Keep a two-to-three-hour gap between dinner and bedtime.
- Do not snack mindlessly. Keep a fixed time. Avoid midnight snacking because your body slows down toward evening and needs rest. It is not designed to digest food around the wee hours of the night. It will disrupt your circadian rhythm.
- Eat at fixed times, no matter how busy you are. Unusual eating times can disrupt your circadian system and affect your health. Studies point out that food intake is a major

external synchronizer of peripheral clocks. Your eating pattern can influence fat accumulation, mobilization, and the effectiveness of any fat loss plans. Timing is everything when it comes to circadian rhythm syncing.

Don't wait for tomorrow. Do it today. Eat smart, move more, sleep right, and breathe deep until then.

Illustrations by ANANYA PATEL



# LET *heal you* NATURE

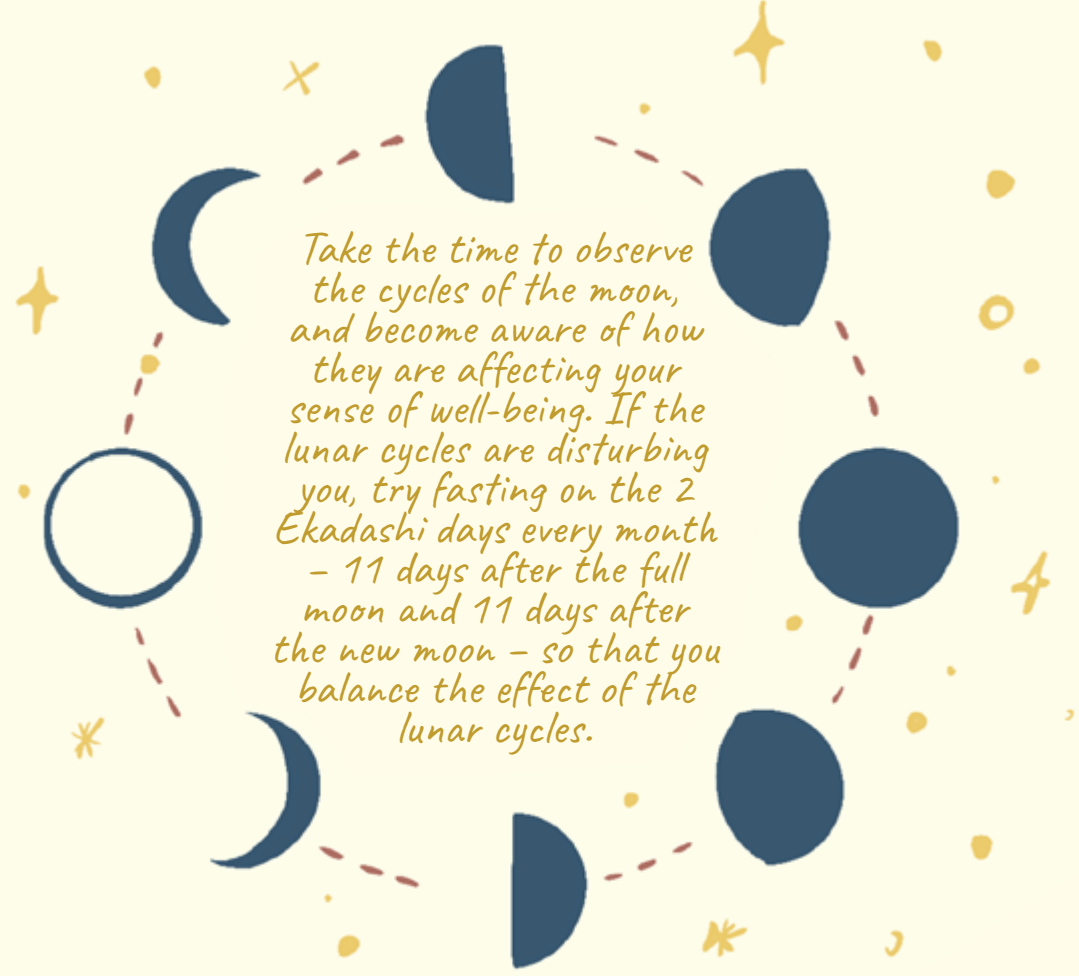
ELIZABETH DENLEY shares a few simple lifestyle tips to improve overall health and well-being.




*Go for a walk or a run outside every day, even if it is only for 15 minutes. When you can, choose a place where there are trees or a water body, and take a break from your daily schedule to exercise and clear your mind.*

*Do some simple breathing and stretching exercises outside in the fresh air before 10 in the morning, so that your eyes are exposed to sunlight. This activates serotonin production (the happy hormone) in your body, which in turn activates melatonin production (the sleep hormone).*





*Take the time to observe the cycles of the moon, and become aware of how they are affecting your sense of well-being. If the lunar cycles are disturbing you, try fasting on the 2 Ekadashi days every month - 11 days after the full moon and 11 days after the new moon - so that you balance the effect of the lunar cycles.*



*Respect the daily cycles of Nature. Wind down after sunset, especially during the hour before bedtime, so that you improve your sleep quality and overall health.*

*Eat fresh, eat local, eat seasonal, eat light, eat simple. Pause before you eat and give thanks to Nature for her generosity.*




# *inspiration*

Observe what happens when you are lost in remembrance of your inner Self and you eat with that inner state radiating its fragrance. Also, when you are preparing food, observe the effect of your mood. Be loving. It will have such a beautiful effect.

DAAJI



An illustration of a table with a yellow and white checkered tablecloth. Four hands are shown preparing food on white plates. The top-left hand uses a fork to mix a salad of green leaves, purple flowers, and orange and yellow fruits. The top-right hand uses a knife to slice a yellow fruit. The bottom-left hand uses a knife to cut a piece of bread with green herbs and purple flowers. The bottom-right hand uses a fork to mix a pinkish sauce with purple flowers and orange dots. Small red hearts are scattered around the plates.

DAAJI share some simple tips on eating well for physical, mental, emotional, and spiritual health. These ideas also can solve humanity's issues of food security, the environment, and how we re-establish our relationship with planet Earth.

# Celebrating Food



This century, we have finally woken up to the destruction of our environment and the inequality in the circumstances of people around the world. Nowhere has this been highlighted more than in our relationship with food. While many people suffer from malnourishment, others suffer from chronic lifestyle diseases associated with overeating or eating unhealthy foods. Food security has become a major issue, and according to the FAO, we waste roughly 1.4 billion tons of food every year.

The approach of yogis to food is shared by wise sages across all cultures and all eras. Their approach is the same for all resources. They give special regard to eating wisely, treading lightly on the Earth, and taking minimum input and giving maximum output. Morality is seen as care and conservation in the use of resources, including food, water, money, land, sexual energy, forests, the ocean etc.

Food is a form of prana, a source of energy. The physical body is associated with the sheath known as the *annamaya kosha*, translated as “the food sheath,” but the effect of food percolates through all three bodies of the human system, not just the physical body. And when food is charged by prayer, food becomes a potent source of goodness.

True happiness is a quality of the soul, emanating from the Center of our being, which radiates outward through the layers of our system,

purifying the physical levels of existence. The current flows out from the Center, and also back to the Center. So when food is received with the right understanding and eaten with the correct attitude, it can nourish and support us at all levels back to the Center.

Food is part of our energetic relationship with the environment, and a wise person will not disturb even one atom of this universe unless it is necessary, because of their respect for all life. Nothing is wasted. This creates the lightest human footprint, and a sacred attitude to living every moment of every day in tune with Nature.

Thus, a wise person is happy to eat whatever food is available, without the need for exotic foods or foods chosen for their delectable taste. They are content with Nature’s bounty in whatever form it is available. This is explained beautifully in Babuji’s Principle 8, which you can read about in more detail in “Happiness, Food, and Resources.”

Principle 8 is:

Be happy to eat in constant divine thought  
whatever you get, with due regard  
to honest and pious earnings.

This attitude is lacking in most modern societies. In fact, fast food, processed foods, desire-based eating, and takeaway meals have taken us in the opposite direction.

## Food in daily life

Food is an important part the day for most of us. As well as contributing to our happiness and well-being, it provides an opportunity to share that happiness with others, through regular family meals, special events, and holidays like Christmas, Diwali, Eid, and Hannukah. Food is a way of bonding, and is much more than giving chemical nutrients to the body.

Principle 8 asks us to “be happy to eat in constant divine thought.” In many cultures, this is done by praying or saying Grace before eating. This practice connects us with the Divine at the beginning of the meal, so that we will continue to hold that connection while we are eating. By doing so, we activate the divine current from the Center that is also present in every atom of the food we will eat. When the prana in the food comes into contact with our thought, the effect of those vibrations filters down into the food itself. When it enters our body, the vibrations spread throughout our system as the channels of prana open



up, allowing the happiness with which the food is charged to enter, and the atoms of our body are purified. This benefits our overall well-being. Our expansion of consciousness is also accelerated, as the prana in the food is connected with the Center.

It's important to take care of where food has come from and how we pay for it. Even the purest food bought with dishonest earnings will carry a different vibration. When we consume food bought with wrong earnings, the vibrations become heavier and more complex, so wise people have always put a lot of value on honest and pious earnings.

