

# Heartfulness

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

## THE TERRAIN OF CONSCIOUSNESS

*Daaji on the ups and downs of  
ever-expanding consciousness*

## HOW TO STUDY AWE?

*Professor Dacher Keltner's findings  
on the science of awe and gratitude*

## THE FRAGILE BALANCE OF ECOSYSTEMS

*Alanda Greene on snakes  
and strawberries*

## HEALING THE WOUNDS OF THE HEART

*The final part of Dr James Doty's  
interview on compassion*





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Heartfulness

Through meditation, rejuvenation

## Cleaning to Rejuvenate Yourself

Sit in a comfortable position, close your eyes and feel relaxed.

Have the intention that all complexities and impurities you have accumulated during the day are leaving your entire system. They are going out your back, from the top of your head to your tailbone. Imagine that they are leaving your system as smoke.

Remain alert during the entire process, like a witness to the clouds passing in the sky. Gently accelerate this process with confidence and determination, applying your will as needed. If your attention drifts and other thoughts come to mind, gently bring your focus back to the cleaning.

As the impressions leave from your back you will start to feel light in your heart.

Continue this process for twenty minutes. ...

You will feel lightness, so now connect with the Source. Feel the current descending from the Source and entering your system from the front. It is flowing throughout your system, carrying away any remaining complexities and impurities.

You have now returned to a simpler, purer and more balanced state. Every cell of your body is emanating simplicity, lightness and purity.

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# A 21<sup>ST</sup> CENTURY APPROACH TO THE *Mind*

Mindfulness has created an awareness of meditation that is almost ubiquitous, especially across the developed world and the corporate environment. For many, Mindfulness is a gateway. It invites us to be present to whatever arises, accepting the ebb and flow of life. By simply being present, observing the breath, our physical sensations and mental activities, we slowly acclimate to the nature of life's variability.

Mindfulness is a fusion of Eastern and Western approaches to the human mind. It is practical, and hence has an international appeal. In this issue we feature interviews with two well-known Mindfulness proponents, both experts in their fields – Dr James Doty, the Director of the Center for Compassion & Altruism Research & Education (CCARE) at Stanford University, and Dr Dacher Keltner, the faculty director of the Greater Good Science Center at UC Berkeley.

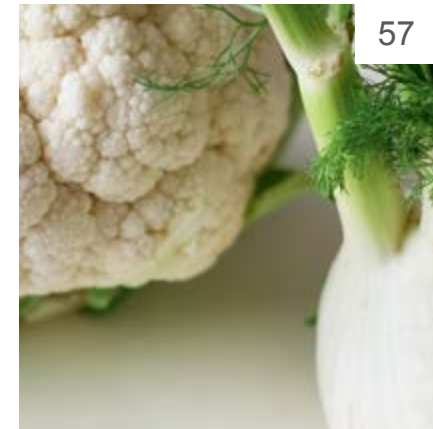
The basic definition of meditation is to think of one thing continuously. As the mind learns to let other thoughts float by, we are able to focus on one thought, one goal, in meditation – naturally and without forcing the mind. With so many people worldwide learning how to do this, people are waking up to the possibility of self-acceptance and self-awareness and thus the possibility of change.

Every practice has a particular point of focus, leading to differing effects in consciousness. In this issue, Daaji explores the terrain we cross as we journey through various stations of consciousness within the inner universe. Each station takes us deeper and deeper along the spectrum of the subconscious, conscious and superconscious. This journey takes us deep within to the ultimate, absolute potential of all life.

This month we celebrate this universal 21st century approach to the human heart-mind field, from the outermost thinking faculty of the mind to the innermost potency of the heart. We also bring you more from Terran Daily on why so many of our children are being diagnosed with ADHD, autism and other behavioral problems, and how to support them, and from Luke Coutinho and Samara Mahindra on an holistic approach to healing dis-ease. Enjoy!

*The Editors*

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James is the author of *Into The Magic Shop: A Neurosurgeon's Quest to Discover the Mysteries of the Brain and the Secrets of the Heart* (Avery, 2016) and is co-founder of the Center for Compassion & Altruism Research & Education (CCARE) at Stanford University in Palo Alto, California, USA.



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Uma has been a web and graphic designer by profession since 2002, serving clients worldwide. She is one of our two chief designers 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). Uma lives in Hyderabad and is married with one daughter. Her husband is also part of our technical team.



