

# THANKS TO LIFE

Divine Talks

SHILPA M MENON

RADHIKA RAI

**'LET'S ALIGN OURSELVES WITH THE UNIVERSE  
AND EFFORTLESSLY CONNECT TO  
THE HEALING ENERGIES OF NATURE'**

**("Everything in the Universe is within you.  
Ask all from yourself." ~ RUMI)**

**A JOURNAL TO MIRACULOUSLY INVOKE POSITIVITY & BLISS**

*\*Message to All: Protect, Respect & Love Mother Nature*





*Photo Credit: Raghav Malhotra*



# THANKS TO LIFE

*(It's a Monthly Guide towards Renovating Our Lives)*

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# THANKS TO LIFE

**Second Edition- March 2021**



**Founder & Chief Editor:** Dr Neha Gupta

**Co-Founder:** V. Sukumar

**IT Head:** Amit Vashisht

**Editorial Head:** S. C. Gupta

**Creative & Media Head:** Krishan Kumar

**Finance & Administration:** Piyush Gupta

**Core Team:** Reetika Mittal (Networking/Creativity),  
Varsha Jain (Editorial)

**Key Advisors:** Indra Gupta, Ashit Mittal, Manish Gupta, Sandip Das, Shweta Advani

**Office Correspondence:**

New Delhi, India

Email: [editor.thankstolife@gmail.com](mailto:editor.thankstolife@gmail.com)

[print.thankstolife@gmail.com](mailto:print.thankstolife@gmail.com)

Website: [www.nehasanaslyf.com](http://www.nehasanaslyf.com)

**Social Media Presence:**

Instagram - [emag.thankstolife](https://www.instagram.com/emag.thankstolife)

Twitter - [Thankstolifemag](https://twitter.com/Thankstolifemag)

YouTube - [NEHA GUPTA THANKSTOLIFE](https://www.youtube.com/channel/UCNEHA)

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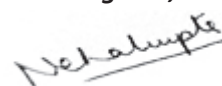
You can always write your feedback/suggestions on our Articles at our email id. Please come forward to support us in spreading the joy and the positivity.

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Dear Reader

Ever since I have entered into February, the launching month of First Edition of 'THANKS TO LIFE', there have been more reasons to smile and enjoy goodness of life & to be grateful to Almighty, my parents and friends. I could feel wonderful energy shifts in the form of growing inflow of opportunities, both personally and professionally; turning of sadness into happiness; and rising acknowledgment of the fact that we all have the power to be a driving force of our lives. ***With this, I offer mammoth gratitude to each one of you for showering immense love and blessings for first Launch Event, my Team, Authors, and for the Articles published in the First Edition,*** which was on realizing what Self-love is and how it is to be practiced. ALL THE EDITIONS ARE TIMELESS, so that you can keep learning from them at any point of time - to easily connect with the Self and attain joy, and move towards gratitude & compassion mode.

In this wonderful Season of Spring, I, hereby, welcome you to the Second Edition which is about ***"Let's Align Ourselves with the Universe and Effortlessly Connect to the Healing Energies of Nature"***. Pandemic has made us enough aware about need and urgency for protection and conservation of natural beauty around us, mainly towards valuing the key elements such as Mother Earth, Holy Fire, Fresh Air, Clean Water, and Vast Blue Sky. If you believe in the intelligence of Nature, every season has a meaningful purpose. *'Spring' is the right time to plant new seeds or ideas & make new beginnings for worthwhile transformation in life* and for sustainable development of our Mind, Body and Soul. Always remember, *Nature/Universe is not outside*, as we all are a part of it and everything is residing into us, whether we agree or not. If you wish to Manifest any desire, be it related to health, relations or career, or have any long-pending problem, you just have to move inside to catch the most appropriate solution and attract your preferred way of life. For this, you must also understand the basics of Laws of Universe, and *just need to vibrate at the frequency of your manifestation*. Through this Second Edition, we hope to guide you on these aspects of Nature/Universe and on Angelic presence, which will ultimately lead you, with so much ease, to respect and fall in love with your life more, and to indulge in fun-loving activities, viz. hugging trees, walking on grass, looking at plants with more admiration, enjoying sunlight, etc. Do not miss this amazing Edition as it takes you on the journey 'from I to WE' (Ubuntu). ***Best Regards, Love and Light to Everyone!!!***

A handwritten signature in dark ink, appearing to read 'Neha Gupta'.

(Chief Editor)



## Let's Hear it from our Core Team



In the current times, as our lives have become fast-paced and the competition has increased a lot, there is a need to slow down and take time out for ourselves and for our family members. "Thanks to Life" envisions a society where people are content and in touch with their feelings, where people love themselves and can enjoy the little fruits of life. "Thanks to Life" is not just a magazine but an honest endeavour towards spreading positivity and happiness amongst its Readers. Through this initiative, we strive to bridge the gap between people and their emotions as well as bring ourselves closer to nature. I would like to extend my humble gratitude to all the Authors for pouring their hearts out and selflessly working for the initiative. Thank you to all the Readers for motivating us with your positive feedbacks. We look forward to serving you tirelessly. Happy Reading!

*Varsha Jain, Core Team Member (Editorial)*

At the outset, I take the opportunity to thank all the team members for coming out with such a brilliant idea of 'THANKS TO LIFE' E-Magazine. I feel that these 3 words are the most neglected & their basic meaning is underestimated by most of us. It's not possible to love nature or this globe and have compassion for others, unless we believe in Self-love and appreciate our own life. In today's fast paced social media driven world, we seem to have lost our ideology, our focus and aim of life. We have to understand that life is not just for surviving, but also to enjoy and be thankful to GOD for giving us this form of life, wherein we can all fix our Karmas to achieve eternal bliss and moksha. I always believe that one should never let the child within ourselves to die. Let's cherish every small moment of life, feel gratitude and empathy, and make this world a better place to live for everyone. Like they say "Charity begins at home", this process starts with Love, Appreciation and Gratitude. "Thanks To Life" is a perfect platform to make us realize all these and mend our ways in a simplistic manner. Here's wishing All the Best to the entire Team and all the valued Readers.



*Reetika Mittal,  
Core Team Member (Networking/Creativity)*



## Feedback from our Readers/Viewers (as it is)

"Congratulations! great efforts and wonderful topic, as said Thank you is the most expressed but the least felt...I feel Self-love is most talked but least understood. All the Authors' introduction and interaction were really wonderful and made me feel connected. I was working on Self-love and Thanks to Anita for sharing this link at right time, when I am ready to dwell and apply more into Self Love. Concept and format are really nice. I can just sum up all of yours great efforts by Robin Sharma's quote 'Quality of your Performance reflects the caliber of your practice'. I thoroughly enjoyed the session and look forward."

*Charu Jain, USA*

"Very nice magazine. Looks ekdam fresh and lively. Aesthetically arranged and readable. Your cover photo is really good. Survey results are informative and interesting. Overall excellent work! Wish for huge success."

*Lokesh Agarwal, India*

"Great effort towards maintaining the sanity which is much needed in this time. Self-love is directly related to mental health. I wish you and your team All the best and thank you for choosing THANKS TO LIFE...Really we are ungrateful sometimes to so many grateful things. Keep writing about life, keep loving it; looking forward to it...After reading the magazine, I must say it's a great start towards living the life that we forgot. We all want to make one but not live. Especially for youth, the essence of life is to love and that will start from ourselves first. I would request you to continue to write on same topic, while including other aspects of life also, for example mental health as it is directly related to self-love too. I am looking forward for more such content."

*Vishakha Kanojia, India*

"'Thanks to life', the title says it all. It was such a refreshing experience to watch the video launch of the E-magazine. Session was full of positivity with so many different perspective from a varied age group. 'Gratitude' and 'Self-love', the two of our very own personal tools are described so beautifully in this magazine. Absorption is the key. Reading through every write up of the magazine was very enriching. It was fun going through each and every answer of the survey 'what is your definition of self-love?' And in the end 'Message of the Month' was like a cherry on the top. Very well structured magazine from start to finish. Best wishes to the entire team....two thumbs up."

*Anita Gupta, USA*

"Great learning...We should always follow the principle of gratitude...Only then we will be able to attract more positivity in our life...Less complaints...More gratitude...love yourself...Very nice initiative Dr. Neha!"

*Dr Mini Kundi, India*

"It is a great initiative by the team to bring contentment in this thankless world. I appreciate each and everyone's effort in making this magazine a success. Keep up the good work."

*Sumit Sabharwal, India*

"Thanks to life 1st edition is all about self-love and why it is important...How anyone at any age can reach at the stage of self-love. This magazine is really amazing and made me feel that I can reach the stage of self-love too."

*Neha Arora, India*

"Congratulations for your first edition. You just rose one step higher. Best wishes to you. Topics you covered are more of understanding and absorbing. Will take time...Abhi tak, what is in the magazine is the same knowledge about the topics that is there. Just a different style of explaining. Waiting when the answers will be on unique experiences of the sources."

*Sachin Balhara, India*



## Upcoming Workshops

March 2021



**8**

Monday  
16:30 - 18:00 IST

On Women's Day  
Awakening the  
Courageous Goddess  
Fees : INR 888/-

**13**

Saturday  
19:30 - 21:00 IST

The Moon Magic on  
New Moon  
Fees : INR 777/-

**17-24-31**

Every Wednesday  
15:00 - 16:30 IST

The Tapping Magic  
EFT On ABUNDANCE  
Fees : INR 777/- (Individual Session)  
Fees : INR 2222/- (3 Sessions)

**18-19-20**

Thurs-Fri-Sat  
7:00 - 8:30 IST

Magic with Angels  
And Chakras  
Fees : INR 3333/-

**25 & 26**

Thursday-Friday  
18:00 - 20:00 IST

Magic with Intuition  
Fees : INR 3100/-

**28**

Sunday  
19:30 - 21:00 IST

The Moon Magic on  
Full Moon  
Fees : INR 777/-

### Facilitators

Shilpa M Menon : +91 98236 66008

Radhika Rai : +91 98796 63339

## RENENET'S



## FREE THEATRE TRIAL

Come experience our free trial and get a feel of our annual program and to understand the skill lifting elevation it is.

The session is divided age-wise:



Friday (19th)- 6 to 10 years



Saturday (20th)- 11 to 16 years



Timing : 4 to 6 p.m. (for both days)

**\*Prior registration is mandatory.**



## Trusting & Surrendering to HIGHER POWER

Feeling so much happy and delightful since Divine Conversation with **Shilpa M Menon**, who makes us aware about the presence of Angels/celestial beings in our life and how they communicate with us. She is teaching us the true purposes of past life sessions, Angel card readings, and why we must always be grateful.



**Shilpa M Menon** is a Life Transformation and Spiritual Coach, Newspaper Columnist, and is one of the Best-Selling Author. Her most famous Book is titled as “Living with Angels - 52 Week Journey of Peace, Miracles and Healing: Ask| Attune|Align|Act”. She is Firewalk Specialist, Emotional Freedom Technique (EFT) Practitioner, Reiki Grandmaster, Past Life Therapist, Dream Interpreter, and has much more in her magic bag when it comes to working on Holistic Shifts. She is here on Earth to be a Smile Spreader with an intention to leave a legacy of love and light with her Midas touch.

Ever since childhood, she believed in Fairies and Magic. She grew up with a conviction deep

in her soul that ‘life is beautiful’ and ‘we are what we make our lives to be’. Irrespective of the circumstances, she has always believed in keeping her head high with her infectious smile.

Shilpa operates out of instinct; however she also understands that this learning must be applied and transferable. So her endeavor has been to work with Magic which is Practical. Her main focus is on Introspection & Empowerment. Her uniqueness is to bring in clarity with grounded reality and inspire people to achieve their dreams. She truly believes that “All answers are within us”, and it’s simply a matter of discovering and remembering them. Her Instagram handle is [soulmagic\\_shilpa](#).



I really wish to know about evolution in your emotions and feelings while you were moving away from corporate job, stress and illness to the world of mystic knowledge and angelic guidance. What prompted this move – did you have any indication from God/Universe?

In complete earnestness, I loved my corporate job. I totally gave my 100% in everything I did, though due to certain childhood challenges my health would take a toll. ***My health got me in search of alternative paths and healing modalities.*** As a corporate facilitator, my left brain functioned more for me as it was important to work through details, logic and rationale. ***Parallelly, I had vivid dreams and visions which would be my guiding force for my daily life.***

In my quest for seeking alternative path and solutions – I started relying more and more on my intuitions and worked on simply trusting my faith and God force – My master to be my guide to growth. Little did I realize that it will lead me to new path. Sai Baba – who I call my guru, guide, mentor – through various modes gave me signs. ***Universe always talks to us, we simply need to tune in and listen.*** Gracefully for me when I would not listen, it would come as Dreams. As a young child also, a lot of my dreams were premonitions which, in due course, turned true. So I had innate belief in my dreams. It was Sai Baba who one day communicated with me to take the leap of faith from corporate to mystical realm. I had honestly no plans to be a Spiritual Coach or Alternative Healer. As mentioned afore – I loved my work and saw myself growing in the corporate. As a matter of fact, the time I

quit my work due to Sai Baba's request was the time I was promoted in my work place.

I confidently say that it was Him connecting with me as I had many mystical experiences with Him and Angels. That would be a book by itself; though in my book 'Living with Angels', I have mentioned a brief encounter with Sai Baba and My connection with Angelic Realm.

