

heartfulness

purity weaves destiny

TUNING THE SOUL

Music and Spiritual Life

ENTROPY IN RELATIONSHIPS

Love and Stability

HUMAN EVOLUTION

In Pictures



EXPERIENCE HEARTFULNESS

Learn to Meditate
with the help of yogic transmission.
Experience the beauty of the heart.

Everything Comes from EXPERIENCE

www.heartfulness.org

In the early 1900s, a great sage known as Lalaji of Fatehgarh exposed that knowledge and spirituality are synonymous. Lalaji said that knowledge expands with the removal of bondages or veils in consciousness. Gaining this knowledge is a precondition to happiness, peace and rest. From this type of knowledge and rest comes purity, which shapes our destiny.

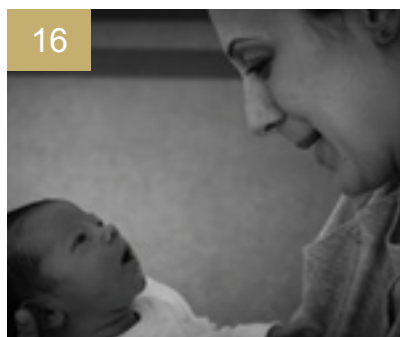
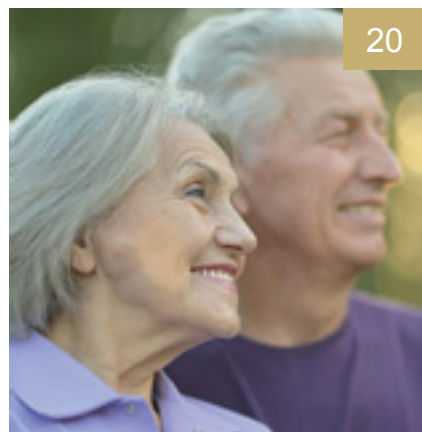
Heartfulness emphasises that knowledge derived from personal experience is the best, especially for personal development, potential and consciousness. Even those experiences are, however, subject to biases and confusion because of our own limitations. The recognition of those limitations as well as the great potential we have in us is the first step towards growth.

When we engage in the stages of practice of Heartfulness, from relaxation to morning meditation to cleaning the mind of its clutter in the evening and then to bedtime contemplation, we gain this knowledge of our Self. We welcome you to use our audio and video files of self-guided practice.

If you are affiliated with educational, corporate, non-profit or governmental institutions, please contact us for free workshops for the benefit of all.

Victor Kannan,

Director, Heartfulness Institute



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Interconnectedness

Dear readers,

Imagine sitting quietly alone in a garden. At first glance, everything seems still and serene, but as you adjust to the subtler rhythms around you, you become aware of a world teeming with activity. The plants sway rhythmically, birds fly from tree to tree, insects crawl and buzz and the shadows dance and flicker, as everything is alive with movement. It is like seeing the iconic 'blue marble' view of the earth – from afar there is a static slow motion feeling, the clouds' swirling movements barely detectable, but as you zoom in many life forms become visible in their own flow and bustle on the surface of our earth.

Just as every insect's activity adds to the nourishment of the soil, so too our activity as humans adds to the sustenance of our planet. At the physical level our choices have an impact on the environment. On a more subtle level, our thoughts, emotions and reactions affect the 'atmosphere' and so we affect each other. This may not be visible, but we feel it. There is one type of atmosphere in a hospital, and another at a cricket match. There is the joyous lightness of little children in a kindergarten and a different feeling in a corporate board meeting. Atmospheres are different because of the thoughts and feelings people have in different situations, and every thought we have has its effect. We are all connected at many levels.

In this issue we explore this theme of interconnectedness and relationship. In this age of Internet and social media, we are connected across the globe at the press of a button on a smartphone, yet does that guarantee quality in our communication? How are we affecting the world around us by our thoughts and feelings? Drop us a line and let us know what you think.

Happy reading!

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I expect to pass
through this world
but once. Any good,
therefore, that I can
do or any kindness
I can show to any
fellow creature, let
me do it now. Let me
not defer or neglect
it for I shall not pass
this way again.

**ATTRIBUTED TO
STEPHEN GRELLET**

PHOTOGRAPHY BY ROMAN LEHMANN

Priorities

TREVOR WELTMAN

Welcome to the Real World. It doesn't matter how old you are. If you are in high school, college or you are a young adult, the decisions you make now are as real as any others you will make during the course of your life. Youth is not a shield behind which we hide our material immaturity, but the platform upon which we build the foundations of our future.