## Eating is sacred

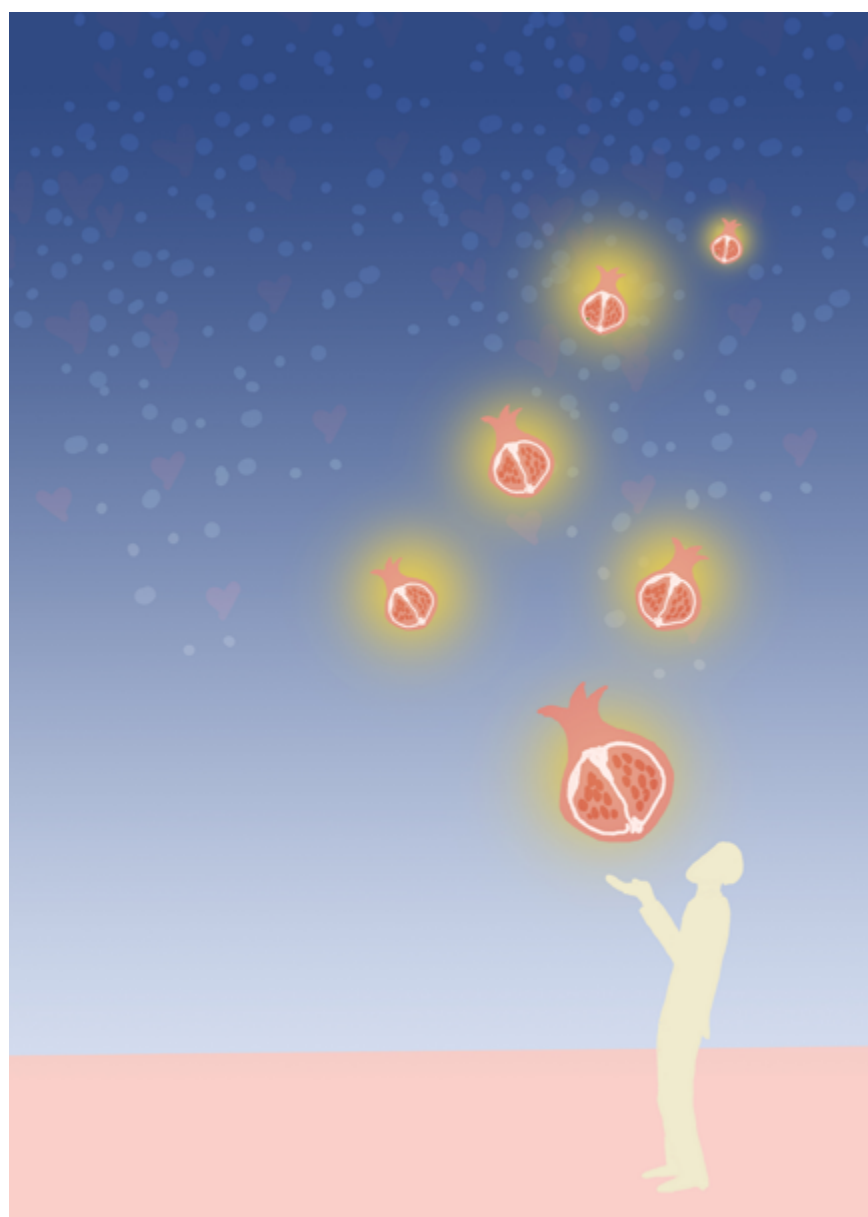
This principle awakens us to the idea that even worldly activities like eating will either contribute to the purity of our system and expand our consciousness or take us in the other direction. Babuji describes it thus:

Food should be cooked neatly and cleanly in a proper manner. That is the hygienic point, but if it is *sattvik* and is cooked in constant remembrance of God, its effect will be surprising. And if it is taken meditating all the while on God, it will cure all kinds of spiritual diseases and remove things which hinder our progress.

Until the middle of last century, there was a scarcity of food, which is still the case today in many parts of the world. With the invention of processed food, scarcity was removed from the prosperous nations, but the result is that food has now become a major cause of disease. According to the WHO, close to 40% of people in the world are

overweight. The main causes are overeating, poor nutritional quality, and the way we eat. In conjunction with inadequate exercise and high stress, the result is ill-health.

Emotional eating leads to overeating, as we compensate for feelings of lack and low self-esteem. We eat because of anxiety and stress. We unconsciously put on weight because of childhood trauma, to protect ourselves. These imbalances can be addressed through Principle 8 in conjunction with the self-awareness and transformation that develops

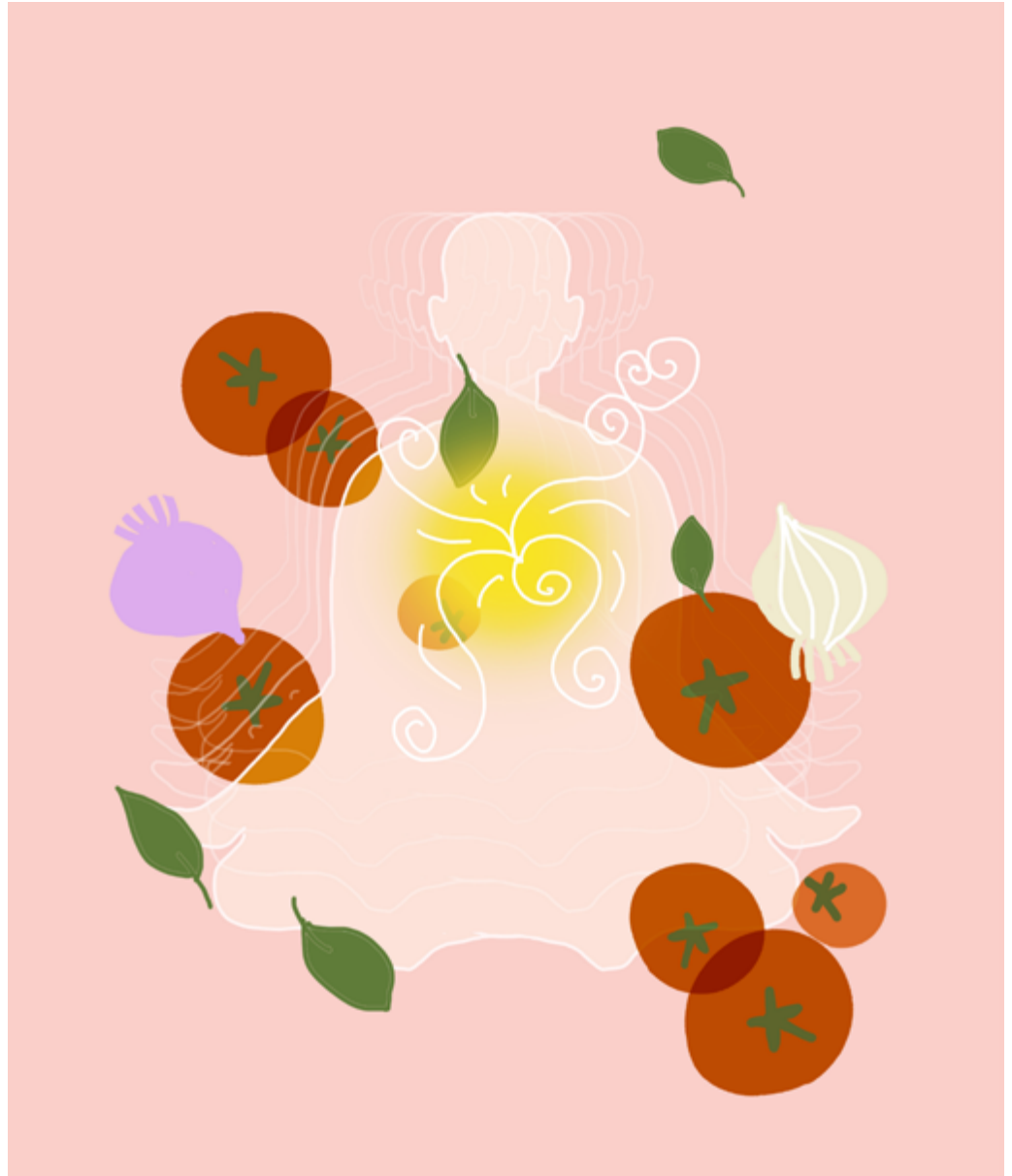


## INSPIRATION

through meditative practices.

Many people adopt a plant-based diet after understanding how different types of food impact health, and because of the way animal farming is destroying the environment. Yogis add another perspective: Consciousness is present in the energy field of food, and animals have a different level of consciousness than plants. The yogic science of the three bodies of minerals, plants, animals, and humans helps us understand why it is beneficial to eat lighter sattvik foods for spiritual evolution. Animal foods are much heavier in vibration, so spiritual practitioners often choose to be vegetarian so that they maintain lightness in their system.

Principle 8 is about how we earn, how that money is utilized to buy food, how the food is cooked, how it is eaten, and what we do after eating. Many of us pray before eating, but what happens during the meal, and after the meal? How do we assimilate the food? Just as meditation in



While eating, try to remain connected with your Center to bring happiness to the meal.



the morning is the beginning of assimilating the meditative state for the day, so eating a meal is the beginning of assimilating the food given in that meal.

So here are some simple suggestions to incorporate into your daily routine:

1. Purchase your food with honest, pure earnings. If you grow your own food, send loving happy thoughts to the plants as they are growing.
2. While preparing and cooking food, be conscious of the sanctity of the food, with loving, pure, and happy thoughts. The easiest way to do this is to connect with the Center of your being through your heart.
3. While eating, try to remain connected with your Center to bring happiness to the meal.
4. When you have finished eating, close your eyes for half a minute and remain connected with your Center. Truly be grateful from the bottom of your heart for the meal, and for all who served you. If you are in a restaurant be thankful to the chefs and the waiters. It is easy to give a tip, but it is rare to give such blessings from the heart. It will touch them at some level. It is a very powerful moment once you have finished eating in divine remembrance, grateful for everything that has happened.

With practice, you will discover that Principle 8 works on many levels.

Illustrations by JASMEE MUDGAL

# *workplace*

Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.

