

Power of Presence

Principles and Practices for Wellbeing



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THE FIVE SPACES

There are Five Spaces in our life: (1) Work Space (2) Family Space (3) Leisure Space (4) Holiday Space and (5) My Space

Most people these days are familiar with the first four, but have sacrificed the fifth: My Space. In order to remain sane and effective we all of us need to take some time an hour a day, a day a week, a week a year and three to six months every ten years to just do things that refresh, energize and inspire us, including sometimes doing nothing at all! This is important to recharge our batteries physically, emotionally, intellectually and spiritually. The principle is: "First pull the arrow back, then let it fly forward. First take care of your self, then serve the world."

Here are some ways I like to take care of myself:

Meditate

Exercise

Read something inspiring

Appreciate yourself and your life

Be well hydrated

Eat healthy

Get adequate rest

AFL: Accept, Forgive, Learn

Unstructured time with close friends

Do what you love

Love what you have to do

Express your feelings

Laugh, Play, Nourish your Inner Child

Spend Time in Nature

Develop your skills and talents

Journal, Write from your heart

Be quiet, Inner silence

How else can we take care of ourselves? Reflect on this and discuss with your friends

IDENTITY DISCARD

Every form of identification, no matter how lofty or apparently beautiful, creates a contraction within - unless it is seen for what it is - just a role, a temporary preoccupation of a timeless presence.

Let us shift from all our usual roles, designations, duties, ID Cards...
from doing, having, becoming, to simply BEING!

YOUR ONE QUALITY

"Take up one idea. Make that one idea your life - think of it, dream of it, and live on that idea. Let the brain, muscles, nerves, every part of your body, be full of that idea, and just leave every other idea alone. This is the way to success, this is the way great spiritual giants are produced."

~ Swami Vivekananda

If you had to practice only one idea or quality in this life, which would make you deeply contented and fulfilled, what would that idea or quality be? Choose a quality that you can actually practice, feel and apply in every situation of your life. Some examples are: **Patience, Gratitude, Strength, Confidence, Love, Joy, Peace, Wisdom, Surrender, Oneness** and **Awareness**. Make all life decisions based on this one quality. Start, fill and end each day with this quality.

COMPLAINT FREE DAYS

Every time any unwanted thing happens during our time together, stop whatever you are doing, take a deep breath, smile and say **"How Wonderful!"** Do the same thing when anything (or anyone!) else irritates you here, or at work, or at home or anytime in your life! All it takes is a deep breath and a smile to convert something that stresses you into something that makes you smile. Practice this many times each day!

PRINCIPLES OF HAPPINESS

Here are some principles and pointers for happiness and wellbeing...

1. Complaint Free Day: "I choose to make this a 100% complaint free day!"
2. Responsibility: "I take 100% responsibility for my happiness today!"
3. Remember that: Never complain about your life, because some one, somewhere dreams of having a life, just like yours.
4. Any time we have a negative or self-defeating thought, smile and say: "Cancel!"
5. No matter what happens we can say: "How wonderful!"
6. Or: "This too shall pass!" or "I can't see it yet, but I am sure there is some blessing in this!"
7. Wholeheartedness: Do your best and take a rest!
8. Loving Greetings: The Highest in Me Bows to The Highest in You!
9. Attitude of a Spiritual Warrior: "Bring it on!" (Welcoming challenges open heartedly)
10. Whenever you appreciate something said or done say: "And So It Is!" or "Tathasthu!"
11. Speaking Authentically: Is it True, Kind & Necessary? "I speak to improve on the silence!"
12. Listening not as a person, but as a presence: "I listen without agreeing or disagreeing."
13. Disagree Respectfully: "I disagree respectfully and with a smile." or "Maybe you're right!"
14. Suspend Assumptions: "I have a beginner's mind." (Seeing things afresh)
15. Be Curious, Yet Real: Replace hypothetical questions with those that relate to actual life.
16. Honor Commitments: Arrive 5 minutes before scheduled meeting times.
17. Appreciation and Blessings: Express your appreciation for all that is true, good and beautiful. Wholeheartedly bless all that is not yet true, good and beautiful.
18. Gratitude for Food: Spend a minute in silence and gratitude before your meals. Really connect with your food and thank all those who made it possible. Eat slowly, mindfully.
19. Savoring: Don't just live in the present, enjoy living in the present!
20. Be Well Hydrated: Drink plenty of water. 8-10 glasses in the day suits most people.
21. Norm of Confidentiality: Don't repeat what you have heard to others or to that person.
22. Secret of Transformation: Catch people doing it right! (And this includes you!)
23. Respect: Acknowledge anyone who serves you with a smile and a "Thank you".
24. Give People (and Yourself) an A: Seeing the best in others, evokes the best in others.
25. The Essential Principle: In the present moment, there are never any problems.

WHAT IS SUCCESS?

Perhaps our definition of success can be questioned and expanded. Being famous, being rich, being influential, being knowledgeable, being powerful, being accomplished, having all the nicest things - these are the traditional definitions of success. While there is nothing inherently wrong in them, they are rather narrow, outwardly focused and based on measuring ourselves against each other in some way.

Here are some other ways to look at success that can widen our understanding and provoke new insights...

1. Being Rich In Time - Have the luxury to just be, slow down, enjoy each life experience and explore our interests
2. Doing Deep Work - with fewer people, over longer time, with profound effects. Some of the most influential people in history touched relatively few lives, and those lives went on to touch the world. I think of Socrates, Ramakrishna Paramahansa, Webu Sayadaw, Henry David Thoreau
3. Fostering Community - The work we do to cultivate a sense of shared purpose in conscious communities is one of the greatest gifts we can give and leave behind
4. Living Simply - Reducing our possessions and needs so that we have more space and lightness in our lives. This is also a beautiful gift for our crowded planet on which we are placing ever more demands
5. Having Shiny Eyes - This is Benjamin Zander's definition of success, "To be surrounded by people with shiny eyes!" This is so simple, yet says so much
6. Having Fun - Prioritizing joy, playfulness, authentic connection and frequent heartfelt laughter is a great way to look at success
7. Deepening Our Spiritual Connection - Finding and walking our own unique path. Growing a rich inner garden of insight, connection and contentment. This means measuring success not by the quality of our belongings but by the quality of our consciousness.

8. Supporting Others - In learning, growing, healing and being successful on their own terms
9. Being Exemplary - By our words and shining example, inspiring all to be the best they can be
10. Being Authentic - By our honesty and openness, inviting all to be more grounded and real
11. Continuous Learning - Lifelong learning of what we always wanted to learn in school but couldn't. No matter how strange, obscure or unproductive it appears to others

We all have unique DNA, why shouldn't we also have our own unique approach to success? Wouldn't it be amazing if on meeting another for the first time we asked them not only what they did, but why? Thereby creating a culture where it is normal for each of us to have our own unique definition and understanding of success.

What a diverse and vibrant world that would be!

I'd like to end with a powerful question:

"What if I am already successful, based on my own values, and just never really recognized it?"

Make time to explore what success means with your friends, family and children

LOVING GREETINGS

*Everyone I meet is another me
Each meeting is a holy encounter
All conflict with the other
Is simply my conflict with myself.
~ Gyan Dev*

How we meet each other, greet each other and say goodbye have a powerful impact on creating a culture based on trust and goodwill in any place. Give more meaning to your greetings and farewells. Say them consciously so they stay with the other person. Try this:

Have an intention of love and goodwill. Look into the other person's eyes. Smile with your eyes, face and heart. Say something positive, loving and uplifting from the heart.

