

OCTOBER 2016

CELEBRATE WORLD TEACHERS' DAY: 5TH OCTOBER

# heartfulness

purity weaves destiny

WHO AM I?

*Why do we want to know?*

TEENAGERS

*Finding your place as a parent*

CHANGE TO HEALTHY EATING

*How to avoid old habits*

THE POWER OF SUGGESTION

*Contribute to the positivity  
around you*



RNI No.TNENG/2016/68243

SELF ● RELATIONSHIPS ● WORK ● INSPIRATION ● VITALITY ● NATURE



# ENHANCING

the **senses** of  
**OBSERVATION**  
**INTUITION**  
and **COGNITIVE ABILITIES**  
in children



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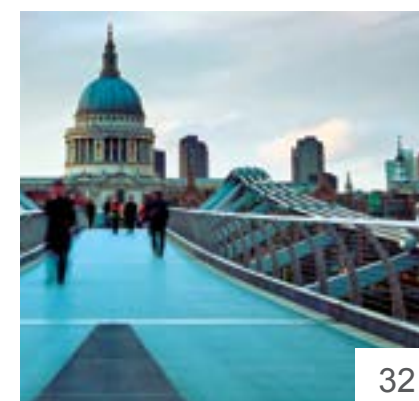
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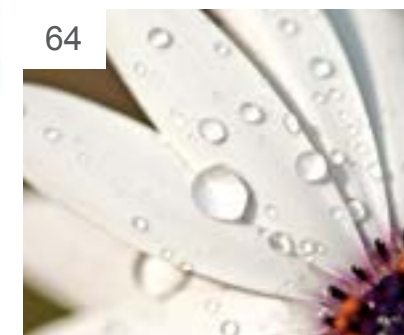
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Heartfulness

Through meditation, transformation

## The power of thought

Whenever you have a moment, at any time during the day or night, you can use your own thought energy to bring about change. To do so, first go into your heart and then very gently and tenderly make one of these prayerful suggestions:

Everyone is being filled with love and devotion and real faith is growing stronger in them.

Everyone is developing correct thinking, right understanding and an honest approach to life.

Everything around us – the air particles, people, the birds, the trees, etc. – is deeply absorbed in Godly remembrance.

————— • —————

To experience Heartfulness,  
please contact one of our trainers at [info@heartfulness.org](mailto:info@heartfulness.org)  
or via the website at [www.heartfulness.org](http://www.heartfulness.org).





## bring about change

————— • —————

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# Existence, upgrade available

Heartfulness  
Through meditation, transformation



Heartfulness Meditation Festival

**Date:** 29-30 October, 2016 • **Location:** Bangarra Theatre, Walsh Bay • **Entry Fee:** \$10

[meditationfestival.org.au](http://meditationfestival.org.au)

## *A Noble Profession*

The 5<sup>th</sup> of October is World Teachers' Day. In this issue we celebrate and honor the teachers of the world; those dedicated, inspired human beings with whom we entrust our children, and who leave a lasting legacy for the future of our world. On one hand their work is valued, yet they are usually underpaid, overworked and their profession is not considered 'desirable' or a first choice of career for successful students. Their role is so profoundly important in any culture. Don't we want the best human beings possible to teach our children, in order to secure our future?

Albert Einstein once said, "It is the supreme art of the teacher to awaken joy in creative expression and knowledge." Carl Jung went even further when he said that our gratitude is always for those teachers who touch our human feelings, as "warmth is the vital element for the growing plant and for the soul of the child."

So please join us in celebrating World Teachers' Day wherever you are. It may be by thanking your own children's teachers, or sending a card to a teacher who once taught you, or generally acknowledging and valuing this noble profession by ensuring that respect for teachers is the natural order.

In addition, in this issue we have an exercise for those of you who want to have some fun alleviating stress. Also a busy cardiologist shares how he balances his life, a well-known psychiatrist explores group dynamics, and a young writer experiments with an observer's lifestyle and shares the benefits. In response to requests from readers, we have a new Vitality section, with tips to keep your body in shape during the change of seasons. There is a fascinating interview on teenager-parent relationships, some guidance on listening well, a photo essay on flowers that will make you smile, and another inspiring installment about the evolution of consciousness.

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# AN OBSERVER'S LIFESTYLE



DURGA NAGARAJAN shares a first-hand example of how the power of observation can change a life.

Sitting on my couch, without anything much to do, I realized that my mind was overpowered with a lot of thoughts, some worthy of consideration and some not.

Life had been very strenuous during the last couple of months owing to a multitude of factors. The funny part was that I was never able to pinpoint exactly what was causing the tension, strain, restlessness, and a mixture of unpleasant notions that hovered over me day in and day out. In fact, I reached a point where even my sleep was affected. That is when I decided to take a step back and analyze what was really causing the issue.

I figured out that the issue was in the way in which I led my life. If I was in a meeting with a client who just didn't budge from his stance, for example, his reaction and mannerisms during our conversation would get the better of me. Now the question arises, how is that possible? Well, it is simple; I took in and absorbed not only his words but also his attitude and body language. These had a greater impact on my response to him than the actual matter at hand.

How then could I change this? In my small understanding, I needed to become an 'observer of life' and not an 'absorber' of my surroundings.

How could I embark on this journey of leading an observer's lifestyle? Here are some 'to dos' I have been trying:

1

Understand that life is a journey to be undertaken and not a race to be won.

2

Cultivate absolute unaffectedness to situations, what is called *stithpragya* in the Bhagavad Gita. Respond to situations with a clear and unbiased attitude for the good of all, making it a win-win situation every time.