## Dacher Keltner

Dacher is a professor in UC Berkeley's Psychology Department and faculty director of the Greater Good Science Center. His research focuses on the biological and evolutionary origins of compassion, awe, love, beauty, and power, social class and inequality. He is the author of the best-selling *Born to Be Good: The Science of a Meaningful Life*, *The Compassionate Instinct*, and most recently *The Power Paradox: How We Gain and Lose Influence*. He has written for *The New York Times*, *The London Times*, *The Wall Street Journal*, *SLATE*, and *Utne Reader*, and received numerous national prizes and grants for his research.

He was a consultant on Pixar's film *Inside Out*, has worked with Facebook to make the site more kind, and on projects at Google on altruism and emotion.

He collaborates with the Sierra Club to help veterans and inner city kids outdoors. He is married with two teenage daughters, and loves camping, backpacking, Mexican food, Iggy Pop, African Music, Art Museums, Yoga and friends.

## Simonne Halm

Simonne lives in Jutland, Denmark, and is an Alkaline coach, chef and mind-body trainer. She has written *Alkaline Smoothies, Juices, Soups and Desserts* to show everyone just how easy it is to stay healthy, rebuild your body and improve your overall state. Simonne practices Heartfulness.



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# THE EVOLUTION OF Mindfulness

ELIZABETH DENLEY shares some ideas on the evolution of Mindfulness over the last 200 years, and where it might be headed.

The Mindfulness Movement is often thought to have its roots in vipassana, Tibetan Buddhism and Zen Buddhism. The word ‘mindfulness’ was probably coined by the Pali language scholar Thomas William Rhys Davids in 1881, when he translated the word *sati* as ‘mindfulness’.

Davids explained that *sati* literally means ‘memory’, but is used with reference to the constantly repeated phrase, *sato sampajāno*, meaning ‘mindful and thoughtful’. He elaborated it as “that activity of mind and constant presence of mind which is one of the duties most frequently inculcated on the good Buddhist.”

But it has not been the eastern practices of Buddhism alone that have shaped Mindfulness in the world today, as is well explained by Jon Kabat-Zinn. In fact, one of the most wonderful aspects of Mindfulness is the integration of western and eastern approaches, various philosophies and practices, all merged into a modern synthesis that speaks to people of all backgrounds and faiths. And this has been developing slowly throughout the world in an incredible way during the last 200 years. It has been a gradual evolution, which is still continuing today.

For example, the Transcendentalists of the 19th century in North America also shaped the evolution of modern-day Mindfulness – Ralph Waldo Emerson, Margaret Fuller, Henry David Thoreau, Louisa May Alcott and Walt Whitman, among others. They took their inspiration

from European Romanticism, as well as eastern practices and philosophy. In fact, when we examine the history, we see an ever-increasing integration of West and East. Looking further ahead to the 20th century, Thich Nhat Hanh’s Plum Village in the south-west of France is yet another example of the way this integration has molded our modern approach to Mindfulness.

And the latest evolution in this global movement is the continuation to Heartfulness. When you dive deep in meditation, you soon learn that the field of the human subtle body does not separate mind and heart. One of the foremost Yogis of the 19th and 20th century, Ram Chandra of Fatehgarh called the subtle body the ‘heart-mind’. His student and successor, Ram Chandra of Shahjahanpur said it in a slightly different way: “The heart is the field of action of the mind.”

A simplistic way to imagine it is that the field of consciousness is like a canvas, stretching from the innerness of the soul, in the heart, all the way to the outermost function of the mind – that of thinking. Traditional Mindfulness generally works with this outer realm of thought and thinking – observing the presence and processes of the mind, although that too has changed, as everything continues to evolve. These days Mindfulness also recognizes the importance of compassion, gratitude, emotional intelligence, wonder and awe, which are very much associated with the heart.

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“The heart is the field of  
action of the mind.”

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The functions of the mind – ego, intellect and thinking – all exist within this spectrum of consciousness, but to varying depths. All of them work together. As we go deeper and deeper into the heart, we move from thinking to feeling, and then deeper still, beyond feeling to being, to becoming and eventually unbecoming. Intellect evolves to wisdom and eventually to higher ignorance or innocence. The ego evolves by refining and identifying with the Infinite, so that it no longer constricts the personality – eventually only the purest, subtlest identity remains.

So every function of the mind evolves and refines as we dive deeper and deeper into the heart, to uncover the causal level of existence. We can then span the spectrum of consciousness, from the outermost region of thoughts to the innermost region of pure infinite existence, with everything in between.