**"The Highest in Me, Bows to the Highest in You!
I Wish You Happiness!"**

More examples of Loving Greetings:

"It's a delight to see you again."

"It always feels good to be with you."

"Every time I see you, my heart feels good."

Also, here are some Loving Farewells that create wonderful feelings as you part:

"It's been wonderful seeing you. I hope you have a very happy and purposeful day."

"I enjoyed our time together a lot and I look forward to being with you again."

"Thank you for who you are. You are a treasure. I want you to know that."

Such partings are genuine and memorably sweet, not mediocre or fizzling out. There isn't a feeling of separation. There is a feeling of unity and continuity. They feel uplifted just remembering your presence.

A great way to start this practice is by greeting oneself in the mirror each morning by looking into one's own eyes, smiling and saying such kind words.

GIVING AN "A"

The concept of giving an "A" can be credited to Benjamin Zander, conductor of the Boston Philharmonic Orchestra, teacher, speaker and co-author of "The Art of Possibility". Zander's teaching practice involves telling all of his students on the first day of class that they are an "A". They really and truly are an "A" and that is the grade they will receive at the end of the course. But there is one condition. That condition is that each student must submit a letter the following week but dated for the end of the term explaining who they will have become by the end to justify such an outstanding grade. The letter begins, Dr. Mr. Zander, I got my "A" because...

Giving an "A" comes with many benefits. First and foremost, it has the power to transform relationships. Students no longer see themselves in competition with others in their class, program, family, whatever. There's no more "I'm better than him", "She's better than me" thinking going on. Instead students can start to focus on themselves and the possibilities that exist within and around them.

Second, it just feels better. Being an "A" allows everyone to function from a much happier place. It's certainly a better place to be than in the 90% percentile, below the median, or 46 out of 50, for example. Being happy has a funny side effect of being contagious. Go ahead, see what happens when you smile at the next person you pass on the street.

Third, mistakes can be celebrated. Recognizing that we all make mistakes and that mistakes are what help us learn and discover some amazing things can really open up worlds of possibility. What if we weren't afraid to share a point of view in the classroom, try out a different style during our presentation, say hello to the person sitting next to us, get involved in that start-up committee, and the list goes on.

The practice of giving an "A", whether "given" by the teacher or "given" as a gift to yourself, frames your efforts as a possibility to live into rather than an expectation to live up to.

To learn more, watch this video: www.youtu.be/qTKEBygQic0

Read the book: "The Art of Possibility" by Benjamin & Rosamund Stone Zander

RULE # 6: THE ONLY RULE!

Two prime ministers were sitting in a room discussing affairs of state. Suddenly an angry man burst in, shouting and stamping and banging his fist on the desk. The resident prime minister admonished him: "Peter," he said, "Kindly remember Rule Number 6", whereupon Peter was instantly restored to complete calm, apologized, and withdrew.

The politicians return to their conversation, only to be interrupted yet again twenty minutes later by a hysterical woman gesticulating wildly, her hair flying. Again the intruder was greeted with the words: "Mary, please remember Rule Number 6." Complete calm descended once more, and she too withdrew with an apology.

When the same scene was repeated for a third time and again the person immediately calmed down, the visiting prime minister addressed his colleague: "My dear friend, I've seen many things in my life, but never anything as remarkable as this. Would you be willing to share with me the secret of Rule Number 6?" "Certainly, it is very simple," replied the resident prime minister,

"Rule Number 6 is... 'DON'T TAKE LIFE SO-O SERIOUSLY'. "

"Ah," said his visitor, "that is a fine rule." After a moment of pondering, he inquired, "And what, may I ask, are the other rules?"

"There aren't any!"

"Then why, may I ask, is it called Rule Number 6?" asked the confused prime minister. And the resident prime minister smiled as he replied:

"Please, DON'T TAKE LIFE SO-O SERIOUSLY'. "

THREE MANTRAS FOR CONSCIOUS LIVING

Here are three of my favorite mantras. They have been a source of countless blessings in my life and I have enjoyed sharing them with many friends over the years.

1) **Cancel** - Cancel is a powerful antidote to all virus thoughts and beliefs. Every time I notice a low quality thought or perception, such as "That is too difficult" or "I can't do it", I inwardly say the mantra "Cancel!". Most people, when they first learn this mantra, are astonished by how many times they end up saying it in a day. Saying it a few hundred times is not uncommon! The good news is that in a few weeks they find that virus thoughts decrease and they have to say it less and less, eventually cancelling the cancel, and only using it occasionally when a stray limiting thought arises. The reason "Cancel!" works is because it makes us vigilant towards our own thoughts and teaches us not to believe everything we think or what we hear from others. Cancel also reveals to us how "Mind" is short for "Mostly Inaccurate Neuro-Drama" and makes us more conscious of our thought patterns.

2) **How Wonderful** - No matter what happens I like to say "How wonderful!". It is an affirmation that there is always something to be thankful for in any situation and the understanding that there are no mistakes in the universe. The more we use this mantra, the more we find that everything happens at the right time and even seemingly unpleasant situations resolve themselves into great blessings. When people first use this mantra it is common for them to wonder if they are simply fooling themselves. However, those who persist understand the twin principles that "What we think about, and thank about, is brought about" and "What the thinker thinks, the prover proves".

3) **Rule # 6** - This is a delightful rule I learned from Benjamin Zander. It means "Don't take life so-ooo seriously!". Rule # 6 is a great reminder that there is no evidence that life is serious. For all we know we are the unwitting actors in a great cosmic comedy. Everyone else is laughing while we are lamenting and crying. This unique rule reminds us not to take things so-ooo seriously, and also not to take ourselves so-ooo seriously and learn to laugh more. Not taking seriously means we approach things with a more lighthearted and playful attitude. It is about welcoming all of life with a cheerful trusting disposition. Just like we laugh about the difficult times in school when we meet our classmates at a reunion, we will probably laugh at our current challenges from a wiser and broader perspective a few decades from now. Rule # 6 invites us not to wait for a few decades and to laugh now! People sometimes ask what are the other rules and why it is called Rule # 6? The answer is "Sorry, there are no other rules! Please don't take life so-ooo seriously!"

These three mantras are the practical distillation of deep wisdom and timeless principles of conscious living. If you say them long enough you will find they start to be a part of you. They are a powerful solvent that help to dissolve negative, anxious and stale attitudes and beliefs.

There are three amazing outcomes that are immediately accessible to those who use these mantras. I call them **CFD**, **GFD** and **JFD**. CFD means to have a "**Complaint Free Day**". GFD means to have a "**Gratitude Filled Day**". Finally, JFD means to have a "**Joy Filled Day**".

Eventually these mantras and the principles they represent enable us to lead a CFL, GFL and JFL. Which as you can guess means a "Complaint Free Life", "Gratitude Filled Life", and a "Joy Filled Life". May you benefit from these mantras as I have and share them with your loved ones.