3

Cultivate absolute humility within myself so that anything that seems to be aimed at me does not affect me personally, but is taken as a learning experience.

4

Stay connected at all times to that inner guidance within – my heart. This will hopefully lead me to an integration of all my actions and thoughts, and allow me to follow my intuition.

5

Listen with the intention of understanding my peers. Many a time, I listen only to respond, and that one attitude severs relationships and business prospects.

In my life of constant thoughts and unrest of the mind, these few attitudinal changes have brought about an all-encompassing change of attitude.

For more clarity, I also observe nature. Imagine how peaceful and serene the world would be if we all just existed, observing everything around akin to nature ●





WISDOM BEGINS IN  
*Wonder*  
- SOCRATES

THE ONLY TRUE WISDOM IS IN KNOWING  
*you know nothing.*

TRUE WISDOM COMES TO  
EACH OF US WHEN WE REALIZE  
*how little we understand*  
ABOUT LIFE, OURSELVES,  
AND THE WORLD AROUND US.

HE IS RICHEST WHO IS  
*content with the least,*  
FOR CONTENT IS THE WEALTH OF NATURE.

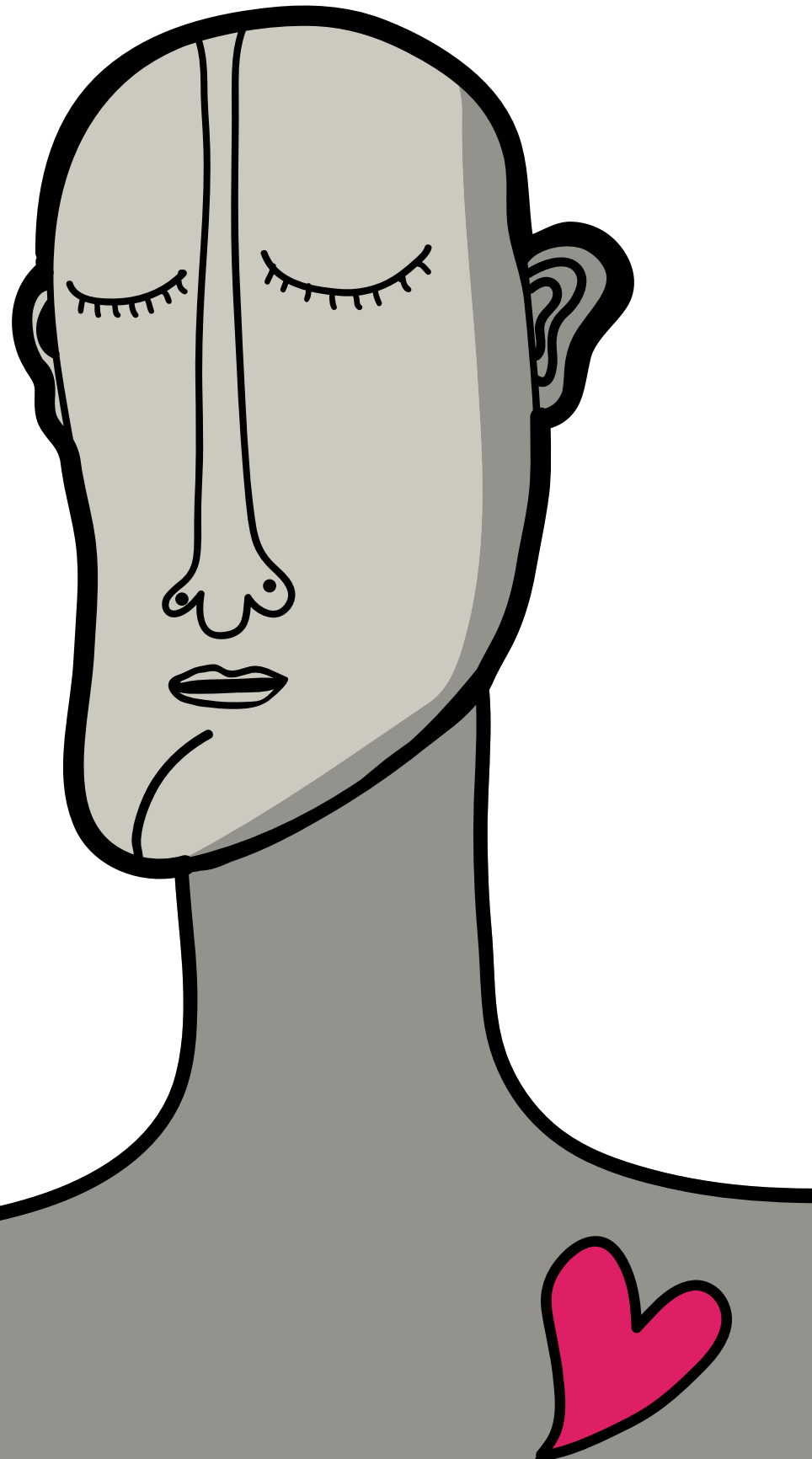
BE AS YOU *wish to seem.*

BEWARE THE BARRENNESS OF A *busy life.*

- SOCRATES

# Free Yourself From *Stress*

This is an excerpt of a workshop coordinated by VÉRONIQUE BRASSELET and EMMA MILESI during the Heartfulness days at the Cité Internationale in Lyon in January 2016.



## The heart's simplicity reduces stress

Stress is everywhere in our daily lives. When it is positive (eustress), it is considered beneficial; when it is negative (distress), it inhibits our potential and prevents us from accomplishing our objectives.

## What is stress?

Stress is something that causes a state of strain or tension.