So with Trust and Surrender, I dived into the unknown world, uncharted path.

“ ***The law of the loving universe is that we are all connected and always looked after... All our guides connect with us through Intuitions, Gut feelings, Hunch, Inner knowing, Dreams.*** ”





Many people get scared or apprehensive when they hear about Guardian Angels, Master Angels, Spirit Animals, etc. Can you make it simpler for our readers who are they, and do they exist equally for all of us?

I love this saying that 'we are spiritual beings who have come on earth to have human experience'. ***Each one of us has Spirit within us, which keeps us alive in mortal form. So by that virtue, we are all spiritual beings.*** The law of the loving universe is that we are all connected and always looked after. Each one of us has a big guiding force of teams, which we call Guardian Angels, Spirit Guides, Ascended Masters, Spirit Animals, and so on. All our guides connect with us through Intuitions, Gut feelings, Hunch, Inner knowing, Dreams. Whether we believe or not, they exist. ***The divine creator is unconditionally loving and non-biased*** – So yes, all sentient beings have the entire cosmic team available to them all the times. The question is 'Are we asking for help?' And if we are, 'Are we listening to the guidance?' All the different philosophies speak of these beings with different names.



When we are progressing on a spiritual path and undergoing healing, why many of us see, almost everywhere, lot of butterflies, feathers/peacock feathers, repeated or mirror numbers? What do they actually indicate, such as small white feather, or black, green and yellow butterfly, or numbers like 11:11, 222, 21:21, 12:21, etc.?

***One of the ways the celestial beings connect with us, especially the Angels, is through repetitive numbers and feathers.***

They are asking us to be aware and awaken to our own journey of growth. When you are asking for a sign or a response from Universe, Angels are closest to our energy fields and always happy to assist. So when you ask for help, they respond with different numbers which have specific interpretation. ***For example, if you see 11:11 repetitively – You are being asked to be mindful of your thoughts, and in case there are any fear based thoughts, kindly shift into faith based thoughts as you are in Manifestation Gateway.*** The other reasons you are seeing

numbers/feathers is possibly because you may or may not catch the subtle intuitions within, and then *the Angels choose the medium of external signs and symbols.*

Well, we do not look for signs when we are connecting with Universe or Angels. In fact, they give us signs, and so we are not looking for them, rather we are just becoming aware. To illustrate, not all butterflies means Angels are around. However, if you are thinking of an Angel or your Guardian Angel, and that time a butterfly passes by or suddenly a feather comes up, then of course your Angels are responding to you, at that point of time, as a token of validation either in the form of numbers or feathers or butterflies.

**Do you think that Law of Attraction works on us 24\*7? Is it actually the Law of Universe or Law of Love?**

I think it's the Law of Loving Universe. We all have different ways of looking at law of attraction, so to put a blanket comment on it would be challenging.

**“When you are asking for a sign or a response from Universe, Angels are closest to our energy fields and always happy to assist. They are asking us to be aware and awaken to our own journey of growth.”**

**How can we make our life healthier and more miraculous with Angel Card Readings? Are they better than Tarot Card readings?**

Angel card readings are tangible way to receive guidance from Angels. Guidance can be of any form, and yes they do help us make healthier, happier and peaceful choices. Tarot cards and Angel cards are both divinatory tools used for guidance, yet they work differently. Having said that, one is not better than the other. It totally depends on the querents' journey and personal preferences.





Many people love your past life regression therapy (PLRT) sessions. Will you recommend it for all, but why should we dwell so much into the past? Can you please also debunk the common myths or fears that prevent us from experiencing PLRT?

First of all, I am grateful that many people have loved the past life sessions. Any professional doctor will prescribe the medicine after complete diagnosis; similarly is for past life regression – ***the therapist runs through a diagnosis to understand if past life is really needed.*** Most common ones being – A chronic health issue where there is no diagnosis or its source can't be figured out, certain phobias which have no root in early childhood, a gift which has no formal training in this lifetime, and so on. ***Dwelling into the past can be anything before this moment of reading. Past life regression is different from that.***



Well, not everyone necessarily needs to access past life. ***Once a PAST LIFE is accessed, one will stay in past life - this is one of the most common myths.*** Accessing past life with the help of the professional therapist is must, and with the guidance, one effortlessly comes back into current reality. ***It is not about getting lost, it is about being found.***

Can you please pick up an Angelic Guidance Card to give a message for my magazine 'THANKS TO LIFE' and overall well-being of its team and readers?

***The card that shows up is to 'HAVE FAITH' – have faith in oneself, have faith in higher powers, and have faith in others. Faith is what keeps us going.***

Angels suggest that even though there are times when doubt may creep in, anchor



yourself in those times when things went well and ***move into a belief that 'Universe always has your back.'***

What is your New Year Resolution for 2021 in the journey of spreading more love and light? What will you suggest to all of us during these continuing tough pandemic days?

I personally don't make resolutions, ***as I live each day as a gift from Universe and am grateful to all that is.*** I live in surrender and

trust that the highest will always manifest. My endeavour always has been to spread smiles and bring hope, joy and abundance in life and to anyone I encounter, to the best of my ability. Considering that, I truly wish to touch one billion lives which is a journey of entire lifetime.

I have no suggestions, just a humble request or invitation to everyone reading is to ***simply offer one and only prayer in life, that is – THANK YOU THANK YOU THANK YOU.***





## We wish to know about YOUR IDEA ABOUT UNIVERSE!!!

***(Are you aware about Law of Attraction (LOA) or Law of Love or Manifestation? Do you believe in them? Do you also see repeated numbers, butterflies or feathers, or any other sign from Universe? What do you know about them?)***

*Some people are aware about Universe's way of working or of signs:*

"Yes, I have read about the law of attraction. But I have never seen repeated numbers or butterflies. Since, I strongly believe in the Almighty. I do see His presence everywhere."

"Yes, I am fully aware about law of attraction, whose essence actually dates back to 'यथा दृष्टि तथा सृष्टि' (jaisi drishti, vaisi srishti) from Bhagavat Gita. Whatever you feel, you will manifest the same in life, whether positive or negative. Wherever focus goes, that thing grows, this is exactly the law. For positively using LOA, we must do self-love and have complete trust in divinity. Yes, I have seen lot of butterflies, feathers and repeated numbers for last 6 months ever since I have been on healing path and underwent metamorphosis process. This is all the love of God for us, which works non-stop, whether we agree or not."

"Yes, I am aware about the Universal Law of Attraction and I completely believe in it. I do see some numbers repeatedly, maybe some indication.....it will be good to know more about them!!! I think that the essence of the Law of attraction and Manifestation is that किसी चीज को शिद्दत से चाहो तो पूरी कायनात उसे तुमसे मिलाने की कोशिश में लग जाती है..."

*(You may find some answers in this Edition to quench your thirst of knowledge on this matter.)*

*Interesting replies:*

"Don't know what universal law of attraction etc. is. But I know you feel an adrenaline rush when you get attracted to another person. It's just a feel. I don't think I can explain how it feels."

"Yes I am aware. I slightly believe in LOA and Angels and try to connect with them as much as possible. Yes I see repeated numbers."

*(But many people are still curious about actual meaning of seeing repeated numbers or feathers!!!)*

"Yes I very strongly believe in law of attraction. We most of the time overlook the signs given to us in our everyday life...So if we start understanding those small signs, then we will be able to connect all the dots that how one situation leads to another, and so on."

*(Hmmm...may be a sign of spiritual awakening!!!)*

## We wish to know about YOUR IDEA ABOUT UNIVERSE!!!

*(Are you aware about Law of Attraction (LOA) or Law of Love or Manifestation? Do you believe in them? Do you also see repeated numbers, butterflies or feathers, or any other sign from Universe? What do you know about them?)*

"I have learnt from my best friend about practicing Law of Attraction and about manifesting signs from Universe in the form of butterflies, feathers, etc...I have never personally experienced such signs, but I do believe in the power of LOA. But, I wish to know the exact science behind all such Laws of Universe. I only know that keep on saying THANK YOU UNIVERSE and you will sail through bad times and that too so easily...This is tried and tested at different points of time."



*Difficulties exist in the way of understanding the true working of Universe, but these also serve as the channels to tune into right frequency of higher power:*

"Yes I am aware of universal law of attraction. I have seen a couple of videos and read some things here and there. And yes, I believe in them but the greatest worries are hard to surpass because getting over the fear of worse or the negative thinking that comes along with is hard to overcome and requires a lot of hard wiring of brain. However, I have not really seen the signs of feathers, repeated numbers, etc. But I do see other signs like availability of things in dire need, or some unsolicited advice from a friend or suggestion on a certain issue, etc. Overall, I just know that it's my God's way of telling me or directing me or fulfilling my needs or warning me."





## We wish to know about YOUR IDEA ABOUT UNIVERSE!!!

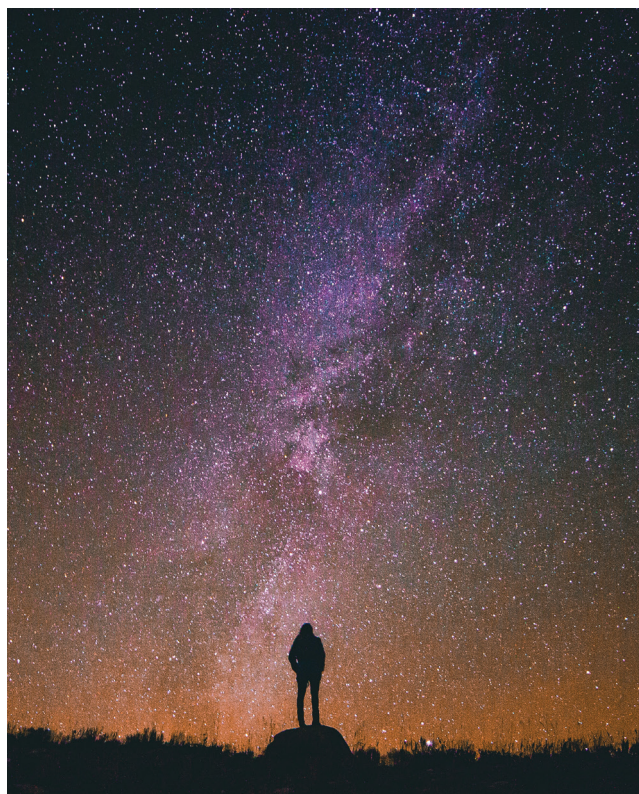
*(Are you aware about Law of Attraction (LOA) or Law of Love or Manifestation? Do you believe in them? Do you also see repeated numbers, butterflies or feathers, or any other sign from Universe? What do you know about them?)*

*Many people do not know about LOA or Angels or signs of Universe:*

"Not aware...But can understand what it would be by the question itself. I am already feeling goosebumps; but I am answering it based on all the love I received in life."

"I am not aware of any of these Laws of Universe, but I might get interested if I know about them...I have never seen any repeated numbers, feathers, etc."

"Regarding LOA, what I understood is that same charges repel, while opposites attract... However, personality-wise, same thinking people get along well, while different thinking ones will repel."



*OMG!!! What a Power of Belief in the Laws of Universe:*

"I believe that Law of Attraction works in both ways: Either you are attracted by Universe and get pushed towards destiny, Or you attract Universe and pull it to build your destiny. But yes, it exists. The best tool to experience it is 'WILL', as they say "where there is a will, there is a way". Once we start practicing LOA, the Universe always shows directions and ways. A lot can be written on this..."

Again, Law of Love exists but it is different from love. It's a law. You give love, you get love. Best it can be experienced with the dogs and kids - when you give them love, they return the same to you. With the time we forget the laws and expect more than we give, and so our beliefs somehow get affected. So, stay pure & be happy. Further, Manifestation in my words can be defined as attracting universe to build your destiny or get what you want. A right way of focus of energies can achieve desired results...But magic happens to those who believe. With strong belief, anything can be manifested. Seeing watch at some particular time or seeing picture of God you believe in at the time you call for Them is a sign for me. I have a good story from my China tour that I can tell to prove that universal powers show you signs when you believe in them. Your experiences are your treasure in this journey. But yes, I don't see butterflies & feathers."

## Basics of 'Law of Manifestation'



*The Author explains the foundation of 'Law of Manifestation' and engages you directly in this knowledge exchange by introspection, illustrations, along with concise & careful guidance at every step.*

**(Prachi Shah Bhansali)**

Let us first break the phrase 'Law of Manifestation' to understand the consequential connection.

**Law** here means the axiom (like a theorem), unlike man-made laws, and **Manifestation** means when our prayers, wishes and demands from the Universe or various energy source become 'A Reality'.

Now, let us further discourse our **introspection before we blame the Universe or God or any source of faith for our failures to be able to Manifest.**

I am going to ask you to answer certain questions before you conclude or even pray or demand from the Universe.