LIFE PURPOSE

There are many different ideas on the subject of "life purpose". Here are a few ideas that have resonated for me:

1. The purpose of life is to be ALIVE. So do whatever makes you come alive.
2. Do the work where your deepest gladness meets the world's greatest hunger.
3. The purpose of life is to find the purpose of life!
4. The purpose of life is to be present to life, now.
5. Our Dharma has three aspects: (1) Know thyself. (2) Discover one's gifts. (3) To use them for the highest benefit of others (i.e. To help them know themselves. Discover their gifts. Use them for the benefit of others)
6. Do the work where: (1) What you love, (2) What you are good at, and (3) What adds value to others all overlap.
7. Essentially our purpose is to be aware, and be loving.
8. We can find our life purpose by sitting undisturbed in a place and writing as many answers to the question "What is my purpose?" until we arrive at an answer which gives us Goosebumps or brings tears to our eyes. That is our life purpose. I did this exercise several years back and the answer I got was "Being a Sun, Loving Everyone!"
9. Life is for-giving love. Life is not for-getting love.
10. God / Life does not choose our purpose, we choose our purpose. Decide it and start living. Instead of waiting for perfect conclusions. For example, the purpose I have chosen is 'Spreading Happiness'.
11. Wisdom and Compassion: The intention to be fully enlightened for the benefit of all, is the highest purpose.
12. Life purpose is not about becoming, it is about being. From human to being, to being an integrated human being. From persona to essence, to an integrated presence.
13. Make a list of people, places, books, movies, music etc. that inspire you. Ask yourself why they do. Distill the understanding to find your purpose.
14. What is the 1% of your life that gives you 99% of your results? This is your genius, this is your purpose. Ask your friends and loved ones for feedback on this question.
15. What would you do with great joy if you had all the time and all the money in the world? This is your calling, your purpose.
16. Find one single word or quality that most inspires you. Make it your purpose.
17. Life has no purpose. We create one, to satisfy our busy minds.
18. The meaning of life is to find your gift. The purpose of life is to give it away.
19. Imagine you have already achieved your full potential in all respects and are fully self-actualized. How do you describe who you are and your purpose?
20. Being where we are, and doing what we are doing with complete attention and love, this is the purpose of our life at any given moment.

Reflect on these ideas and discuss them with your friends.

INTENTIONS AND EXPECTATIONS

Here are some of differences I have found between intentions and expectations. Which ones do you relate to most, and why? Do you see any other differences?

1. Desires held tightly are known as expectations.
Desires held lightly are known as intentions.
2. When expectations are strong, actions become weak.
When intentions are strong, actions become strong.
3. Expectations are born from a sense of scarcity, or “not enough”.
Intentions are born from a place of abundance, or “always enough”.
4. Expectation focuses on seeking happiness.
Intention focuses on spreading happiness.
5. Expectations are based on targets and outcomes. The goal is what matters most.
Intentions are based on purpose and process. The journey is as important.
6. Expectations tend to be rigid and inflexible.
Intentions tend to be adaptive and flexible.
7. Expectations come from the perspective, “what can I get from this?”
Intentions come from the perspective, “what can I bring to this?”
8. Expectations are serious.
Intentions are light- hearted.
9. Expectation seeks to be the best in the world.
Intention seeks to be the best for the world.
10. Expectation sees the world as a real and scary place.
Intention sees the world as a dream-like, playful place.
11. Expectation believes in right and wrong, good and bad.
Intention sees everything as an opportunity for love, learning, laughter and awakening.
12. Expectation is doing things for happiness.
Intention is doing things from happiness.
13. Expectations lead to blaming.
Intentions lead to claiming (responsibility).
14. Expectations are focused on outer happenings.
Intentions are focused on inner happiness.
15. Expectations are based on attachment.
Intentions are based on detached enjoyment.
16. Expectations are based on fear.
Intentions are based on love.

We can convert Expectations into Intentions is by asking three powerful questions:

(1) What do I want? (2) How will it feel to have it? (3) Can I feel it now?

POWER OF MIND

1. Vocalize + Visualize + Emotionalize = Actualize
2. Thoughts + Feelings + Actions = Attraction
3. What We Think About, and Thank About, We Bring About
4. When the Voice and the Vision on the Inside is Louder than the Voices and Opinions on the Outside, We have Mastered our Life
5. "Yatha Drishti, Tatha Shristi": When We Change the Way We Look at Things, the Things We Look at Change

TEN PROFOUND PRINCIPLES

1. Present Moment: In the present moment, there are never any problems.
2. WTTTTTPP: What the thinker thinks, the prover proves.
3. Thoughts Become Things: What we think about & thank about we bring about.
4. Life is a Mirror: We don't see people as they are, we see them as we are.
5. Myths of Happiness: (a) The myth of more and (b) The myth of when.
6. What We Focus on Expands: Energy flows where attention goes.
7. What Is, Is: Suffering is arguing with what is. Happiness is loving what is.
8. Reality is Kinder than the Stories We Tell: Life is happening for us, not to us.
9. Paradox of Intention: We can have goals, but we must not let our happiness be tied to these goals. Shift from doing things for joy, to doing them from joy.
10. Feelings Reflect Our Thinking: Stress is not caused by the events of our life. Stress is caused by our thoughts about the events of our life.

FOUR LEVELS OF CONSCIOUSNESS

1. **Tamasic**: Unconscious Non-intentions / Victim / No Happiness
2. **Rajasic**: Unconscious Intentions / Blind Ambition/ Happiness for a Bad Reason
3. **Sattvic**: Conscious Intentions/ Channel / Happiness for a Good Reason
4. **Nir-Guna**: Conscious Non-intentions / Being / Happiness for No Reason

JAPANESE WATER THERAPY

A wonderful practice that is followed by many in India and Japan is “Water Therapy”. Relief from stress, weight loss, glowing skin, feeling fresh and energetic throughout the day and good digestion are some of the major benefits of water therapy.

Method of Practice

1. As you wake up in the morning before brushing teeth, drink 4-6 glasses of room temperature or lukewarm water each of 160 ml before brushing your teeth (this is benefit from the probiotics, or healthy bacteria in the mouth).
2. Brush your teeth thereafter but do not eat or drink anything for 45 minutes.
3. After 45 minutes you may eat and drink as normal.
4. After 15 minutes of breakfast, lunch and dinner do not eat or drink anything for two hours.
5. Those who are old or sick and are unable to drink four glasses of water at the beginning may start with one glass, after few days 4 glasses.
6. If you wish you can also squeeze fresh lemons into your water as this has many benefits.

This therapy is costless and everyone can be benefited by this medicine free therapy. Initially when you will start this therapy, you may pass urine for 2-3 times extra, later it will become more regular.

If you have frequent headaches, bad breath, food cravings (esp. for sweets), muscle cramps, yellow or orange urine and dry skin, chances are, you are dehydrated.

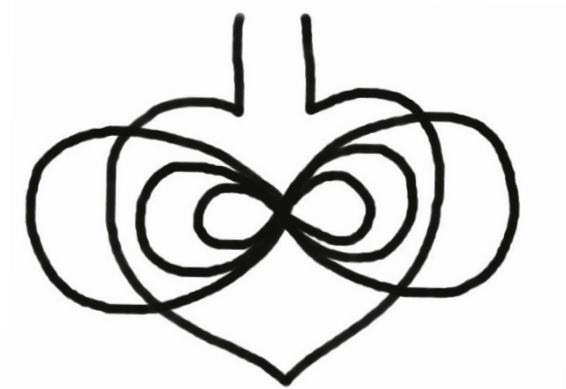
The remedy is water therapy, lots of fresh fruits and vegetables, keeping a water bottle handy, avoiding drinking ice cold water, replacing dry snacks with healthier snacks like juices, fruits and cut vegetables with hummus.

Its amazing how many common health issues can be addressed just by being well hydrated.