## What hides behind stress?

Our fears. Fear is part of daily life, and it is present everywhere. According to its intensity, stress will be more or less severe, uncomfortable, challenging or crippling.

## Various sources of stress

1. Daily worries, for example, missing the bus and arriving late, the inability to finish all that was planned for the day.
2. Undergoing fear, for example, speaking in public, a job interview, not reaching our parents' expectations, required job performance.
3. Undergoing binding, sometimes crippling fear, for example, reliving an old wound that made us suffer. Examples include not being loved, being abandoned, failing, hurting others, the fear of being judged by others.
4. The growing pace of life, for example, fear of anything new, of change, not adapting.

Fear/Stress is a film we create for ourselves, a mental scenario, which confines us to a narrow vision excluding reality. Our interpretation distorts reality into false beliefs about ourselves and others.

Stress, in particular distress, reveals that something is not quite right, and allows us to question ourselves: "What is causing me to feel stressed or frightened?"



## Various reactions under stress

Our survival instinct forces us to act in one of three ways: defend ourselves, flee, or stay dumbstruck on the spot!

## Stress acts specifically at different levels

### 1. The Brain

Stress specifically targets the brain areas implicated in coordinating cognition and emotions:

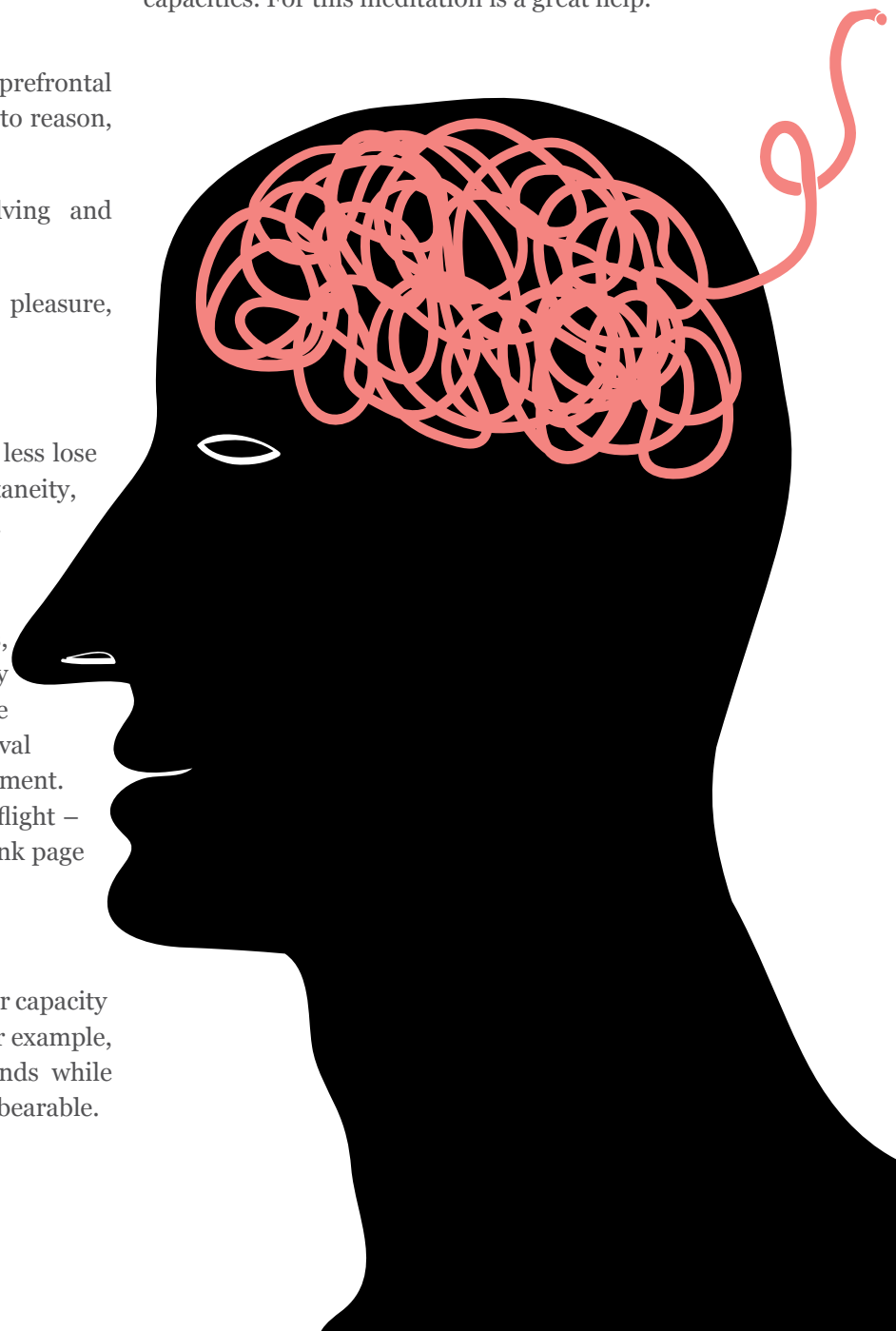
- a) The cognitive functions coordinated by the prefrontal cortex, such as language, memory, the ability to reason, to plan and to organize.
- b) Adaptability – calmness, problem solving and decision-making.
- c) Emotions, such as aggression, fear and pleasure, controlled by the limbic system.

According to the degree of stress, we more or less lose these faculties and this can lead to lack of spontaneity, depression and even psychomotor retardation.

The limbic system is the seat of our impulses, fears and angers. It emotionally colors any information received and grades it as agreeable or disagreeable. Its main function is survival by suitable adaptation to the social environment. Under stress, it focuses on survival – fight or flight – and deprives us from thinking clearly, e.g. blank page syndrome.

