

July 2016

heartfulness

purity weaves destiny

IMPRESSIONS

The anatomy of emotions

LOVE IN A TIME OF HATRED

The courage to build peace

PEOPLE OF THE EARTH

Coming home through art

SELF • RELATIONSHIPS • WORK • INSPIRATION • NATURE



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Cultivate Joy

Our world is becoming evermore aware of itself. We have twenty-four hour news and instant access to world events. We see the effects our lifestyle has on the planet's delicate balance. In this awareness, we could feel hopeless. We could feel a sense of immense responsibility to personally counteract all the challenging circumstances we come across. It is easy to evangelize what we should do, but what can we do daily to help?

We sometimes underestimate how shifts in our inner environment create a ripple. If society is made up of a group of individuals, perhaps the most radical act is to transform ourselves. Cultivate compassion, generosity and clarity. When we meditate, we amplify the beauty of silence, of a silent global revolution. We transform, so that our actions are more natural, simple, effective and positive. On a vibrational level, the inner poise and love we radiate creates balance that goes way beyond our small personal sphere.

Everywhere we go, let's leave it a better place than when we came. Maybe it's as mundane as picking up a piece of trash, as simple as sharing a sincere smile with a stranger, as easy as helping an elderly person cross the road, or as touching as a bringing light and laughter to someone's day. When our inner wealth oozes out, we bring change in every interaction, every action.

In this issue, our contributors share changes that resonate in big ways – a high school educator finds connection with his students, a Nobel Peace Prize nominee encourages unity in the face of terrorism, and a daughter is inspired by her father's generous nature.

We'd love to hear from you about some small acts that spread joy to others. We look forward to hearing from you at contributions@heartfulnessmagazine.com. We invite you to join us this month in sharing our heart's resources with everyone we meet.

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Scilla founded the Oxford Research Group in 1982 to develop dialogue with nuclear weapons decision makers, and set up Peace Direct in 2002 to support local peace-builders in conflict areas. Three times

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Janmarie Connor



Janmarie is a writer, business owner, and executive development consultant. A graduate of Indiana University and the Gestalt Center for Organization and Systems Development, she works in both corporate and non-profit settings. As a Heartfulness Meditation trainer she works with corporations, hospitals, local government and universities to implement Conscious Living, Personal Development and Wellbeing programs. Following her passion for helping children, she is writing a children's book, *Relax Little Toes, Relax.*

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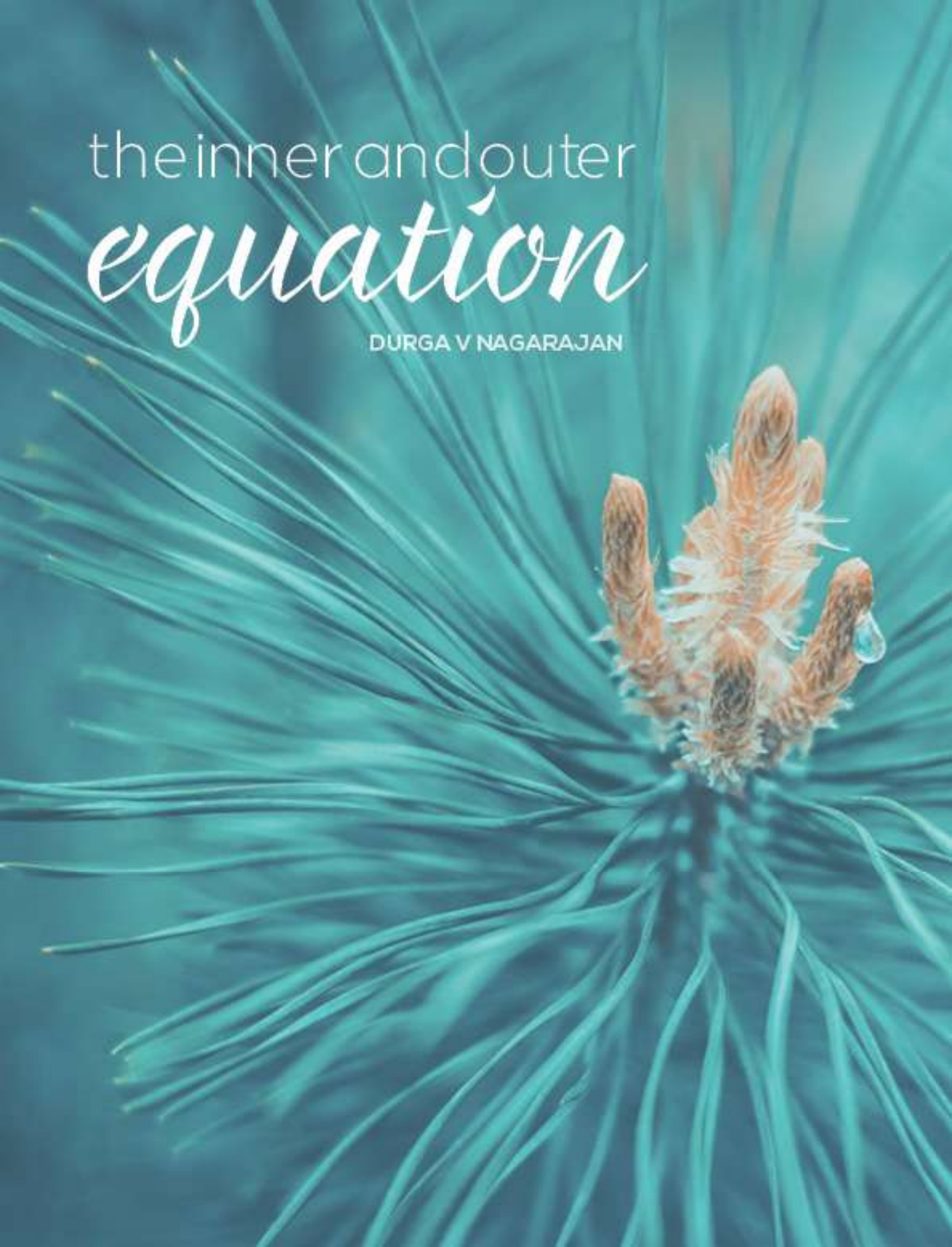
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the inner and outer