**JOHN F. KENNEDY**





# 5 Imperatives of Delegation

**DR. ICHAK ADIZES** tackles the challenging topic of good delegation, which is so essential for a healthy work life. He presents 5 principles that help us to achieve both effectiveness and efficiency, as well as supporting the team members to whom we are delegating.

We all know that you cannot do everything. Nobody can do everything.

A good manager should know how to delegate. As a matter of fact, the principle should be to avoid being overwhelmed and being ineffective and inefficient. Put a sign on your desk that says (let's say that your first name is Michael), "Michael does only what Michael can do." Which means, if somebody else can do it, Michael shouldn't do it. Otherwise, if you are the best in everything, you will do everything yourself, and you will fail in everything. The idea is that you do only what only you can do – the tasks for which you are indispensable – and the rest should be delegated.

Now, how can we effectively delegate? What often happens is that we delegate, and the task doesn't get done the way we wanted, and then we get upset and we don't want to delegate anymore. We get disillusioned with the people we were delegating to. And we have a big problem.

Effective delegation must have five imperatives. If any one of the imperatives is missing, then the delegation will not work. You'll be disillusioned and you'll be disappointed.

So, what are the five imperatives of delegation? What, who, how, when, and monitor. Let me explain.



The idea is that you do only what only you can do – the tasks for which you are indispensable – and the rest should be delegated.



You have to choose the right person to delegate to: someone who knows what to do and how to do it.

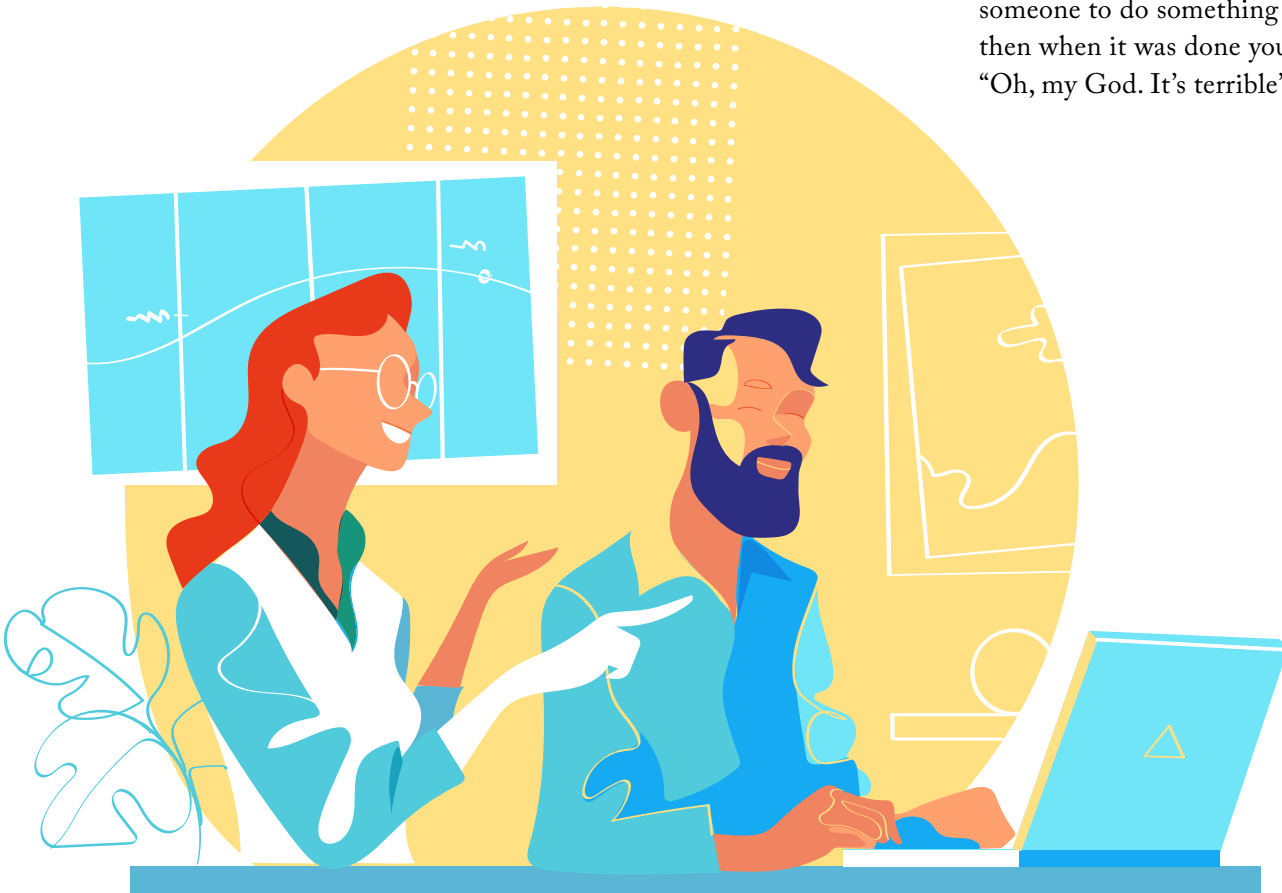
### 1. What?

The first imperative is to tell the person or persons you are delegating to what you expect them to do.

### 2. Who?

Pick the right person for the job. Who completes the task is extremely important. You don't want to give it to the wrong person, an incapable person. In the wrong hands, the task or project or goal may not work out. You have to choose the right person to delegate to: someone who knows what to do and how to do it. But even this is not good enough, because they won't know what to do until they know what not to do.

How many times have you told someone to do something and then when it was done you said, "Oh, my God. It's terrible"?



### 3. How?

Tell and/or show them how you expect it to be done.

The how is sometimes even more important than the what because you can undermine the entire task if it is badly implemented.

Unless these points are spelled out it's not going to work. Why? Telling someone what you want them to do, but not how, and sending them off to implement it in the way they understand the task to be, is like telling a child to cook dinner but giving no further instructions. By the time they do it and you walk into the kitchen, you might very well say, "Oh my God! What did they do?"

When you have a really good delegation process in place with the right person, all of the imperatives will already be understood, and the work will get done.

### 4. When?

Tell them by when you expect the task to be done, and who exactly is responsible to see that it gets done.

And the fourth imperative – by what time you want the task to be completed – is also very important. If you miss the right timing the whole effort may not have been worth it. Completing a task prematurely can be as bad as completing it too late.

So, you must tell the right person what to do, and how to do it, and by when, and what else? Remember, you may not even be able to imagine the ways in which a person might wrongly implement a task you have delegated to them. So, what must we do? This brings us to the fifth imperative:

### 5. Monitor

Monitor the person or people you delegate to, in order to keep the task on track.

I am not talking about micromanagement. If you are going to micromanage, then you may as well do the task yourself. This is different. This is a learning process: the person you delegated to is learning what your expectations are and you are learning what their capabilities are.

Eventually, if you delegate to the right person, you will find yourself spending less and less time explaining what not to do and how not to do it, and even by when to get it done. When you have a really good delegation process in place with the right person, all of the imperatives will already be understood, and the work will get done.

Just thinking and feeling,  
Ichak Kalderon Adizes

<https://www.ichakadizes.com/post/principles-of-delegation>



# Mudras@work

**DAAJI** shares the yogic practice of mudras, offering a few examples. They are so simple and practical that they are perfect for workplace well-being. They can be done while you are reading an email, in a meeting, or listening to a client or colleague.

**M**udras offer a subtle but transformative healing practice. The Sanskrit word “mudra” means “gesture,” and mudras are gestures of the hand that can influence the vital energy known as prana, which circulates throughout the body. By forming a loop between the chosen fingers, each mudra influences the flow of energy in the body, restoring balance and good health. By folding, crossing, and stretching the fingers, and using the fingertips to form and hold the prescribed mudra positions, we create beneficial effects in different parts of the body. This is because several of our nerves terminate in our fingers and a significant amount of energy flows at the fingertips. When the fingertips touch each other, an electromagnetic circuit is created, and it triggers a distinct energy movement. This energy stimulates corresponding centers in the brain. The brain then triggers the

concerned organs, and there is an effect felt in the body.

When the mudras are held for some time, they can be used as a focused healing practice. Mudras favor the successful integration between the two sides of the brain, which is necessary for improving all brain processes including those for reading, writing, academic achievement, motor skill development, and all other higher-order cognitive processes.

According to the theory, each finger corresponds to one of the five essential elements that make up the human system – fire, air, space, earth, and water.

The 5 fingers are each connected to one specific element:

## The five elements representing the five fingers

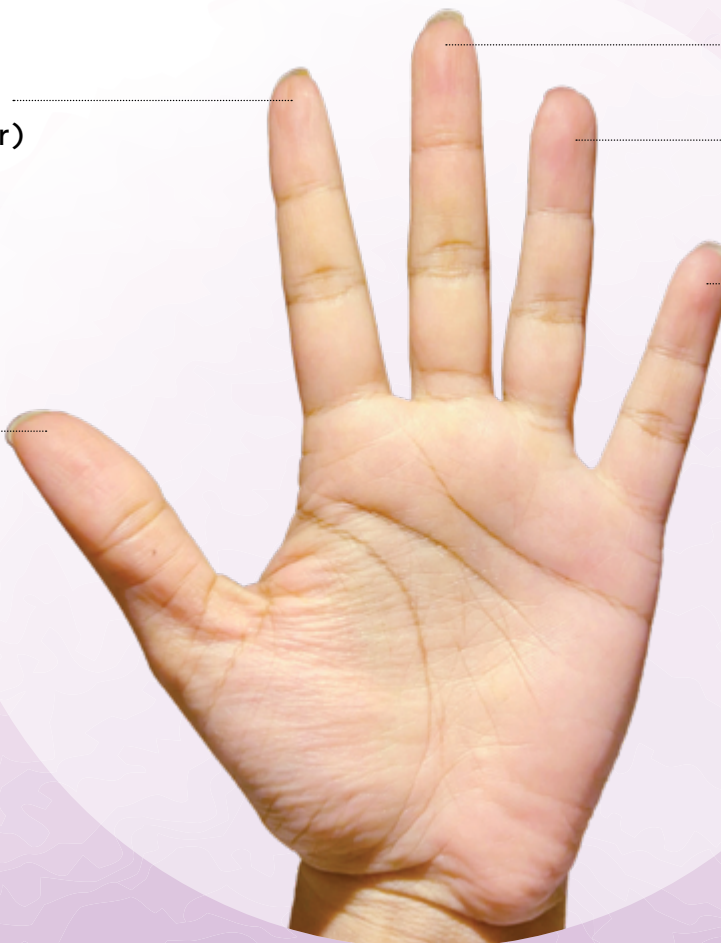
Vaayu (Air)  
(Index finger)

Agni (Fire)  
(Thumb)

Aakash (Space)  
(Middle finger)

Prithvi (Earth)  
(Ring finger)

Jal (Water)  
(Little finger)



Mudras can be introduced into our daily lives, and are easily practiced in the workplace to revitalize and rejuvenate the body and mind.