What you say, think, and do now actually matters. How is that for empowerment?

Almost everything in our 21st century, material-centric life resists meditation. How? Because there is always another exam to prepare for, friend to catch up with, book to read, assignment to be done, lecture to attend, movie to watch, child or spouse to spend time with, instrument to practise, party raging somewhere, load of laundry to be washed, phone call to make, text message to respond to or wait for, email to write, work to get ahead on, etc.

Many new meditators think that at some point in their life everything will just fall into line, and meditation will naturally have an appropriate, steady, appointed time slot in their busy schedule. Meanwhile, as they wait for this blessed day to come (which never does), everything else they have to do continues to get done, while their meditation practice doesn't.



Seasoned meditators know that it is on them, every day, to carve out the time to meditate. It is always sitting down that's the hard part, as everything else continues to resist the time they set aside for meditation.

So what do they do? How do they ignore the distractions of contemporary life and actually sit down and do their duty to themselves? They make meditation their unyielding number one priority, and they don't let anything get in its way.

"But, I'm simply too busy to meditate."

I don't buy it, not even for a second. The busiest, most successful people I've ever met all have at least one uncompromising daily ritual of sorts. For many, it's their physical workout routine. I've met countless high-level artists, surgeons, performers, and C-Level executives who have their secretaries deflect all calls and meetings during their appointed one hour every day while they swim, run, walk, meditate, or nap, and aside from consistently getting enough sleep every night, all of them credit this personal time as the key to their continued success.

Furthermore, there is a volume of scientific data and contemporary literature being written on this very topic of performance theory, which discusses the need for taking intentional breaks during the day.

Here's a true story:

The day before leaving her Guru's ashram to return home, a girl goes to him to say goodbye. She says, "Guruji, I am leaving tomorrow. Could you tell me how long I should meditate every day?"

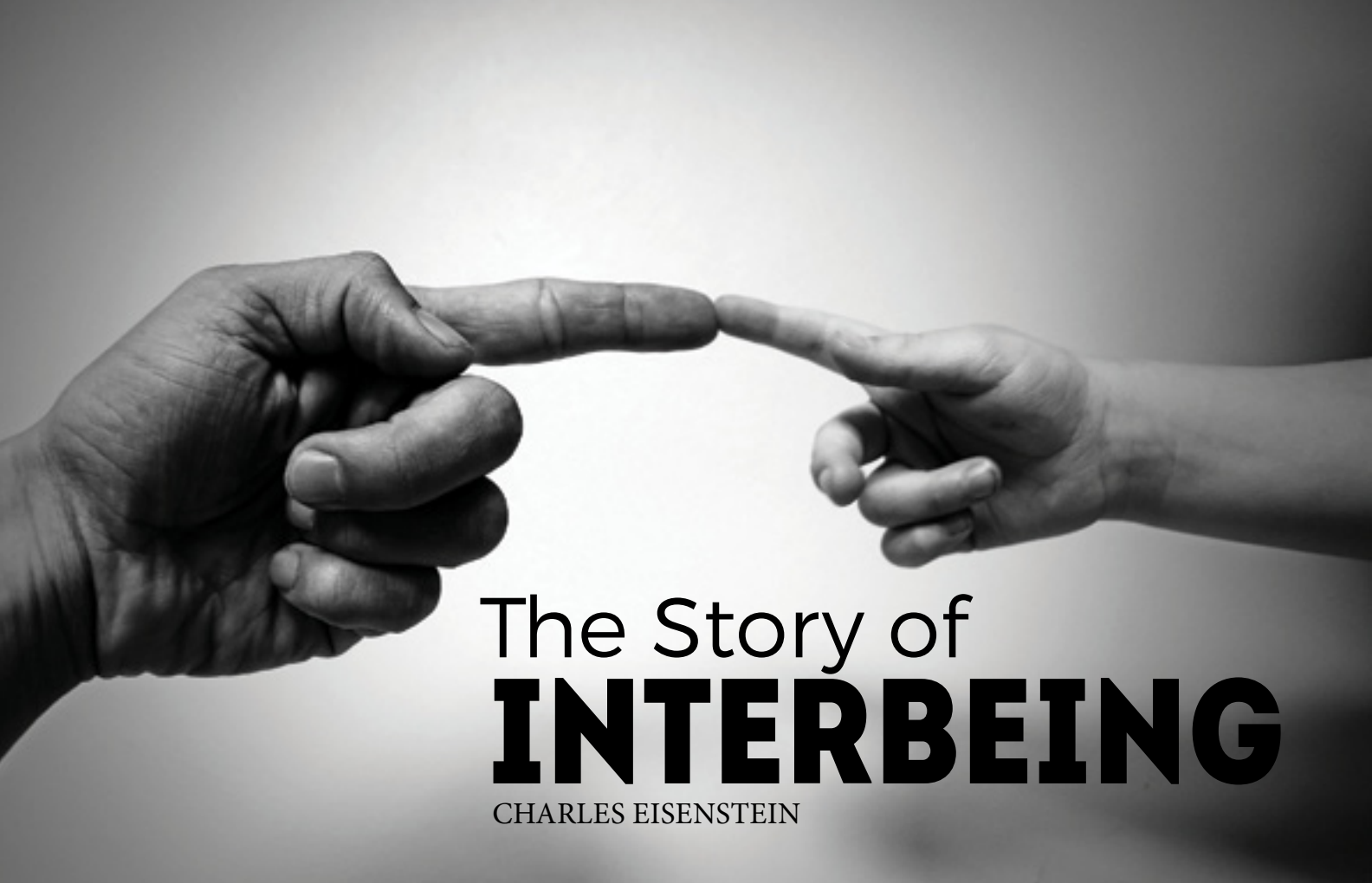
The Guru thinks for a few moments and says, "For you, I think half-an-hour a day will be sufficient."