equation

DURGA V NAGARAJAN



A few days back, I returned home from a long day at the office. On normal days, I would freshen up, have dinner and crash off to sleep. But that day I opted to catch up on some news. I switched on the TV and all I saw was violence, first on one news channel, then on another, and when I switched to yet another channel violence of a different kind was being reported.

Dejected and upset, I turned to my friend and asked her, "When will we learn to live in harmony with each other?" Almost instantly, a voice came from within, "When each individual changes from within."

Now a question arose: how is that possible?

Again, my heart responded, "When we cultivate peace within ourselves and reflect it outside."

When I pondered more on that answer, I understood that anything we see around us is only a manifestation of what is within us. We project our inner feelings, emotions and beliefs onto the world at large, and expect the world to change, when the solution, the source, is within us.

Now, how do we cultivate the balance and the peace within ourselves that we crave for externally? In my humble understanding, I feel that we don't have to cultivate it, but instead we need to remove and uncover the umpteen coverings that have engulfed ourselves.

We need to un-become that which we have become, as a result of desires, ego, fear etc. When we remove all the complexities and impurities within us, what remains? Simplicity and purity.

Now, if we hold on to this pure and untainted treasure and make it grow, we reach a state where only this purity exists. This becomes our nature and it oozes out of us. Then our external world changes: there is no rush, no fight for a cause, nothing is done which is heavy or complicated. It is not that the world has changed, but we have changed from within.

So anything external is but a manifestation of what is within us. As Mahatma Gandhi said, "Be the change you wish to see in the world." It all starts with us – you and me



Heartfulness
Through meditation, inspiration

a global movement in stillness



united we sit

the math of meditation:
we are equal and we are one

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HEARTFULNESS

WEBINAR SPEAKER SERIES - 2016 JULY



CONTEMPLATION AND LEADERSHIP

We're living in a world of several crisis and divides: ecological, economic and spiritual. How to address these issues? How does contemplative practices (eg: meditation, mindfulness, yoga, etc.) can be critical for us to develop an open mind and a compassionate heart, specially if we are in leadership positions? We will explore some of these questions and reflect on some examples of compassionate leaders that are creating better organizations and a better world for all for us.

————— FEATURING —————

PRESENTER: VASCO GASPER

He works as a Human Flourishing Facilitator, Certified mindfulness teacher. Search Inside Yourself Leadership Institute, he is also part of ACEL (Academy for Contemplative and Ethical Leadership), a project from the Mind and Life Institute that aims to accelerate the development of a new generation of leadership capable of collective innovate and creativity.

**Join us Saturday July 29 at 8:00 p.m. IST/ 4:30 p.m. CEST/10:30 a.m. EST
by registering at the link below**

<https://zoom.us/webinar/register/9bd365f1673d0a48d746f627e8486654>

Purity Weaves DESTINY



RISHI RANJAN explores the concept of purity and how it can weave our destiny.

Suppose our hands are dirty, what do we do? We wash them to make them clean. If our house is not clean, we remove some added elements that were making it dirty or messy. What are we doing? We are not adding purity from outside, but only removing the outside elements that were making it impure. Hence we do not add purity from outside, we only restore purity, which is already there.

We are in fact making our hands the way they were at the start, before doing any activity. We are restoring our house to the condition before any activity, by removing the other elements that made it impure. Hence, when we say 'restore purity' we are trying to say restore the original condition.

Therefore, from our understanding,

PURITY = ORIGINAL CONDITION.