## Rules of Mudra



When the tip of the thumb joins the tip of the other fingers, the respective elements are balanced.

When the tip of any finger touches the base of thumb, the respective elements are reduced.





By touching the thumb to the base of the other fingers, the elements associated with those fingers are increased in the body.

Mudras with palms facing upwards will receive energy, and with palms facing downwards will keep you grounded.



# relationships

Turn your wounds  
into wisdom.

OPRAH WINFREY

Illustrations by ANGELINA BAMBINA







# Entrainment

**KARISHMA DESAI** introduces the principle of entrainment, and the synchronicity between all things found in nature. She highlights the role of the heart as the entrainer par excellence, and the way to sync the rest of our body with the heart to discover the ultimate entrainment.



The Spirit and the Heart are one.  
 It is the heart that is at one with God, not the mind.  
 To discover one's own heart is to discover God.  
 —Dr. David R. Hawkins

I have always been fascinated by the principle of entrainment – the natural state of resonance between two oscillating frequencies. You may remember from school the physics experiment of the two tuning forks: when one vibrating fork is brought next to the other, their frequencies sync naturally. In physics, this synchronicity between objects toward the higher oscillating frequency is known as Entrainment.

A few years ago, I was introduced to the Brighter Minds cognitive course for children. As I facilitated these sessions, I witnessed the magic of sound entrainment in the enhancement of children's cognitive abilities. After being exposed to entrainment music, the children could effortlessly tap into their intuitive abilities and accurately identify the color of a ball in front of them while blindfolded. I was able to witness the cognitive enhancement of these children utilizing the sound entrainment technique. This experience increased my

fascination to observe more examples of synchronicity around me.

When we are thinking of buying a certain brand of car, we spot that brand everywhere we go. As soon as we get interested in something, it seems to pop out of nowhere. Maybe it was always there, but we start noticing it more clearly now due to our interest in it. I started discovering entrainment both in my outer and inner worlds.

I was in awe of the beautiful synchronicity in nature. A flock of birds flying together in one direction. When one bird changes direction, the others naturally follow, as if there is an automatic synchronicity in their actions. A school of fish swims collectively in the same rhythmic pattern as if it's automated. I started noticing that, in nature, all things tend to remain in sync or harmony with each other. I started seeing entrainment as a natural state of balance or harmony culminating in complete osmosis.

As a breathing coach, I learned to utilize breath entrainment for relaxation and healing. We can use our breath to entrain the body into a balanced and calmer state. This slowing down of our breath is followed by relaxation of the body and mind, which activates the parasympathetic nervous system. Using this breath-entrainment technique at bedtime is particularly beneficial for insomnia and related issues.

I became more aware of how my body is in sync with the rhythms of the day and night. I am fresh as a flower as the sun rises, while I feel the need to relax more and preserve my energies as the sun sets. I vividly observe how my body's circadian rhythms or biological clock is entrained with the solar and lunar cycles.

According to physics, entrainment enables energy efficiency – it saves a lot of energy. Imagine how our universe would function if things worked against each other and there was no sync? There would be complete chaos in our world.



And we all know the havoc that is created in our bodies if our organs are not in harmony with each other.

According to the HeartMath Institute, the heart is the strongest biological oscillator in the human system, and the rest of the body's systems are pulled into entrainment with the heart's rhythm.

I started noticing how tuning into my heart was a natural way to bring my whole system into a state of harmony. This resonance

reduced the conflicting messages from my mind as I started trusting the voice of my heart. I experienced enhanced joy, peace, and love in my entire being. I became more deeply tuned with the present moment and moved from chaos to calm.

This can easily be achieved when we meditate upon the source of light in our hearts as prescribed in Heartfulness. When we begin to practice meditation with this method, and entrain ourselves to the higher frequency of the heart, it feels like tuning into

a pool of Infinity. I wonder if the yogic Transmission utilized in Heartfulness Meditation gives us access to the "Ultimate entrainment" – that in which the heart is in complete osmosis with the source of the Infinite, the Divine. I am eager to discover this possibility. What are we waiting for?

*End of the end is Infinity.*  
—Babuji

# HOPE: ONE PRISONER'S EMANCIPATION

## **ALISON GRANGER-BROWN**

lives on Gabriola Island, BC, Canada, and works with indigenous women in the prison system. She shares one woman's story of courage and personal transformation. It is a reminder that even the most marginalized can find their way toward peace and purpose in life.



This is about my journey alongside an Ojibwa woman who was my client and who became my friend. We met in the women's correctional system in British Columbia, Canada. At first I was afraid of her. That fear diminished as I became increasingly involved in her healing passage, and she grew from inmate to mother to researcher to colleague and finally to hospice patient. I traveled through many systems with her and saw first-hand the deeply ingrained racism in every institution and government organization with which she had to navigate and negotiate.

She was the victim of childhood poverty, daily sexual abuse, and intergenerational trauma as the daughter of a residential school survivor. She experienced institutional racism from early childhood when she was removed from her family at the age of six and taken into government "care" through her childhood, to her involvement with the justice system's over-incarceration of Indigenous people, especially women. From an early age she used drugs, alcohol, and violence to survive and manage the

emotional pain of a life fraught with injustice. The group home she was sent to as a little girl was so diabolical that she set fire to the school room. How hurt is a child to act in such a way?

Gradually, over time, her strong self-will and determination transitioned from harmful manipulation to healthy independence to helpful influencer in supporting other women like herself. She drew on her strengths and reshaped how she applied them, for example her sense of humor. She could see the absurdity in some rules and shifted from aggression to humor. Her survival skills turned from antisocial and criminal, to creative and legal, in order to meet the needs of herself and her young son.

I watched and wondered at her resilience and commitment to change, with the absolute devotion to breaking the cycle of her family's trauma from colonial oppression to the growth and development of her son and his future. She succeeded in change; the system did not and has not. This is the lesson – we cannot change the situation, the system, or the story, but we can change

how we respond and react. That pause between input to output is where we have our personal power.

Her resilience stemmed from the true ability to live in hope. Not false or unfounded wishful thinking, not a mulling over the potential probability of optimism, but a real belief in the possibility that we can effect change in our own capacity to manage and succeed. Here lies the lesson of hope.

We may dream of systems changing, of the "other" seeing it our way ... well, good luck. Hope rests on finding and nurturing our self-will and building our capacity

This is the lesson  
– we cannot  
change the  
situation, the  
system, or the  
story, but we can  
change how we  
respond and react.

for creative thinking to find new pathways, new strategies, and new solutions. Every one of us has this capability if we look inside. We are the system, we are the only change possible, "We got this."

My friend died of cancer because she went undiagnosed, even with repeated requests for an examination by her doctor. That is another story. She never lost her sense of humor, her acute observations of the absurd, and her fierce determination. She survived several years longer than

predicted out of pure love for her son, to make sure he would have a memory of her. He was six when she died. He is now sixteen, six foot five, and a gentle, funny, healthy, hopeful young man. He has already overcome painful challenges in his life, and I believe he will draw on the resilience he learned from his mother for the rest of his life to continue to grow and heal the historical wounds his family and his people have endured. He is the best next generation image of his mother, as she hoped he would be.

Hope rests on finding and nurturing our self-will and building our capacity for creative thinking to find new pathways, new strategies, and new solutions. Every one of us has this capability if we look inside. We are the system, we are the only change possible, "We got this."



Illustrations by ANGELINA BAMBINA

# The Minefield of the Mind:

helping children make sense of their hearts and minds





**DR. HESTER O'CONNOR**, a clinical psychologist, shares some simple ways to help children know what is going on inside their hearts and minds.



The ability to recognize and manage feelings and emotions is very protective for the mental health and the well-being of children. Yet it is not automatic for children to grow up knowing about their feelings and emotions. We teach children many wonderful and valuable lessons at home and in school, but there is still a big gap in teaching children how to understand what is going on inside their hearts and minds.

With the external stimulation and distraction of social media, it is hardly surprising that many children are growing up with little sense of who they are on the inside. So when young people face difficulties at home, in school, or in relationships, they can find themselves at a loss to make sense of their feelings and emotions. Some feel totally overwhelmed and frightened of what is happening to them on the inside. Helping a child to develop the ability to understand their own mental states and feelings, and to make sense of the feelings of others, is a crucial skill that will build their resilience and enable them to manage better in the world.