Important Additional Practices

1. Avoid eating or drinking while you are standing.
2. Make it a practice to rigorously chew your food until it is liquid.
4. Every day walk for at least an hour.

MAI YUR MA – A SYMBOL OF LOVE & GOOD WISHES



Mai Yur Ma is a symbol of infinite, unconditional love and good wishes that I learned from an energy healer in Australia. It can be used in a variety of creative ways to create harmony, healing and flow in your life. Mai Yur Ma enhances, expands and magnifies the physical, emotional and spiritual aspects of unconditional love. It is wonderful for opening the heart and opening us up to unconditional love. It also releases grief and sadness and stress. Draw it with your hands or fingers, visualize it, draw it on a piece of paper, feel it...there are many ways to use this beautiful symbol in your life.

Here are some ideas:

- Draw a Mai Yur Ma after waking up in the morning and send its loving energy to all those you will meet in the day. Drawing it 21 times is great exercise!
- Draw a Mai Yur Ma before a long journey and send its energy all the way to your destination and back to ensure a safe trip.
- Make a Mai Yur Ma in your hotel room or new place you travel to feel at home.
- Send a Mai Yur Ma to someone you wish to have a better relationship with.
- Make a Mai Yur Ma symbol over your food or water to bless it and feel thankful.
- Draw a Mai Yur Ma on paper and keep it under your mattress for better sleep.
- Send healing prayers and intentions to loved ones using this powerful symbol.
- Replace worry about a loved one with blessings using this symbol.
- Instead of cursing others who drive rashly or cut you off on the road, mentally bless them by sending them a Mai Yur Ma.
- You can also draw a "mini" Mai Yur Ma using only your fingers!



SUPER BRAIN YOGA

'Thoppukaranam' or 'Super Brain Yoga' as it is now popularly known, is an ancient Indian way of paying homage to Lord Ganesha that was researched, taught and made popular by pranik healing founder Master Choa Kok Sui. It has been credited with improving memory, concentration and attention span that has been validated by modern brain science. It just takes a few minutes to do and is best done in the morning. People of all ages can benefit from this exercise. The effects of this exercise last all day.

Step 1:

Remove any jewelry. Stand with your feet shoulder width apart. Face towards the east, towards the rising sun if possible.

Step 2:

Hold your right earlobe with the index finger and thumb of your left hand. Make sure that the thumb is facing away from you.

Step 3:

Hold your left earlobe with the index finger and thumb of your right hand. Make sure again that the thumb is facing away from you.

Step 4:

Keep holding your earlobes and press your tongue to the roof of your mouth.

Step 5:

Inhale through the nose, and slowly lower yourself into a squatting position. Mentally repeat the phrase, "I am a genius!"

Step 6:

Hold your breath. Do not exhale until you begin to get up again to a standing position. Keep holding the lobes and sticking the tongue to the roof of the mouth. Mentally repeat the phrase, "And I apply my wisdom!"

Step 7:

Gradually build up repetitions from 7 times in the first week, to 14 times for next week and finally to 21 times in the third week. Advanced practitioners like to do 108 repetitions of this exercise! End with a sense of gratitude.

BENEFITS OF SUPERBRAIN YOGA:

(1) It energizes and activates the Brain (2) It increases the inner peace (3) Reduces psychological stress and gives greater psychological stability (4) Greater intelligence and creativity (5) Regulates the sexual drive (6) Partial cleansing and energizing effect on chakras and auras (7) Transformation of the lower energies into higher energies (8) Proper functioning of the brain (9) It increases the flow of life energy within the body (10) Prolonged practice makes the practitioner in general, smarter and psychologically balanced (11) It supports spiritual growth and maturity.

Do not give up if you do not notice a positive change immediately. After a few weeks of regular practice, you will notice that your mental stability has improved. Practice Super Brain Yoga every day to energize and activate the brain cells.

DO-EN

Do-en is a simple touch and stroke therapy that helps you de-stress in just a few minutes. It is surprisingly similar to the massage mothers give their little babies – practice it every day and you will feel like a newborn again!

Use your hands or fists to apply a flowing touch (called “Soft Doen”) or rhythmic deep pressure (“Hard Doen”) on different parts of your body in the following sequence:

1. Upper body: Start with the right hand or fist and stroke or apply pressure on the left upper back, shoulder, arm, forearm, back of hand, fingers, palm, front of forearm, inside of arm, under the shoulder, side and back. Repeat with the left hand on the right side of the body.
2. Lower body: Use both hands on the kidney points, lower back, buttocks, back and side of thighs and calves, front and inside of calves and thighs. Walk bare feet on heels, toes, inside and outside of feet and stomp feet like a dancer.
3. Stomach and Abdomen: Using the palms of your hands, make circular motions (clockwise when seen from front) on your abdomen, in front and around the navel. Wipe your palms down the abdomen with smooth strokes. Say “Hi!” to belly button!
4. Face: Use your fingers to rub the forehead, eyebrows, eyelids, nose, cheeks, rub the lips above and below vigorously with the edges of both the index fingers, and the chin. Apply deep pressure on the following three points with your thumbs: inside and below the inner edge of both the eyebrows.
5. Head and Neck: Use the knuckles to knock the head from front to back, in the middle and the sides; comb the throat and massage the neck.
6. Ears: Pull on the lower lobes, mid and top. Rub the ears vigorously.
7. Energize the Hands: Now rub your palms together vigorously and holding them at stomach level, separate them as if you are holding a ball between them; bring them close together and separate them again. As you keep doing this you will feel some energy or magnetic pull between the palms; focus on the energy till it intensifies, and then place your palms on any part of your body that needs healing. Leave them there for a short while, soaking in the energy. Then lovingly wipe your palms down your body.
8. Healthy Rhyme: End with rubbing down your body with this loving rhyme: “Every little cell in my body is happy; every little cell in my body is fine. Every little cell in my body is smiling; every little cell in my body is fine. Thank you all for being alright, thank you all for shining so bright!” and, “This is an ageless body. This is a timeless mind.”

Do-en Energy Exercise can be done once or twice a day (keeping a gap after meals). It only takes about ten minutes to do and refreshes the whole mind and body. Much like taking a physical bath, Do-en is an energy bath. The Chinese believe that doing this everyday one can live a healthy life to the age of a hundred!

WALKING 10,000 STEPS

About 40 years ago in Japan, the idea surfaced that walking 10,000 steps a day could help people keep fit and healthy without the need for additional exercise. When you think of the Japanese, you think of a very fit, ageless group of people. In addition to eating in a healthy way, the Japanese lead walking lifestyles. This helps them to achieve their fitness levels without additional exercise programs. The Japanese are focused on doing 10,000 steps a day.

The average person should be able to walk 10,000 steps every day – from their first step out of bed in the morning until their last step before they crawl into bed at night. Walking 10,000 steps in one day is equal to a distance of about 5 miles or 8 kilometers, depending on the length of your stride and takes less than two hours of walking in the whole day to complete.