Q1. *Have you been absolutely clear (without an iota of doubt) of why you prayed or wished for what you prayed/wished/demanded from the Universe?*

Q2. *Are you praying/wishing your manifestations solely due to circumstances?*

Q3. *Are you sure, you're clear about the difference between your needs and wishes?*

Q4. *Do you believe you'll be able to manage your self and your life once your wish gets manifested. Are you truly ready?*

Q5. *Do you, from the bottom of your heart, feel and believe that you deserve it and are worthy of it?*

“

***Do not ask for love, relationships, and make materialistic demands from the place of fear and insecurities...Understand your prayers and wishes,***



*know their source...your prayers/wishes won't be manifested as per your conditions, you receive it the way, you must receive it from a Universal PoV.*

Answer the above questions even before understanding the laws of manifestations. Realize how an entire wrong belief system leads to contrary, or sadly inconsequential, incomplete manifestations, we didn't even ask for. **Understand that the Universe responds to your emotional frequencies.** In simple terms, the more confident and clearer you are about how you feel, including how you feel about yourself, the better it's perception about your state of being. The Universe is neither a master, nor a slave which gives orders or takes orders. The Universe is a haven of love and frequencies, **it speaks in a language we aren't quite proficient in and which we are learning.** Imagine it to be a provider of all that you desire or demand, without opinionating or judging. Now whose responsibility is it TO SEE and CHECK what to demand?

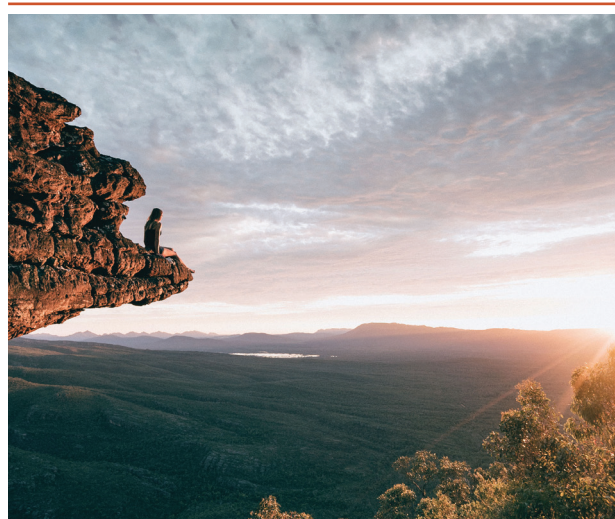
SOLELY OURS!



We demand circumstantial manifestations, or even worse survival, offensive manifestations. **That is, we ask out of our insecurities and fears. Should we?**

Why not?

*“The purer your Zameer is, your intentions are, the clearer you are about your growth and evolutions as well as life path, the higher your frequency is.”*



**But then ask for guidance, higher help, protection, light and pathway.** Do not ask for love, relationships, and make materialistic demands from the place of fear and insecurities. Understand your prayers and wishes, know their source, and keep them independent from your fears and insecurities. **Yes, it is a lifetime work but we must escalate step by step; as and when we evolve, so should our manifestations.** For instance, instead of manifesting THE LOVE OF LIFE, manifest GUIDANCE TO BE ABLE TO FEEL COMPLETE AND ENOUGH, in order to be able to enjoy the love relationship when the love of your life enters.



And believe me, *the Universe provides you the right things, even if you wouldn't ask for, if you're at a certain frequency.* We then call these as miracles.

I am not saying that stop demanding or manifesting before you work on yourself - it must be simultaneous; just know the clarity of your intentions and learn the ground work that comes along with it.

- A. Pray to manifest.
- B. Have complete faith in the Almighty and Yourself that you're ready for it to be manifested and you absolutely deserve it.
- C. Act as if it has been manifested for you, or is in the making especially for you. You'll see little signs and omens (depending how strong your belief is). *This belief system is called faith.*
- D. It is of utmost importance to have faith in divine timings.

“*The Universe is neither a master, nor a slave which gives orders or takes orders. The Universe is a haven of love and frequencies...Imagine it to be a provider of all that you desire or demand, without opinionating or judging. Now whose responsibility is it TO SEE and CHECK what to demand?...SOLELY OURS!*”

Remember, there are times when our prayers are manifested, but not the way we conditioned them. Implication being, your prayers/wishes won't be manifested as per your conditions, you receive it the way, you must receive it from a Universal PoV (point of view). For instance, if you say, “I want the love of my life riding a



white horse, like a prince charming.” (I know a hyperbole example); but in reality, you might meet the love of your life on the road with whom you would argue in a traffic tiff. Or it’s not a love at first sight, rather an old friend you didn’t even realize would be your love of life.

Our life, our beings are much more colossal than we think of; thus pray and demand manifestations, but know that our consciousness limits us many a times to even demand the right things. ***Thus, in case you don’t receive something you asked for, thank the Universe even more from saving you from something you were either not ready for or it wasn’t good for you.***

I’d like to culminate with the quote, ***‘WHERE INTENTION GOES, ENERGY FLOWS’.*** So check

***your intentions, work on yourself*** to have pure intentions for yourself and everyone else. The purer your Zameer is, your intentions are, the clearer you are about your growth and evolutions as well as life path, the higher your frequency is. ***Highest frequency being the non-conditioned love.***

No, it’s not easy, but it isn’t tough. Yes, it is calculating and yes, it is all about love and getting over our fears. ***Happy Manifesting and Happier Shadow Work!***

Prachi Shah Bhansali is an Educator and a Life Skills Coach, & a certified NLP trainer. She has been working for over 11 years with several institutions/clients to enhance their emotional & mental well-being, and to instill impactful soft skills.



## Universe Answers our Vibrations



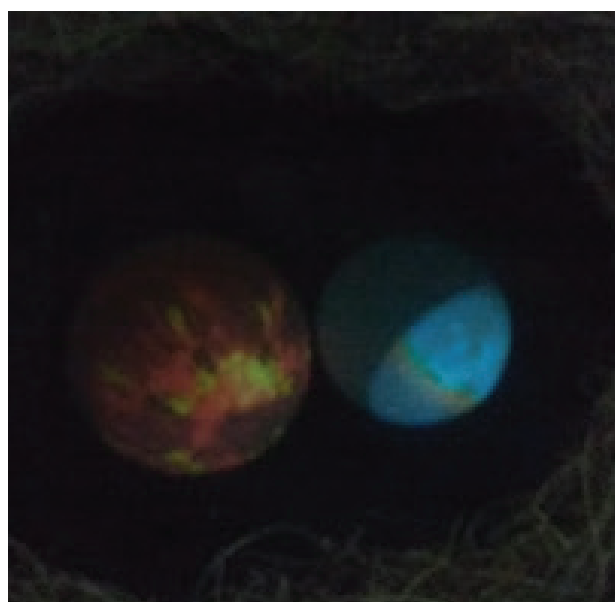
*The Author is of the view that everything is made of Energy, and so we get what we give out. The Article beautifully explains that Universe is like a giant mirror - whatever feelings and vibrations you reflect will get manifested.*

**(Iman Ashish Chandra)**

In this universe, everything is made up of energies. The energies vibrate on two levels or frequencies - positive and negative. You can very well relate to the importance of frequency in your daily life, that is, why you suddenly feel negative after a person enters the room even if that person hasn't said anything as yet. But on the other hand, you may naturally feel comfortable and positive around some people for no reason. Such phenomenon is nothing but the way our energies are communicating with each other.

The question arises as to 'How do they communicate?' ***Every time you think something (any idea or situation), every time you feel some vibes, those release out in the atmosphere from you in the form of Energy.*** Unknowingly everything around you then absorbs your energy and even you absorb other energies.

“ ***The law says that you will attract things according to your Energy... LOA is working on all of us continuously 24\*7.*** ”





Well, the secret is that we are not only communicating with humans but also with this ENTIRE UNIVERSE, covering sun, moon, stars, trees, water, galaxies, space, air, EVERYTHING!!!

To understand this concept in a simpler way, ***think of this entire Universe as a gigantic mirror which is spread everywhere possible.*** Whatever you show in this mirror, you get it back multiplied - similar to the magic, right? But this isn't any magic. Just like we studied the law of gravitation in school, which is the basic law of this Earth and which keeps working whether we are aware of it or not, the same way this whole Universe has a law called the ***LAW OF ATTRACTION***. The law (LOA) says that you will attract things according to your Energy. This implies that if we change our thoughts, our energy and vibrations will be changed and we will attract the things that match our energy and vibrations. ***WE ATTRACT WHAT WE THINK AND IMPORTANTLY FEEL.***

I won't tell you to use this Law of Attraction because even if you choose to use it or not, even if you agree to believe on it or not, there will be no difference. The reason being the LOA is working on all of us continuously 24\*7.

“ ***Mirror of Universe is very clever, it only sees the real energies that you feel, no matter what you say from your mouth... We will attract the things that match our energy and vibrations.*** ”



Now in order to attract best things in our life, we have to think right and positive and release high vibrational energy into the Universe. If we follow this consciously and we attract desired and best things, ***the process is called 'Manifestation'.*** Any person in this world can manifest anything that comes to his or her mind, if he/she sets clear intentions for that.





My task in my journey is that I want every reader to understand the simplicity of this law, which is purely based on our feelings and energies. Just like a magnet needs to be strong to attract another magnet, similarly our feelings and energies should be strong and pure - only then we can easily attract/manifest our wishes.

*Sometimes we think we feel good about some matter, but deep inside we believe that it's impossible. In such a case, it will be difficult to stay happy and to get what we desire.* This is because the mirror of Universe is very clever, it only sees the real energies that you feel, no matter what you say from your mouth.

“ *The moment you release this energy into the Universe with full confidence, trust and positivity, you will attract your wish like a powerful magnet.* ”

In order to make your feelings and beliefs strong, you can lend some help to yourself by using different methods. First of all, ***you should have complete confidence in your power*** that whatever you think is definitely going to be





attracted towards you. Thereafter, you can imagine what exactly you want to happen with you. ***There is also a catch: feel good factor is must while doing this 'Act as if' technique.***

While imagining the right happening of your wish when you are thinking of it, if you feel that extra happiness, that love, that pride which brings confidence in your heart, then it is the right sign of aligning with the Universe. It may be noted that, at times, during the process some emotional people might cry out of happiness, which is alright.

The more deeply we visualize, the stronger our energy tends to become. And, the moment you release this energy into the Universe with full confidence, trust and positivity, you will attract your wish like a powerful magnet.

***Nevertheless, if you get doubts, fear, tension and anxiety, you tend to disturb the whole rhythm and the process of attraction, and you may somehow delay the results.***

Most people struggle to stay positive and happy because it is a natural human tendency to worry about every single detail. Quite often, we get too practical, so we remain absorbed in only the reality visible in front of us, ignoring what might be happening at the Universe level, which is beyond our thoughts. That is, sometimes, we keep noticing all the bad things happening around and with us, while we forget that we have the power to change them and we have the power to get what we want, just by focusing and changing our thoughts.

Let's use this power of the Universe to its fullest!

**Iman Ashish Chandra from Mumbai is one of the youngest motivational speaker and a strong believer in Law of Attraction. She is well-known for her contribution as Youtuber (at Channel 'Ima 11:11').**



# Moonlit-Night at Beach

(Neha Gupta)

---

Sitting quietly by the seaside  
Eyeing the intense darkness of night,  
Starry sky is limitless and infinite  
Pitches in possibilities for growth every time.  
Zenith canvasses new hopes of rising up  
Continually irrigating pre-decided high ambitions,  
Concurrently requires staying as grounded shrub  
Echoed by sparkling sand in all seasons.  
Bed of silver flakes offers deep surface  
Hiding in its lap the visions of many wanderers,  
I continue to relish up-down of each sea wave  
Soft-hard paths so getting exposed to life seekers.  
Existence of mood swings could be tested  
Just by seeing fortnightly movement of moon,  
Nonetheless coastline in full-moon is crowded  
Chatting-singing folks but ready to depart soon.  
Fear of stormy tides attract screams  
Timidly apt to extra blackening of moonlit-nite,  
I still being so lost in chasing my dreams  
Yet eager to gain strength for excelling in life.  
Moon gratefully guides through silky blaze  
Reflecting true worth of soul with hope,  
Naturally now romanticizing the ambiance  
Allowing waves to silently dwell into serene mode.  
Water as sign of purity and innocence  
Instilling factual lessons to embrace changes,  
Inconsiderate about people's over-thinking sense  
Thoughtlessly flowing under nature's aegis.  
Sand demonstrates truth of constantly running time  
Ironically symbolizing difficulty to control the lot,  
My eyes still gazes on full moonlight's shine  
As if tying unconditional love to our life-boat.  
Suddenly cold wave touches my feet  
Chilly breeze extenuating beautiful experience,  
Ripples of hushed water soothing mind as delicious treat  
Feel of living rhythmical life is utmost deliverance.





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## Pause and Reflect



*The Author beautifully and factually explains why we feel so insecure and expect others to fill our void, and ultimately makes us pause and reflect on 'who we are' by using our healthy intellect.*

**(Suruchi Bazaz)**

Ever thought of where your restlessness and sense of inadequacy come from? Why are we so driven? You hear everyone talk about methods of getting or reaching inner peace, security, and happiness. By saying this, one concludes that one is unhappy, insecure, disturbed and inadequate.

**By "gaining" security, you declare and label yourself as permanently insecure.** Because the pursuit of getting security is seemingly endless, you secure some wealth. Then you become insecure about the security you have just achieved. This leads to dependency on the objects of the world. Soon, we find ourselves riding the tiger with a constant fear of it eating us up once we come down from it. The fundamental problem is not addressed. We wish to get rid of our insecurity. The question to be asked is, "Why are we insecure?"