Aghast, the girl responds, "But Guruji, what about when I'm really busy?"

Without missing a beat, he smiles and says, "Well then, when you are really busy, no less than one hour will do."

Yet somehow, as college students and young adults, we think we have less time to meditate in our day than someone running a global company. No way. We just haven't made it a priority like they have.

And why haven't we made it a priority? Because we haven't felt its effects yet. I sympathise with this line of logic, but, in order to feel its effect, we first must be uncompromising in our priorities. This is one of many situations in life where the chicken comes first. For once we do make it a priority, a magical thing happens: after a while, it becomes the point around which everything else in our life revolves – busy or not. Suddenly we start wondering how we could have ever lived without this sacred refuge of time alone with our inner being, no longer needing to force that which has become as natural to our wellbeing as breathing ●



The Story of **INTERBEING**

CHARLES EISENSTEIN

To those immersed in the study of crises facing our planet, optimism often seems like the banner of ignorance. The optimist must not understand just how bad things are. Anyone who is aware of the severity of the current world situation could not possibly be optimistic. Right?

So let me explain how it is that, without minimising anything, I hold a great and growing belief that a more beautiful world is possible.



Real transformation usually happens through an archetypal process of growth, followed by crisis, followed by breakdown, followed by an empty space, followed by the emergence of something new. We are in the state of crisis, nearing breakdown. This is how big change happens, and maybe it cannot happen any other way. And when the breakdown happens and old assumptions, systems and structures fall apart, things become possible that were inconceivable before.

I have learned that the realm of the possible is much greater than our society tells us is possible. I have witnessed what I call ‘miracles’ -- something impossible within an old story, but possible from a new one. They showed me that I’d been educated into a seriously deficient understanding of what is possible and what it real. From regenerative agriculture to holistic healing, from restorative justice to nonviolent communication, the technologies for rapidly healing society and the planet are taking shape in the margins. When the centre collapses, they will flood into the vacuum and become the new normal.



Perhaps my greatest cause for optimism is the amazing young people I keep meeting, men and women in their twenties or late teens, who seem to be born into a way of thinking, seeing, and being that took me decades of struggle to imperfectly achieve. What will they accomplish, born free of the morass that my generation spent so much energy wading through? It took me twenty years of adulthood before ‘authentic communication’ became more than an abstract concept; already my nineteen-year-old son practises it better than I do.

When I look deeply into someone’s eyes, I see a tremendously powerful and creative being, and I think, “How could I not be hopeful, when You exist in this world?” Perhaps this isn’t a reason for optimism, but rather a connection to a wellspring that waters the rest. Try it and you will see the reasons for despair become somehow irrelevant in the face of that beauty.