Heartfulness is only a continuation of Mindfulness inwards, an expansion of a mindful practice into deeper and vaster dimensions. And this is largely a result of the effect of yogic transmission, which takes us from the surface level of the thought process into the deeper realms of infinite existence. Transmission opens the inner dimensions of a pure prayerful heart, and that journey is more magical than traveling to another galaxy.

Ultimately, we are all one; and when heart and mind are not separate in the subtle body of a human being, who are we to separate them in our worldview? What if we were to let go of words and differences and come together for humanity? ●



# THE CONCEPT OF SURRENDER

BARBARA J. LEVIN O'RIORDAN shares some insights she has learnt from P. Rajagopalachari over the years about the beauty of surrender.

Many people are concerned about the concept of surrender in a spiritual journey. Why? We fear surrender because we consider it to be a somewhat abject state – submission, giving up a sense of self-direction, losing the ability to choose, being enslaved. The alarming example of Jim Jones, who led his followers into group suicide, leaps into people's minds. But real surrender does not involve any of those things at all.

We all have a higher Self. It is hard to say what that is, but many of us feel the presence of something within ourselves that is greater. For some, it is a palpable presence. For others, the higher Self is experienced as conscience – the feeling of uneasiness when we have done something wrong. For others, it may be

described as a 'moral compass'. And for others, it has to do with the profound sensations that arise when we see or hear something beautiful.

It does not matter what you call this thing, but most of us have experienced it in one way or another. It is our 'eternal companion' – something that stays with us all our lives.

When we listen to our higher Self, we usually end up feeling alive, fulfilled and happy. When we ignore it, it does not go away, but simply goes to sleep. It waits for the time when we are willing to listen to it again.

Sometimes, when we ignore the higher Self and it goes to sleep, we feel heavy. We start to have

many competing opinions about what to do. We can become depressed, angry or confused. But, even when we are feeling like that, the higher Self is waiting for us to listen and respond to it.

Spiritual surrender is simply the act of handing over our decisions to this higher part of ourselves. It means having the courage to give increasing priority to its requirements. It starts out as a guest in our hearts, but, at some point, the guest becomes the host. Then our lives, even if unobtrusive, become heroic.

Sometimes, it is more difficult to discern the voice of the higher Self. That is because our own desires interfere with our ability to listen. The voices of our desires compete so loudly that it becomes hard for us to hear the still, small, inner voice.

In addition, conditioning by our families, our religions and our social groups make it hard for us to listen and discern: our dogmas tell us what to believe and do not encourage us to really listen.

A spiritual master is a person who has achieved self-mastery, no longer confused by a myriad of desires, able to discriminate the real voice of the Self from the unreal voices of desires, with the courage to listen to the real and ignore the unreal.

The spiritual master has become a genuine human being, a mirror for us of everything we have forgotten we really are. When we see that mirror, especially when we look again and again and reflect upon what we have seen, the sleeping giant within us awakens.

The great Swami Vivekananda gave us this metaphor: a lion cub was raised by sheep and began to develop sheep-like ways. An older lion came and saw what had happened to the lion cub, which was bleating, eating grass and following blindly. The old lion grabbed the cub by the scruff of its neck and brought it to a pond, where it could behold its image and see that it was not a sheep, but a lion. The cub, seeing itself for the first time, emitted a roar.

A spiritual master's job is to show us that we are lions. So we surrender to that – not to him, or to a life of abject submission, but to the lion within.

Nelson Mandela observed that our fear is not of our lower self, or even of how terrifying the world is, but of how big we really are. When, with the help of a spiritual master, we begin to see what we really are and to love it, we surrender to it gladly, no longer afraid ●



We do not act rightly because we have virtue or excellence, but we rather have those because we have acted rightly. We are what we repeatedly do. Excellence, then, is not an act but a habit.

ARISTOTLE



# The Principles of FENCING

TIFFANY TING DELL'AQUILA explains the trajectory of a professional fencer. What are the qualities and attitudes that got her to where she is today?

**Q** Tell us a bit about the journey you're on, and your goals as a professional fencer.

**TD** I am the top internationally ranked Taiwanese women's sabre fencer, and I won the silver medal in the 2016 Asian-Oceania qualifier for the Olympic Games, narrowly missing the 2016 Rio Olympics by 4 points.

Emboldened by this result, I have set my sights on qualifying for the 2020 Olympic Games in Tokyo, Japan.

**Q** Can you share what inspired you to take this transition into pursuing an Olympic path?

**TD** My life is a constant balancing act between my athletic and architectural careers. Although I have been fencing since 2000, I have also been

studying and working toward my architecture license. The income I earn from my architecture career is what funds my athletic endeavors.