The rationale behind "10,000 steps" a day is very simple—it's about staying motivated. Numerous studies undertaken by health experts revealed that many participants were more excited about counting 10,000 steps through both walking and general movement than by being asked to perform 30-minute walking stints. Instead of viewing exercise as something to slot into a defined period each day, aiming to achieve 10,000 steps daily encourages you to keep moving throughout the day, actively seeking opportunities to add in some more steps here and there so that you accumulate steps throughout the day. And if the goal of 10,000 steps isn't motivator enough for you, here are some other great reasons to add 10,000 steps a day to your routine:

- Walking is a low impact, effective way to lose weight.
- Walking helps to reduce blood pressure. For those with hypertension, walking helps you to manage it better.
- Walking is good for reducing the risks of heart disease and stroke.
- Walking increases muscle strength, helps create stronger bones, improves your balance and increases your endurance.
- Walking doesn't have to be either vigorous or prolonged in order to produce benefits—provided it's sprinkled throughout your day and consistent, you'll improve your fitness.
- You're never too old to walk. Another risk zone for sedentary behavior is post-retirement, yet a study of over 7,500 women has shown that women over 65 who became active reduced their risk of premature death by 48 percent.
- Not walking or moving is hazardous to your health. Researchers studied a group of men that typically walk approximately 10,000 steps per day (as measured by a pedometer) and asked them to reduce their steps to only 1,350 per day. This meant taking elevators instead of stairs, driving to work and lunch. After two weeks, researchers found that the men's bodies had become worse at metabolizing sugars and fats, not to mention that their distribution of body fat began to migrate toward their mid-section.

Associate Professor at the Pennington Biomedical Research Center, Dr. Catrine Tudor-Locke, set about researching people's daily step counts in order to establish standard activity categories. Based on her findings in her 2009 paper, *Steps to Better Cardiovascular Health: How Many Steps Does It Take to Achieve Good Health and How Confident Are We in This Number?* She identified the following categories:

- Basal Activity: Under 2,500 steps a day
- Limited Activity: 2,500 to 4,999 steps a day
- Low Activity: 5,000 to 7,499 steps a day
- Somewhat Active: 7,500 to 9,999 steps a day is likely to include some exercise or walking
- Active: 10,000 steps to 12,499 a day
- Highly Active: Anything more than 12,500 steps a day

A University of Tennessee study found walking 10,000 steps a day had a huge impact on body fat and waist and hip measurements even compared to a 6,000 step a day count. A University of Tennessee in Knoxville study with pedometers (a device that counts your steps) revealed women who averaged more than 10,000 steps a day had 40% less body fat and waist and hip measurements that were four to six inches narrower than those who averaged fewer than 6,000 steps.

A reasonable goal for most people is to increase average daily steps each week by 500 per day until you can easily average 10,000 per day. If you currently average 3000 steps each day, your goal for week one is 3500 each day. Your week 2 goal is 4000 each day. Continue to increase each week and you should be averaging 10,000 steps by the end of 14 weeks.

Wearing a pedometer is an easy way to track your steps each day. A pedometer is a simple and rather inexpensive device used to measure the number of steps you take in a day. Many pedometers also calculate the distance you have walked and the number of calories you have burned during that time.

Start by wearing the pedometer every day for one week. Put it on when you get up in the morning and wear it until bedtime. Record your daily steps in a log or notebook. By the end of the week you will know your average daily steps.

There are many ways to increase your daily steps. Here are a few, also find your own!

- Use the stairs instead of the elevator
- Take a walk with your spouse, child, or friend
- Park your car at the far end of the parking lot.
- At the office, walk to a colleague's desk instead of emailing them.
- Take an evening stroll after dinner.
- Organize family walking trips on the weekend.
- Pace up and down calmly and mindfully when waiting for someone.
- Take a walk during your lunch break.

Just start moving – every step counts!

ONE MINUTE MEDITATION

The Basic Minute

Do the following practice for a minute a day every day:

1. Find a place of solitude
2. Sit down
3. Place your legs in a relaxed but fixed position
4. Sit up straight
5. Place your hands in a relaxed but fixed position
6. Close your eyes
7. Then just sit quietly and let any thoughts and feelings come and go
8. Practice in this way for a minute (you can use a timer if you wish)

The Bonus Minute:

Whenever you have nothing else to do in the day.

The Emergency Minute:

Whenever you are stressed or emotionally activated in the day.

The Portable Minute:

Practice the portable minute with eyes open and without a timer.

One Moment Meditation:

Practice in this way for just a few moments many times each day.

Inspired by the book "One Moment Meditation" by Marty Boroson

There is also an app available on the app store for this practice.

POWER OF MIND IN 60 SECONDS

We can access the power of our mind by thinking of the best possible outcome and feeling the joy even before it happens. Two to three times per day, stop and find 60 seconds of pure thought about something. This is a great way to live a more intentional life.

Why 60 Seconds?

A thought evokes a clear feeling in 15 seconds of pure undiluted focus. It then draws another thought to it that is exponentially more powerful. At the end of another 15 seconds, 30 seconds total, it evolves to an even higher level of energy. Again another 15 seconds to 45 seconds continues the process, and finally, if you can continue a pure thought for 60 seconds on any given subject, it will be seeded in your deeper mind and on its way to actualization. The key word is pure, meaning positive focus, strong energy, no resistance; to not slip into lackful thinking.

The average person rarely finishes a single sentence without contradicting their energy, as in "I want a new car, but it is too expensive." So they say most of us haven't had much experience with ever feeling the expansion of energy that comes from 15+ seconds of pure thought. In talking about the leverage of $15+15+15+15=60$ seconds of pure thought, some teachers offer the following information:

15 seconds is worth 2,000 action hours (about a year at 40 hours per week of action)

30 seconds is worth 20,000 action hours (or about 10 years...)

45 seconds is worth 200,000 action hours (or about 100 years...)

60 seconds is worth 2,000,000 action hours (or about 1000 years...)

That's two MILLION action hours! If we can learn to offer pure thought energy for 60 seconds at a time, action happens spontaneously and powerfully!

How To Get To 60 Seconds Of Pure Thought

We can practice 15 seconds of pure thought purely mentally or out loud or in writing. If you are going to do it in writing, it can be helpful to put it in the form of a letter to a friend from the vantage point of already having accomplished what it is that you are wanting. Realize that 60 seconds isn't hard to find. Throughout your day, you have thousands of opportunities to do your 60 seconds. Most people cannot believe at first that 60 seconds were the equivalent of 2 million action hours. Just play with this and see for yourself if it is true!

This process is inspired by the book "Ask and It is Given" by Esther & Jerry Hicks

SIMPLE GUIDE TO MEDITATION

Life can get rather busy at times. The hectic speed and demands we face on a daily basis often leave us feeling stressed, distracted, tired and unhappy. Meditation is an effective way to calm our busy mind, relax our body, be more grounded and find inner peace amidst the chaos of day-to-day life.

I was first introduced to meditation when I was sixteen years old and attended a three day course with my mother. I was impressed with how practical and sensible the teachings were and soon began to experience the benefits of meditation. I enjoyed calming my thoughts, feeling present and enjoying the deep sense of relaxation and peace that came from meditating. Throughout my life I have continued to explore several approaches to meditation and have discovered how profound the benefits can be.

Newcomers to meditation often feel intimidated. They imagine a monk sitting in lotus pose for hours on end atop a mountain. But the reality is that meditation is much easier and accessible than most people realize. Here is a simple four part meditation that I have developed over years of practice. I suggest spending between one to fifteen minutes on each part for a 4 to 60 minute meditation session.

Part 1. Breath

Bring your attention to your breath. Be mindful of the in-breath. Be mindful of the out-breath. Do this in a relaxed way. Whenever the mind wanders, gently bring it back. If it wanders a lot, then count breaths from one to ten and repeat. Just know the breath as breath, not as "my" breath.