### Why is the ability to know one's heart and mind important?

Research has found that each one of us will experience issues with our mental health from time to time throughout our lives. This means we all need the skills to know how to navigate our inner world so that when we face challenges, when we fall out with friends, fail an exam, or experience family hardship, we have the ability to interpret what is going on. If we can make sense of the turmoil, we will be able to put our difficulties into perspective and learn from our experiences.

A friend told me a story about a three-year-old, who said to his mum, "I'm not cross that you sent me to Liz's house today, I'm angry." This is clearly a boy who is secure enough in his relationship with his mother to express his feelings. She can tolerate his angry feelings so he does not have to protect her from them. This preserves their trust in each other.

It is ideal when children grow up in environments where they are encouraged to notice and express a whole range of emotions, including anger, sadness, joy, happiness, frustration, etc. The



movie, *Inside Out*, from 2015, expresses this theme perfectly.

### How to help children know their own hearts and minds?

When young children hear their parents say what they think and feel, it helps them. The adult saying what is going on gives permission for the child to be in touch with what they are feeling. An example is when a parent is curious about their baby's cry and says, "Let's see, are you hungry or do you need your nappy changed?"

Ten-year-old Claire does not believe in eating vegetables. Her parents can see that agreeing to

her protest will not be good for her health and will set the stage for protests over other issues. Her dad Tom playfully explains the reasons why eating vegetables is good for her, and agrees to sit with her while she eats them. During the ensuing tears, Tom softens his tone of voice so that Claire can let in what he says, even though she doesn't like it. He explains that he knows she is upset, and that it cannot feel nice for her to try food she doesn't like. He reminds her of when she didn't like swimming, but quickly overcame her fear.

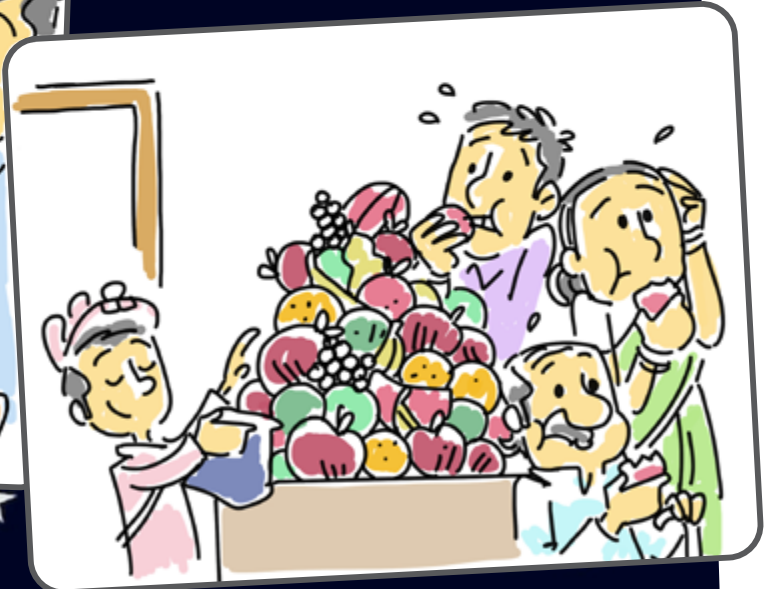
Tom's tone of voice is very important in how he explains to his daughter what is going on.

He is empathetic, which helps to diffuse her frustration and resistance. The crucial part of helping a child to know their own feelings and emotions, is to build a loving relationship with the child. The kindness with which Tom speaks is central to helping Claire develop curiosity rather than fear about what is going on inside her.

The ability to recognize and manage feelings and emotions is very protective for the mental health and the well-being of children.

Illustrations by ARATI SHEDDE

# ISN'T IT TIME WE MADE CELEBRATIONS HEALTHIER?



A HEALTHY BODY LEADS TO A HEALTHIER MIND.

Brighter  
Minds Enriching  
Young Minds  
alpha

To sit in the shade  
on a fine day,  
and look upon  
verdure is the most  
perfect refreshment.

**JANE AUSTEN**





environment

# Garden Gifts

**ALANDA GREENE** extols the benefits and virtues of tending a garden, the elevation of beauty in the work, and the way gardening restores our awareness of our kinship with Nature.

I'm standing in the garden, enjoying the hum of insects intent on collecting as much nectar as possible. The season has clearly shifted, transitioning from languid long days of summer to cool nights, shorter days and a sense there is no time to lose. It's a time of abundance accompanied by reflection and assessment. What do I want to keep, to nurture and what is ready to be released, discontinued?

These questions arise as I consider the garden's production this year, planning what will be maintained, what I will no longer plant, what varieties are proving suitable, what needs processing. It becomes ever more clear that the lessons of the garden are the lessons of my life, and it is working in the garden that provides the most accessible insights into my life: the seasons,





the patterns, and cycles. Now 75, I especially feel resonance with autumn, the period of reaping lessons from many years, ripening my understanding of the way the round squash has matured from a soft ball to a firm and nutritiously dense vegetable that will contribute to many meals in the coming months.

This process of assessment and reflection brings immense gratitude for being part of the garden's cycle, for the lessons it teaches. How fitting it is that much of the world celebrates this season with rituals of thanksgiving. The garden reveals so many aspects of appreciation.

The food produced comes immediately to mind. Rich soil nurtures the plants' growth. It has been cultivated for decades to become a foundation for full tastes, healthy content, vibrant colour. I gain the immense blessing of food

## ENVIRONMENT

that nourishes me, that does not travel long distances before it is consumed, that does not require packaging or unnatural treatments to preserve it. As our global community struggles with mountains of plastic and other waste, with loss of arable land, with sickness and disease that in many cases could be prevented through a healthy diet, with the consequences of applying pesticides, herbicides, and chemical fertilizers – I recognize the value of one small effort to counter these detrimental actions.







Small efforts can have large outcomes.

In the forest around this garden are numerous insects and creatures, but in the garden they are abundant far in excess of these surroundings. Although the global bee population is declining at a frightening rate, here there is sustenance for great numbers of them. A variety of butterflies flit blossom to blossom from spring to autumn, one of them the white cabbage moth, laying eggs in broccoli, cauliflower, kale and of course, cabbage. I watch and see also the numerous wasps who fly behind and eat the eggs, later eating the small worms that managed to hatch. Where many people have large numbers of slugs or mice in their garden, here their numbers are low, thanks to the generous feasting of snakes. Because there are no pesticides, because I do not use anything that would poison these so-called nuisance creatures (and I have to confess that at times they are indeed a nuisance) things tend to come into balance. It isn't about perfection in the eradication of anything that might nibble on a lettuce leaf. It's about learning how tolerance and diversity work. I see it here in the garden and understand how these qualities can also contribute to a balanced and harmonious world community that finds a way for all creatures to be valued and included.

## ENVIRONMENT

Many spiritual traditions and teachers extol beauty as a positive spiritual influence. I think of the Navaho prayer, “In Beauty I Walk” and of many Sufi and Zen teachings that encourage the practice of creating beauty. They counsel the seeker to create and acknowledge beauty for the benefit it confers. Dr. Zach Bush expresses the scope of it eloquently: *If we make a conscious effort to elevate beauty in our work and our relationships, we can focus on doing our highest work and witnessing, with pleasure, the fabric of reality.* It is in the garden that I repeatedly experience the transforming power of beauty. Light as it transforms an onion skin to ruby brilliance, veins on a cabbage leaf like the branches of an elm tree, the glistening webbed wings of a fly: these suspend my thoughts as I gaze in wonder. In such moments, the fullness of being is revealed.

Such moments bring me fully to the present. Thich Nhat Hahn wrote: *Our true home is in the present moment. To live in the present moment is a miracle.* Having the blessing of a garden reveals this miracle. The various practices meant to bring awareness to the present, including meditation, hatha yoga, qi gong, journal reflections, and prayer, can include the garden as a means to develop conscious awareness of now.

Many philosophers and psychologists have characterized our modern world and its ills as





The process of interacting with soil, plants, and animals provides a community of relationships, a connection with other living beings that becomes a lived experience of the interconnectedness of all life.



evidence of a crisis of meaning. Rituals and connections that once infused meaning into our lives have been abandoned along with the meaning they provided. Yet people who find their way to tending a garden repeatedly express the satisfaction it gives. The process of interacting with soil, plants, and animals provides a community of relationships, a connection with other living beings that becomes a lived experience of the interconnectedness of all life. The question of meaning is transcended by living with it. This moves beyond the rational mind to include the more than human world. In doing so it restores something sensed as a great loss, which is our felt connection to this entire living world. An indigenous elder prophesied the “great loneliness” that would befall our civilization as we lost

the awareness of our kinship with nature. The garden restores this awareness.

The bees continue humming, the autumn light intensifies the brilliant red and gold of zinnia petals and I resume gently digging to retrieve potatoes for hearty winter meals.

My determination to continue to support and nurture the life of this garden is strong. The life of the garden and my life are intertwined. The words of the medieval Zen monk gardener Muso Soseki reverberate: *One who distinguishes between the garden and the practice cannot be said to have found the way.*

Photographs by ALANDA GREENE

**KASHISH KALWANI** is a graduate student at Emory University, Atlanta, Georgia. She is also one of the editors of Heartfulness Magazine. She shares some insights on eco-anxiety from her classmates who are undergraduates and graduate students studying the course, "Climate Change and Society," taught by Professor Eri Saikawa.

What can you do as a single person? Do whatever you can. If you can plant a tree, plant one tree. If you can pick up a plastic bag, do it. Little by little. If everyone does this, it will be wonderful. If nothing else, at least pray.

Think that everything surrounding you – the ceiling of your room, the sky, the trees, the birds – are absorbed in the remembrance of God. This will create very special vibrations, a special atmosphere. You will be able to create a unique atmosphere – if not in the world, at least in your room, in your family, in your community.