Just one year out of graduating from the University of Southern California School of Architecture, I earned my second title as a US National Champion, and was ranked in the top 32 in the country. My coach recommended that I promote my Taiwanese heritage on the international level, as my mom is Taiwanese.

With assistance from the Chinese Taipei (Taiwan) Fencing Association, in 2011 I immediately began competing at World Cups and Grand Prix events. That was the Olympic qualifying year for London 2012, and I experienced a steep learning curve.

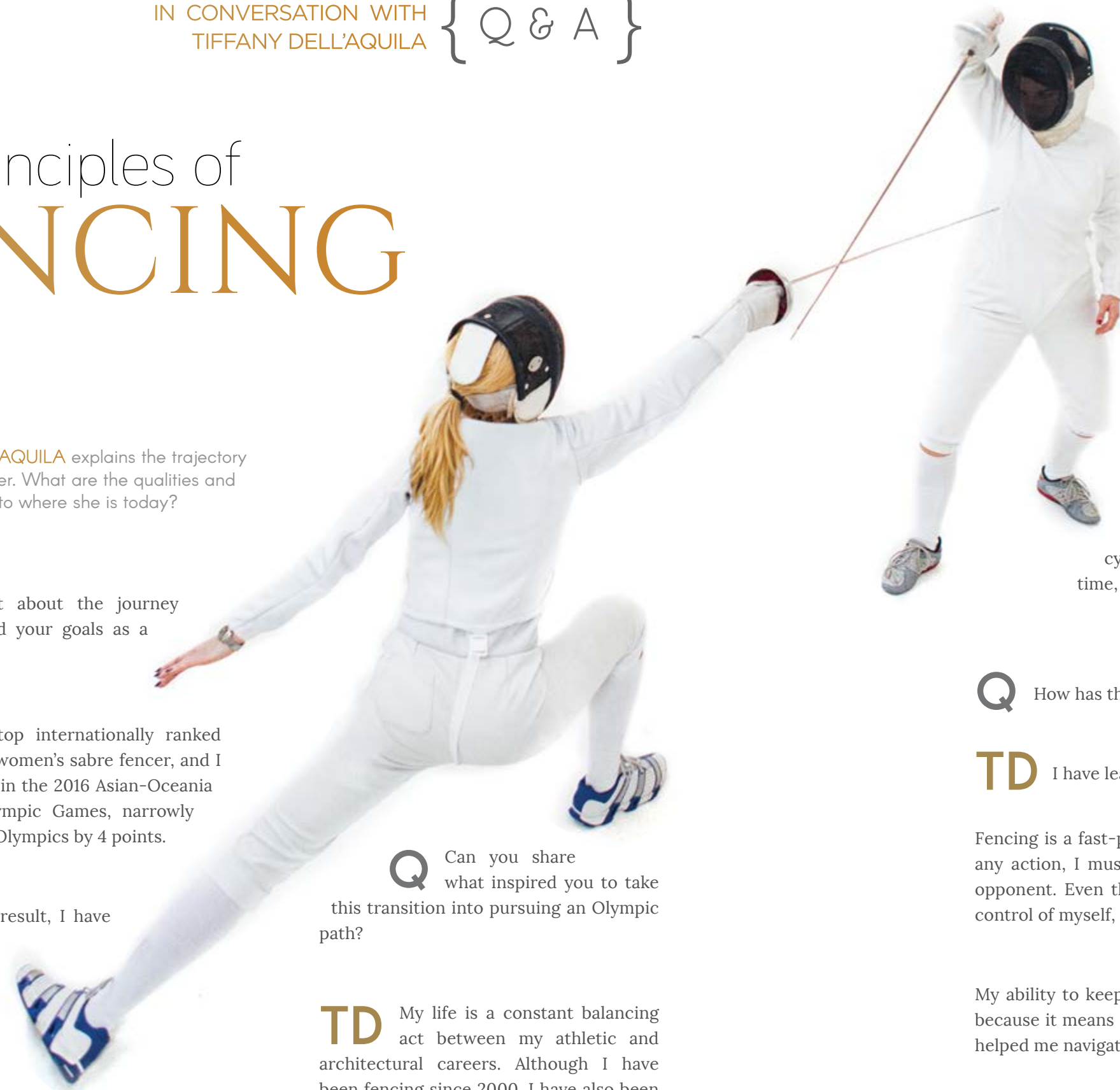
Although I did not qualify for London 2012, I promised myself that I would do everything in my power to best prepare for the next Olympic cycle. Where I am now is a direct result of the goals I set for myself at that time, and an example of my unrelenting determination.