Consequently, with stress (distress), we lose our capacity for reflection and emotions take over. Take, for example, a job interview; some will have clammy hands while others will not turn up, the stress being too unbearable.

When we can handle stress, all the brain functions remain active, allowing us access to all our faculties and capacities. For this meditation is a great help.



## How does the brain treat information?

Imagine your brain as a multistorey house.

First of all, information goes to the reptilian brain, the instinctive brain. If the body is in survival mode, for example if you are hungry, the information will be slowed down, even completely blocked if the hunger is severe. If body survival is not threatened, the information moves to the second storey into the limbic system, the emotional brain.

Here the information is classified as agreeable or disagreeable. If it is agreeable, it passes through to the cortex and then you may have an answer to your mathematics problem! If it is considered disagreeable, failure is guaranteed! In the worst of cases, the limbic system will not allow the information to pass to the cortex.

How does the limbic system assess information? Like an arbitrator, it adds up the plusses and minuses.

For each disagreeable thought it allocates a minus, and for each agreeable thought it allocates a plus. Say you have a maths problem. If you say, “I am hopeless at maths,” or “This teacher is poor,” or “My family has never been good at maths,” it is a minus. If on the other hand you are feeling positive, then you create a plus.

To continue the metaphor of the multistorey house, let’s say there is a door to go from the limbic system to the cortex. The plusses try to open the door the minuses try to shut it. The team that has the most wins.

What does a team coach do before a football match? He talks positively to the players saying, “We will win,” and “We are the best,” so the information passes directly to the cortex and the team can play at its best level.

In fact when information is considered agreeable or very agreeable by the limbic system, the limbic system passes it to the cortex, and then the cortex deals with it as a priority.

### 2. The Hormones

The hormones adrenaline and noradrenalin are released in stressful situations, and they accelerate our heart rhythm and breathing to allow the organs linked to movement to increase their functions and thus to support defense or escape.

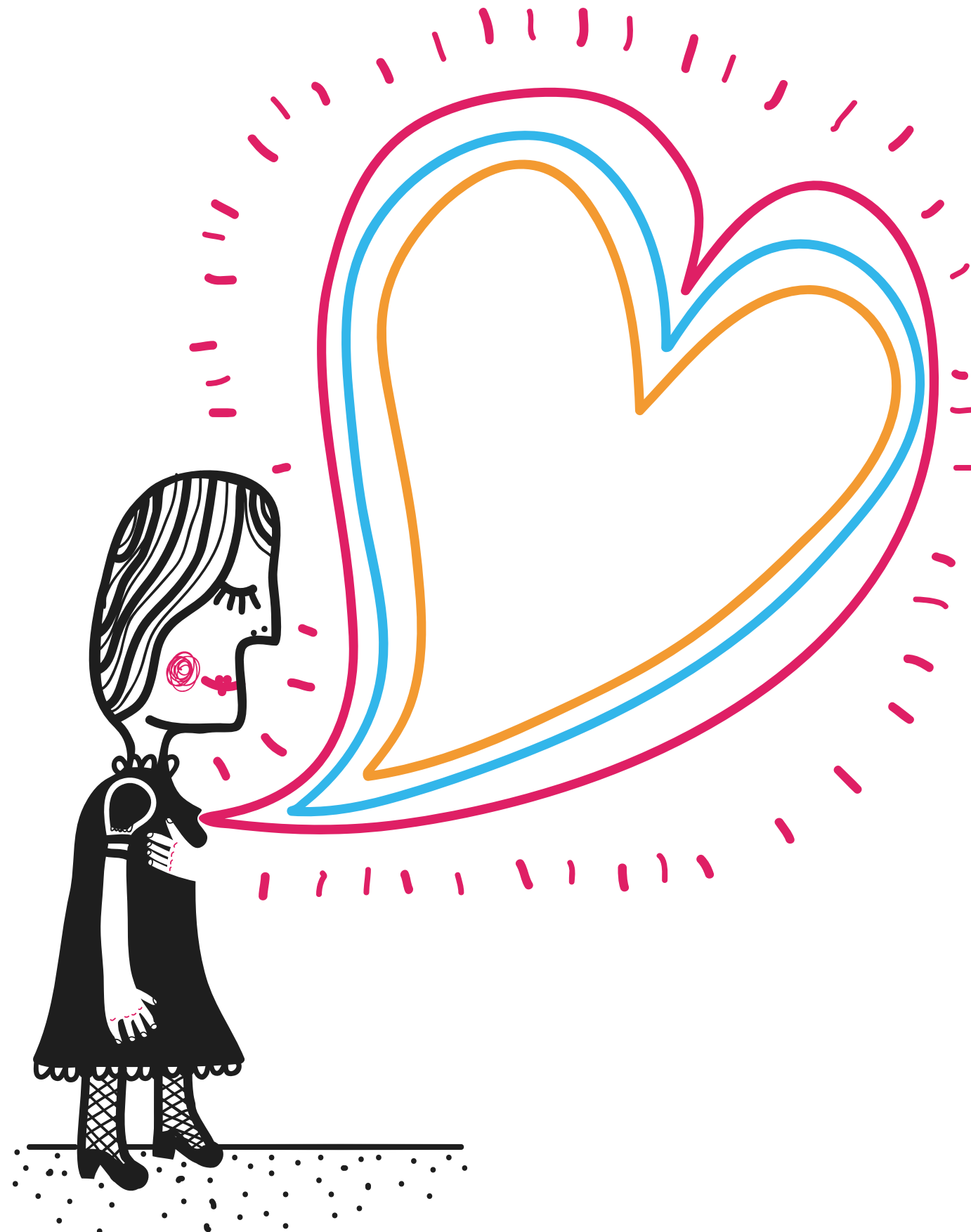
### 3. Behavior And Emotions

Stress leads to:

- Dependency, jealousy, withdrawal and even submission,
- Withdrawal due to fear of showing weaknesses and not meet expectations,
- Difficulty in saying no, tendency to avoid conflicts,
- Hinders all action and relations,
- Withdrawal due to sadness and despondency,
- Compensation, such as eating disorders, drinking and smoking.