***We unnecessarily superimpose our sense of insecurity and inadequacy on given objects and people and expect them to fulfil and solve our basic lack... We lose direction in life due to basic ignorance - ignorance of who we really are.***

**Conditioning teaches us to secure ourselves through money and relationships.** We do not pause to think whether or not it is the right approach. The pursuit declares and labels us as "permanently insecure beings".



*How can two insecure people seeking security from each other gain security "from" a relationship?* Does that not add up to double the insecurity? It is as though one beggar is begging from another beggar. Does money rid us from the feeling of insecurity? ***This understanding is born of the absence of Vicara (self-reflection).*** Thinking that money has buying power is correct thinking; it meets logic.

***We experience the fear when we identify ourselves as Anaatma (form made of body, mind, emotions and prana). The anaatma (form) is what we have, not who we are.***



Logical thinking is a by-product of being objective - seeing things for what they are and what they are capable of giving us. We unnecessarily superimpose our sense of insecurity and inadequacy on given objects and people and expect them to fulfil and solve our basic lack. ***We are best suited for logic, understanding, peace and love, but worst equipped for it.*** We lose direction in life due to basic ignorance - ignorance of who we really are. ***So who are we?***



***By nature, we are Purnatvam (whole and complete).*** We are happiness, we are love, and we are peace, absolute free from any lack. ***Yet why we are looking for our nature outside ourselves?***

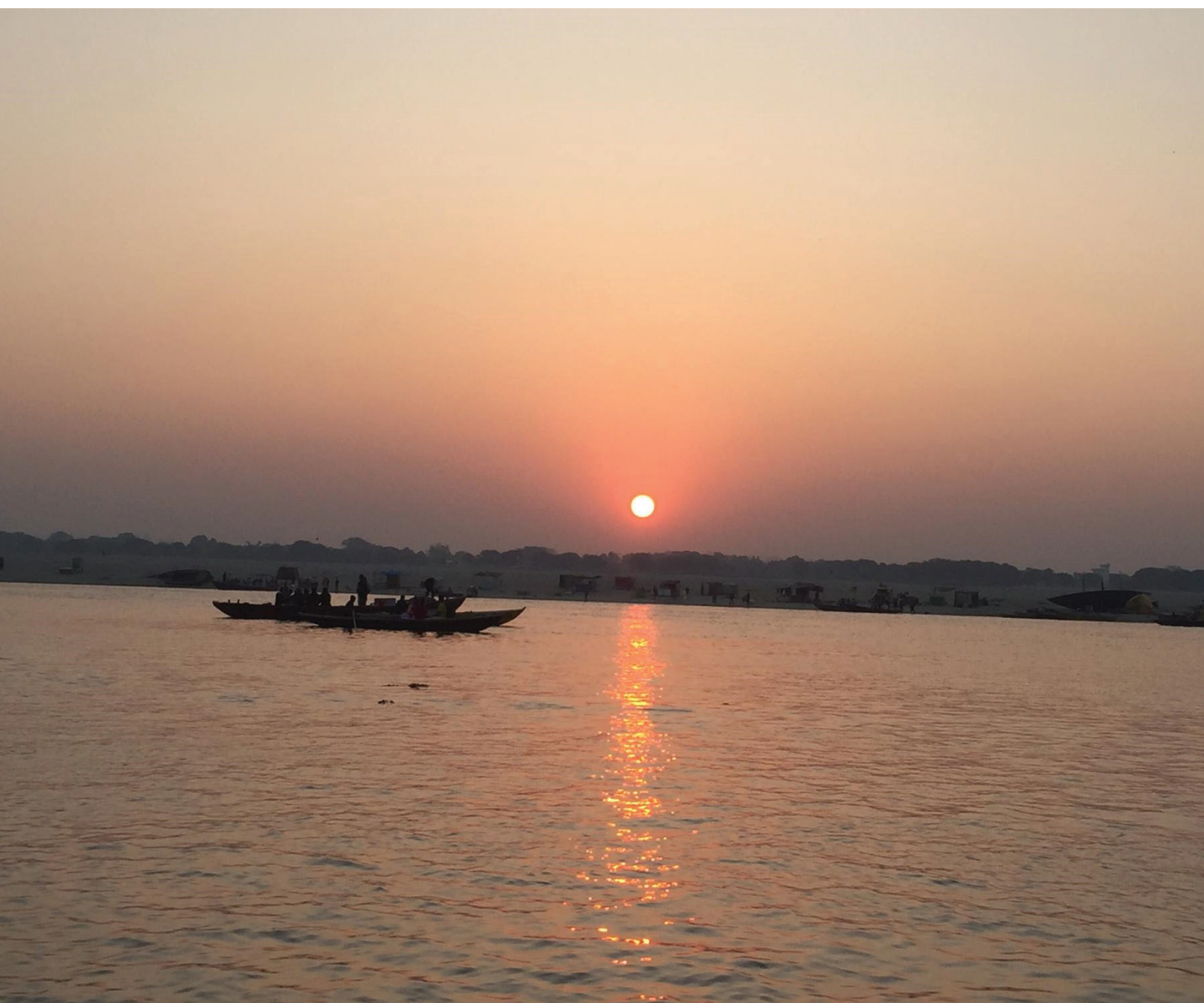
"Looking" points out that either we don't understand or we don't look at ourselves closely enough. And so it is said, ***"The Ocean suffers the notion that I am a wave"***. As a wave, it lives in constant fear of destruction, discontinuation, and disappearance.

We experience the fear when we identify ourselves as **Anaatma** (form made of body, mind, emotions and prana). The anaatma (form) is what we have, not who we are. **We are Aatma, the eternal consciousness whose svarupa (nature) is Sat chit Ananda (truth, consciousness, bliss absolute), the ever peaceful, blissful Purna (whole and complete).** The Aatma is who we are; it cannot be achieved, gained or manifested. It can be understood and is available for realisation.

For this, we do not need our physical eyes. It needs *Jnana chakshu*, or divine vision that one receives by virtue of a purified intellect.

***A healthy intellect is developed through self-reflection, by leading a simplified life, and by keeping the disturbances of the mind at bay through discipline.*** Discipline is thus a major rung of the ladder which a student of the Truth needs in order to gain a tranquil mind and body to be able to further her/his journey - more on discipline and lifestyle in the next issue.

**Suruchi Bazaz is a Spiritual Guide, Healer and Exponent of Vedanta, one of the world's most ancient philosophies. Popularly known as Suruchi Ji, she is a visiting Master at Ananda in the Himalayas and a teacher at Sivananda Ashram.**

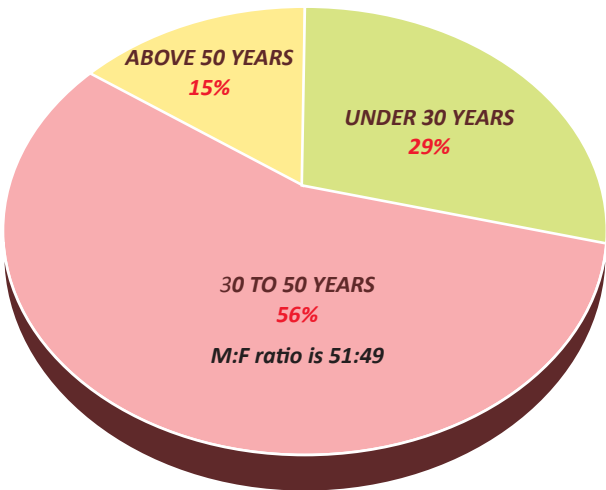




# Survey Results on “How do you Connect with Nature/Universe on a daily basis?”

(THANK YOU EVERYONE – hope you enjoyed this Survey!!!)

The Survey was conducted online during mid-December 2020 to mid-January 2021, and we got 87 responses from different age groups. Responses from Female (F) constituted about 54% (marked in bold letters).



This Survey has been designed to unequivocally assess and understand whether people actually connect with Nature or Universe on a daily basis, and how do they undertake such a wonderful journey. It has been an enchanting experience for THANKS TO LIFE team and for our Experts to read your Responses with regard to your approach towards leading a better, healthier, and value-added life.

R1: Morning walk.
R2: Walking and observing nature early morning.
R3: Day starts with nature, mainly with taking care of plants.
R4: Breathing, Meditating, Walking bare feet on grass, thanking.
R5: Go for a walk.
R6: I am not much connected with the Nature/Universe. I enjoy my work and try to get solace from it.
R7: Just be calm, to an extent, that you become able to count your heartbeats. This is all the Nature embodied in every being.
R8: Through meditation, walk, and by looking at the sky while sitting in the balcony.
R9: Quiet time.
R10: Plants and self-talk.
R11: I connect with nature by watering plants daily and giving food to the street animals.
R12: I exercise and sweat. I also meditate at times. I am in regular touch with important knowledge series such as Ashta-Vakra-Gita, Keno Upnishad, Kath Upnishad, etc. I am a frequent traveller to the mountains in search for peace, bliss and joy.
R13: There are lots of plants in my balcony, and I visit the park.
R14: Service to mankind is service to God.
R15: Gardening and morning walk.
R16: I don't, to be honest!
R17: Walking, & being in open green areas.

R18: Walking in the park.
R19: I meditate sometimes.
R20: Appreciating small things like getting water in house...sunlight in winters...taking food given by nature...but I feel sad about the water wasted in RO.
R21: Well, the area near me is green enough and I take a walk with my little one.
R22: Through meditation and gratitude.
R23: I love greenery, just even to look at them. I touch leaves & feel them, I hug trees. Connecting nature for me is doing yoga and meditation, practicing law of attraction, receiving signs from Universe such as feathers, repeated numbers, butterflies, etc. to know whether I am on right path or not.
R24: Stand in my balcony.
R25: I have always found that I am connecting with nature when I am walking alone with my headphones and feel the music Tere Naam, and seeing the trees, animals, birds around me.  This could be anything, but I just need peace to connect myself with nature and I made it much better by thinking about the things which allow me to love myself.
R26: By remembering God every day.
R27: I am not a religious person, but I am spiritual. I try to pray every day and express gratitude for whatever I have. That's how I connect with the Universe.
R28: From walk or prayer.
R29: I like observing trees and ocean, it just feels mesmerizing.  Being in nature's presence gives more sense of how miraculous and huge the world around us is.
R30: I go on drive with coffee, with my whole family almost every day near a lake. That gives us a big break with the crazy things happening around.

Also, we love nature. So we take as many trips as possible, do hiking, or spend time on beach.
R31: Walking & seeing birds.
R32: Through big smile and big thank you.
R33: Meditation.
R34: Taking walks regularly and looking after potted plants.
R35: No time to connect with it.
R36: By starting the day with the name of God and thanking Him for everything. By Meditation.  By planting plants, by Feeding animals.
R37: Not on daily basis, but occasionally when I go hometown.
R38: Gardening.
R39: I think it can be possible through meditation.
R40: Spending time in nature.
R41: Taking a stroll in the balcony where we have kept several plants and taking care of them on a daily basis.
R42: There are lots of sources to connect with Nature and Universe like sun, moon, air, trees, wind, & rain.
R43: Love everything around me.
R44: I have my room on the roof of my house. There are many plants. I love to see them, to water them.  I love to inhale fresh air in the morning. To walk more.  I have a pet dog in my house, I like to play with him.  And, I like to see the sky in the night, watching the group of stars.
R45: Family.
R46: Going to park for enjoying the nature.



<b>R47: To enjoy the most beautiful thing of universe, i.e., 'sleeping'.</b>
R48: I go for morning walk with my daughter.
<b>R49: I don't think there is a definite answer to this because eventually almost everything connects us to nature/ universe directly or indirectly; but I like to drink my coffee in my balcony observing birds and tree.</b>
<b>R50: Through deep breaths.</b>
<b>R51: Meditate &amp; read.</b>
<b>R52: Yoga and pranayama.</b>
R53: I like stars, sky, trees, and cloudy weather.
R54: Gazing at the sky with my cup of tea everyday.
R55: Enjoy sitting in the sun and watching birds.
R56: Through my immediate family, understanding what their needs are. Keeping it narrow and under control.
<b>R57: Meditation.</b>
R58: Looking at the sky and its vastness.
<b>R59: I thank the Universe for all that I am bestowed with.</b>
<b>I admire the trees, flowers, and animal kingdom everyday - it could be a bee, butterfly, birds in the sky, street dogs, etc.</b>
<b>R60: Spending time with my plants in our balcony, watering them, and gazing the beautiful flowers growing inch by inch with each passing day.</b>
<b>R61: My daily prayers to my Almighty.</b>
<b>R62: Being alone and trying to find a peace within myself.</b>
<b>R63: I like to walk outdoors and observe plants and birds.</b>
R64: Through mobile.

R65: By enjoying the gifts of nature given to us, i.e., cool breeze, especially in hot weathers, twinkling stars, glittering moon, warmth of Sun, especially in winters, beautiful flowers, walking bare feet on grass, chirping of birds, etc.
R66: By praying.
<b>R67: Meditation, Empathy.</b>
R68: By watching nature with zero thought.
<b>R69: Sitting in the sun, taking walks, &amp; trying to be a better self every day.</b>
R70: I try to spend time outdoor on a daily basis.
R71: I go for a walk every day, and try to interact with stray animals like cows, dogs, cats, etc.
R72: I like to go on hikes and bike trails. I also try to meditate and reflect upon my life every now and then.
R73: Very often (by getting sunlight, seeing blue sky, hearing sound of birds, and by feeding them with water and food, and now by doing deep breathing and at times by learning meditation).
<b>R74: I feel we are one!</b>
R75: Writing and reading environmental related issues. Seeing imaginaries of Hubble telescope and by analyzing mind and its desires.
R76: Visit the neighbourhood park for walk: Be with trees and plants, & with various types of flowers, birds, squirrels, etc.; And also, be with fellow citizens.
R77: By continuing to get amazed at the wonder called life and the mystery around the forces that manage to keep the immaculate balance around us.