**Q** How has this step in your life helped you learn about yourself?

**TD** I have learned how to make the best decision that I can, at any given moment.

Fencing is a fast-paced sport that involves split-second decision-making. Before taking any action, I must quickly and carefully assess the situation between myself and my opponent. Even though time is short and the risks are high, I must remain calmly in control of myself, so that I can choose my next move correctly and without hesitation.

My ability to keep a level head and assess the situation at hand has been a revelation, because it means I can exert control over my impulses and emotions. It's a skill that has helped me navigate tricky times, even outside the sport.





**Q** What have been your tools for facing the more challenging aspects of this process?

**TD** My most valuable resource has been the deep and thoughtful dialogue with my community: my friends, family and professional associates. I openly admit that I do not have all the answers to my own problems, and I welcome the experiences and advice of others. Though I may not follow that advice, their input allows me to gain a new perspective, which is often what I need to resolve difficult situations.

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Self-discipline helps me complete the goals I set for myself. It gives me the motivation and willpower to stick to my rigorous training schedule, and fulfill my responsibilities. It's a quality that keeps me honest with myself, and with others.

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**Q** How can someone apply the principles of fencing in day-to-day life?

**TD** There are two important principles of fencing that can be applied to daily life. One is self-discipline, and the other is sportsmanship.

Self-discipline helps me complete the goals I set for myself. It gives me the motivation and willpower to stick to my rigorous training schedule, and fulfill my responsibilities. It's a quality that keeps me honest with myself, and with others.

In addition, good sportsmanship cultivates appreciation and respect for one's opponent. Fencers always salute each other before a match begins, and always shake each other's hands afterwards. One should accept victory or defeat with dignity, and any personal insults or disrespectful behavior is a punishable offense. Without an opponent, there is no game!

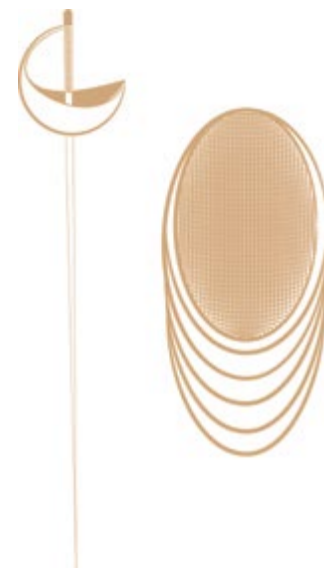
In daily life, it is also necessary to treat oneself, as well as others, with dignity and respect. This includes those whose opinions or sensibilities may be at odds with our own. Where would we be without these important people?

**Q** What has been the most valuable take-away so far?

**TD** What I have come to appreciate the most are the honest and frank conversations with others.

In the past, I used to hold a very individualistic attitude. However, after so many years experiencing failure, growth and success in the ever-nearing prospects of qualifying for the Olympics, I have realized that there is so much to learn from the life experiences and perspectives of others.

Although my path may be a unique one, it is not solely mine. I share it freely with others because I also depend deeply upon others ●



INTERVIEWED BY EMMA IVATURI

# EMOTIONAL RESILIENCE

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# BETWEEN STIMULUS and response - PART 4 -



IN CONVERSATION WITH  
DR JAMES R DOTY

In the earlier parts of this interview, DR DOTY explored the evolutionary advantage of compassion, aspects of human behavior that relate to compassion and collective social issues, and shared some cherished memories of the remarkable woman who gave him a helping hand up when he was a boy. Now, in Part 4, Dr Doty talks about how he was able to develop compassion and its impact in his work as a neurosurgeon.

**Q** I'd like to hear about being a surgeon. It seems so foreign to me, to regularly have such tremendous responsibility for someone's life. How has Mindfulness affected you as a brain surgeon, in being able to be calm in stressful situations?

**JD** I'm a neurosurgeon and the nature of my job requires a high level of training and technological sophistication. Interestingly, though, what I tell our students and residents is that while that may be true, the successes that I have with patients are equally touched by caring and compassion. And this has nothing to do with using a scalpel. This has to do with being present for someone and being there for them. In so many situations this is profoundly helpful for individuals because it changes the dynamic.

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When you have a sense of calm about yourself and what you're doing, and you don't panic under stress, you are able to do much, much better ... it is the cultivation of positive emotional states that we can do with certain types of mental practices.