We are not adding purity from outside, but only removing the outside elements that were making it impure. Hence we do not add purity from outside, we only restore purity, which is already there.

Let's think about impurity. Can we think of impurity as the first quality for anything? We cannot say anything is impure without the underlying latent idea that there is purity. The idea of impurity does not exist without the idea of purity. So impurity is nothing but a progressive degradation of purity. So whatever we see around us that is impure is away from its original condition.

Therefore, from our understanding,

**IMPURITY = AWAY FROM ORIGINAL
CONDITION**

What creates this movement away from the original condition?

and

How can we restore the original condition?

IMPURITY = IM + PURITY


When we add our own idea of 'doer' ship to our actions, we add impressions. We add the elements of our own individual mind with all its complex functioning, and it is like soiling our hands.

PURITY = IMPURITY - IM

All we have to do is remove 'IM' from our current condition and we will be moving towards original condition.

In fact, when we say impurity, we are saying **IM PURITY**, that is, we are stating our original condition.

So try to feel **IM PURITY**. How does it feel to move towards our original condition? That is where, I think, "purity weaves destiny" in the true sense ●

A vertical split image. The left half is a soft, hazy sunset with a light orange and yellow gradient. The right half shows a sunset over a body of water with a dark forested shoreline in the distance. The sky is filled with soft, glowing clouds, and the water reflects the warm light of the setting sun. The foreground shows the dark, textured surface of a beach with some driftwood.

Yesterday I
was clever,
so I wanted
to change the
world. Today
I am wise, so
I am changing
myself.

RUMI



INTEGRAL COMMUNION

CHRISTOPHER
MACMANUS shares
his experience of
communicating with
students in his role as a
teacher.



For the past four years I have worked in the Los Angeles Unified School District. In education, or any creative endeavour, we are always learning to expand upon our initial thought, in order to convey our feelings. This is so that others can pick up on them with ease, so that we are able to derive the most from our communication.

I have been meditating for five years now, and the purpose of my practice has evolved since I first started back. It used to be about calming myself down so that I wouldn't blow a fuse whenever things did not go the way I hoped or expected. Since then I have been able to ease the grip on the way in which my thoughts manifest around me, by connecting with the integral communion my body and mind share with the world.

When we experience that connection, the works we create become an awe-inspiring declaration of our inner feelings and love for our world.

This integral communion expresses itself through the collective consciousness we experience when sharing what we have come to know with those around us: as we collaborate in order to bring an idea to life. When we experience that connection, the works we create become an awe-inspiring declaration of our inner feelings and love for our world.

Working in the schools system, I have found that meditation has taken on a new meaning, as the state of awareness developed every morning in meditation expresses itself in the classroom and in the schoolyard. When working with children we find that the way in which the basic needs of a human being are understood and expressed can be surprisingly spontaneous and often times a difficult challenge for us as adults.

Whether it's a kid shouting for attention because they are tired from sitting through a lesson, or one of those kids who cannot seem to keep their hands to themselves, the way in which children express their needs poses both a challenge and an opportunity to go beyond what we have prepared. How do we meet the needs of these children in a way that is adapted to their capabilities? These capabilities are both physical and cognitive, and when either is out of balance we generally move into the emotional sphere of communication.

One of the largest hurdles we face at any age is understanding that the same needs we share with the rest of humanity have innumerable ways of being expressed and met. We may be completely unaware of some of these expressions. How does meditation help with this? In Heartfulness meditation, we focus on the source of light in our heart, which in my experience has helped me develop a keen sense of intuitive awareness when it comes to my basic needs, as well as the needs of others on multiple levels.

When applying this awareness to other human beings, the way in which I approach each one must be dynamic in order to establish an integral communion with them as individuals, with the different array of experiences that have moulded their awareness. I am able to transcend the construct of my own personality and the way I learn, in order to meet the needs of another person, by moving towards the underlying character beneath every act expressed by them.

The world will tell you what it sees, your students will tell you what they see, and you will feel the integral communion of your inner and outer experience.



As an educator, I have found that I often get caught in the belief that, having expressed something in words, those words are understood and absorbed into the experience of my students. This does not take into account, however, the fact that we all view the world differently. The language I have found to be the most effective in conveying my feelings and expressing the highest ideals is the silent language of my actions. If we want things to be understood by others, we must learn to love the knowledge we have acquired. One can only begin to develop love through constant association. When we establish ourselves within this knowledge, there is very little need for words in order to express ourselves.

In the course of a few years I have found that the simple practice of meditation is the most intimate moment I have with myself, in which I can connect within and develop my depth of awareness. And this is the fundamental basis of all communication with the outside world. As with any foundation, the deeper you dig, the greater the possibility of building a lasting edifice above. Just be certain that what you use to fill the depth is viable material to support that which you construct above.

The world will tell you what it sees, your students will tell you what they see, and you will feel the integral communion of your inner and outer experience ●

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