Part 2. Feelings

Now bring your attention to the sensations felt in the body in this moment. Stay with the sensations. They may be pleasant, unpleasant, or neutral. Notice what is happening without judgment or evaluation. Notice if any desire arises when it is

pleasant, aversion arises if it is unpleasant and boredom arises if it is neutral. Remain alert and attentive in all these states. Notice how sensations arise and fade away, only to be replaced by other sensations. Explore each sensation with curiosity and openness. Just know feelings as feelings, not as “my” feelings.

Part 3. Silence

Now allow the mind to rest in silence. This does not necessarily mean that there are no thoughts. It just means that the mind is not “hooked” by these thoughts. They freely come and go like clouds in the sky. Remain as the still and quiet background, as sky-like awareness.

Part 4. Loving Kindness

Now practice loving kindness. Radiate loving wishes towards yourself, towards others, and even those far away, gradually including all sentient beings. Don't try to generate any special feelings. Keep the intention of loving kindness alive in your heart and let feelings come and go by themselves.

When you are ready to end your practice, slowly bring your conscious attention back to your surroundings. Acknowledge your presence in the space around you. Gently wiggle your fingers and toes. Begin to move your hands, feet, arms and legs.

Say silently to yourself:

“May I be a channel of blessings for someone today.”

Feel each word as profoundly as possible, allowing it to sink into your deeper mind. Open your eyes. Move slowly and take your time getting up. Appreciate yourself and your practice.

Consistency is more important than quantity. Meditating for 4 minutes every day will reward you with far greater benefits than meditating for two hours, one day a week.

Most beginners find it easier to meditate in a quiet space at home, but as you become more comfortable, begin exploring new places to practice. Meditating outdoors in nature can be very peaceful, and taking the opportunity to meditate on the bus or in your office chair can be an excellent stress reliever.

Begin meditating today!

For guided meditations by Nithya Shanti, visit
<http://www.soundcloud.com/nithya-shanti/sets/meditations>

GRATITUDE – PRACTICAL TOOLS

Here are some ways to make Gratitude a part of your life. Select any three for yourself...

1. **Gratitude List:** Make a list of 100 things/people you are grateful for. Add 5 more every day.
2. **Gratitude Letter:** Write a letter to someone you appreciate and perhaps even share it with them. Or write small gratitude notes and hide them all over the home.
3. **Gratitude Before Meals:** Bless your food and water with gratitude before consuming them. Savor every sip and bite. Enjoy this moment.
4. **Gratitude Rock:** Keep a rock or stone in your pocket or purse and touch it whenever you are feeling grateful, or need reminding to be grateful.
5. **Gratitude Drive:** Practice gratitude while you drive. Bless those who annoy you.
6. **Gratitude Walk:** Take a morning or evening walk while resolving to keep your attention on all the things you are grateful for.
7. **Gratitude Dinner:** Once a week the whole family sits together or goes out for a special "Gratitude Dinner" where the theme is celebrating what is right with each other and the world.
8. **Gratitude Meditation:** Slowly and attentively keep repeating the phrase "Thank you" or "I am so grateful" in your heart. Let deep gratitude resonate in every cell. When you say "Thank-you" a million times, the universe is transformed forever!
9. **Gratitude Jar:** Keep a jar near your dresser and some paper near it. Get the whole family to write notes of gratitude and appreciation and put them in it whenever they like. Once a week or month open the jar and read the contents together.
10. **365 Gratitude Photos:** Every day for a year take a photo of something you are grateful for with your phone or camera. Compile the photos and share with friends.
11. **Gratitude Visit:** Select a person who has had a major positive difference in your life and who is still alive. Write a loving testimonial long enough to cover one laminated page. Meet the person face to face and read your testimonial aloud slowly, with expression and eye contact. Then let the other person react unhurriedly. Research has proven that every time we do this it boosts our happiness levels for as long as six months!
12. **Gratitude Intention:** In the morning hold a glass of water near your heart and feel grateful for all that is good in your life for a minute. Drink half the water. Then feel grateful for all your dreams and aspirations like they have already been fulfilled and drink the remaining water. This carries the intention to every cell of our body.
13. **Gratitude Journal:** At the end of each day write down three things that happened in the day that were good.
14. **Gratitude Stories:** Ask people what they are grateful for and share stories from your life that highlight the many beautiful coincidences and blessings.

15. **Gratitude Table Top:** This is a very simple and fun way to express gratitude as a family. (a) Cover your dining table in paper (b) Leave colorful pens and markers on the table. (Yes, even while eating!) (c) Discuss and draw what you are grateful for while you are eating and chatting and hanging out at the dinner table. (d) Do this until slowly the whole table is covered with grateful scribbles as a family. This is a great way to discuss and develop gratefulness as a family.
16. **Gratitude Movies:** See uplifting movies like "Life is Beautiful" with family and discuss your insights.
17. **Gratitude for Failures:** Your most important lessons in life will come from what you don't achieve. Take time to appreciate what you learned from these events.
18. **Gratitude Language:** Grateful people have a particular linguistic style that uses the language of gifts, givers, blessings, blessed, fortune, fortunate, and abundance. Mind your language and focus on celebrating what is right with your world.
19. **Gratitude Prayers:** In many spiritual traditions, prayers of gratitude are considered to be the most powerful form of prayer, because through these prayers people recognize the ultimate source of all they are and all they will ever be.
20. **Saying "Thank You!":** Say "Thank You" with a smile and eye contact for every act of kindness received. It's so simple to say and yet so often taken for granted. It's especially true when it comes to our own family members.
21. **Grateful Service:** Find ways to serve, support and empower others who are facing some challenges. This makes us feel much more grateful for our own blessings.
22. **Gratitude Hug:** This is a slightly longer, warmer hug with a heart filled with gratitude. Therapists say we need four hugs a day for survival, eight hugs a day for maintenance and twelve hugs a day for growth.
23. **Gratitude Poster & Post It Notes:** Create a colorful poster of all the things you are grateful for and hang it in your room. Alternatively create mini posters using Post-It notes of things you are grateful for and put them on your dressing table's mirror.
24. **Gratitude to Places and Things:** We normally feel grateful to living beings. A different kind of gratitude is also for places and things. Feeling thankful to a bed we slept on, our shoes, our car, an umbrella, a suitcase, a mobile phone, a pair of glasses, a book, and places we love can open up a whole new dimension of gratitude.
25. **Gratitude Workout:** Practice gratitude while you exercise or do yoga.
26. **Gratitude Minute:** Focusing on pure gratitude for just 60 seconds even once a day can dramatically improve your happiness and wellbeing.
27. **Gratitude Commitment:** Research shows that making a commitment to perform a behavior increases the likelihood that the action will be executed. So select the tools from the list above that most resonate for you and then write down your own gratitude commitment, which could be as simple as "I wholeheartedly commit to writing down five things I am grateful for each day." Then post it somewhere where you will be reminded of it daily.

GRATITUDE ROCKS

Gratitude Rocks and Stones are wonderful reminders to be thankful that we can carry with us and gift to our family and friends. Here is how it works:

1. Find or buy stones that are attractive, smooth and small enough to be kept in a pocket or purse.
2. Give one each to your friends and family.
3. Explain to them that is a "Gratitude Stone" and its purpose is to help us be more thankful.
4. Ask them to examine the stone very carefully. The colors, the lines, the texture, the feeling it gives them as they hold it. Remind them this stone is millions of years old and it has been on a very long journey before it reached their hands. Ask them to share what they are noticing and feeling.
5. Now ask them to keep the stone in the palm of their hands and to repeat the following intention after you...

