

heartfulness

purity weaves destiny



VIBRATORY COMPATABILITY
Attuning ourselves

BE GUIDED
How role models shape our lives

THE WISDOM BRIDGE
Keeping culture alive

7-Day Silent Retreats

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Working Together

When we work together, the synergy that happens produces results that are greater than the sum of our individual efforts. This brings joy in learning and working together. In all walks of life we stand on the shoulders of our predecessors. However short or tall they may have stood, we climb higher heights thanks to those that came before us. Whether it is in our family business or in the science of human evolution or anything in between.

It is only wise to learn from others, especially our elders. If we do so effectively we will get a generational lift. This is possible only if we are humble and open enough to learn from our elders.

Elders also learn from young ones, for they learn new skills fast. The young ones teach their grandparents how to set up Facebook and use mobile phones, while the elders tell them stories of epics and world wars. So, the net result is an overall upliftment of knowledge and quality of life. It is a two-way interaction. The intersection of leveraging both the past knowledge and present view produces leaps in progress!

So, we build our families and communities, using the experience of the elderly and the energy and the forward-looking potential of the young, and so it goes. The organisations, cultures and communities that do a good job of this synergistic continuity become better civilisations.

In Yoga and spirituality it is no different. One such possibility exists when families and groups meditate together, for example, young and old, employees and bosses, doctors and their patients. So an age-old system of meditation is offered to all via the new, dynamic and relevant approach of Heartfulness. There is a profound wisdom in it!

We wish you all a very happy and hearty new year, full of joy and wonder!

Victor Kannan,

Director, Heartfulness Institute



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A Brighter Future

On the 23rd of September 1991, the cover of Time magazine featured E. Linden's article, 'Lost Tribes, Lost Knowledge'. The main caption in the contents page read, 'Can Mankind Survive the Loss of Native Culture?'²⁷ Even then, we were conscious that losing the wisdom and knowledge of our 'elder' sisters and brothers was a dangerous game. Linden wrote:

Over the ages, indigenous peoples have developed innumerable technologies and arts. ... If this knowledge had to be duplicated from scratch, it would beggar the scientific resources of the West. Much of this expertise and wisdom has already disappeared, and, if neglected, most of the remainder could be gone within the next generation.

Until quite recently, few in the developed world cared much about this cultural holocaust. The prevailing attitude has been that Western science, with its powerful analytical tools, has little to learn from tribal knowledge. The developed world's disastrous mismanagement of the environment has somewhat humbled this arrogance, however, and some scientists are beginning to recognise that the world is losing an enormous amount of basic research as indigenous peoples lose their culture and traditions. Scientists may someday be struggling to reconstruct this body of wisdom to secure the developed world's future.

In families, it is often grandparents who provide the wisdom bridge to the young, ensuring continuity and a balanced perspective. Many of our early memories involve the love and wisdom of grandparents. As we grow and venture out into the world our teachers change, but the need for elders always remains, whether in the form of a business mentor, a school teacher, a Tai Chi instructor or a spiritual guide.

Love and wisdom go together. Love and teaching go together. In traditional cultures, the wisdom of elders is valued as precious and sacred. Wisdom is shared word of mouth from generation to generation, through stories and communal activities. Can the same be said for today's urban societies? What are we all doing about this?

Today, can we all take the time to offer heartfelt thanks to our elders? Maybe it can even be the beginning of building the bridge towards a brighter future.

Happy reading,

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We are all visitors
to this time, this
place. We are just
passing through.
Our purpose here
is to observe, to
learn, to grow, to
love... and then we
return home.

AUSTRALIAN ABORIGINAL
SAYING

Inner Beauty

NARENDRA KINI asks some thought-provoking questions about beauty and the way we see ourselves.



Inner beauty always reflects on the outside. This is something we have all heard time and again. But then, do we spend less time in front of the mirror? Do we still pay attention to outward appearances and draw a lot of conclusions based on those? We have not stopped making external appearances a topic of conversation at most social gatherings – business or otherwise. We still spend a lot of time getting ready for an event, office, function or a party.

Roald Dahl wrote, “You can have a wonky nose and a crooked mouth and a double chin and stick-out teeth, but if you have good thoughts it will shine out of your face like sunbeams and you will always look lovely.”

This makes me wonder what it would be like if the way we lived reflected in our looks. Perhaps we would all try harder to be better people.

What if one day our inner self and physical self were turned inside out? How would that impact our looks and confidence? Would most of us be able to come to terms with what we see?

If we were to develop a visible scar on our skin for every ill intention or negative thought, would we continue to have such thoughts?

If we would lose clumps of hair every time we were mean, would it stop us?

If every time we hurt someone intentionally it added a few pounds to our weight, would we still do it?

Per contra, what if every time we teach a child or feed the needy, or show kindness, we drop some weight around our waist or grow back some hair or lose a wrinkle, would we be more willing?

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If taking the time to answer children's questions or helping senior citizens needing assistance could reduce signs of ageing, maybe we all would develop patience and kindness.

Looking good has become so important to us that it could inspire us to take steps that we usually would not consider. Maybe if we lived our lives the way Dahl suggests we would be very different people.

I wonder how radically different our priorities, decisions and personalities would be in a world where doing good is rewarded so visibly and tangibly that it becomes second nature.

Often I look in the mirror and wonder if I can confidently say my inner self is better than my reflection. Am I almost at a point where I do not have to look at it to check myself for anything more than the necessary daily activities like shaving, flossing and combing?

There is a short story that could lend its moral to nature's way of working when we are able to see good thoughts and share good thoughts for others also to seed.

There was a farmer who grew excellent quality corn. Every year he won the award for the best corn. One year a newspaper reporter interviewed him and learned something interesting about how he grew it. The reporter discovered that the farmer shared his seeds with his neighbours.

"How can you afford to share your best seed corn with your neighbours when they are entering in competition with yours each year?" the reporter asked.

"Why sir," said the farmer, "Don't you know? The wind picks up pollen from the ripening corn and swirls it from field to field. If my neighbours grow inferior corn, cross-pollination will steadily degrade the quality of my corn. If I am to grow good corn, I must help my neighbours grow good corn."

So it is with our lives. Those who want to live meaningfully and well must help enrich the lives of others, for the value of a life is measured by the lives it touches. The quality of response and joy depends on the quality of thoughts and love we share and spread.

And those who choose to be joyful must help others find happiness, for the welfare of each is bound up with the welfare of all ●

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ARTWORK BY NARENDRA KINI



Maturity

SERGE NICOLAI

What is maturity? How does it manifest in an individual, or in a nation?
This is my take on it.

Maturity is to live from the heart, which is the deeper part of ourselves, rather than living from the head, which is the superficial part of our mind.

Instead of just reacting to fears and desires, mature individuals, or a mature society, act out of their deeper core.

How does this show?

The life of the heart is mainly expressed in

Love & Will

In societies with long spiritual traditions, you will find the majority of people directing their LOVE towards others, at the very least to their families, and their WILL towards themselves, to perfect themselves.

In younger societies, I find the majority of people turning their WILL towards the others, or the world, while directing their LOVE towards themselves, in the pursuit of comfort and self-aggrandisement.

In a nutshell, the mature person sacrifices so that others may live; the immature person enjoys life at the expense of everyone else.

I am not saying the latter is bad. Only that the person is just a child, with a long way to go on the road to express inner nobility ●

The mature person sacrifices so that others may live; the immature person enjoys life at the expense of everyone else.

When it is
obvious that the
goals cannot be
reached, don't
adjust the goals,
adjust the action
steps.

CONFUCIUS

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