R78: Directly or indirectly in touch with nature, for example, by watching Sun, thanking Universe for the things bestowed upon, keeping happiness around us, & making environment full of positivity.
<b>R79: By spending some time in Nature.</b>
<b>R80: Daily prayer.</b>
R81: There is nothing called Universe out of me. I believe that I belong to Universe.
R82: Meditation.

<b>R83: I, already, stand in the balcony for few minutes to hear the chirps of the birds, watch them eat and roam, &amp; just feel the breeze and smile.</b>
R84: I connect to Nature/Universe on daily basis by feeling the nature, & by assessing how our universe is feeling.
R85: Spending quality time with myself.
<b>R86: By trying to spend time with it.</b>
<b>R87: Connect with Nature by watering plants, watching trees, clouds, birds.</b>





## Experts' Opinion/Suggestions on Peoples' Perception relating to "How do they connect to Nature and Universe?"

(Radhika Rai is Soulpreneur; Shilpa M Menon is Life Transformation Coach)



### **Radhika's Views on Survey Responses:**

**'The first step in connecting your body with nature is realizing you are nature—not separate from, but an integral part of it all.'**

*I absolutely loved reading your responses to know that many of you try best to connect with Nature or Universe. To support your journey, I want to share few of the specifics.*

YOUR BODY IS MADE UP OF ALL THE SAME ELEMENTS, MINERALS, AND ENERGY THAT MAKE UP THE PLANET. **Many quantum physicists & scholars believe everything in the outer universe is a reflection of our consciousness and our body.** The percentage of water on the planet, for example, reflects the same percentage of water in our bodies, and so on.

And though it's true **we are Nature-beings, but we can still fall out of alignment** with our natural selves.

An intimate relationship with the environment is built into the human psyche. **Historically, nature, mountains, rivers, trees, the sun, the**

**moon have always been honored in ancient cultures. It's only when we start moving away from our connection to nature and ourselves that we begin polluting and destroying the environment.** We need to revive these attitudes that foster our connection with nature.

Today we live in a world where many have become greedy and want to make quick profits and achieve fast results. Their actions disrupt the ecological balance, and not only pollute the physical environment, but also stimulate negative emotions on a subtle level, within themselves and also in those around them. **These negative energies expanded and compounded again and again, and these are the root cause of much of the violence and misery in this world.**

Most wars and conflicts are triggered by such feelings and result in damage to the environment, which then takes a long time

to restore and repair. ***We need to attend to the human psyche***, which is the root cause of pollution, both physical and emotional. ***If compassion and care are kindled within***

***ourselves***, they will ***form the basis for a deeper connection to***, and care for, ***both others and the environment***.

### ***Shilpa's Views on Survey Responses:***

***"Come forth into the light of things, let nature be your teacher." ~ William Wordsworth***

I enjoyed reading the variety of responses from different age groups. ***It's actually nice to know that many of you spend time with plants, do meditation, and cherish lifespan with your loved ones.*** Let me brief you more about Nature. "The word nature is borrowed from the Old French nature and is derived from the Latin word natura, or "essential qualities, innate disposition", and in ancient times, literally meant "birth". In ancient philosophy, natura is mostly used as the Latin translation of the Greek word physis (φύσις), which originally related to the intrinsic characteristics that plants, animals, and other features of the world develop of their own accord." (Source: Wikipedia)

That said, in the ancient world, ***spirit of inquiry came from two forms of knowledge: 'Outwards' which is scientific and 'Inwards' which is spiritual.*** These two forms were not in conflict but were understood to have a deep and subtle connection. ***Man's knowledge of himself complemented his understanding of the Universe*** and formed the basis for a strong and healthy relationship with the creation in which he lived. ***It is the 'disconnect' between these two types of knowledge that is causing many of the challenges*** that we face as a global community today.

I would also like to add shamanistic perspective: ***SHAMANISM PRE-DATES, AND UNDERLIES ALL SPIRITUAL PATHS AND SYSTEMS.*** The wisdom of the ancient indigenous and shamanic cultures ***does this through the reverence of Nature.*** The

reason why we would want to revere something is because we are inspired by it, because we want to align with it; to be more like it.

***There is an inherent and unmistakable perfection in Nature. Nature exemplifies order and design.*** When we look at it, we see a system that is self-generating, self-healing, holistic, and deeply interconnected. There is an 'is-ness' to Nature, that is, as Alan Watts would say 'of itself so'. There is nothing to add or leave out, nothing to improve upon or deny. ***It is a web of life that functions and exists effortlessly; the sum of all of its parts.***

THERE IS NO SUCH THING AS AN IMPERFECT CLOUD, A NEUROTIC OCEAN WAVE, A SELF-LOATHING GIRAFFE, A GUILT-RIDDEN TREE, & A SHAMEFUL THUNDER STORM. Even when nature is violent or unpleasant to us, we still see it as somehow necessary and inevitable. ***In Shamanism, we use nature's example of un-conflicted wholeness as a template to guide us in our lives.***

***WE ARE NATURE. OUR BONES ARE EARTH, OUR BREATH IS AIR, OUR BLOOD IS WATER, AND OUR EMOTIONS AND METABOLISM ARE FIRE.***

So, there is nothing that goes into us or comes out of us that doesn't come from or return to the Earth.

***We are all the children of Pachamama, the Mother Earth - GAIA,*** and she nourishes us every second of our lives.



This is good medicine as per shamanism. We all know that connecting with nature is great for relaxing. As Dee Marques explains, in fact, it has a scientifically-proven impact on our health and happiness, thereby boosting emotions and relationships. So once again ***Spirituality and Science merge here***. Being connected to nature can lead to stress reduction and mood improvement. Research studies have found a correlation between exposure to natural

stimuli also and stress and anger reduction, and improvement in self-reported psychological well-being and mental health.

So no matter what you decide, but ***choose a mode that works for you to Connect with your Inner Nature and Outer Nature***, as we are all one and interconnected to the web of life.

Everything we do impacts our well-being and thereby our surrounding.







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If you are depressed, it will cheer you; If you are excited, it will calm you."

- William Ewart Gladstone

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## प्राकृतिक और मानव प्रकृति: यौगिक दृष्टि



इस लेख में लेखक ने मानव जीवन और प्रकृति की समानता को दर्शाते हुए मानव जीवन शैली को बेहतर बनाने में योग के महत्व को बताया है।

(गोरांग मित्तल)

मानव प्रकृति का एक अभिन्न अंग है। प्रकृति व मानव एक दूसरे के पूरक हैं। प्रकृति के बिना मानव की परिकल्पना नहीं की जा सकती। प्रकृति दो शब्दों से मिलकर बनी है – प्र और कृति, प्र अर्थात् प्रकृष्टि (श्रेष्ठ/उत्तम) और कृति का अर्थ है रचना (ईश्वर की श्रेष्ठ रचना अर्थात् सृष्टि)। प्रकृति दो प्रकार की होती है— प्राकृतिक प्रकृति और मानव प्रकृति। योग, जिसका शाब्दिक अर्थ ही है जोड़ना, हमें दोनों ही प्रकार की प्रकृति से जोड़ता है, क्योंकि इन दोनों का ही सीधा संबंध ईश्वर से है। योग हमें किस प्रकार प्राकृतिक प्रकृति से जोड़ता है, आइये जानते हैं।

प्राकृतिक प्रकृति में पांच तत्व – पृथ्वी, जल, अग्नि, वायु और आकाश शामिल हैं। इन्हीं पंचतत्वों को हम पंचमहाभूत के नाम से भी जानते हैं। प्राचीन समय से योग की गहरी धारणा रही है कि 'यत् पिंडे, तत् ब्रह्मांडे' यानी जो मूल तत्व ब्रह्मांड में हैं वहीं हमारे पिंड (शरीर) में भी स्थित है। वेदों में वर्णित है कि मनुष्य का शरीर इन्हीं पंचभूतों यानी पृथ्वी, जल, अग्नि, वायु और आकाश से मिलकर बना है।

“पृथ्वी” तत्व से हमारा भौतिक शरीर बनता है। जिन तत्वों, धातुओं और अधातुओं से पृथ्वी (धरती) बनी है,

उन्हीं से हमारे भौतिक शरीर की भी रचना हुई है। यही कारण है कि योग और आयुर्वेद में शरीर को निरोगी और बलशाली बनाने के लिए धातु की भस्मों का प्रयोग किया जाता है।

“जल” तत्व का मतलब तरलता से है। जितने भी तरल तत्व शरीर में बह रहे हैं, वे जल तत्व हैं, चाहे वह पानी हो, खून हो या शरीर में बनने वाले सभी तरह के रस और एंजाइम हों। जल तत्व ही शरीर की ऊर्जा और पोषक तत्वों को पूरे शरीर में पहुंचाने का काम करते हैं। इसे आयुर्वेद में कफ के नाम से भी जाना जाता है। इसमें असंतुलन शरीर को बीमार बना देता है।

“अग्नि” तत्व ऊर्जा, ऊष्मा, शक्ति और ताप का प्रतीक है। हमारे शरीर में जितनी गर्माहट है, सब अग्नि तत्व से है। यही अग्नि तत्व भोजन को पचाकर शरीर को स्वस्थ रखता है। इसे आयुर्वेद में पित्त के नाम से जाना जाता है। ऊष्मा का स्तर ऊपर या नीचे जाने से शरीर भी बीमार हो जाता है, इसलिए इसका संतुलन जरूरी है।

जिनमें प्राण है, उन सबमें “वायु” तत्व है। हम सांस के रूप में हवा (ऑक्सीजन) लेते हैं, जिससे हमारा जीवन है। आयुर्वेद में इसे वात के नाम से जानते हैं।

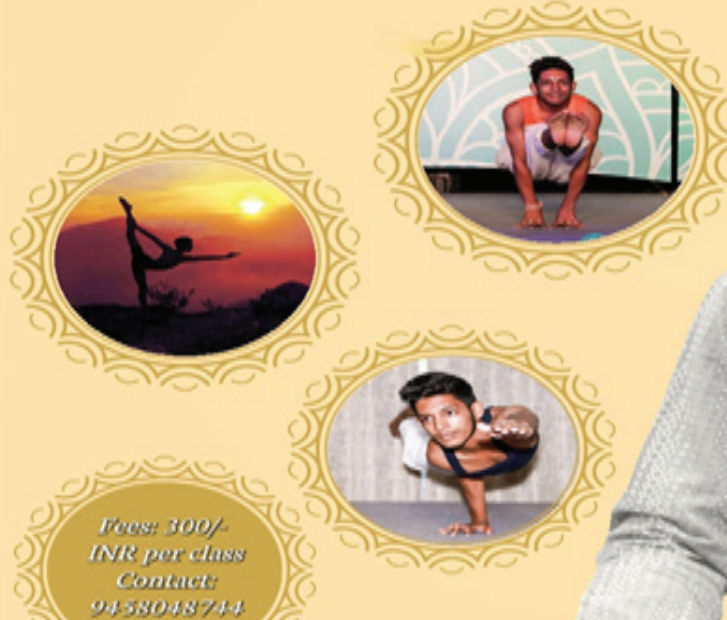
“आकाश” तत्व अभौतिक रूप में मन है। जैसे आकाश अनंत है, वैसे ही मन की भी कोई सीमा नहीं है। जैसे आकाश अनंत ऊर्जाओं से भरा है, वैसे ही मन की शक्ति की कोई सीमा नहीं है। आकाश में कभी बादल नजर आते हैं और कभी धूल, तो कभी वह बिल्कुल साफ होता है, वैसे ही मन भी कभी खुश, कभी उदास, तो कभी शांत रहता है।

पंचतत्वों से बना शरीर निर्जीव होता है, जिसे सजीव होने के लिए आत्मा की आवश्यकता होती है। इसके होने से ही ये तत्व अपना काम करते हैं, तभी शरीर में ऊर्जा रहती है, और इन तत्वों को नियंत्रण में रखा जा सकता है। जिस प्रकार ब्रह्मांड में इन पांच तत्वों के असंतुलन से प्रलय, विनाश का वातावरण बनता है, उसी प्रकार हमारे शरीर में इन पांच तत्वों के असंतुलन से कई शारीरिक—मानसिक बीमारियां पैदा हो सकती हैं और हमारा जीवन संकट में आ सकता है। योग अभ्यास में इस्तेमाल होने वाली कई क्रियाओं का मुख्य मकसद इन पांच तत्वों की शुद्धि कर इन्हें संतुलित करना है।

“ मनुष्य जन्म से ही अपने साथ तमस, रजस, और सत्त्व, तीनों गुणों को लेकर पैदा होता है। इस सृष्टि की रचना इन्हीं तीन गुणों के आधार पर की गई है। ये तीनों गुण सृष्टि में रहने वाली प्रत्येक सजीव—निर्जीव, स्थूल—सूक्ष्म वस्तुओं में विद्यमान रहते हैं। और जिस गुण की प्रधानता अधिक होती है, उस प्राणी का चरित्र वैसा ही बन जाता है। ”