"Dear Rock /Stone,

Thank you for coming into my life. You are so beautiful! I will keep you very carefully in my pocket or purse, and every time I touch you, or see you, or even think of you, my whole heart will be filled with gratitude. Thank you for being my Friend.

How wonderful!"

6. Ask your family and friends to share how they are feeling after this little exercise.

SIX POWERFUL LIFE MESSAGES

Sometimes the simplest things we say have the most power. Learn these six life messages and say them sincerely to the people in your life. You will be amazed by the power of these words...

1. "I believe in you"
2. "I trust you"
3. "I know you can handle this"
4. "I am here for you"
5. "You are cared for"
6. "You are very important to me"

THE FIVE MINUTE MIRACLE

Do the following exercise for a minimum of five minutes daily for at least three weeks. Before starting, choose a relationship or situation you would like to see improved.

1. Step 1: Be at ease

- Take a few deep breaths.
- Sit with your eyes closed and take a moment to relax. The easiest way to relax is to become aware of the sensations you feel in your body. Notice how your body feels touching the chair or bed. Feel a warm wave of relaxation flowing down your body from head to toe.

2. Step 2: Imagine the best possible outcome and surround it with love

- Now let yourself think about the relationship or situation that you would like to transform.
- Picture the person involved in this relationship in your mind's eye or imagine a symbol to represent the situation (for example, a currency sign to represent financial issues). Do not worry if you cannot see an image. A thought is as powerful as an image.
- Imagine this person / situation surrounded with light and love (for example, you might see this as a pink light surrounding the person / symbol, caressing it with love, like a warm blanket).
- For relationships: Imagine the two of you smiling, laughing and interacting in a way you would like. Imagine both of you saying or doing something positive.
- For situations: Imagine the situation being resolved in a positive way. You do not need to know how it will be resolved, simply imagine that a positive solution is on its way.

3. Step 3: Feel a positive emotion and let go

- Feel a positive emotion like joy as you watch this image.
- Imagine yourself telling a good friend how well this experiment has worked; how the force of love has created a wonderful solution to this problem.
- See yourself joyfully celebrating the transformation of this relationship/situation.
- Feel joy. Feel yourself resonating at the precise frequency of already having it now.
- Let the image go.
- End by saying three times, "This or Something Better Happens in a Joyful and Harmonious Way, under Divine Timing, for the Highest Benefit of All!"

4. Step 4: Be persistent

- Do this practice for a minimum of five minutes every day, for at least three weeks.
- If, throughout your day, you find yourself mentally rehearsing the conflict, remind yourself that love works. Say to yourself: "The power of love is taking care of this!"
- Record your experiences with this exercise in your journal.
- You might like to take a few minutes to work on other relationships / situations you would like to change. Remember to see the person / symbol in your mind's eye or simply think about them. Surround them with love and light and see the two of you interacting in a positive way. See yourself telling friends about the success of this experiment. Feel the joy as you celebrate the power of love in your life. Do this at least once a day. Two or three times a day will bring quicker results. You will get positive results, but you may need to continue to use the power of love if you want the changes to become long lasting.
- On waking up, say three times:
"I choose to make this the happiest day of my life!"
- Before sleeping, say three times:
"I am so grateful for all the blessings of this day."

AN ADOLESCENT'S PLEA TO ADULTS

“When I ask you to listen and you start giving advice, you have not done what I have asked. When I ask you to listen and you start telling me why I shouldn't feel the way I do, you are invalidating my feelings. When I ask you to listen and you start trying to solve my problems, I feel underestimated and disempowered. When I ask you to listen and you start telling me what I need to do I feel offended, pressured and controlled. When I ask you to listen, it does not mean I am helpless. I may be faltering, depressed or discouraged, but I am not helpless. When I ask you to listen and you do things which I can and need to do for myself, you hurt my self-esteem. But when you accept the way I feel, then I don't need to spend time and energy trying to defend myself or to convince you, and I can focus on figuring out why I feel the way I feel and what to do about it. And when I do that, I don't need advice, just support, trust and encouragement. Please remember that what you think are irrational feelings always make sense if you take the time to listen and understand me.”

AFRICAN TRIBE STORY

In the Babemba tribe of South Africa, when a person acts irresponsibly or unjustly, he is placed in the centre of the village, alone and unfettered. All work ceases, and every man, woman, and child in the village gathers in a large circle around the accused individual.

Then each person in the tribe speaks to the accused, one at a time, each recalling the good things the person in the centre of the circle has done in his lifetime. Every incident, every experience that can be recalled with any detail and accuracy, is recounted. All his positive attributes, good deeds, strengths, and kindnesses are recited carefully and at length. This tribal ceremony often lasts for several days.

At the end, the tribal circle is broken, a joyous celebration takes place, and the person is symbolically and literally welcomed back into the tribe.

What did you learn from this story? How can you apply the lessons in your life?

THE BURNING HOUSE

A man who had gone out of town returned and was shocked to find that his house was on fire.

It was one of the most beautiful houses in town, and the man loved his house with all his heart. Many people had offered to buy it and had even been willing to pay twice the price for the house, but he had never agreed to sell it for any price. Now it was burning before his eyes and was worthless.

Hundreds of people had gathered, but nothing could be done. The fire had spread so far that even if put out, nothing would be saved. The man was overcome with sadness.

Just then his son came running and whispered something in his ear, "Don't be worried father. I sold our house yesterday and at a very good price — three times. The offer was so good I could not wait for you. Please forgive me."

The man said, "Thank God, it is not ours now!" Then he suddenly relaxed and became a silent witness, just like the hundreds of others present.

Just a moment ago he was not a witness, he was attached. It was the same house... the same fire.... everything was the same... but now he was no longer concerned.

Just then his second son came there, and he said to his father, "What are you doing? You seem relaxed — our house is on fire!" The man said, "Don't you know, your brother has sold it." His son responded, "But we have taken only a small advance amount, not settled fully yet. I doubt that the man is going to purchase it now."

Tears which had disappeared, reappeared in the man's eyes, his smile vanished, his heart began beating faster. The witness had disappeared. He was attached once again.

Then his third son came, and he said, "Father, we are fortunate for that man is a man of his word. I have just come from him. He said, 'It doesn't matter whether the house is burnt or not, it is mine. And I am going to pay the price that I have settled for. Neither you, nor I knew that the house would catch fire. So I will honor my commitment.'"

Again the joy came back and family returned to being quiet witnesses of the experience! The attachment to the house wasn't there any more.

Outwardly nothing had changed. The house had been burning all along. Just the thought "I am the owner! I am not the owner of the house!" kept changing and had made the whole difference.

This story of the burning house illustrates that stress and suffering are never caused by the events of our life alone, they are caused by our thoughts and perceptions about the events of our life. What the thinker thinks, the prover proves.

Many times each day ask the powerful question "Who would I be without all my stories?" This enables us to find peace and balance in the midst of our life. It allows us to remain witnesses and to respond with clarity and without strong emotional charge in the diverse situations of our life.

May you silently witness all changes. May life witness itself, without barriers.