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When people come to a doctor or neurosurgeon, many times this is the most important thing happening to them or their family and to us it's routine. And to dismiss it as such is really horrible. To be present even though we're doing something routine and standard to us is very, very important because it leads to this sense of calmness and the sense that they're really being cared for. Again it shifts them from engaging their sympathetic nervous system associated with fear and anxiousness to one of calmness, and this actually promotes wound healing and also improves their physiologic state. We know that certain types of stress, such as profound acute stress, can lead to sudden cardiac death. So those types of compassionate interactions are important.

Remember that a neurosurgeon's training is seven years after medical school. In the context of what I do, and this has evolved over time, I try to function with a calmness and a lightness of spirit that allows me, when something bad happens, not to respond in a negative way. You hear of surgeons who throw instruments and blame others. First of all, my first response if anything happens is: until proven otherwise it's my fault. This limits me screaming at people. And I don't do that, of course. When you're calm and you don't engage your fear response when unexpected events occur, your executive control function in your frontal area works at its best and this is associated with clear decision making, creativity and being more productive.

When you have a sense of calm about yourself and what you're doing, and you don't panic under stress, you are able to do much, much better. This is true whether or not you are a neurosurgeon and in all parts of your life. Negative thoughts and negative emotional states don't benefit anybody. And it is the cultivation of positive emotional states that we can do with certain types of mental practices.

Engaging in positive mental states, and the cultivation of compassion with intention, changes everything. When I finished my interaction with Ruth after six weeks my personal circumstance had not changed one iota ... but everything changed. And the reason everything did change was that I went from having negative emotions associated with my situation to simple acceptance of my situation. I had a different type of mental state. My mental state changed to one of happiness, acceptance and gratitude. I was able to forgive those who I felt had hurt or wronged me. I had no anger towards my father and mother, because I understood that they had their own struggles and were dealing with their own pain.

I say that situations have no power. It is us who give them power. I was able to go back to my situation understanding this, having these insights, and when I changed my mental state and took away the anger, despair and hopelessness then the world changed in how it interacted with me.

What has allowed me to have the success I have had is looking at the world with gratitude, practicing forgiveness, being compassionate to myself and others, recognizing the dignity of every person and practicing equanimity and humility. I understand that my purpose is to be of service to others, to embrace others and to give people unconditional love. That allows me to walk in the word and allows the world to embrace me.

**Q** I'm reminded in what you just said about the statement of Viktor Frankl that is something like: between the stimulus and the response there is a space and it's in that space that we find freedom.

**JD** I think that is exactly right and Viktor Frankl is one of my heroes. He had this understanding that between stimulus and response

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Viktor Frankl had this understanding that between stimulus and response is a pause and it is within this pause that everything occurs. And it is learning how to sit with this pause, and how sitting with that pause, if you have the right intention and you have self-awareness and you have practiced the things that we have spoken about, then your response is completely different.

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And it's the response to things that changes everything. As an example, often times we are approached by people who appear angry or upset about something and our natural inclination is to give that back to them in the same fashion. Yet if we take a moment to pause and think about the reality, often times these negative emotions and behaviors have nothing to do with us. They are a response to a set of events that occurred perhaps before the person met with us; a negative interaction with a spouse, some negative information about something they cared about.

When we are able to pause, this decreases our reactive nature and we don't go into a state of engagement of our sympathetic nervous system. As a result we are able to be much more thoughtful, clear-headed and creative, which leads to a better world. This is really the summation of all that we are talking about, when we talk about war, anger or negative affects on the environment; these are all conditions of the human heart.

Throughout our lives many of us receive wounds of the heart. For most of us these heal quickly, but for some these wounds of the heart are deep. As a result, it is these wounds of the heart that are responsible for negative behaviors by men. It's only when we focus on healing the wounds of the heart that there is ever going to be peace in the world. All the science and technology are not going to do that. It is when we go inside of ourselves and practice the things we were discussing, acting with an open heart - those are the only things that can heal these wounds ●