None of these suffice as proof, or even evidence, that a more beautiful world is possible or that we will survive the crisis of our time. They are elements of a new narrative that acknowledges the suffering, acknowledges the despair, and includes it as part of a larger process.

Following Tich Naht Hahn, I call that narrative the Story of Interbeing, in which the inner reflects the outer and the whole reflects the part. Herein lies a final reason for hope: the separate self is relatively powerless, limited by the force at its disposal, whereas the self of Interbeing is infinitely powerful, because each act, no matter how humble, has cosmic significance ●

ABC of Stress Management

AMIR H. IMANI

What is the ABC of stress reduction?
This question takes us to the root cause of stress, and the one effective way out of it. The very root of stress is really the lack of compassion and kindness we have towards ourselves. This is the A of the ABC of Stress.

A The root of stress

It may sound odd, but if we dive deep inside when we are really under pressure, we will see that it is not only the toothache, or the upcoming mortgage payment, or the feeling low and depressed, but the fact that we do not want to feel the pain or the worry that makes us suffer.

The closing of ourselves to life and what we are going through at difficult times is what causes us the most pain. Put it this way: it is not only the stressor that determines our level of suffering, but the quality of our relationship with it.

Here is an example: first consider a day when you wake up early in the morning, spend some quiet time with yourself, walking, reading, breathing and stretching, before starting your working day. Then take a day when you jump out of bed and hit the road, hurrying all the way through your day. Your reactions to life and what it brings you are different. I welcome

you to test it. An incident of, say, somebody cutting you out on the expressway will affect you differently on those two days. Perhaps on the first day you have more space for life. This brings us to the question: what can I do to deal with stress in a better way? This is the B of the ABC of Stress.

B What can I do?

The answer is in the question. If the root cause of suffering is the lack of kindness, then the remedy is compassion and gentleness towards ourselves at all times, even when things are really stressful and out of our control. Having a soft corner in ourselves for the bad and miserable to come, stay and leave, maintains a degree of balance and reduces suffering tremendously. It is like being in the midst of a storm, but not getting lost in it; being in the water but not getting drowned. This is possible if we permit ourselves to be the way we are moment-by-moment, no matter how unwell we feel.

How can we do this? This is the C of the ABC of Stress.

C How can I do it?

Cultivate heartfulness and compassion. Take time to practise opening up to ourselves – to the way we are and the way we feel, in whatever way it works for us. This gives us the ability to do so even when things are not that good in our lives. There are numerous ways of training the heart to rest and return to its original state of openness and acceptance. Here are some of my favourites:

1. A slow and silent walk in nature, with no aim in mind. Just walk and take in nature the way it is through our inner and outer senses.

2. Sit silently and in a relaxed way with the mobile phone switched off. If you wish, you can bring the attention to the heart very gently and allow the heart to be the way it is without forcing anything.

3. Lie down, staying awake, and pay attention to the way your body is, however it might be from moment to moment.

4. Eat a meal with your awareness in the present with the food. Stay with how it tastes and feels to be nurtured by nature, thankfully.

5. When feeling peace and gratitude, share these feelings with others by allowing the heart to open up and send joy and calm to all beings ●

We ought to think that we are one of the leaves of a tree, and the tree is all humanity. We cannot live without the others, without the tree.

PABLO CASALS

BE A BETTER Friend

SURAJ SEHGAL

When I came to college I began to appreciate my friends and what friendship means.

Suddenly you are surrounded by people, and you have many more duties and responsibilities, so the day-to-day trade-off between friendship and classes, work and organisation becomes really tangible. I realised some important aspects of friendship that have helped me grow.

WAYS TO BECOME A BETTER FRIEND

1. SHOW UP



Whether it's an event your friend has planned or just a trip to the grocery store, be present to show that you care. Seeing someone's face makes them familiar.

3. ACCOMMODATE



For many of us, with our busy lives, busy jobs, and constant work, we often find it very difficult to see the relevance of talking to anybody who is not actively present in our day-to-day activities. We become so absorbed in our mundane tasks that we often forget those people who have helped to make our experiences worthwhile. When someone is making an effort to reach out to you, try to accommodate. Recognize how much effort the other person has been making by letting them know that you notice how much they have been giving to you and try to give back as much as you can.