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“ जिस प्रकार ब्रह्मांड में इन पांच तत्वों के असंतुलन से प्रलय, विनाश का वातावरण बनता है, उसी प्रकार हमारे शरीर में इन पांच तत्वों के असंतुलन से कई शारीरिक—मानसिक बीमारियां पैदा हो सकती हैं और हमारा जीवन संकट में आ सकता है। योग अभ्यास में इस्तेमाल होने वाली कई क्रियाओं का मुख्य मकसद इन पांच तत्वों की शुद्धि कर इन्हें संतुलित करना है। ”

प्रकृति वास्तव में ही जीवनदायनी है। ये हमें जीवन तो देती ही है, साथ ही साथ हमारा पालन पोषण भी करती है। मनुष्य के लिए धरती उसके घर का आंगन, आसमान छत, सूर्य—चांद—तारे दीपक, सागर—नदी पानी के मटके, और पेड़—पौधे आहार के साधन हैं। यही कारण है कि भारतीय संस्कृति में प्रकृति को “माँ” प्रकृति का दर्जा दिया गया है।

इतना ही नहीं, मनुष्य के लिए प्रकृति से अच्छा कोई और गुरु नहीं है। प्रकृति हमें कई महत्वपूर्ण पाठ पढ़ाती है — जैसे पतझड़ का मतलब पेड़ का अंत नहीं है, इसी तरह आम आदमी ने प्रकृति के तमाम गुणों को समझकर अपने जीवन में सकारात्मक बदलाव किए। यही कारण है कि योग में अनेकों आसनों के नाम प्राकृतिक चीजों के नाम पर रखे गए हैं, उदहारण के रूप में वृक्ष आसन, पर्वत आसन, गौमुख आसन और मत्स्यासन।

हम सभी पंचतत्वों से मिलकर के इस सृष्टि में जन्म लेते हैं और अपनी अपनी जीवन यात्रा पूर्ण करने के पश्चात इन्हीं पंचतत्वों में विलीन हो जाते हैं। प्राकृतिक प्रकृति के जो लाभ हैं उनसे भी हम अनजान नहीं हैं। फिर भी जाने अनजाने में हम प्राकृतिक प्रकृति से दूरी बनाकर रख रहे हैं। ऐसा करके हम अपने मूल स्वरूप से दूर होते चले जा रहे हैं, जो कि हमारे अनेक दुखों का कारण बन रहा है।

इसलिए ज्यादा से ज्यादा समय माँ प्रकृति के साथ बिताने की कोशिश करें। पृथ्वी के संपर्क में रहें, योगाभ्यास करें, धरती पर बैठ कर भोजन करें। उत्तम जल का सेवन करें। खुली हवा में बैठकर के प्राणायाम करें। सूर्य से ऊर्जा लें, सूर्य नमस्कर का अभ्यास करें। आकाश की असीम सीमाओं से प्रेरणा लें और एक सकारात्मक जीवनशैली को अपनाएं।



ये तो बात हुई प्राकृतिक प्रकृति की, लेकिन इसके अलावा भी एक प्रकृति है जिसका विवरण भगवान श्री कृष्ण ने श्रीमद् भगवद् गीता में किया है — मानव प्रकृति। मानव प्रकृति में मन, बुद्धि और अहंकार शामिल हैं।

“ मनुष्य के लिए धरती उसके घर का आंगन, आसमान छत, सूर्य—चांद—तारे दीपक, सागर—नदी पानी के मटके, और पेड़—पौधे आहार के साधन हैं। यही कारण है कि भारतीय संस्कृति में प्रकृति को “माँ” प्रकृति का दर्जा दिया गया है। इतना ही नहीं, मनुष्य के लिए प्रकृति से अच्छा कोई और गुरु नहीं है। ”



मनुष्य जन्म से ही अपने साथ तमस, रजस, और सत्त्व, तीनों गुणों को लेकर पैदा होता है। इस सृष्टि की रचना इन्हीं तीन गुणों के आधार पर की गई है। ये तीनों गुण सृष्टि में रहने वाली प्रत्येक सजीव-निर्जीव, स्थूल-सूक्ष्म वस्तुओं में विद्यमान रहते हैं। परंतु हर प्राणी के अंदर इन तीनों में से कोई ना कोई एक गुण अधिक प्रधान होता है। और जिस गुण की प्रधानता अधिक होती है, उस प्राणी का चरित्र वैसा ही बन जाता है।



‘रजोगुण प्रधान’ पुरुष को ऐश्वर्य, ठाट बाट और राजपाट की लालसा होती है। प्रकाश, क्रोध, उर्जा, आवेश, गति, परिवर्तन और आकांक्षा, यह सभी राजसिक गुणों के उदाहरण हैं।

‘तमोगुण’ वाला आलसी होता है, और अहंकार, अज्ञानता, आलोचना, ईर्ष्या, द्वेष जैसी नकारात्मक भावनाएं उसमें कूट-कूट कर भरी हुई होती हैं।

‘सतोगुण’ ही उत्तम गुण हैं। शुद्धता, जगत कल्याण के प्रति समर्पण, पवित्रता, परिश्रम, विकास, निरंतरता, सत्य, आत्मविश्वास, उदारता, अध्यात्मिक ज्ञान में रुचि और संसार की सुंदरता, यह सभी सत्त्व गुण के लक्षण हैं। सात्विक मनुष्य सच्चा और सीधा होता है।

वैसे तो हर मनुष्य के स्वभाव में यह तीनों गुण कुछ ना कुछ मात्रा में होते हैं, परंतु जिस मनुष्य में जो गुण प्रधान होता है वह वैसा ही हो जाता है। उसकी जैसी प्रवृत्ति होती है, वैसी ही रुचि हो जाती है। तो हर मनुष्य अपनी प्रवृत्ति और रुचि के अनुसार ही कामना करता है।

सतोगुण में प्रधान व्यक्ति प्रगति की ओर अग्रसर होता है। रजोगुण में प्रधान व्यक्ति स्थिर रहता है और तमोगुण में प्रधान व्यक्ति पतन की ओर चला जाता है। इस आधार पर हम यह देख सकते हैं कि यदि हमें अग्रसर होना है, आगे बढ़ना है, ऊपर की दिशा में जाना है, तो हमें सत्त्व गुण का विकास करना होगा और एक सात्विक जीवन शैली को अपनाना होगा, जो कि केवल योग के माध्यम से ही संभव है।

गोरांग मित्तल (Gorang Mittal), वरिष्ठ भारत योग शिक्षक/कलाकार (Senior Bharat Yoga Teacher/Performer), Mokshayatan International Yogashram, Saharanpur



## Nature as Our Heaven on Earth



*The Author is guiding us to connect with Nature and with beauty of all its components including sunlight, fresh air, water, trees, birds, etc. and capture maximum benefits by adopting simple and easy changes in our daily routine, which have the power to miraculously transform our lives.*

**(Ashit Mittal)**

We human beings are generally so shortsighted, super busy or engrossed in our own little world and in our complicated daily schedule that we tend to ignore the natural beauty all around us.

***We generally take the existence of Nature for granted*** without actually realizing its importance in our life. Nature's Beauty is although everywhere; but out of ignorance most of the times, we fail to embrace it or even forget to notice it.

To achieve harmony and happiness in life, we must discontinue all this cacophony and rather start appreciating all that the nature has been offering us and that too at NO cost.

“***Start becoming Nature-loving and honestly do Nature-conservation to elate your inner self.***”

***Need of the hour is to 'Just apply brakes on the fast paced life'*** – Enjoy the fragrance of beautiful flowers, Be aware of the greenery around you, Look up and gaze at the blue sky, and Feel the freshness of air by taking a deep breath. You will feel much rejuvenated.





**Connecting with Nature does not require special hard work; in fact, it's absolutely easy and entails only awareness and, most importantly, a will to do so.** You will be surprised to note that very less effort is needed to align with nature in your daily routine. You can reap immense mental and physiological benefits by just being in natural environment. So, start becoming Nature-loving and honestly do Nature-conservation to elate your inner self.

*I now provide some powerful yet simple ways to connect yourself with the healing energy of Nature (note that gratitude remains as an essential condition).*

Look up at the Sun early morning and **thank GOD for the Sunlight**, which is absolutely free and a vital source of our Vitamin D intake. Try to utilize Solar energy applications in your daily life, viz. for drying clothes, for drying wet hair etc. as well as for converting it into electricity that can cater to the needs of human beings.

Try Rain Water harvesting to preserve water. In fact, **stop unwanted wastage of Water** in

your home. Use Buckets instead of Shower to save water and our Mother Nature. **Open the windows of your house** for some time in the day **and let the Fresh Air and Sunlight come in.**

Enjoy and appreciate the Moon light and stars. Try to properly **utilise moon/lunar energy to manage your mood-swings** and release your worries, viz. by doing full moon meditation.

**Plant a tree** anywhere and happily watch it grow. **Create your own garden at home**, as well as spare few minutes daily to take care of the plants therein. Just Sit silently for some time in a garden with your eyes closed and **try listening to all the natural sounds** around you, viz. chirping of birds, soothing sound of cool breeze, etc.

**Switch to Local and naturally grown foods.** Try connecting with farmers who grow our food and say THANK YOU to them.

**Commit yourself to not to litter**, to keep your house or work place absolutely clean and clutter free.





Try to observe at least one day in week as **No Plastic** or trash free day. Minimize and **Optimize the use of paper** in order to save trees.

Adopt a pet, or better still, **take care of some stray animal**. Show some compassion. **Feed the Birds** – you can place water trays in the parks, pavements, gardens, roof tops, etc.

**Try walking or cycling** and using Public transport in order to **save fuel**, and your contribution in reducing global warming will be appreciated. **Take stairs** whenever possible. Dump the gym, and **try exercising** in the Open - you will notice the difference.



Start with a walk in the park in the morning, especially **try Bare foot walking and that too on grass**. This immediately connects us **with the Mother Earth**. Bare foot walking provides necessary acupressure to the feet which can enhance your immunity and give relief from various ailments. This also enhances the blood flow to the feet and legs, and builds stronger leg muscles which support the lower back. Bare foot walking further aids in reducing pain, inflammation, sleep disorders, stress and anxiety levels. **Our Body absorbs Energy**

**directly from Earth**, which helps in maintaining our internal energy balance and good health.

“**Mother Nature has created a perfect balance of life cycle and it's your moral obligation to Connect with Nature; Love, Protect and Conserve it.**”

**Just go and Hug a tree and say THANK YOU for providing oxygen, shade, fruits, flowers, beauty, calmness, etc.** Trees act as a conduit between Cosmic Energy and Earth's Energy. You must see a tree as a positive giver to the environment, as it absorbs Carbon di-oxide and supplies Oxygen. Trees help in conserving and maintaining fertility of the soil. They radiate energy at various levels and actually absorb the negative energy/stress and fill you with positivity. While hugging a tree, you tend to engross tons of positive vibrations/energy, thereby enabling you to release negativity, worries and troubles. Spending sometime surrounded by trees or plants can actually calm your Mind and Body to make you feel relaxed and rejuvenated.





Aligning with nature removes darkness from within ourselves, and enables us to embrace unconditional happiness in life. We tend to start feeling grateful towards our existence and to this planet, which is our home and shall be for eternity to humankind. This in turn will also improve the overall well-being and make you a better person, both mentally and emotionally.

Mother nature has created a perfect balance of life cycle and it's your moral obligation to Connect with Nature; Love, Protect and Conserve it; and Express Gratitude towards Nature's Beauty for offering so much and that too absolutely free. ***It is your duty to respect Nature as it's your heaven on Earth, and so***

***spend as much time as you can and enjoy the bliss by connecting to it wisely.***

Let's make a conscious effort at our end to conserve nature and natural resources for our future generations by contributing in whatever way possible and make this planet an exciting place to live, for human and other living beings, in perfect harmony and peace.

Ashit Mittal is a Technocrat, and is serving a leading company as Marketing Head with over 30 years of Domestic & International work experience. He is an ardent lover of nature, an excellent orator, and a thorough professional with a very clear understanding of work and personal life balance.





# Dancing with The Fire

(Prachi Shah Bhansali)

The dance of fire and soul,  
Enhanced our whole.  
To the beat of energy,  
We danced abode.  
We traversed to transcendence,  
Intricately bonded.  
The dark pitch black was the music,  
And with the fire's soothing hold,  
Into nothingness, we blended,  
The auriferous flares, cooling me soothe,  
Dancing within, deep within, with each rise.  
The rooting felt like the tempest of fire,  
Until I found,  
It was but the fire that traversed into an ocean.  
The flares are but the waves, the tidal waves,  
These ones' gold, pulling towards the moon,  
Dancing with the air.  
The fire engulfs all we offer,  
Not judging good or bad,  
Just feeling the purity and rising further towards the elemental self.

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# Soulful Mondays

Mondays are no more Blue

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Heartful Connections

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## Finding the true GIFT OF LIFE!