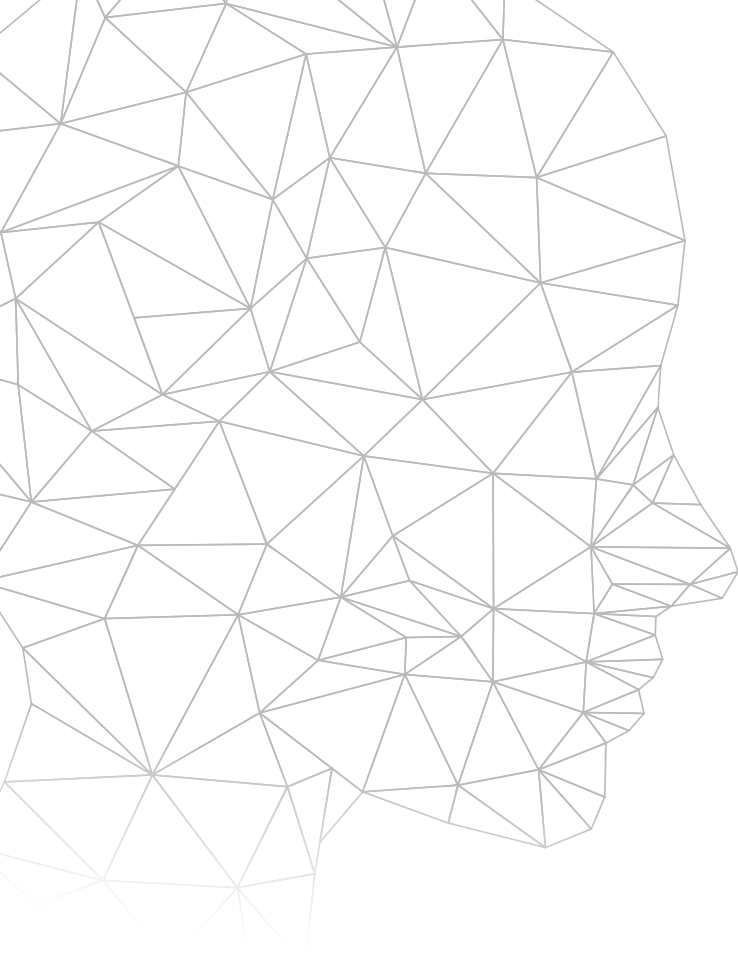
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INTERVIEWED BY JOHN MALKIN, AUGUST 2016.

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## LIVING WITH THE New Children

TERRAN DAILY explores some of the possible reasons for the growing numbers of children who are diagnosed with ADHD and autism. Is the problem really with the children?

Have you noticed how many children now are seen as difficult or having special needs? I certainly have. In my 30+ years as an occupational therapist, I have seen diagnoses of ADHD and autism spiral, and have encountered an increasing number of children – even without these diagnoses – who have exceedingly strong wills, dreamy or fiery temperaments, and definite notions of what they like and don't like, will and will not do. These children have a hard time fitting in with mainstream education and busy working families. I have parented one such child and am now a grandmother to another.

Where are all these children coming from and why? I have heard many theories. Some people say 'the epidemic' is because of all the toxins we take in through our polluted air, water, food, medicines, body care products and cleaners. In 2009, the US Center for Disease Control published a report

stating that over 75 toxic chemicals have been found in peoples' blood and urine.

Another theory is that our children's problems are due to the electromagnetic pollution we experience from high power lines, mobile phones and phone towers, Wi-Fi, microwave ovens and so on. Other people postulate that watching television during the brain's formative first three years predisposes children to ADHD, as the brain becomes accustomed to TV's rapid-fire images and can no longer tolerate the slower pace of ordinary life.

One *Psychology Today* article, 'Why French Kids Don't Have ADHD', suggests that the key to the exponentially increasing incidence of ADHD could be the breakdown of traditional family values and discipline.

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Coming from another angle, English educator Sir Ken Robinson in the most viewed TED talk of all time – *Do Schools Kill Creativity?* – holds that our current schools operate on an outmoded, factory model for education. They are not preparing our children for life in a world that has entered an explosion of information, creativity and new ways of seeing things. Our children are simply bursting out of molds that no longer fit them, and as the molds burst, new ways will have to be found. They are inspiring us towards change.

Other people with an esoteric bent describe a wave of Star Children coming to us from other worlds or other dimensions to pave the way for a new consciousness that is coming for all humankind.



The Star Children are described as falling into three main groups:

## INDIGO CHILDREN

Born mainly between 1970-1990, with a few early scouts. These intelligent and talented children are warrior spirits with high integrity, fiery determination and no tolerance for dishonesty or manipulation. They will fight for what they think is right and will simply not comply with authoritarian demands that make no sense to them.

Attempting to coerce these children will simply result in a power struggle. Their role in our evolutionary process is to break down old systems that no longer serve us. These children get bored easily when asked to do something that does not inspire them or capture their interest, so are often labeled as having ADHD.