DAAJI





When all our efforts are in vain, and the climate crisis will not be solved in our generation, or the next, I remind myself of the Indigenous wisdom. This Seven-Generation philosophy is integral to Haudenosaunee life:

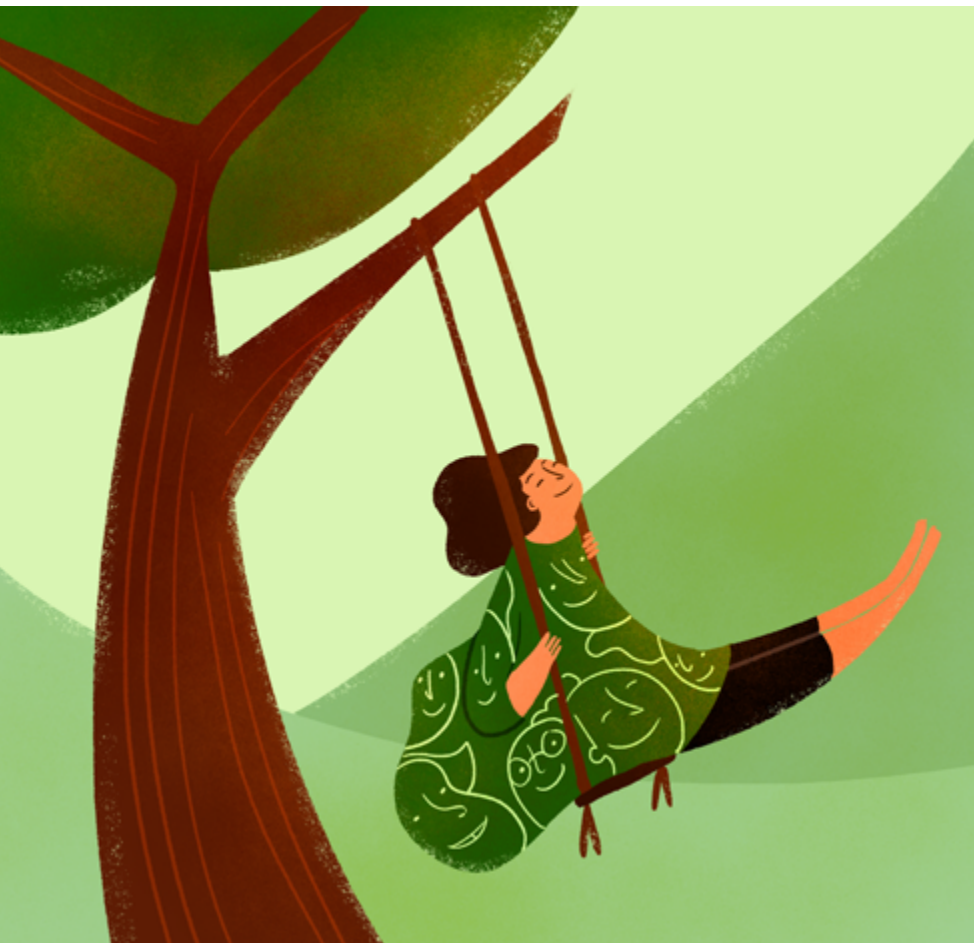
“The Peacemaker taught us about the Seven Generations. He said, when you sit in council for the welfare of the people, you must not think of yourself or your family, not even of your generation. He said, ‘Make your decisions on behalf of the seven generations coming, so that they may enjoy what you have today.’”

So I invited my classmates to share their experience on eco-anxiety, and here are their responses:



## CAITLIN MCCONAGHY

I often feel intensely sad and disappointed when I read news headlines regarding climate disasters, biodiversity loss, and inaction by many global leaders; however, I’m far from feeling hopeless. I usually try to seek out news or other media that discuss the positive action being taken in the climate arena. Often, this means listening to the TED climate podcast while I go for a walk or run, as being outdoors is my main mode of mental health care.



My main tool is actively working to try and avert the disaster by choosing to pursue a Ph.D. in conservation so that I can personally help preserve species and ecosystems that need saving.

## JOSIE PILCHIK

I experience near constant eco-anxiety. I remember when the most recent hurricane hit my county just a couple years ago, a huge tree in our yard within reach of our house came crashing down. We were lucky enough that it hit the side of the house, but had the wind been blowing slightly differently, my pets, my sisters and myself could have been seriously injured or killed.

When Hurricane Sandy hit in 2012, our whole town had no power for a week, so we laid out mattresses and huddled by the fireplace at night to stay warm while we slept, until we could go to a family member's apartment in Manhattan, which had power because of the more advanced and well-maintained power grid.

These events were significantly less extreme than the climate events so much of the world is experiencing, so my eco-anxiety runs high and I struggle with maintaining hope and a belief that we can fix the climate disaster.

I am lucky enough to have access to therapy to support and strengthen my mental health. Aside from that, my main tool is actively working to try and avert the disaster by choosing to pursue a Ph.D. in conservation so that

I can personally help preserve species and ecosystems that need saving.

## JOE OWENS

I believe that life may not be the same in 25, 50, or 100 years, but it will still be worth living and there will still be ways to find joy. I try to view climate change as something to give my life and my work purpose. Whenever I get stressed, I find physical activity to be the best tool to help strengthen my mental health. I love going for runs and combining the physical activity with being outside is super helpful for me.



## SOPHIA LAMB

Growing up, my family and community did not have much connection with nature, unless it was visiting the beach, going to

the park, or occasionally driving up the neighboring mountain to see the snow before the multi-year long droughts hit Southern California. Over the years I have grown to love hiking, and after the pandemic hit I felt as though it was all I could do in Northern California to clear my mind and distract from the isolation the pandemic brought. So, in my own personal tradition, along with many others in the world, I respect nature by spending time and learning about the region and native environment I explore.



## JACQUELINE ZHANG

I think of eco-anxiety as the other end of the environmental awareness scale (the lower end being dismissive or uninformed). All environmental issues deserve a larger platform and more discussion. I believe eco-

anxiety extends to concern about irreversible changes on Earth, including loss of biodiversity and change in climate. My culture places an emphasis on waste and making sure to take only what you need. An example of this is food waste, as we have a saying that discourages the waste of even one grain of rice.

## TONY HUANG

The more I read the news, the more it seems like there is an endless stream that reinforces feelings of panic, anger, and sadness. It is infuriating that we have studied and known the effects of climate change for decades, and none were taken seriously by major world powers. This has led to the situation we're in today. The world is changing, and humankind needs to act boldly to mitigate the most extreme effects of climate change. Though it is dire, I take solace in the fact that we are flexible and durable, and we have and will find solutions to each and every one of the problems threatening our existence. Future generations will find a way to persevere; we have to find a way to make it easier for them.



## CLARE MCCARTHY

I have experienced a great deal of eco-anxiety. The first symptom was deep guilt. I had heard about climate change growing up, but I never learned about it as a social justice issue until a summer program in high school. I was shocked to learn about the disproportionate impacts of climate change, and felt ashamed that I had not experienced any significant changes in my own life as a privileged American, while my country was contributing to the problem the most. I spent some time feeling paralyzed by guilt.

One major way I combat my climate anxiety is by connecting with other passionate Emory students fighting environmental injustices. I love the sustainability community at Emory, and the friends I have made keep me

inspired, energized, and give me a space to rant.



## DANNI DONG

I experience eco-anxiety when I see the collective inaction across nations to reduce emissions. I feel uneasy when my family in Connecticut shovels snow a lot less often than when we moved there 15 years ago.

I moved to Atlanta because I thought the warm weather and sunshine would improve my mood. I never thought that chronic overwarming causes a decline in mental health. Research shows that murder rates are significantly higher on unusually warm days. Heat exposure also disproportionately affects disadvantaged communities. Low-income households have an energy burden three times that of middle-

and upper-income households. This means that even if a family is able to afford a home, they may not be able to pay the utilities to keep the temperature controlled. It is imperative to build housing that is compatible with energy efficient appliances and is well-insulated.

One major way I combat my climate anxiety is by connecting with other passionate Emory students fighting environmental injustices. I love the sustainability community at Emory, and the friends I have made keep me inspired, energized, and give me a space to rant.





## NITHYA NARAYANASWAMY

Eco-anxiety seems multidimensional, and has environmental justice implications as well; therapy isn't always covered under medical insurance, and some communities might be more vulnerable to environmental health threats than others.

One way I reduce my eco-anxiety is by actively engaging with causes that are working to combat the climate crisis, and by connecting with other passionate activists and advocates across campus.

My culture has a very interesting relationship with the land and natural resources, which are considered to be divine entities. In the place I grew up, we sought to actively reduce the numbers of physical and emotional barriers

Future generations will find a way to persevere; we have to find a way to make it easier for them.



## ENVIRONMENT

between day-to-day activities and the Earth, as this builds a deeper connection between the land and our souls. This involved activities like sleeping on the ground, walking barefoot, gathering under trees, and more. This also highlights a dis-analogy between these kinds of cultural practices

and modern urban living, with its microplastics, pesticides, and so much more.

As a result of these cultural influences, my main coping mechanism for eco-anxiety is to sit or meditate in nature.

I reduce my eco-anxiety by actively engaging with causes that are working to combat the climate crisis, and by connecting with other passionate activists and advocates across campus.





## CATHERINE HAUS

I am Swiss-American. Switzerland is a country with vast natural beauty. Its terrain is composed of mountains, rivers, lakes, valleys, and forest. A traditional Swiss proverb goes, “Words are dwarfs; deeds are giants.” This quote reminds me not to focus on my eco-anxieties, nor overthink my word choice, but to move beyond the scope of wordplay and focus efforts into actions.