2. REACH OUT



When you remember somebody you haven't talked to in a while, take a moment to reach out to them. It takes no more than a minute to text someone a "how are you?" or a "let's catch up!", but in a world where everyone knows hundreds of people, taking the time to reach out with a simple hello can make you stand out. After all, don't we all like to be remembered?

4. APPRECIATE



Many times, we forget that our families and friends shape who we are today. Take a brief moment to look within and acknowledge who has had an impact on you. If someone has helped to change you or your perspective, take the time to let them know – it may mean more than you can imagine.

We meet each other for a reason, and everyone plays a role in our development and growth, whether it is the professor who taught discipline or the grade school bully who helped develop patience.

Ultimately, there is no formula for being a better friend. Maintaining friendships and good relationships is a continual process that takes intention, love and time. While we may never be perfect friends, our little efforts go a long, long way to uplift those who have helped us on our journey.

Speak with LOVE



We spend so much time communicating with each other – with our loved ones, friends, work colleagues, neighbours and the strangers who serve us in shops and offices, pass us on the street, or sit next to us in the bus or train. We are a social species, so communication is critical for our survival.

There are many layers and levels of human communication that we will explore together in future issues; from body language to listening, and from the way our energies resonate with each other to silent heart-to-heart communion.

In this issue, we explore the way we speak. The spoken voice is the transmission of sound from one being to others. It therefore is an expression of our inner being. Here are some tips from three wise men throughout the ages.



SOCRATES

470 - 399 BCE



One day an acquaintance met the great philosopher Socrates and said, “Do you know what I just heard about your friend?”

Socrates said, “Before you talk to me about my friend, take a moment and filter what you’re going to say.

“The first filter is Truth. Have you made absolutely sure that what you are about to tell me is true?”

“No,” the man said. “Actually I just heard about it.”

“Now, how about the second filter, the filter of goodness? Is what you are about to tell me about my friend something good?”

“No, on the contrary.”

“So,” Socrates continued, “you want to tell me something bad about him, but you’re not certain it’s true.

There is one filter left: the filter of usefulness. Is what you want to tell me about my friend going to be useful to me?”

“No, not really.”

“Well,” concluded Socrates, “if it is not necessarily true, not good and not even useful, why tell me at all?”

Second, right speech through
the eyes of the Buddha.



BUDDHA

Between the 6th and 4th centuries BCE



Right speech always consists of five characteristics:

It is spoken at the right time.

It is true.

It is sweet.

It is useful and helpful.

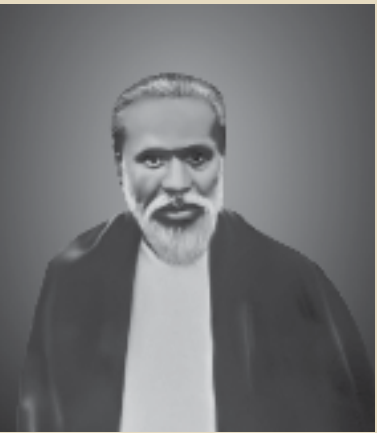
It is kind and compassionate.

If we cannot perform right speech, it is better not to speak. Right speech brings happiness, harmony and wisdom to life.

Speak only those words by which we would not torment ourselves nor harm others.

Speak only pleasant words, which are acceptable to others.

Third, the human voice as the manifestation of the very vibration of our
existence, from the great 19th-20th century Guru,
Ram Chandra of Fatehgarh.



RAM CHANDRA (LALAJI)

1873 - 1931



Sound is the manifestation of consciousness.

Let the flow of your conversation be a current that is even and in tune with the current of Reality. In this way, you will touch the hearts of those people listening.

How?

Remove all sharpness, so that your speech doesn't carry any kind of weight, like a current of still air.

It should be soft, cultured, smooth and balanced. A person whose tongue is cultured and polite has a large, pure and noble heart.

Be free of anger and free of emotional outbursts in speech. The heart is so tender that it begins to wilt even with the slightest disturbance.

To develop such softness, create extreme humility in temperament, so that you are filled up with such a feeling of love that you have no inclination to hurt anybody's heart, and your words will not hurt anybody's heart ●

Entropy in HUMAN RELATIONSHIPS

KAMLESH D. PATEL

KAMLESH D. PATEL explains how the second law of thermodynamics plays out in our relationships, leading to disintegration and breakdown, and shares with us the inputs needed to overcome entropy, bringing stability and harmony.



