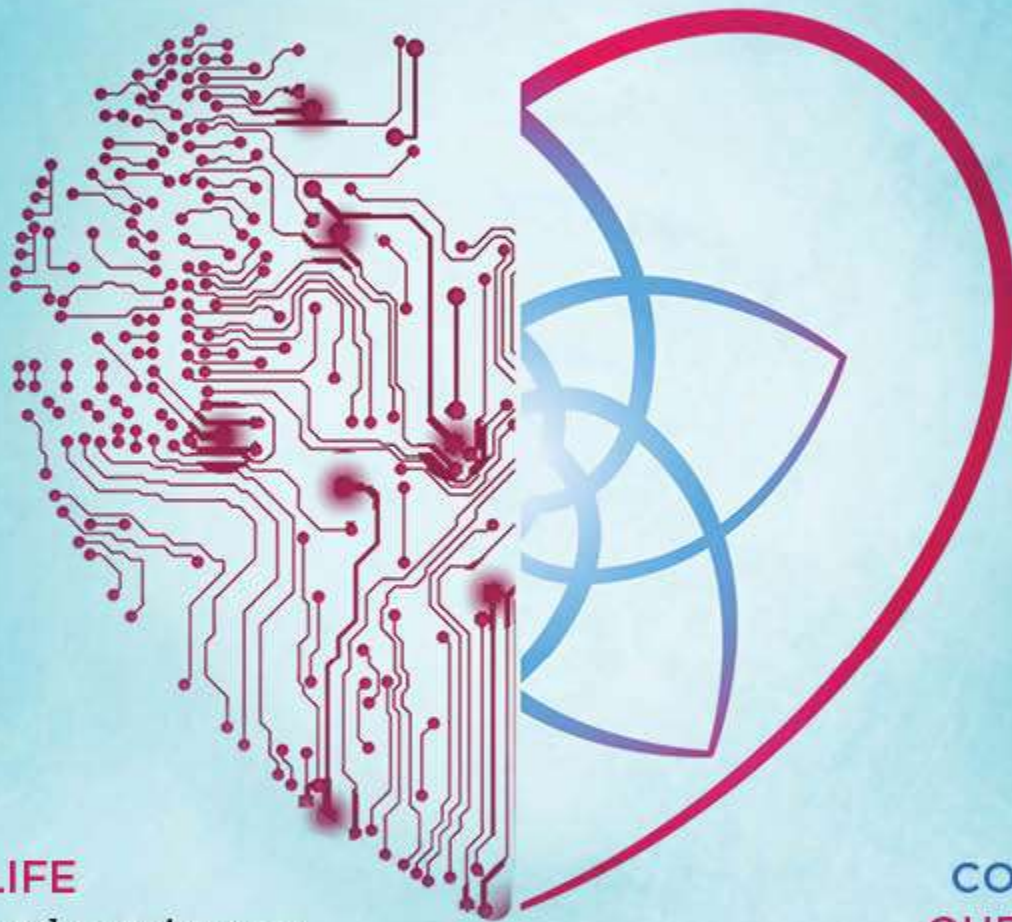


Who was  
**ST VALENTINE?**

FEBRUARY 2017

# Heartfulness

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



## LIFE IN LIFE

*Daaji: love and consciousness*

## BETWEEN STIMULUS AND RESPONSE

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

## COMING TO OUR SENSES

*Terran Daily: living  
with the new children*

## OUR ESSENTIAL SELF

*Dr Cowan: love and cardiology*



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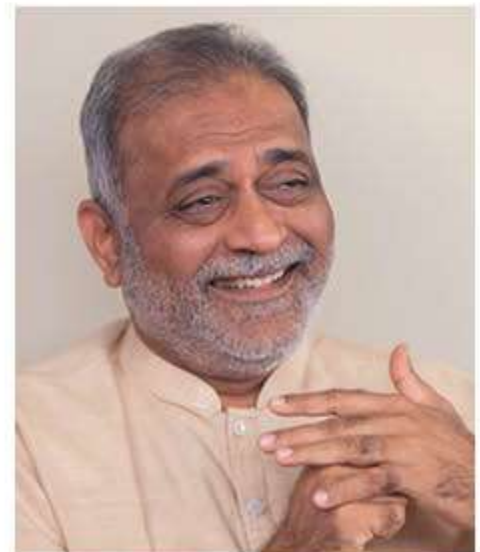
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**03  
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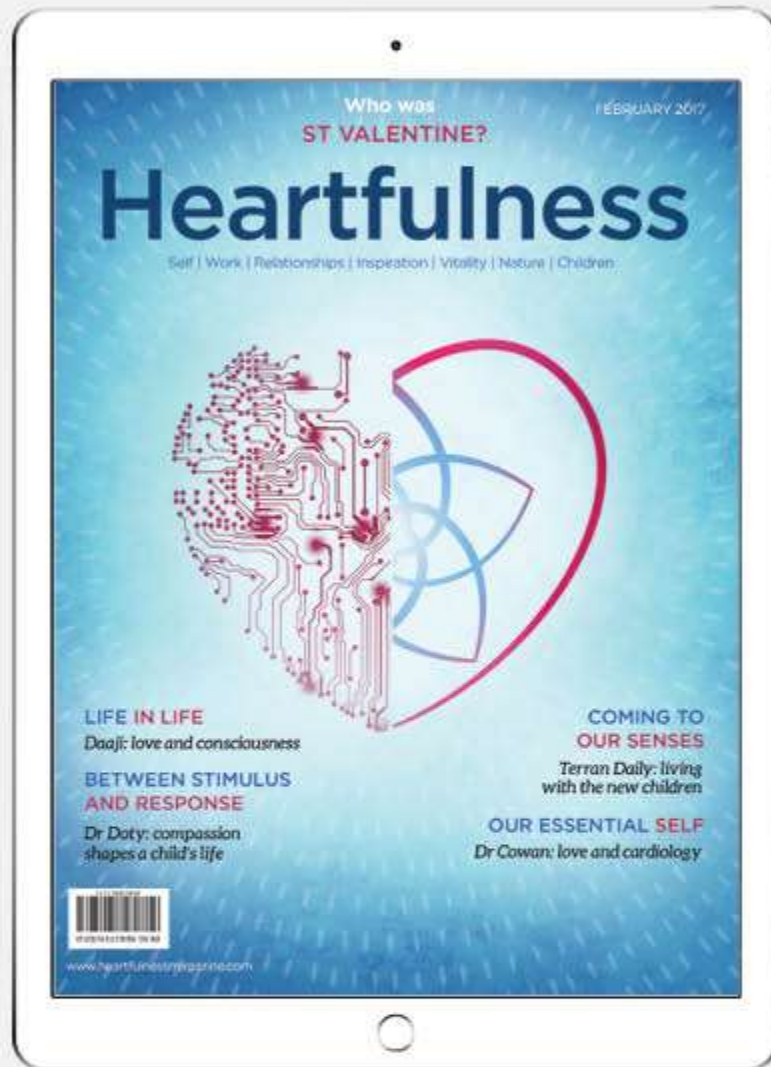
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## Heartfulness

Through meditation, calm

# How to meditate

Gently close your eyes and relax.

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

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

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

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

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



---

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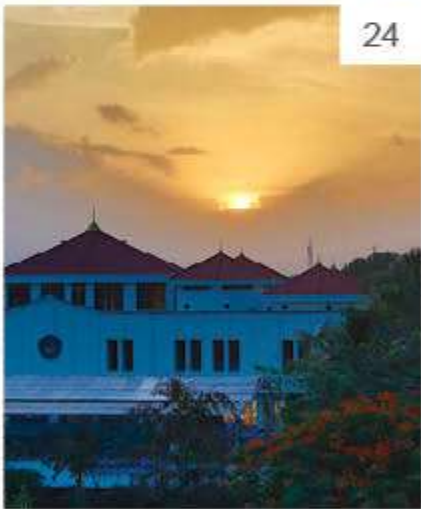
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# IS HAPPINESS PROPORTIONAL TO *Love?*

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

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

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

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

*from your Valentine.*

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Thomas is an MD who also writes about nutrition, homeopathy, anthroposophical medicine and herbal medicine. He is the principal author of *The Fourfold Path to Healing* and co-author (with Sally Fallon) of *The Nourishing Traditions*



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

## *Veronique Nicolai*

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



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WHO WAS

# St Valentine?

And why do we  
associate St Valentine  
with romantic love?