## Activity: How to liberate stress in 4 stages

Ask a friend to guide you through the steps.



### Step 1: Observe it

Put yourself at ease, breathe calmly and close your eyes. Observe any current stress that you feel.

Identify the emotions that take place inside you when you are aware of that stress.

Identify the physical symptoms that appear, such as sweating, breathing, clammy hands, etc.

Identify how you react to this stress: do you run away, stand up to it, or become inert?

Note the stress level on a scale from 1 to 10.

Breathe in slowly and deeply through your nose, and breathe out through your mouth.

### Step 2: Feel it

Recognize it, expressing inwardly, "I feel stressed because ..."

Inhale slowly through your nose, and exhale through your mouth.

Feel this stress as deeply as possible, so as to integrate it.

Feel the emotions that surface. We are often afraid to feel these emotions because we think they are bad and we will become like that.

Inhale slowly through your nose, and exhale through your mouth.

### Step 3: Accept it

Welcome your stress without judging and with benevolence, as it is part of you.

Inhale slowly through your nose, and exhale through your mouth.

Accept it. What feelings occur when you do? What physical changes do you observe?

Welcome this new sensation, explore it, appreciate it, amplify it while breathing naturally, let it spread throughout your body, and feel the energy circulating.

### Step 4: Integrate it

Do you feel that something has changed or loosened?

Be ready to listen to a new understanding.

Bring your attention again to the same stress: how do you feel now with it? If there is no improvement, wait some time and if necessary try again.

Note the stress level that you feel now on a scale of 1 to 10.

Thank yourself that you took care of yourself.

When we take the time to welcome what happens inside us and acknowledge it, we digest it better. We give ourselves permission to live in the present. Then slowly we will accept it, integrate it, and then transcend it.

This is our personal work.

When we cut ourselves off from our feelings, we try to stand back and intellectualize, and then our emotions take over. To free ourselves from our stresses is a proof of maturity and wisdom ●



With gratitude and appreciation to  
every teacher who ever inspired a child  
and gave them a glimpse of what it  
means to love life and love learning.



Celebrate

WORLD

TEACHERS'

DAY

on the 5<sup>TH</sup> of  
OCTOBER



Education must contribute to the all-round development of  
each individual - mind and body, intelligence, sensitivity,  
aesthetic sense, personal responsibility and spiritual values.

- *Learning: The Treasure Within*, Report to UNESCO of the  
International Commission on Education for the Twenty-first Century

What is education? Is it book learning? No. Is it diverse  
knowledge? Not even that. The training by which the  
current and expression of will are brought under  
control and become fruitful is called education.

- Swami Vivekananda, *Complete Works Vol. IV*

In values education, we are going back from human-  
endowed values to real human values. From artificial  
values to real values to natural values.

- Parthasarathi Rajagopalachari, *Revealing the Personality*

Of all the ways whereby children are to be instructed,  
and their manners formed, the plainest, easiest,  
and most efficacious, is, to set before their eyes the  
examples of those things you would have them do, or  
avoid.

- John Locke, *Some Thoughts Concerning Education*

Educating the mind without educating the heart is no  
education at all.

- Aristotle

Children must be taught how to think, not what to think.

- Margaret Mead, *Social Progress and the Power of Intellect*





# All in One

IVOR BROWNE looks at group dynamics and how they affect our behavior.

The inspiration for this was a beautiful statement that I found in the oldest of the Upanishads, which are part of the Vedic scriptures from ancient India.

*There is a light that shines beyond all things on earth, beyond us all, beyond the heavens, the very highest heavens. That is the light that shines in our heart.*

- Chandogya Upanishad

In the twenty-first century, particularly in the West, most of us have a fairly clear awareness of who we are as individuals, however we are much less aware of the roles we take on as part of a group, and of the way in which group energy can make us behave. Our earliest experience in this embodied existence is not that of a separate individual, but rather as an intimate part of a group, that is, the family. The individual personality only emerges later as we develop into adult life.

A group is not simply a multiple of individuals, but is a separate living system, a different organism with a life of its own. As part of our early development in the family and as a result of the karmic tendencies we carry into this life, each of us tends to have a predisposition for a role, which we enact repeatedly in later life when we become part of various groups.

Typically we are quite unaware of this, and believe that we are just the same as ourselves as individuals. When we become part of a group, however, we are surprised to find ourselves behaving, thinking and feeling quite differently. In these circumstances we usually convince ourselves that we have simply changed our view in the light of discussion, although we typically feel confused and have an uneasy feeling in regard to what is happening.

For example, most of us will recognize the following situation: before going into a meeting, we agree upon a policy with someone, and a direction to be followed. Then, to our amazement, not only does our colleague not support the view we had agreed upon, but actually speaks up against it and votes for the opposite point of view. It is important to understand that this is not a result of disloyalty or dishonesty, but it is an instance of the person taking on a role given to them by the group. Once away from the influence of the group, they would often like to reverse their position, but feel committed by what they have already done.