For me, action comes in the form of studying to become a climate data scientist, as well as volunteer-service positions. Lastly, I try my best to live in harmony with the philosophy of Solarpunk, which originated from indigenous tribes in the Amazon forest. This theory challenges me to imagine a world in which technology and nature

peacefully co-exist, rather than in opposition to one another. Both Solarpunk and the Swiss Proverb bring me peace in the face of “the end times.”



## ANUSHRI SONAWALA

I have lived in Mumbai and Singapore, which are both vulnerable to sea level rise and heavy rain. I live by the sea, and although the view is breathtaking, learning about sea level rise in school worries me. I have informed my parents many times that maybe we should find a house further away from the coast, but it never struck them that the news creates my eco-anxiety. Disheartening news about another flood, another wildfire, and oil spills makes me feel really sad. This spirals into sadness about the world and the lack of effort on our part. But then thinking about what I can do, I

get motivated to make a change. Seeing firsthand climate events such as coral bleaching while scuba diving inspires me to do something about it. I have taken part in a few coral restoration projects and raised awareness about their ecological importance.



## FAITH LOPEZ

My abuela passed away in 2008. She died after a battle with breast cancer that lasted most of her life. At her funeral, my great aunt spoke about the women who live in the Indigenous pueblos in Nevada, Arizona, New Mexico, and other states in the Southwest who have been disproportionately affected by nuclear radiation. My abuela lived on the Navajo reservation most of her life. Portions of these states were nuclear test sites. Indigenous

## ENVIRONMENT

reservations were near the blowback of such sites.

In my experience, eco-anxiety is not just anxiety about the future of climate catastrophes, nor does it lie solely in the potentiality of these events. Eco-anxiety plagues people like me, who have seen environmental catastrophe take down communities and loved ones.

I fear a future in which my mother and me are diagnosed with a disease that we got from growing up in rural New Mexico. But I find comfort in my community, in the shared experience of being afflicted. It is an unfortunate common ground, but a common ground, nonetheless.



### PRACHI PRASAD

Anxiety is very present around climate change, and a sense of impending doom can be

overwhelming. This past spring, I had the opportunity to co-teach a workshop on Climate & Anxiety for high school students at a science museum. We discussed real-time fears and worries, so that students could find solidarity and validation in their peers. Having open conversations about these feelings is incredibly important to lessen the feeling of isolation and lack of control.

Some of the tools I find helpful are meditation, open conversation, and finding small ways to find control and be hopeful. Some sustainable practices that could help a lot of people are yoga and meditation for releasing stress from the body, and cleaner eating to help minimize contributions to carbon-intensive processes. These can be difficult to do with day-to-day struggles and the cost of food, but small steps make a big difference.



## MARGARET OLAWOYIN

Connecting with God while farming is traditional wisdom from my Nigerian community to enhance sustainability. My father was a farmer before we moved to the U.S. He and his siblings would pray while sowing seeds to manifest a bountiful harvest season from God. This tradition is one reason I feel so attached to the Earth and Nature.



## WILL HUTCHINSON

I had an interesting experience with eco-anxiety over the summer, when I was teaching summer camp in Salt Lake City, Utah. Utah is experiencing a severe drought, and the Great Salt Lake is drying up rapidly, releasing arsenic as it dries. A 10-year-old camper

expressed sadness and anxiety about this, and it was difficult to listen to these feelings of eco-anxiety from such a young child. The eco-anxiety we experience can be passed to children, and a very important aspect of climate communication is engaging youth without instilling feelings of guilt and hopelessness.



## MAGGIE DAVIS

I experienced eco-anxiety when I was in high school and took my very first environmental science class. I felt a huge weight on my shoulders comprised of fear. As I began to dive into the world of climate change, learning that we are harming the Earth like it never has been before, I became extremely anxious, but what made me most anxious was the fact that

Some sustainable practices that could help a lot of people are yoga and meditation for releasing stress from the body, and cleaner eating to help minimize contributions to carbon-intense processes.

we weren't doing enough about it. I hated the feeling of knowing that climate change puts millions of lives at risk and yet people still choose to ignore it.

I still love to read the recent news about climate change, but I know that I have to learn in doses. If I get too caught up it causes feelings of sadness and depression. Lastly, I do not have a tradition within my community, although I meditate every day as a way to strengthen my connection with the harmony of mother Nature, as I find that essential to my being.

Illustrations by INA GOUVEIA and VIRINAFLORE

*creativity*





Cooking is just  
as creative and  
imaginative an  
activity as drawing,  
or wood carving, or  
music.

**JULIA CHILD**

# New Biology

**SIMONNE HOLM** looks at ways to develop healthy balanced nutrition using the 80-20 alkaline-acid principle.

In the book, *The pH Miracle*, Dr. Robert Young explains how our modern lives are suffering from imbalance caused by our dietary choices. He also explains how we can easily restore our health, getting the best nutrients and eating a balance diet, by finding the right combination of foods. If you would like to benefit from his exhaustive research, as well as from the works of early pioneers in the field, I highly recommend reading the book.

The pH balance in your body plays a very important role in your health. pH is a measure of how acidic or alkaline something is, and an optimal acid-alkaline balance is necessary for the body to maintain a state of good health and avoid lifestyle diseases.

The tissues in our body have an optimal pH range that must be maintained for the immune system to function optimally, e.g., the blood at the slightly alkaline pH of 7.365. Eating acidic, toxic, low-quality processed food and leading a lifestyle full of stress and negative thinking make the body create more acid than it can eliminate, and this then affects our digestive system and body metabolism.

So, in order to maintain the optimal pH of the blood, our bodies use alkaline minerals from our tissues. Once the alkalinity reserves in your tissues are exhausted, serious problems start. The body will begin to leach calcium directly from bones and magnesium from muscles. And



the excess acid in the body will be dumped back into the tissues for storage as the lymphatic (immune) system is overloaded. The body will retain fat to protect the excess acids from affecting the organs that sustain life. It is one of the main reasons for weight-related problems.

This circle of imbalance will eventually lead to an oxygen-deficient environment in which bacteria, fungi, and yeast thrive.





The body's inability to remove its own waste leads to acidosis, the over-acidification of the blood and tissues.

Initial symptoms include low energy, allergies, premature aging, joint problems, inflammation, digestive issues, bowels irritation, reflux, weight gain, sleep problems, etc. These symptoms can later lead to chronic diseases like diabetes, inflammation, heart disease, osteoarthritis, cancer, and more.

Fortunately, we can prevent imbalance and support our bodily needs by eating an alkaline diet that is full of nutrients, vitamins, minerals, fiber, omega oils, antioxidants, and plenty of water.

The pH of our internal fluids affects every cell in the body, and blood is the most important tissue in the body that transports oxygen, nutrients, and water to the cells and eliminates waste products.

It is quite easy to regain the proper pH balance within only a matter of weeks.

**Step 1: Understand what kind of lifestyle you live** and what food you are eating.

**Step 2: Understand how your body works** according to the pHbalance and how to maintain homeostasis.

**Step 3: Take action.** Break your imbalance and start eating a diet rich in raw, green, organic whole foods.

## CREATIVITY

### Daily Program for Optimum Health and Vitality

1. Drink fresh organic green smoothies or juices.
2. Drink more pure water.
3. Eat organic green salads and nourishing dressing.
4. Meditate to give your mind a break.
5. Do breathing exercises for a few minutes daily.
6. Move and get in contact with nature (parks, coast, forests, mountains, etc.).
7. Sleep well – more than you think you need.

By adding these to your life, you can return your body to a state of purity and balance.



### The 80-20 Principle

Everything you eat influences your body's pH balance. So, it is important to find the right balance between acidic and alkaline food. To achieve the correct balance, strive for a diet of 80% alkaline-forming foods and 20% acid-forming foods.

In reality, most people are doing the exact opposite: eating 20% alkaline-forming foods and 80% acid-forming foods.

Make sure that meat, fish, potatoes, rice, pasta, and other acid-forming foods only make up 20% to 25% of what you eat. The remaining 75% to 80% of what you eat will be fresh vegetables and other alkaline foods.

Keep in mind that each of us is a unique individual with different

bodily needs. You need to be your own best expert and begin to recognize your body's true needs.

You can eat as many alkaline-forming foods as you like, as they contain important nutrients and have a low-glycemic index.

Alkaline food is plant-based, gluten-free, sugar-free, and contains proteins, minerals, vitamins, antioxidants, and essential fatty acids. Alkaline fruits and vegetables contain high water content and mineral content, which increase the oxygen content of the body.

The human body is designed to eat natural foods. And an alkaline diet offers an optimal way to bring yourself back to balance from any disorder, be it physical, emotional, or spiritual.





## Alkaline Drinks are the Foundation of Health

The easiest and the best way to get more raw vegetables daily is to kick-start your day by juicing or blending your vegetables.

A healthy daily intake is 6 to 9 cups of vegetables and fruits. Drinking a big glass of a green smoothie or juice daily will increase your greens intake by up to as much as 3 cups.

Using the balance principle, it is possible to create vibrant health, facilitate weight loss, and slow down aging.

Apply the principle step-by-step and visualize a big plate of what you will eat during the day. It can help you to navigate toward more healthy alkaline food.



## Acid-Alkaline Ratios in Food

### 1. 75% acidic: Common in the standard Western diet

Acidic foods rob your nutrients: low-quality processed, refined foods, nutrient, pre-packaged non-foods, fast foods, trans fats, genetically modified and oxidizing foods, sugar. They provide fewer nutrients to your body, but result in stress, toxins, and acidity.



### 2. 50-50: A good start to a healthy lifestyle

Regain nutrients by adding fresh, unprocessed foods.

Let fresh, organic fruits and vegetables make up more than 50% of your food.