“ *We need input to stabilise any relationship, to iron out the wrinkles or differences, so that we don't harbour and store things forever.* ”

What is entropy?

Let's try to understand it practically. You bring a book home from the library, and then your father gives you another book as a gift. Your girlfriend gives you magazines, and you have music CDs. They all pile up on a small table in your room, so now there will be enough clutter on your table. The rest of your room is also in a disorganised state: your clothes are here, your socks are there and your towel is hanging somewhere. This is a disintegrated system; the system has gone haywire.

You get frustrated with the mess and clean everything up. You put each book where it belongs, wash your laundry and make your bed. Now the room looks cleaner than before, until again you start bringing more books and things, and again the system disintegrates and becomes disorganised. To keep things in order requires constant energy input.

So entropy is the degree of disorder or randomness in any system. The second law of thermodynamics says that entropy increases with time. It reflects the instability of a system over a period of time if there is nothing to stabilise it.

In human relationships, we have interactions day after day and these relationships also become higgledy-piggledy. We let things build up in our inner chambers. These inner chambers become more and more disorganised as we store more and more, just like the books and clothes in our room. We keep harbouring things, and one day what we harbour explodes, unless we do something about it. We need input to stabilise any relationship, to iron out the wrinkles or differences, so that we don't harbour and store things forever.

But do we have to do this every time we make a mistake? Do we have to offer another person ice cream or candy to always pacify them? This would mean a constant investment to maintain a relationship.

When constant input is required every time there is a fight or an argument with a friend or family member, you will require greater input each time. You may even have to buy them a Mercedes one day, if you can afford it! At the same time, it is our business to love



“The conclusion is that it is the love that you have in your heart that is the input that stabilises relationships.

each other, whatever the cost. You will get hurt in the process, no doubt, and there will be a lot of energy consumption from your side, but if you are prepared for it the relationship will improve.

In a family, if you have to tolerate each other, then constant input is required. In situations where you have to give constant emotional input it is a broken family, even though you may be together.

In contrast, when there is love amongst all, and when acceptance is there, then you do not have to go on offering ice cream or going to some paradise vacation spot to patch things up. It is taken for granted that you accept each other with love. The conclusion is that it is the love that you have in your heart that is the input that stabilises relationships. Things are okay. There is a greater level of acceptance.

I am not talking about tolerance. Tolerance may be a great virtue, but when you feel, “I can’t tolerate this person’s mistakes,” love will iron out everything, so that it is okay. From where does this love come? From a pure heart; from a truthful, genuine heart.

“When zero input is needed, it means that it is the most stable relationship, the most stable family, where I don’t have to explain myself. ... Where there is love, there is no need for explanations.

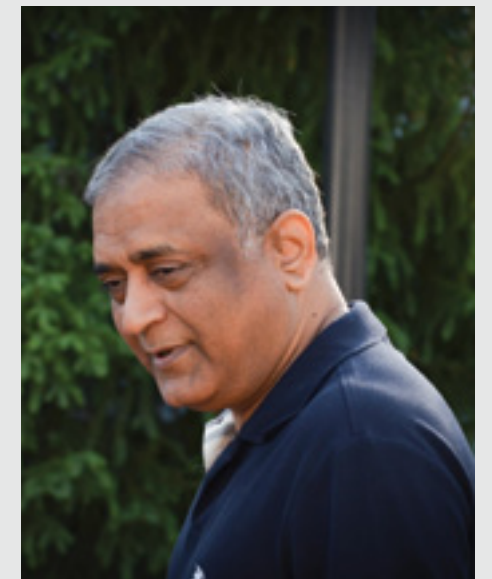
Distrust kills a relationship, but in families where we are taught to love, to sacrifice, to accept and to remain pure, we are able to let go of everything. We can remove the incompatibility, by understanding this principle of entropy.


When the constant state of my being is love, then the need for constant input disappears and the constant input is zero. When zero input is needed, it means that it is the most stable relationship, the most stable family, where I don’t have to explain myself. There is no need for, “I did this because...”, “I didn’t want to do this because...”. Where there is love, there is no need for explanations ●

About Kamlesh Patel

From an early age, Kamlesh Patel was interested in spirituality and meditation, and eventually came to the feet of his Guru in 1976 while still a student. He is now the fourth spiritual guide in the Sahaj Marg system of Raja Yoga meditation.