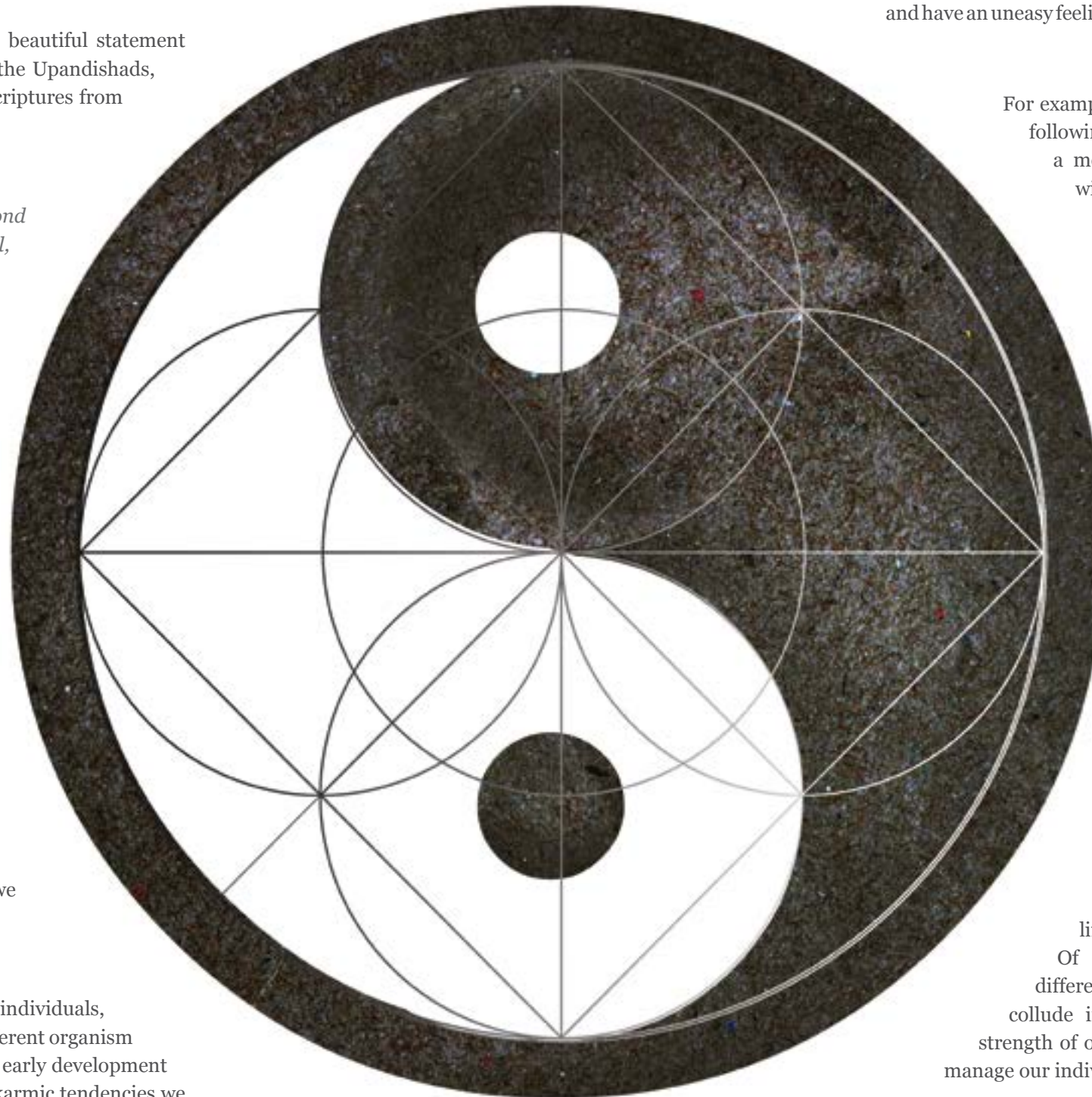
There are many situations in life where we find this happening. Of course, there are individual differences in how likely we are to collude in this way, depending on the strength of our personality and the ability to manage our individual boundaries.

Wherever we look, inside an atom or inside a human being, we find opposing positive and negative forces. This appears to be the natural order of things, at least in this world. This was the underlying principle understood in ancient times by the Taoist sages in China, and in eastern philosophy generally. In very early times these ancient scientist-philosophers in India and China came upon the principle of a balance of forces or energy within all existence. These energies have been given various names – positive/negative, right/left, male/female, good/bad, light/dark, etc. They are always changing, always balancing, always attempting to resolve and unify, but always dividing. Behind this, as the Taoists would say, there is an unchanging Reality on which our effervescent dualistic reality rests. This is not something we can ever perceive directly, although we can experience it.

The more we understand, the clearer it becomes that everything is interconnected, that there is no such thing as a separate human individual or community. If we apply this view to society, then even joy riding, rape, vandalism, and vicious attacks on old people, must be related and interconnected with what is happening in other humane sectors of society. If there is any merit in such a view, we must all have a share in the responsibility for the negative and disadvantaged sections of our society.

We have to ask how far each one of us is dumping the negative aspects of ourselves onto others. Of course the perpetrators have their individual share of responsibility for what they are doing, but nevertheless we still have to ask in what way have we all contributed to this viciousness. How do we maintain it?