### 3. 70% to 80% alkaline food is the optimal balance for your health

Live fully recharged with 70% to 80% high-energy, fresh, alkaline, organic, whole foods, alkaline juices, smoothies, and water.

Choose the other 20% to 30% carefully.



Photographs by SIMONNE HOLM



# Easy Kale Salad

**POOJA KINI** is a master of finding simple ways to eat healthy food while living a busy lifestyle. Here she shares a kale salad that is full of goodness without taking loads of time to prepare.

Ah, Kale. The green that made an appearance out of nowhere, became everyone's favorite overnight, and has apparently decided to stay for good. It's the star of salads, grain bowls, and even eaten as chips! While intimidating and seemingly bitter, if you prepare it properly, it can taste amazing. And we all know it's super good for you –

amongst other health benefits, kale is packed with antioxidants, vitamin C, and vitamin K.

I love this salad when I'm looking for something quick, simple, and filling to eat for lunch on a weekday. It's my go-to for a reason: it's colorful, crunchy, and packed with flavor, while being healthy and light! I like to make a

batch of dressing and pre-portion my veggies so that when it comes to lunchtime, all I have to do is combine them – which takes less than 5 minutes! Getting your greens in can be difficult, but this makes it easy.

This recipe is vegetarian and can be made vegan easily with the removal of the cheese!

## INGREDIENTS:

- Kale (any variety), washed and stems removed
- Cheese of choice (I prefer goat cheese or feta cheese)
- Slivered almonds or sunflower seeds
- ½ avocado
- ½ cup chickpeas, white beans, or kidney beans
- Any extra veggies you like (I enjoy tomatoes, sliced apples, or sweet bell peppers)

## DRESSING:

- Extra virgin olive oil (1 tbsp)
- Lemon juice (½ lemon)
- Salt (to taste, but a generous pinch or a few healthy cracks)
- Pepper (same as salt)
- Red chili flakes (to taste depending on your spice tolerance)
- Optional: a little honey for sweetness





Combine the ingredients for the dressing, whisking with a fork quickly until emulsified, in a small bowl or jar. You can make extra and keep it for the next day if you'd like!

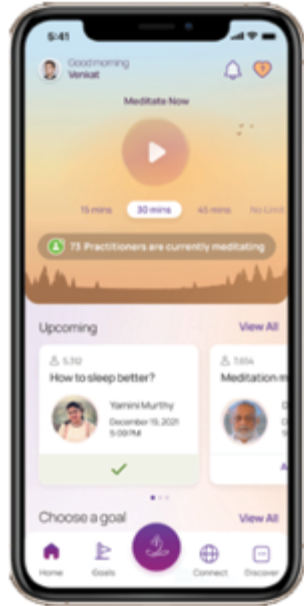
In a salad bowl, add your kale, pour the dressing over it, and massage it in with your hands -

this tenderizes the kale and takes away the bitterness.

Add in your avocado - a trick: cut it in half, cut a checkerboard / tic-tac-toe board shape into the half that isn't pitted, and then simply squeeze down on the skin, pushing out the avocado pieces.

Add in the remainder of your ingredients, and toss with the rest of the salad until everything is coated. Enjoy!

Photographs by POOJA KINI



Download it now!



## heartfulness app

Master the habit of meditation

The Heartfulness app offers daily practices to awaken the potential for a joyful existence.

Download app at  
→ [heartfulnessapp.org](http://heartfulnessapp.org)



## योग

Post graduate diploma in advanced yoga.

Learn to teach the eight limbs of yoga. Merge the traditional art of yoga with a modern professional approach.

DEGREE IN OM

Heartfulness Yoga  
Teacher Training Course

→ [heartfulness.org/yoga/](http://heartfulness.org/yoga/)



MEDITATION  
MASTERCLASS

3 masterclasses

In these online masterclasses, you will learn the practical benefits of meditation and other yogic practices.

Masterclasses are available online each day after you sign up and accessible throughout the day. Each class runs between 35 and 45 minutes.

→ [heartfulness.org/masterclass](http://heartfulness.org/masterclass)





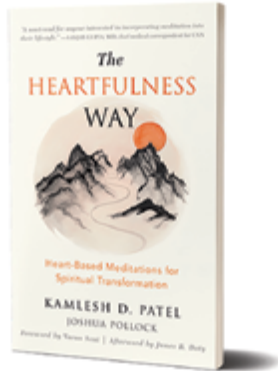
#1 BESTSELLER

**DESIGNING DESTINY**  
by DAAJI

How meditative practices lead to changes in lifestyle, both personal and in relationships, which lead to greater freedom in designing our destiny.

Available at [designingdestiny.com](http://designingdestiny.com), on Amazon, and at all leading bookstores.

→ [designingdestiny.com](http://designingdestiny.com)



#1 BESTSELLER

**THE HEARTFULNESS WAY**  
by DAAJI

In this inspiring text, you will discover a special collection of meditations that awaken the depths of human potential and initiate a mystical inner journey. In this process, the heart becomes a perennial source of wisdom and guidance to help you navigate life's twists and turns and lead a life more connected to yourself and others.

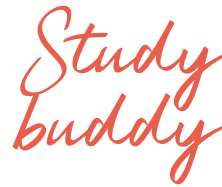
Available through → [heartfulnessway.com](http://heartfulnessway.com), at major bookstores and on Amazon.



FIND YOUR COMMUNITY

Find a trainer or meditation center near you!

→ [heartfulness.org/en/connect-with-us/](http://heartfulness.org/en/connect-with-us/)



LEARNING, *The Heartfulness Way*

Explore simple Heartfulness practices through our self-paced courses for beginners and advanced learners alike.

→ [learning.heartfulness.org](http://learning.heartfulness.org)



CONSCIOUS LIVING IN STOCK

HFNLife strives to bring products to make your life simple and convenient.

We do our tiny bit to fulfill your material needs by bringing you a set of curated partners in apparel, accessories, eye-care, home staples, organic foods and more. The affiliation of our partner organizations with Heartfulness Institute helps in financially sustaining the programs which we conduct in various places across the world.

→ [hfnlife.com](http://hfnlife.com)



**DAISYTEK**  
COMPUTERS LLC  
DUBAI, UAE

daisytek@daisytek.ae  
www.daisytek.ae



**Canon**



**EPSON**

**WE STOCK LEADING BRANDS**

**acer**

**brother®**

**logitech**

**Lenovo™**

All brand logos and images are copyright of their respective owners.

**FOR TRADE INQUIRIES +971-4-3930734 • daisytek@daisytek.ae**

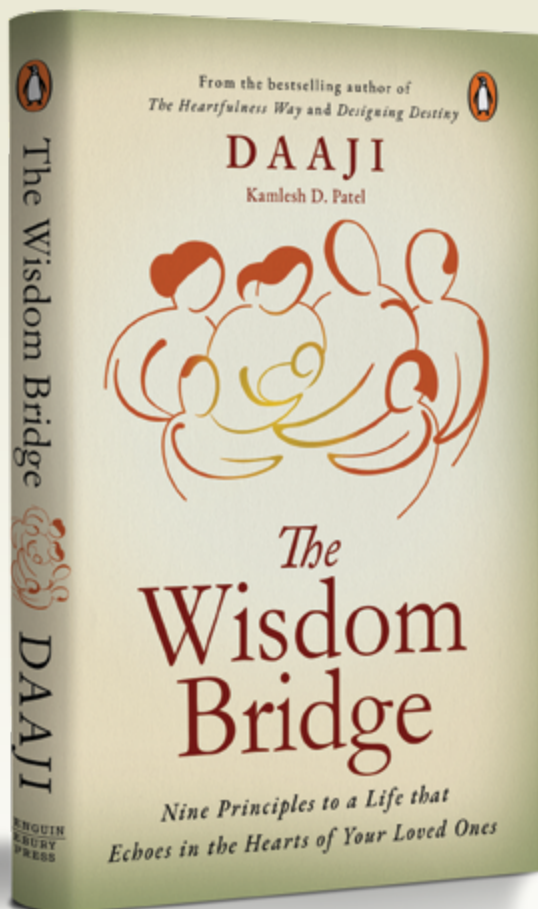
From the bestselling author of *The Heartfulness Way* and *Designing Destiny*

**DAAJI**  
Kamlesh D. Patel

# The Wisdom Bridge

In *The Wisdom Bridge*, Daaji offers nine principles to guide you, the reader, to live a life that inspires your children and your loved ones. These principles are important references for parents, parents-to-be, grandparents and caregivers to create fulfilling and happy lives. They will not only help you enrich the lives of your children and raise responsible teenagers, but pave the way for an inspired life and resilient bonds in your family.

PRE-ORDER at  
[hfn.link/preorderTWB](https://hfn.link/preorderTWB)



”

“It is both an inspiring and practical resource the parents will refer to often as they care for their children.”

- **JACK MILLER**, Professor, University of Toronto, and author of *The Holistic Curriculum and Whole Child Education*

“As the old African Proverb states, “It takes a village to raise a child,” you can now consider Daaji part of your family’s village.”

- **LASHAUN MARTIN**, National Vice President, Operations, Mocha Moms, Inc. Gospel Recording Artist

“A timely book that families will benefit from, including my own.”

- **PULLELA GOPICHAND**, Chief National Coach Indian Badminton Team, recipient of the Padma Bhushan

“Whether it’s music or life, what matters is growing self-awareness. I impart this lesson through the flute, and Daaji does this through his teachings.”

- **Pt. HARIPRASAD CHAURASIA**, internationally acclaimed flautist, teacher, and winner of multiple awards and recognitions globally

“I find the wisdom in this book enlightening.”  
- **CLANCY MARTIN**, Professor of Philosophy, contributing editor, Harper’s Magazine





**REIMAGINING  
A BETTER  
SHARED WORLD**