We are in Whole-hearted  
Conversation with  
**Radhika Rai**, who truly  
believes that "The  
meaning of life is in  
finding it's gift and the  
purpose of life is to give  
it away" (~Pablo Picasso),  
and shares her vision to  
support people for life  
transformation



**R**adhika Rai has been working as a Soulpreneur to enhance and uplift the emotional, mental and spiritual well-being of people for the past 7 years in her unique ways of building deep connections and providing unconditional support. Some of the techniques that she teaches in her programs & workshops are: Mindful Practices, Emotional Freedom Technique, Intuition Enhancement, Energy Centre Balancing, Visualization and Manifestation. These techniques are simple, empowering, scientifically tested and profound.

Unlike most of the world that went into the shell of hopelessness and uncertainty in the year 2020, Radhika plunged into means by which she could offer her love and support using the powerful tools and techniques from the world of Alternative Healing and Personal Transformation industry. This gave birth to her

unique unconditional online service platform called 'Circle of Hope'. This Circle is an online community, started during the difficult times of pandemic, to facilitate people in discovering Hope, Resilience, Self-Love, Awareness, Expression, Acceptance and Meaning. Each session has been supportive in helping people acknowledge, understand, express, and accept their emotional self and develop emotional resilience for a hope filled living through various alternative transformational tools. Started during the times of major shifts and a disguised renaissance, with an intention to serve, this platform has generously served 1000+ lives in last 10 months. She has conducted numerous online programs, especially in the lockdown, reaching out to more than 100 people and helping them begin their journey of Transformation & Growth. Her Instagram handle is radhikarai15.

What inspired you to consciously adopt the path of 'Soulpreneur' and help people in their emotional, mental and spiritual upliftment? Please share the enchanting journey behind your vision 'to leave the world better than how I inherited it'.

**A Soulpreneur (soulful entrepreneur) means that you are living out your soul's purpose.** It means that you are following a career path that perfectly aligns with and portrays your passion and purpose in life.

My life has not been easy, till I took responsibility for my life at the age of 30. That is when my life started to change and transform. Most of our lives we live like a victim. But the moment we understand that the responsibility of what we feel, what we experience, and whatever we do is completely in our hands, that is the moment where transformation begins.

My journey of becoming a soulpreneur started when I was at rock bottom in 2013 and I started searching for meaning in life. That was the turning point of my life, and that was the time when I came across Buddhist philosophy. **As my life improved, I decided to impart to the world all that I had learned.** Today when I offer my services in the form of emotional, spiritual and mental well-being tools and techniques, I truly understand what it means when somebody is suffering, someone is in pain, someone is angry, and someone is not ready to forgive.

I must congratulate you for starting the online Community called 'Circle of Hope' during COVID lockdown when the masses have become almost hopeless. What led you to start this service platform, as we all know that sessions

are completely free offering unconditional support? How do you plan to expand this Community further even post-COVID?

Victor Frankly, a holocaust survivor, is someone who gave the world a revolutionary work in the form of his book "Man's Search for Meaning" – this book gave an important lesson about the importance of choices. **He said that there is a gap between a trigger and a response, and in that gap, we have the power of choice. And in that choice lies our freedom.** Making a choice is synonymous with taking control of your life. COVID time was one of the hardest hits to humanity in our history. That also was a time to make courageous compassionate choices.



**The Circle of Hope was born with just one intention, i.e., to spread hope, love and reassurance in the times when humans needed it the most.** I hustled consistently to bring the best facilitators, teachers, and mentors from the alternative healing and personal transformation industry to impart their knowledge, service and support. Circle of Hope has served more than thousands of people in the last 10 months with different and diverse objectives, and it is free and accessible to people at large.



***Circle of Hope envisions to continue serving humanity unconditionally online and offline in the times to come.*** This would be one of the many ways in which we pay it forward.

How does the Universe work for all of us, especially when we talk about alignment and manifestation?

Buddha said “What we think, we become”. Thoughts are energy: they project energy, and they attract energy.

The ***Law of Manifestation*** is a universal law that operates at all levels, for all people, at all times. It is also often referred to as the Law of Attraction. ***The key idea is that like attracts like - so people manifest things in their own lives by the power of their thoughts and beliefs. With our thoughts, we make our environment.***

Manifestation can occur in all areas of life and is not limited to financial or material gain. It can be used for health, careers and jobs, relationships, academic achievements, and any other area that you want to improve.

“***Breathing techniques are tools for major transformation and healing.***”

I particularly enjoy your Metta (loving-kindness) Meditation and 4-7-8 Breathing Technique. Can you guide beginners to know the difference between different Mindfulness techniques and heartfulness meditations? How essential is ‘Breathwork’ for all of us?

Mindfulness and Heartfulness are Two Wings of a Bird. In the mindfulness approach, the

mind is active during meditation; whereas, in heartfulness, the mind is passive. One without the other just doesn’t support flight.

Truly, all of us are meditating on something all the time. We often just aren’t in touch with what is in our awareness moment to moment. ***A fish is not aware of being in water, a bird is unaware of what air is, and we humans are not aware of our involuntary breathing or heartbeats or even inner monologue.*** It’s like living along a highway and becoming so acclimated to the noise that you no longer hear it. ***It takes effort to tune in again.*** I remember vividly being able to hear my heartbeat swoosh in my ears as a child and now it takes a LOT of effort to tune into it; and yet, of course, I know my heartbeat is there.

***The practice of mindfulness and heartfulness helps us to soften and meet life with grace, confidence, and love*** even as we carry with us knowledge of our fears, judgments, and habitual patterns. ***To be free of these things is not to experience the absence of them, but to hold them in a heartspace as wide as the sky*** and to have the freedom to choose love even whilst feeling fear. This is a very real benefit of the practice.

There is great overlap between mindfulness and heartfulness as two wings of a bird would suggest. While, Breathwork is more of an exercise of breathing correctly or with intent. Breathing techniques are tools for major transformation and healing. Breathwork encompasses a broad range of whole-being therapeutic practices and exercises used to relieve mental, physical, and/or emotional tension.

How can we remain better connected with Nature, and also be able to balance our Earth, Water, Air, Space, and Fire elements?

Enhancing our connections with self is the first step to be in sync and be connected with nature. ***We are Nature. We are made up of these five elements.*** Everything is within us. It is helpful to build a strong connection externally with nature, when we understand this basic. There are several other tools and techniques to balance these five elements in our being. Connect to your soul element. Talk to nature. Hug trees. Dive in the oceans. Walk barefoot on ground. These are simple yet profound ways in which you can develop your unique bond with Nature.

“

***Transformation industry in India seems to be scattered and unorganised...My vision is to bring a structure in this industry for the country of infinite potentials, held in a cage, primarily due to unacknowledged 'need' to enhance emotional and spiritual quotient.***

”





WORKSHOP

## MIND BODY CONNECTION



ROTARY CLUB,  
AHMEDABAD

Most of us are not aware or uneasy about using Emotional Freedom Technique (EFT). Please guide us about 'What, Why and When' of EFT, so that we are motivated to pursue it?

Tapping is also known as EFT. It is a powerful holistic healing technique that resolves a range of issues. It's based on the combined principles of ancient Chinese acupuncture and modern psychology. The basic Tapping technique requires you to focus on a negative emotion at hand. This can be a fear, a worry, a bad memory, or any unresolved problem.

You do this while maintaining your mental focus on that issue. Then you use your fingertips to tap 5-7 times on 9 specific meridian points of the body. Tapping on these meridian endpoints, while addressing the root cause of distress, sends a calming signal to the brain. This allows you to feel relaxed and be in control.

“ ***Most of our lives  
we live like a victim.  
But the moment  
we understand that  
the responsibility  
of what we feel,  
what we experience,  
and whatever we  
do is completely in  
our hands, that is  
the moment where  
transformation begins.*** ”

***Tapping puts the body back into the parasympathetic (relaxation) nervous system response.*** This allows the immune system, digestive system, reproductive system, and endocrine system to function as it should.

What is your New Year Resolution for 2021 for yourself and for Personal Transformation Industry? Please suggest how we, just like you, can maintain calming look and Smile on our face always, be it any situation.

My vision for 2021 is to fully spread my wings far and wide, and **help 1,00,000s lives to find their gift of life!** The Personal Transformation industry serves in helping many lives, but in India this seems to be scattered and unorganised. This factor restricts the flow of right services from the

authentic sources to the masses. My vision is to bring a structure in this industry for the country of infinite potentials, held in a cage, primarily due to unacknowledged 'need' to enhance emotional and spiritual quotient.

***Live true to who you are. Live each day mindfully as if this is the last day of life. Love unconditionally.*** Laugh Heartily.

Expect less and Accept more. ***Find your inner calling. Serve.*** That's my recipe of calm and peace in my life.





## Plant-People Bond



*The Article explains the benefits as to why people need to maintain bonding with plants in present and in future.*

**(Udit Chopra & Raghav Malhotra)**

Ever since the beginning of mankind, plants and trees have been one of the earliest life forms to have inhabited the earth. The Mother Earth has always been referred to as a perfectly spherical planet with colours of blue-water/oceans, brown-land, and green- flora/trees and plants. If you observe more closely, the green shades come right after the blue ones on a globe in terms of the area covered, i.e., plants/trees/forests cover almost 30-40% of the Earth's area. In short, these have been the ***earliest forms of life which have paved the way to more life forms on the Earth.***

Nevertheless, human beings and plants have a complex relationship, extending far back into our joint evolutionary history. However, ***positive aspects of plants cannot be ignored*** in terms of their contribution to maintain balance in the environment, but importantly in context of immense benefits for our physical, emotional and mental health.



“ ***Looking at plants and flowers, whether indoors or outdoors, is a peaceful activity, free of worries or conflict. It encourages living in the present moment.*** ”

## Physical Benefits

*Improves the Quality of Air we breathe:* Indoor plants not only look attractive and stunning in any office, classroom or at home, but they also **support in cleaning the air around us**. Majority of urban residents spend their time indoors, but one forgets that air pollution can be several times more therein than the outdoors. **Indoor air pollution can lead to sick building syndrome, which includes symptoms such as headache, dizziness, loss of concentration, and throat irritation.** Studies have identified over 300 toxins in indoor air called volatile organic compounds, **which indoor plants help to remove.**



*Helps us to exercise and burn calories:* 'Gardening' Therapy is a fun and easy way to incorporate exercise into our daily routine. Children usually enjoy working with soil and learning about plants/flowers. **They may not even realize that they are exercising while they dig, move soil or water plants in the sunshine and in fresh air.** Gardening also assists a child to develop motor skills and overall strength, and this can even combat childhood obesity. As for the senior citizens, it's definitely a great stress buster and a gentle calorie burner. **A research**

**shows that 30 minutes of gardening burn around 135 calories or even more!**

*Encourages healthy eating:* Plants unconditionally offer us the fruits, vegetables, leaves, flowers, nuts and seeds. **Having plants or trees, which provide us with such nutritious consumables/eatables, can create a huge positive impact on our health.** Eating cleaner, fresher and more raw foods enable us to lead a better and contented life.



**“ Plant Therapy includes engaging with the plants at home, talking to them, sitting and beholding at them, appreciating their patterns, textures and colours, looking or touching flowers or fruits, etc. which entices feel good hormones. ”**



### Mental and Psychological Benefits

*Improves mood: Ever felt calmer and happier after seeing or dwelling amongst plants? That is because we are directly synched with them.* Our mind and body respond positively to natural colours. At the sight of fresh green leaves, *our brain releases feel-good chemicals such as serotonin and dopamine.* One feels refreshed with attainment of more clarity in one's thoughts. Go ahead and place a plant on the windowsill to create a more soothing environment and increase happy feelings.



*Relives Stress and Anxiety:* Looking at plants and flowers, whether indoors or outdoors, is a peaceful activity free of worries or conflict. It encourages living in the present moment and engages all the senses. *When you take time to smell the sweet aroma of a flower or observe your plant grow which you have been longing to see, your cortisol levels drop.*

“Plant Therapy” is another mode of healing. It is simple and includes engaging with the plants at home, talking to them, sitting and beholding at them, appreciating their patterns, textures and colours, looking or touching flowers or fruits, etc. which entices feel good hormones or a state of contentment. Gardening is definitely a better form of therapy. You save onto that time, money and effort used in visiting your therapists, and buying medication to treat your anxiety. *So, follow the natural way by consulting Nature's own therapists that charge no fee, yet are all around you, i.e., plants.*

*Makes any corner look worthy and adds to Vaastu/Fengshui:* We human beings appreciate or judge anything and everything in terms of how visually appealing they are. Plants are such living beings, which can beautify any corner of a home, office or a path. They elegantly add colour and fill up empty spaces. *Plants which are placed correctly are said to bring in positive vibes to our homes and workplaces.* They provoke calmness and focus our good energies towards where they are to be diverted, and thus remove negative vibes from our life.





**Can we continue to reap new benefits from plants in the future and keep the Plant-People bond going?** We live in a highly challenging time: technologies are changing fast, environmental degradation is on the rise, and human population is rapidly expanding with many more mouths to feed.



**How do we manage all these and look to the future with optimism?** One important difference from earlier times, in which most traditional crops were domesticated, is that we no longer live in an isolated society, but in a global interdependent community. We, therefore, must think globally about plant conservation, protecting environment, and for developing nutritious food. This universal approach is utmost essential as we consider new challenges and opportunities.