This highlights how vital is the need for us to be alert, and to stop any projection of negative energies or negative thoughts about others. It is up to each individual to realize that each of us contains both good and bad, is capable of aggression and gentleness, and that the task of each human being is to manage all of these painful and conflicting emotions, attitudes, pleasant and not so pleasant behaviors of ourselves, all of which go to make up the human condition. The least we can do is to try to take responsibility for our own selves ●







# HEARTFULNESS

Webinar - October 2016

## TIME MANAGEMENT & PRODUCTIVITY

Featuring : Chirag Kulkarni

This webinar will help you understand more about the importance of time management and productivity. Mr Kulkarni will share those things that he has personally done himself to become more productive during his day. It is actionable, and is for anyone who appreciates productivity and wants to achieve more in their life.

Chirag Kulkarni is an entrepreneur and marketer. He is the co-founder of Insightfully, which uses social data to power customer analytics for products with social sign in. He is also the founder of K Ventures, an agency helping companies with SEO, PR, and Content Marketing. He also contributes to Inc, Entrepreneur, Huffington Post, and many more and has spoken at Accenture, MIT, IIT-Bombay, and Northeastern on marketing and entrepreneurship.

JOIN US :  
**Saturday October 22nd 2016**

8:00 PM IST/ 4:30 PM CEST/ 10:30 AM EST

by registering at the link below :  
<https://goo.gl/ND6MV2>

{ Q & A } IN CONVERSATION WITH  
HARESH MEHTA

## THE FEELING MIND

**Q.** You are a cardiologist and you also practice Heartfulness meditation. Why are you so interested and fascinated by the heart?

**HM.** My relationship with the heart started when I was a kid. My father and grandfather both wanted to have a heart specialist in the family, so that is how I got involved with the physical heart. Probably from the age of five I was thinking of becoming a cardiologist.

**Q.** You work with the physical heart, and you meditate on the spiritual heart. What do you see as the relationship between the two fields?

**HM.** Initially my understanding was that the physical heart just pumps blood, gets it purified in the lungs and then sends it to the entire body, including all the organs, supplying oxygen. But later on, I discovered that research by both scientists and non-scientists has shown that the heart is not just a pump. They realized that the heart has a sensory system of its own. It can perform functions on its own, even when it is disconnected from the brain, and it can also think.

My observation is that the heart is a feeling mind. When you are angry, your heart flutters. When you are happy, you are happy within your heart. So obviously I realized that there is a connection between the physical and the spiritual heart.

I discovered that research by both scientists and non-scientists has shown that the heart is not just a pump. They realized that the heart has a sensory system of its own. It can perform functions on its own, even when it is disconnected from the brain, and it can also think.



This relationship has been explored by the HeartMath research team, and scientists like Dr Paul Pearsall, who have delved into this field and found evidence that the heart is responsible for the coherence that exists in the human system. They found this not only in the body itself, but also in interpersonal relationships between people, between pets and their owners, and also among the members of a group like a symphony orchestra.

They realized that when an orchestra performs, it is not the brains that are working together, as 40 brains working together cannot give you a symphony. Effectively it is the heart that drives such coherence. They also realized there

is not only local coherence: what your heart thinks or feels can be felt by someone else millions of miles away.

Then they realized it is because of the magnetic force that the heart emits, which is a hundred to a thousand times the strength of the magnetic force emitted by the brain. So that gave me the idea that the heart is much more than the physical heart we see.

The way I see it, the physical heart is just a small component of the spiritual heart.

**Q.** If you read the works of Ram Chandra of Fatehgarh, there is an amazing quote: “What is this ‘we’ of ours? It is our heart.” When you talk about the magnetic field of the heart, is this what you are talking about?

**HM:** Yes.

**Q.** So this is coherence?

**HM:** This is coherence.

**Q.** So you are saying that where we connect and interact is the heart.

**HM:** Yes. I firmly believe that. We never describe a person as kind-brained, instead we refer to her as kind-hearted or soft-hearted. I genuinely feel that relationships are formed by the heart, not by the brain at all.

**Q.** So you practice meditation. How does this help you?

**HM:** Meditation has changed me. I will tell you a small story of how I started and that will tell you. I was a busy cardiologist, constantly working and doing well, but I was always angry. If you had met me then, you would have felt that anger. I didn’t sleep well at night. Despite being so popular and having all the things I needed in my life, I was not sleeping. I had a lot of acidity and I would get up, toss and turn in bed, need antacids during the night, and I always felt that I was getting a heart attack.

Every month I would go to casualty, the ER at the hospital and get my ECG done to see what was going on. My wife said, “You will go crazy like this.” So eventually she told me, “Why don’t you try this Heartfulness meditation?”

She sent me to a trainer and I did three meditation sessions. I did it just because of her, and during those three sessions, honestly, I did not feel anything. The only thing I felt was, “Okay, I have done something for my wife, and she is happy, that’s good!” So I continued to be the way I was.

But after a few weeks, despite not practicing regularly, I noticed that I was sleeping better. I was sleeping 6 to 7 hours, I was easily falling asleep and I did not need any antacids. My visits to the ER reduced. I thought somehow I was getting better, but I did not correlate it with meditation.

Then down the line my patients started telling me, “Doctor, there is some change in you.”

So I asked them, “What change? I don’t feel any change.” They said, “Doctor, you are now listening to us.”

I said, “I was always listening to you. That is how I diagnose your problems.”

They said, “No doctor. Earlier, we would say one sentence, and after that you would speak, give us some medicine and leave us. Now we feel that you are patiently listening. You let us complete our entire stories, and only then do you respond.”

Then I realized that this had to have something to do with the meditation sessions. I started delving more and more into it, and decided, “Let me try it. Let me see whether this is making the difference.”