THE MANGALA MAITRI CHANT - SPREADING HAPPINESS

Meraa mangala, meraa mangal, meraa mangala hoye re

May I be happy, may I be happy, may I be happy indeed

Teraa mangala, teraa mangala, teraa mangala hoye re

May you be happy, may you be happy, may you be happy indeed

Sabhi ka mangala, sabhi ka mangala, sabhi ka mangala hoye re

May all beings be happy, all beings be happy, all beings be happy indeed

Janajana mangala, janajana mangala, janajana sukhiya hoye re

May each one be happy, each one be happy, each one be truly happy

Mere sukha me shaanti me, bhaaga tumhara hoye re

In all my happiness and peace, may you rejoice and share

Haamare arajita sabhi punya me, bhaaga sabhika hoye re

In all our collective gladness, may all beings rejoice and share

Antaraman ki gaanthe tunte, antaratam ki granthi chonte

May all the deepest knots of ignorance be resolved and released

Maanasa nirmala hoye re, maanasa sheetala hoye re

May the mind be pure, may the mind be cool

Phira se jaaga uthe musakaan, saba me jaage antara gyan

May real smiles arise again, may inner wisdom arise again

Dasso dishao ke sabha prani, mangala labhi hoye re

May beings in all ten directions, benefit from these blessings

Dasso dishao ke sabha prani, mangala se bharapura ho

May beings in all ten directions, be saturated with these blessings

Jala ke, thala ke, aur gagana ke, prani sukhiya hoye re

In water, on land, and in air, may all beings be at ease

Janajana mangala, janajana mangala

May each one be happy

Sabhi ka mangala, sabhi ka mangala

May all beings be happy

Teraa mangala, teraa mangala

May you be happy

Meraa mangala, Meraa mangala

May I be happy

Meri mukti hoye re, sabhi ki mukti hoye re

May I be free, may all beings be free

Listen to this here: <https://soundcloud.com/nithya-shanti/mangal-maitri-spreading>

FURTHER IDEAS FOR APPLYING THE LEARNINGS

Here are some practical ideas to help integrate the learning's from Anandam. It can be helpful to keep a journal where you record the practices you are doing and the benefits you have received and any questions that arise as you do them.

It is important not to be discouraged or give up if for any reason your practice falters or gets interrupted. Remember that even if you just make a 1% change everyday, in just 100 days you will be completely transformed! Learn from all your challenges and interruptions, then smile and start again. Remember that this is a lifelong journey and every moment is a new opportunity to start afresh. No effort on the path of living consciously ever goes waste. So celebrate the smallest achievements and **"Catch Yourself Doing it Right!"**

MORNING

2 mins to 5 mins: Practice any of the following before getting out of bed...

- Gratitude: Wake up with a smile, sit up in bed and start your day with gratitude. Think of 3 to 5 specific things you are grateful for. (5 mins)
- Power of Mind: Vocalize, Visualize, Emotionalize a wonderful day and life
- Happiest Day: Say three times "This is the happiest day of my life!" and visualize the day ahead (2 to 5 mins)
- One Moment Meditation or Mahasati (1 min)

5 mins: Get out of bed and...

- Practice Mai Yur Ma three times or in all directions
- Japanese Water Therapy: Drink four to six glasses of water

30 mins: Get ready...

- Greet yourself in the mirror: "The Highest in Me Bows to the Highest in You! May this Be the Happiest Day of Your Life!"
- Brush, bathe and other body care with mindfulness

15 to 30 mins: Simple Exercises...

- Superbrain Yoga
- Doen and / or other exercises like Suryanamaskars etc.

15 to 30 mins: Any meditation of your choice, such as...

- For Guided Meditations visit:
<http://www.soundcloud.com/nithya-shanti/sets/meditations>

30 to 45 mins: Walking

- Take a brisk walk outside. Make it a Gratitude Walk. You can also recite your favorite affirmations. Breathe deeply in the fresh air. Walk bare feet if possible to get the benefits of grounding. This is also a great time to practice safe Sungazing (in the first hour of sunrise) and Sunbathing.

A helpful tip: Only turn on your mobile phone AFTER you have completed your morning routine!

DURING THE DAY

Practice any of the following practices based on your commitment...

- Making it a Complaint Free Day
- "Cancel!" all virus thoughts
- "How Wonderful!" no matter what happens
- Give yourself and others an A
- Remember to practice One Moment Meditation
- Practice the Power of Mind for at least 60 seconds
- Eat Mindfully: Savor food and chew thoroughly
- Deep Listening: Pause, Question, Reflect
- Drink enough water in the day
- Remember Rule # 6 !

EVENING

- Meditation
- Walk to complete 10,000 steps
- Family Time: Share experiences, listen, appreciate and hug your loved ones. Talk about the positive things that happened in the day. Play board games, read a book together, tell stories, sing songs, watch an inspiring film together.
- Instead of aimlessly getting on Facebook or watching TV: write a gratitude letter, call a friend, read a book, watch an inspiring documentary, or see short talks on karmatube.org or ted.com

- Review Day: Mentally play the movie of the day, first as an Actor and then as a Director. Clean up any residual emotional baggage with ART of Change
- Plan the day ahead: This is a secret of highly effective people. Write down and visualize the day ahead before you go to sleep.
- Reflect on your chosen lesson for the day. What did you learn today?
- Chant “Mangal Maitri” – Wishing happiness for all
- Sit in bed with an attitude of gratitude. Say three times: “I am so grateful for the blessings of this day. I choose to live and die in the wisest possible way!”

ABOUT THE FACILITATOR

Nithya Shanti is a spiritual teacher, committed to sharing transformational principles and practices for peace and happiness in our everyday lives. He studied business management and then worked in the field of Human Resources. In 2001 he left his corporate career and ordained as a forest meditation monk in Thailand. For six years he underwent rigorous monastic training living with meditation masters in remote forests across South East Asia. Following his inner guidance, he stepped out of the monk's role so he could share the timeless principles he had learnt in a modern context.

Since 2007 he has been conducting "happiness joyshops", contemplative retreats and youth programs in India, South East Asia, North America, Europe, and Australia. His work has been featured in leading media in India and abroad. He resides in Pune, India.

To learn more about his work and teachings visit:

Events and Newsletter: www.nithyashanti.com

Daily Inspiration: www.facebook.com/spreadinghappiness

Videos: www.youtube.com/nithyashanti

Talks and Guided Meditations: www.soundcloud.com/nithya-shanti

Online Course: www.rigpacourse.com

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SIMPLIFIED DAILY ROUTINE

Time & Place	Practice
10 mins. In Bed	Gratitude. Vocalize. Visualize. Emotionalize
10 mins. Out of Bed	Mai Yur Ma. Pedometer. Water Therapy
25 mins. Bathroom	Mirror Greetings
20 mins. In/Outdoors	Exercise: Super Brain Yoga. Doen
20 mins. In/Outdoors	Meditation: http://www.soundcloud.com/nithya-shanti/sets/meditations and get the 'Insight Timer' app on iTunes or Android
20 mins. In/Outdoors	Inspiring or Educational Reading
During Day	Complaint Free Day. Cancel! How Wonderful! Rule # 6! One Moment Meditation. 3 Gates of Speech. Mindful Eating. Drinking Plenty of Water
Evening	Meditation Walk to complete 10,000 steps Time with Family and Friends Gratitude Dinner. Share with family what you appreciate about today and about each one of them Schedule the Day Ahead Listen to / Chant Mangal Maitri – Spreading Happiness End the day with Gratitude

Use these suggestions to create your own daily routine that suits your specific needs, aims and purpose!