## CRYSTAL CHILDREN

Born mainly between 1990-2010. These are more peace-loving children who are often recognizable by their large, sensitive eyes and their tendency to stare intensely at people for long periods of time, silently taking in information. Crystal children often begin talking considerably later than most children due to their telepathic abilities, so may be misdiagnosed as autistic. They are highly energetic so can be also be misdiagnosed with ADHD. Crystal kids dislike unharmonious or over-stimulating environments, and may have tantrums if forced to remain in such situations. They are artistic, musical and love nature, often with a special interest in rocks and crystals.



## RAINBOW CHILDREN

Born after 2000. These are the newest and the least common Star Children. They are openhearted children born to love and serve. They are often gifted with healing abilities and passionate creativity. These children are completely fearless – they give affection equally to every living being. They have very high energy, strong personalities, and can appear impatient because they are not accustomed to this world where manifestation of what people think or need is not instant.

I am sure all these theories are pieces of the puzzle. Which do you resonate with? I personally resonate very well with the idea of Star Children. I remember a calling coming to me at an early age to somehow help in ushering in a new era, and it is inspiring to me to think of a great wave of beings coming into the world for that purpose. Goodness knows we need it!

I'm not sure that Indigo, Crystal and Rainbow children are so clearly differentiated, or that these are the only types of children. But what I do know is that many children are different now, and these new children must be approached with respect, humor, playfulness and presence. They must know that we are with them, willing to help them accomplish goals that make sense to them. They respond to inspiration and loving guidance, but not to arbitrary control – you will have a fight on your hands! ●



### FURTHER EXPLORATION.

*Exposure to environmental toxins linked to autism incidence rates*, Medical News Today website: <http://www.medicalnewstoday.com/articles/274088.php>.

*Health Effects of Electromagnetic Fields*, a video with Professor Olle Johansson, <https://www.youtube.com/watch?v=mN1nl9GNpUU>.

Losey, M. 2007. *The Children of Now... EVOLUTION*, Career Press, USA.

Wedge, M. 2012. 'Why French kids don't have ADHD', *Psychology Today*: <https://www.psychologytoday.com/blog/suffer-the-children/201203/why-french-kids-dont-have-adhd>.



Life is movement. The more life there is, the more flexibility there is. The more fluid you are, the more you are alive.

ARNAUD DESJARDINS





# THE SCIENCE OF

## *Awe & Compassion*

### – PART 1 –

PROFESSOR DACHER KELTNER is passionate about social justice and just as passionate about the experience of awe and wonder in daily life. How does a professor of psychology study awe, wonder and compassion scientifically?

**Q** Hullo Dacher, let's start with what your role is at UC Berkeley?

**DK** I am a Professor of Psychology and I run a big lab, I teach, and then I have this other career, which is the Faculty Director of the Greater Good Science Center. For the first 8 to 10 years I was really deeply involved in building up the center: writing, giving talks and workshops, organizing programs, editing the online magazine and getting out in the world and speaking to healthcare providers, school teachers and the like. And now, we have been really lucky to see it grow organically, such that I am largely in the background, speaking to people when they need it, suggesting themes for our offerings, and doing the occasional talk. So it has been a remarkable growth.

**Q** How has it expanded? You have different streams now, such as education. How has that evolved?

**DK** We started 15 years ago when the science of the things we were interested in, like gratitude, mindfulness, compassion and empathy, was really just getting off the ground. There was no well-developed literature. So 10 years ago we were involved in building up our content – essays, research briefs, videos, etc. And then, from that platform of content, we first extended it to educators. We hired a couple of education directors and we have a summer institute for educators, I speak to schools, and we consult with educational institutes.

Then we built up a broader worldwide reach with our online 'Science of Happiness' course with Emiliania Simon-Thomas, after which we started to go to the workplace. We held a gratitude conference on work. Emiliania and I do a lot of speaking to organizations, and I think that we will eventually move to healthcare, where we will build the wisdom of the Greater Good Science Center into how a

medical doctor might advise a patient.

So first we got our content together, and it felt like we had a deep immersive experience for people to move through, and then we extended it strategically.

**Q** Can you share some of your personal journey? Why are you interested in bringing goodness to the world? What fascinates you about it?

**DK** Well, I had counter-culture parents. My mom was a feminist and literature professor and my dad was an artist, and they taught me to feel wonder about the world, and to look at the arts and think about literature and travel around, and just be wonderstruck by the world. That really led to my scientific career, and the things that I study, like beauty and awe and compassion and power dynamics.



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