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

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

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

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



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

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

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

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



# THE CHOICES

*We Make*



TENDENCIES AND TRANSFORMATION

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

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

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

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

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

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





[simplypsychology.org/maslow.html](http://simplypsychology.org/maslow.html)). Our choices evolve as we satisfy the lower needs and move higher up in the aspirational spectrum towards fulfillment.

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

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

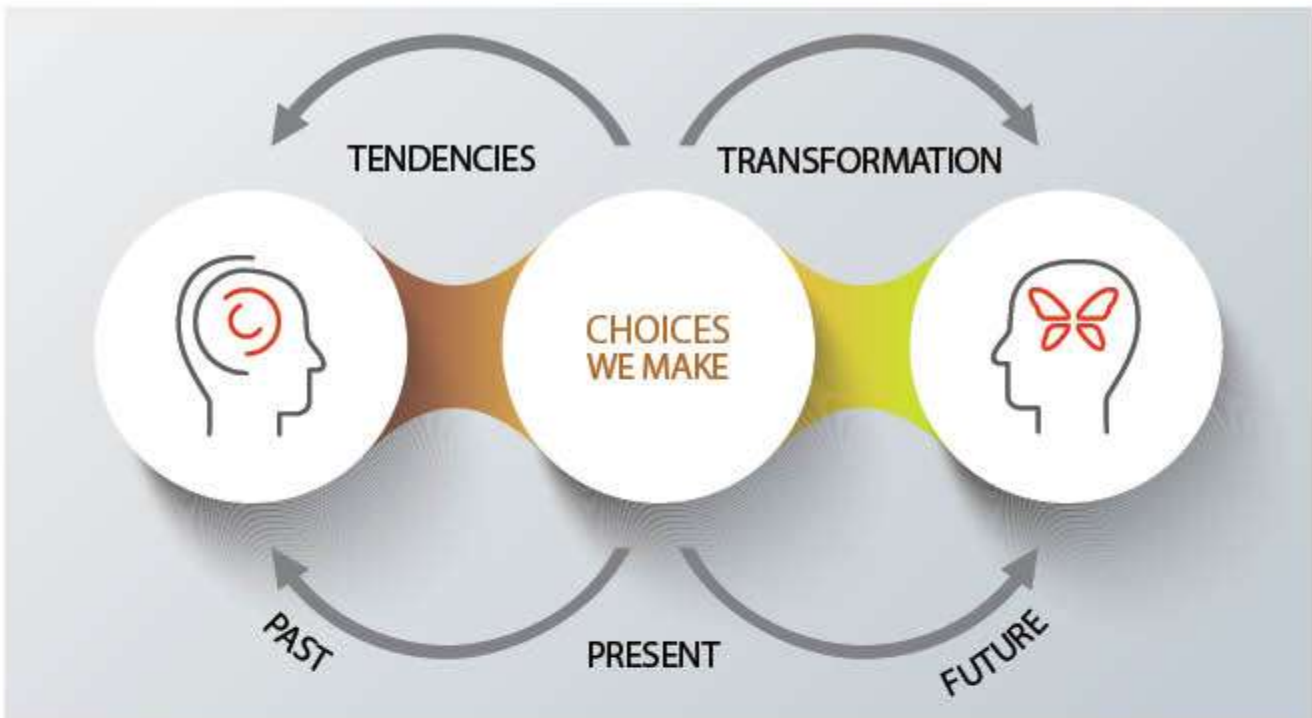
We blame others, our parents, our bosses, our environment and everything else for the poor choices we have made. We suffer terribly because we are slaves to this behavior.

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

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

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

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



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

---

The choices we make  
determine the destiny.

- Thomas S. Monson

---

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



---

We are defined by the choices we make.

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

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

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

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

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

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

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

Find a meditation practice to follow.

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

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

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

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