Why are people seeing that something has changed in me? That is why I continued with the meditation process, initially irregularly, and then I realized that my anger levels had gone down so significantly that people who formerly avoided me were now sitting and talking to me.

People were becoming more and more attracted to me. So obviously, meditation was giving me some kind of energy that was attracting others toward me. Had I discovered this before I meditated, I would have been saying, “Oh I am such a great doctor and that is why people are attracted to me.” But I realized that this energy was not because of that. This energy made me more humble, and if I start boasting about it, it will run away. So that is how meditation helped me to evolve.

Then, in my profession, prior to meditating, I was rated as one of the topmost cardiologists doing great work. But with meditation, when I was doing a procedure like an angiography or angioplasty, I became more efficient, because my power of concentration had improved significantly. I could finish the same procedure in three quarters of the time that I took earlier.

So this meant I had more time. And I stopped worrying about the traffic. That was a major change. It was a game changer. Bombay is full of traffic and I used to travel between hospitals, which can take hours on end. So previously I would reach a hospital feeling flabbergasted and angry. Now, when I reach a hospital, my colleagues will say things like, “Oh, my God! There is so much traffic on the road,” and my response is, “Where’s the traffic?” I don’t feel that there is.



Then I realized that my anger levels had gone down so significantly that people who formerly avoided me were now sitting and talking to me.

This change happened because I stopped looking outside. I am no longer worried about the cars or the roads; I am only seeing that I have to reach a destination and once I reach it I must start performing. So it has changed me immensely.

**Q.** You spoke about energy before. You said that other people felt a different energy in you. Why does that happen with meditation?

**HM.** Of course we all exist in the same energy, but I think what happens when we meditate with transmission and do the process of yogic cleaning, is that our true inner self starts radiating out. The energy always existed but it was covered up, it could not be seen. Now it can be seen because we remove all the unwanted things surrounding it.

**Q.** So does removing all the unwanted things affect the heart?

**HM.** The process of meditation per se has been scientifically shown to reduce the incidence of heart disease. It is known to reduce cholesterol, it is known to reduce the incidence of diabetes, and it is known to reduce the incidence of heart attacks. And those people who have heart attacks who also meditate perform well after the heart attack. They have less chance of dying because of rhythm problems or heart failure. So meditation has an effect beyond the spiritual level. Of course it is vital for your existence at the spiritual level, but it also has physical benefits.

So to those people who are looking for tangible benefits of meditation, I tell them that the intangible benefits far

outweigh the tangible benefits, it is just that we don’t see them. If we are going to live longer, we have more time to progress both materially and spiritually.

Meditation gave me a life without having to worry. Otherwise I was always worrying. To tell you honestly, right now, while it may sound absurd a doctor saying this, I am not worried about tomorrow.

**Q.** I assume you are still very busy in your medical practice.

So to those people who are looking for tangible benefits of meditation, I tell them that the intangible benefits far outweigh the tangible benefits, it is just that we don’t see them. If we are going to live longer, we have more time to progress both materially and spiritually.





**HM:** Busier than before.

**Q:** So how do you find time to meditate?

**HM:** As I said, my efficiency has improved, so I find I have more time. I also use my car, as I travel between hospitals. I use my car to make phone calls, read up about a patient I will be treating, and whenever I have time I close my eyes and connect to my Self rather than looking out at the traffic and getting angry.

**Q:** So it sounds as if it is easy to integrate into a busy daily life.

**HM:** It is extremely easy; you just need the will to do it. First you have to experience it, and the

will comes after you experience it. If you do not experience it, the will always denies: "Why would I do it?"

**Q:** What would you like to tell other people who have very busy lives like you?

**HM:** Incorporate meditation in your time management, and time will manage itself ●

INTERVIEWED BY ELIZABETH DENLEY

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# THE MEANING OF CONNECTION

ROSALIND PEARMAIN feels the aftermath of Brexit.



Something entirely new and powerful has shown up with the results of the Brexit referendum in the UK. For most of those disappointed with the result – nearly all younger people as well as a good chunk of others, 48% of the vote – there was not only shock but a deep pain and sorrow. It was as if a close relation had died. We felt such a feeling of loss. People wept. They felt disoriented and shocked; the world of space and time, of lived relationships was palpably altered. Who would have predicted such a reaction beforehand?

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No matter what our differences are on the surface, it seems that essentially we are so glad to feel connection.

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Without realising, without being conscious, we had truly felt a heart connection with others in Europe. We felt as though we were part of a larger family and suddenly this larger family was torn away from us. It was hard to bear. It has been so illuminating and moving to come across this underlying reality that we did not know we had. Of course, for many young people this reaction was also a fear that the opportunities for travel, work and future life prospects were also shattered and now intensely limited. Even so, the feeling of openness and joy towards the world towards freedom and expansion is the basic condition of soul.

While we also are overly confronted with far harsher and devastating realities of disconnection and disassociation, it is a small comfort to be brought back to this unsought source of sorrow. It reminds us of how profound the role of connection is in life.

Once I asked some students what was the most important value in life and the answer was connection with others. It is the same in measures of happiness and it far exceeds material wealth.

No matter what our differences are on the surface, it seems that essentially we are so glad to feel connection. It is simply enough. Yet of course we feel so lonely when we do not. A few years back, there was a focus on creating the future in our centers in France that also carried into an invitation to others in Europe. We were invited to contemplate and imagine the future. A special group meditation was given. It seemed to show me a vision of the future when we were all truly connected as one and this was the most beautiful and vibrant and soft experience of being, flowing, dynamic and glorious. The field of heart is the most extraordinary space in which we live and it seems to take such a shock as we have had to glimpse its reality in action ●

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