Kamlesh is married with two sons, and is a role model for students of spirituality who seek that perfect blend of Eastern heart and Western mind. He travels extensively and is at home with people from all backgrounds and walks of life, giving special attention to the youth of today.



A photograph of three children standing outdoors. On the left is a girl with braids, wearing a red cardigan over a light-colored shirt. In the center is a girl with braids and a bindi, wearing a red sweater with a school emblem and an orange backpack. On the right is a boy wearing a dark blue sweater with a school emblem and a yellow backpack. They are all smiling. The background shows a blurred green landscape and a building.

What is this
'we' of ours?
It is our
heart.

RAM CHANDRA OF
FATEHGARH

Inspiring & Ethical Businesses

The younger generation of entrepreneurs in the 21st century have their own ideas about business. They aspire for excellence and success, but also value the need for ethical business models that bring value, goodness and interconnectedness with others. Here are some examples of projects that will inspire you.

Me to We

Craig and Marc Kielburger

‘Me to We’ was started in Toronto, Canada, by Craig and Marc Kielburger, who believe that we can all make a difference in the world. The vision of ‘Me to We’ is to empower people to transform local and global communities by shifting from ‘me’ thinking to ‘we’ acting.

It is an innovative business that aims to make an impact by working together to create sustainable change with everything we do, from choosing travel that leaves a positive footprint on the planet, to making purchases that give back. The philosophy behind ‘Me to We’ is that we are all connected and together WE change the world.

‘Me to We’ combines best business practices with increasing social awareness and leadership programs for youth. Their commitment to help improve cultural, community, economic and environmental outcomes is at the centre of their business. Every product sold makes a direct, measurable impact in a community, so they can build a better future.

‘Me to We’ has been received many prestigious awards for its model of social entrepreneurship, from the Skoll Foundation to the Mars Institute, and the national Ernst & Young Social Entrepreneur of the Year Award.

<http://www.metowe.com>





Ubuntu...

“Ubuntu is very difficult to render into a Western language... It is to say, ‘My humanity is caught up, is inextricably bound up, in what is yours.’ -Desmond Tutu

Ubuntu is a philosophy originating in Southern Africa that reminds us how we’re all connected. Our being, our life, depend on each other. The world is waking up to this inherent wisdom of life’s interconnectedness. How can we effectively incorporate this knowing into our lives and our business practices? How can this understanding positively inform our daily choices?

The Importance of Trust

Emmanuel Sumithran Gnanamanickan

Emmanuel is the project manager of the Niligris-Wynaad Tribal Welfare Society, a small NGO based on the borders of Kerala and Tamil Nadu in Southern India providing basic health care, education, and support to four different tribal groups in the region.

He says, “Life cannot move on without trust. ... It is the bottom line of life. Life is not all about earning money, life is not all about being rich, and life is not all about being better than the other. Life is much more than that. What stays in life and what one needs in life is love, and if you can give that, you automatically get it back unconditionally.

“Until every person on the planet feels concern, appreciation, and accountability to every other person on the planet,” Emmanuel asks, “have we really earned the name Global Village?

www.globalonenessproject.org/videos/theimportanceoftrust

The Wake Up Project

Jono Fisher

Jono Fisher started the Wake Up Project in Sydney, Australia, after he took a break from a stressful marketing role in a corporate office. He has never looked back. He meditates and looks after his health, and has built a business based on wisdom, kindness and compassion, sending kindness cards to people all over the world. The Wake Up Project is now a celebrated movement and Jono is a successful speaker, thought leader and entrepreneur with an ability to inspire audiences with his honesty, warmth and humour. He was recently the introductory speaker at the Dalai Lama’s Sydney talk for 10,000 people and has won multiple awards.

He says, “I continue to love simple ideas.” ●

<http://wakeupproject.com.au/about/>

LIFE'S LESSON:

PROPELLING ONESELF UP

Serge Nicolai

If we want to go up, we cannot ignore the following self-reinforcing spiral:

DISCIPLINE
EFFORT
WISDOM

It is daily discipline that allows sustained efforts in any field.

It is sustained effort that creates wisdom. Think of a master builder and a master flautist.

It is wisdom that creates the understanding of the need for an ever-evolving discipline.

DISCIPLINE in youth
EFFORTS in middle age
WISDOM in old age

DISCIPLINE for the morning
EFFORTS for the day
WISDOM for the evenings

DISCIPLINE for action
EFFORT for devotion
WISDOM for perfection

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