**Gardening is a fun and easy way to incorporate exercise into our daily routine...helps a child develop motor skills and overall strength, and even combat childhood obesity... for the senior citizens, it's definitely a great stress buster.**

It's high time that we help the planet become a better future for the coming generations, which actually start from our own homes. **Introduce the younger generations to the 'Plant-People bond'**, tell them about the past, the present and the future of plants, and the benefits for human beings, when being around them.

#### **Be an Eco-warrior!**

Udit Chopra & Adv. Raghav Malhotra are the Founders of Podha Inc, which is an initiative by urban green-scaping and gardening professionals dealing in garden/lawn makeovers, landscaping, indoor-outdoor plants, hybrid exotic plants, corporate gifting, etc.





## Five Elements of Nature



*The Author guides about five elements of the Nature and why should we stay connected with them in order to remain physically and mentally healthy. This Article puts forward simple ways in which we can balance all the elements present inside us, so as to be better aligned with Universe.*

**(Neha Gupta)**

Entire Universe is inside our body, we are made up of five earthy elements and will end up syncing with them. ***These elements are called Pancha Maha Tattva, and include Earth (Prithvi), Air (Vayu), Water (Jal), Fire (Agni), and Ether/Space (Akash).*** Their imbalance in us leads to diseases both on physical as well as emotional level. For instance, excess of Air and Space elements create disturbance in form of gastric trouble, dry skin, anxiety or restlessness, i.e. Vayu Dosha as per Ayurveda. Similarly, if combination of Fire and water elements are imbalanced, we can become aggressive, and suffer inflammation or skin problems such as urticaria, acne, etc. i.e. Pitta Dosha. Whereas, Kapha Dosha is the result of excessive water and earth elements, which can make us highly sensitive or emotional, along with health issues namely obesity. All this shows direct linkages between maintaining balance of all the five elements of Nature and improvement in overall state of our health. ***Our chakras are directly relative and in sync with the elements.***

“

***Entire Universe is inside... Same water flows outside in the oceans/ rivers that runs through your body, same air you breathe that Universe is inhaling or exhaling, same fire energy is there in your body as is in the Sun.***

”

***There also exists dominant element(s) in each person,*** which can show his/her orientation in life. If the Earth element is dominant and balanced, you tend to be more stable and grounded. The better balanced this element is within you, the more secured you will feel along with proper working of Root Chakra. However, it is not easy to move the person with imbalanced earth element due to craving for more rest or laziness. On the other hand, if Air element gets

dominant, one cannot comfortably sit or focus at one place. However, if this element is properly balanced, the person has sharp intellect and grasping mind power.

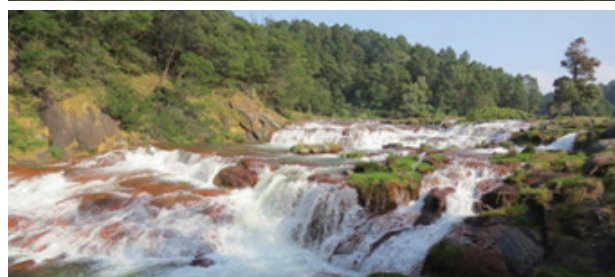
If Water element is dominant but gets imbalanced, then a person can cry anytime even over minor matters and thus needs more emotional support. If Fire element is dominant and balanced, then your aura has magnetic charisma and people cannot take eyes off you. You have that spark and passion to create new inventions. Space element allows you to expand your thinking horizon and knowledge base. Having said that, let's discuss how we can connect better with and easily give strength to each of the five elements of our Nature.



#### ***So, How do we balance our Elements inside us:***

*To balance Earth element*, walk in the park especially bare foot; feel the earth below you while walking even at home or office (even with shoes on), as you can have faith that your roots are connected to Mother Earth always; and practice Gardening and enjoy it - in fact, feel the soil and it's refreshing fragrance.

Do grounding techniques and importantly, the root chakra meditation. Touch the earth, say thank you and take blessings as soon as your feet touches ground in the morning (when you move out of bed).



*To balance Water element*, drink more of it especially during daytime as compared to consumption at night time and stay hydrated; do swimming; and bathe daily.

Start to enjoy rains (walk in light rain even with umbrella) and go into meditative trance just by feeling that rain is pouring on your body, from head to toe, and healing your aura. Sacral chakra then gets activated better.

*To balance Air element*, practice various deep breathing exercises, pranayama, or diaphragmatic breathing (whatever suits you in a given situation). Vipassana meditation can certainly help, but it should be done under proper guidance.



*To balance Fire element, take Sun energy early in the morning mainly on your navel and back. Do chakra meditation and heal your solar chakra as well as heart chakra as fire also shows how much love exists in your life and in relationships.*



Let digestive system work properly by eating healthy food on time. Do yoga daily. Light candles/diyas and pray.

*To balance Space element, meditate deeply especially in open spaces; connect with Universal Energies/Angels/God/Higher Power; and build your intuition.*



Whether you agree or not, same water flows outside in the oceans/ rivers that runs through your body, same air you breathe that Universe is inhaling or exhaling, same fire energy is there in your body as is in the Sun, and so on. We are not separate identities from Nature, and ***our existence solely depends on these 5 elements which has made the Universe.***

**Neha Gupta is Founder of the Magazine, with passion for yoga, meditation, and kathak dance. She is an Inspirer, who loves to understand life better.**



## Appreciate & Adapt to the Seasons of the Year



*The Author shares his journey of adapting to different seasons of the year, which ranges from mild summers to extreme winters with variation in mental state. He stipulates that appreciating and being in harmony with all the seasons can help us to live life the fullest and in a healthy way.*

**(Kashish Mittal)**

A famous French philosopher, Albert Camus, once said, “In the depth of winter, I finally learned that within me there lay an invincible summer”. This quote in fact captures the essence of the article impeccably as you will realize further down.

I was raised in Mumbai, which enjoys a moderate temperature year-round with beautiful summers and monsoons. When I moved to Canada for my undergraduate studies, it became clear to me that it’s quite easy for us to get comfortable with a certain kind of weather or season, that we tend to take for granted. ***And when we step out of that bubble of comfort and convenience, we realize that we have been missing out on a plethora of experiences that other seasons have to offer.*** The changing of seasons in a year can directly influence your mood, physical health, as well as the state of your mental health.

“

***Bond with all the different emotions of nature so that you can grow into a happier version of yourself... I was able to adapt and now, for me, the winter signifies unity, tranquility, and simplicity.***

”

During my first year of University, I got the opportunity to experience my first proper Canadian winter which turned out to be a cultural shock and a psychological nightmare. As soon as winter starts, the whole country here witnesses a drastic change in its daily way of life, ranging from the way one dresses up to the kind of food that one eats. Just like many warm-blooded animals during freezing winters, my basic instincts also kicked in and I went into



a state of constant hibernation. The only time I left my room was to either get food from the cafeteria or use the bathroom. My mind and body were so used to the gentle weather of Mumbai that when I was put in such a harsh environment, I just shut down. I did not attend my classes, and rather developed an extremely bad case of a sweet tooth which led to obesity.

***Our bodies, being an extension of this planet, are deeply connected with its mechanisms.***

The lack of sunlight for extended periods of time actually contributed towards gloomy days, which produced immediate sluggish effect on my mood.



This was the first time I had ever experienced self-isolation and depression. ***My inability to adapt to the first couple of winters led to visible changes in my personality, which everyone seemed to recognize except me.*** Back then I was not a very introspective person, so I could not understand the connection of winter with my depression and the need to adapt to it. It was only after a good amount of counseling that I became aware of the concept of “seasonal depression”, and in doing so realized that I have

been perceiving winter as cold, lonely, insipid, monotonous, and dull without giving it any chance to prove to me otherwise.

I made a conscious effort to start appreciating the dreaded winters and took several steps to follow through with it. I still remember the first time I decided to lay down in snow and make a snow angel – this was two years after coming to Canada. The moment my back touched the snow, violent chills went down my spine followed by the relaxing numbness of the body like the duality of Yin-Yang that created a euphoric sensation. This action might seem small and trivial, but for me, it was like taking off the training wheels of life and forming a connection with the nature surrounding me, in that moment. ***By taking in all the experiences winter has to offer, such as, winter sports, snowball fights, hot chocolate before bed, etc., I was able to adapt better.*** Now for me, personally, the winter signifies unity, tranquility, and simplicity.





My journey of accepting Canada's winters as a part of my life and learning to enjoy its pros and deal with its cons was arduous and took longer than expected. However, the benefits far outweighed the costs and I was able to use that positive mindset to support the other aspects of life.

***“The changing of seasons in a year can directly influence your mood, physical health, as well as the state of your mental health... If you are not in harmony with all the seasons, you are not in sync with the nature.”***

A message to my readers would be to acknowledge that if you are not in harmony with all the seasons of the year, you are not in sync with the nature and that, in fact, manifests itself in ways that are detrimental to your body and mind.



***Go get drenched in the first rain shower, go and take a hike in the summer, go for a picnic in spring, and/or go skiing in the winter - what matters is that you keep trying to bond with all the different emotions of nature so that you can grow into a happier version of yourself.***

Kashish Mittal is a Graduate from University of Waterloo, Canada. He is also an actor, dancer, and a mixed martial artist. He loves a healthy debate, hiking trails, and through his experiences, he has developed a deep rooted passion for self-love and self-care.



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## Upcoming Workshops April 2021

*Gaia*  
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**6-7-8**

Tues-Wed-Thurs  
19:00 - 21:00 IST

Magic Of Forgiveness

Fees : INR 4400/-

**12**

Monday  
19:30 - 21:00 IST

The Moon Magic on  
New Moon

Fees : INR 777/-

**26**

Monday  
19:30 - 21:00 IST

The Moon Magic on  
New Moon

Fees : INR 777/-

**28-29-30**

Wed-Thurs-Fri  
18:30 - 20:30 IST

Magic with Angels  
And Chakras

Fees : INR 4400 /-

**Facilitators**

Shilpa M Menon : +91 98236 66008

Radhika Rai : +91 98796 63339

## Message of the Month



Learn about the 'Art of Manifestation' by correctly understanding the logic and reasons behind the working of Laws of Universe, such as the **Law of Attraction**. Everything is made up of Energy, and there is frequency attached to our every thought and every feeling. Universe always works on our vibrations, i.e., what we think and ultimately how we feel. Do you feel good most of the times or always aspire to somehow get into that mode of thinking positive? Remember, **if the process is not bringing ease and lightness in your physical body, mental state or emotional needs, then you are actually vibrating at lower frequencies**, such as, anger, jealousy, grief, sadness, worry, anxiety, and so on – and this in turn can cause a delay in manifesting your desired goals. In fact, you may end up by being caught up in a vicious circle with continuation of same old patterns or problems. On the contrary, **if you choose to vibrate at higher frequency, then you will automatically feel light and ease, more peace, power, clarity in thoughts for difficult tasks, and can then easily manifest desired goals, & love and joy into your life**. So, we must try to vibrate at that higher energy level which aligns with our desires.

**The Concept is beautifully summarized in the words of Albert Einstein, "EVERYTHING IS ENERGY AND THAT'S ALL THERE IS TO IT. MATCH THE FREQUENCY OF THE REALITY YOU WANT AND YOU CANNOT HELP BUT GET THAT REALITY. IT CAN BE NO OTHER WAY. THIS IS NOT PHILOSOPHY. THIS IS PHYSICS."**

Mind it, we are not asking you to feel guilty, ashamed or sad if you still vibrate at lower frequency; we are just increasing your awareness, which is the first step in any kind of transformation. So, stop being into despair mode, be it any situation, or avoid becoming desperate to achieve your desires as **you are the driving force of your life and can easily raise your vibrational frequencies** by just following easy yet powerful steps in your day-to-day life: Meditate daily for at least 10-15 minutes (viz. concentrate on breathing, do AUM chanting, be mindful of your five senses, pray to God/Angels); Try to stay in the present moment, as much as you can, by just becoming an Observer to your thoughts; Exercise daily or do Yoga; Walk in the garden/parks and appreciate Nature's elements and beauty by absorbing greenery, feeling fresh Air, smelling the green grass, basking in morning Sun, etc.; Make healthy food choices (food obtained from natural sources can be easily absorbed in body); Drink more water; Reduce time on social media; Listen to good music and sing along, as well as dance, even if for 5 minutes daily; Read inspiring or happy storybooks; Spend frequent time with loved ones and heartily laugh with them; etc. **HAPPY SPRING SEASON!!!**

**'SPENDING TIME WITH NATURE IS THE KEY TO GET CLOSER TO UNIVERSE', and 'HAVING THE ATTITUDE OF GRATITUDE, WITH UNSHAKABLE FAITH ON UNIVERSE/HIGHER POWER, NEVER LETS YOU FAIL IN LIFE'.**

**– This is because you then know everything will work out for highest good, and that Universe has your back, and you will be able to surrender your desires without becoming overly worried about them. 'KEEP CHECKING "HOW YOU FEEL" AFTER EVERY FEW HOURS, AND THIS WILL LET YOU KNOW WHETHER YOU ARE ON A RIGHT PATH OF LIFE OR NOT' and 'ALWAYS CHANT "IT'S EASY" OR "I AM EASY" IN ORDER TO MANIFEST FAST.' - Try it for Magic in Life!**





*Photo Credit: Sandip Datta*



**A MISSION TO REAFFIRM THAT UNIVERSE HAS OUR BACK**  
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