



Creating a Soul Pod:

YOUR PATH TO RESILIENCE, CONNECTION & PERSONAL EMPOWERMENT IN THE AGE OF SURPRISE

by Deirdre Hade

Living in the present Age of Surprise—searching for meaning and connection in an unbalanced world with its onslaught of rapid-change technology, climate upheavals and personal disillusionment—we need divine resilience now more than ever.

Surprise is an experience (fun and sometimes not so fun) that can boost self-discovery, but can also bring anxiety and stress. Living in the present Age of Surprise—searching for meaning and connection in an unbalanced world with its onslaught of rapid-change technology, climate upheavals and personal disillusionment—we need divine resilience now more than ever. To invite divine resilience, we need to truly connect with our soul, that deep consciousness within us that brings healing, purpose and resilience to our lives.

To that end, I have created a series of “Tools to Thrive in The Age of Surprise,” the first of which I have outlined here: Create a Soul Pod.

A Soul Pod is designed to create intimacy and connection for your Soul to experience its greatest desire—to be in a group with other souls who are fully present. By creating a Soul Pod, you automatically build an Energetic Resilience Tribe for all members, including yourself. This occurs because your Souls are made of spiritual light (the life force energy) that is the source of all-powerful resilience. Coming together, your Soul's true super power is activated, bringing you peace, harmony and joy, answers to problems, and wisdom for life.

“This Soul Pod is a sacred space for listening deeply and letting our Souls express themselves.”



1st STEP

Create a Soul Pod:

Bring together three to six friends and/or family members with the purpose of giving each person's soul a safe harbor to share feelings and concerns. Give your Soul Pod a name. For example, my Soul Pod is called The Crystal Dolphins. Set a time to meet, in person, every week for a commitment of six weeks. If the people you want in your Soul Pod do not live near you, use technology to meet. But, as much as possible, meet physically in one space because of the energetic field created by coming together. You can create more than one Soul Pod.

2nd STEP

Your Soul Pod gathering:

I recommend your gatherings last 60 to 90 minutes. Remember, this is not a social event. It is a highly purposeful, intention-filled gathering. Have all members sit in a circle. Place a white candle in the center of your circle. Each person should bring a crystal to place in front of them, close to the white candle.

3rd STEP

Set your Intention:

To begin your Soul Pod gathering, recite together: This Soul Pod is a sacred space for listening deeply and letting our Souls express themselves. Our Soul Pod's intention is to create healing, wisdom, connection and powerful resilience by supporting each other through change.

4th STEP

Share your feelings:

Go around the circle, giving each person 5-10 minutes to share the issues they're grappling with right now. Talk about your anxiety, your stress, your fears, your hopes. Be very real. The other people in the group should listen and not try to fix or give advice. You're simply the Souls that are listening, each of you a witness to the human experience.

5th STEP

Empower Your Soul's Strength:

After each Soul Pod member shares, the rest of the Soul Pod members state the following to the person who has just shared: Beloved



Soul, you are not alone in this. I hear your anxiety. I hear your fear. I hear your suffering. I hear your struggles. I hear your heart. I give you my light. I fill you with my love and support. I send you the care of an All Loving and Healing Presence. I hold you in the light of Powerful Resilience. You are safe. The light of your being is eternal. I hold you in the reality of this eternal light that your Soul's purpose is manifested through joy and healing. We are with you.

Appreciation:

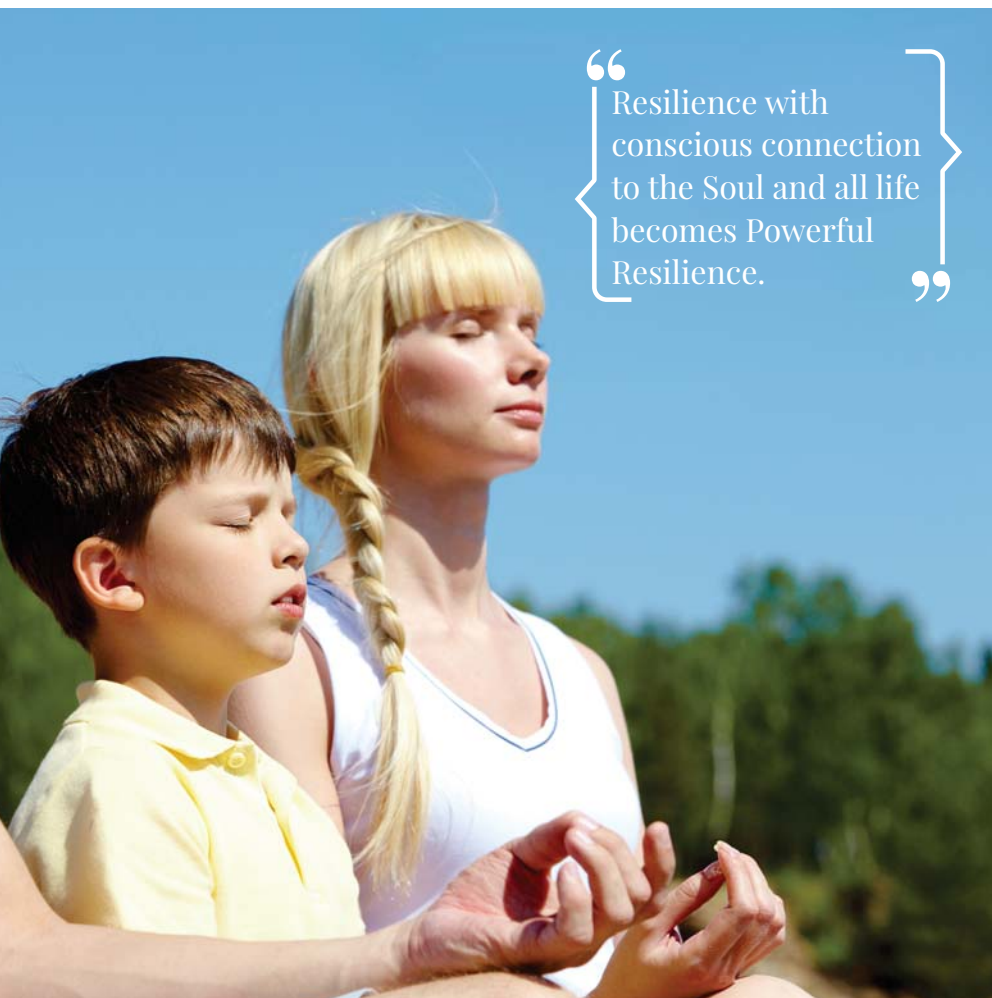
**6th
STEP**

Wrap Up and Appreciation
Exercise: Go around the circle
and have each member state

what they appreciate about the gathering, the other members, the experience they received. Finish with the group acknowledging and appreciating a Higher Power's presence. Hugs are always a great way to finish!



“Resilience with conscious connection to the Soul and all life becomes Powerful Resilience.”



Soul Pod By-laws:

- ☯ Everything shared in the Soul Pod is private and is not to be shared outside the group or posted on any social media.
- ☯ This is a judgment-free environment.
- ☯ No giving of advice or trying to fix anyone's problems.
- ☯ Enter the Pod with kindness and compassion. Harnessing divine resilience by finding deep connection with your Soul through your Soul Pod forms the foundation for building a meaningfully happy and joyous life. Resilience with conscious connection to the Soul and all life becomes Powerful Resilience. Powerful Resilience cures anxiety and stress. Powerful Resilience is what is needed to create miracles.

We are in the Age of Surprise. I can't paint the future as a bed of roses, but I can paint a future life-escape where roses from the garden of your soul will spring up despite any surprises the future may hold, if you plant the seeds now. Create your Soul Pod. You will be amazed by the transformation, and your life will be full of wonderful surprises. You will be well on your way to becoming a Master of Resilience.



Author Bio :

Mystical visionary Deirdre Hade is the founder of The Radiance Journey and the co-author of The (not so) Little Book of Surprises. Her website is www.DeirdreHade.com

In Search of an ADORING PARTNER

By Chaina Karmakar

Once the physical euphoria is gone, all our emotions get surfaced and we start exploiting the relationship for our own emotional need and we call it so-called unconditional love.

In my last eight years of the healing journey, I have come across so many people, who are in search of a loving, affectionate partner, irrespective of their marital status. Why marriages are failing? Why without a partner people are depressed and devastated? Are they able to understand the real meaning of exploration? After exploring enough are they able to understand the real meaning of their search or they land up in more misery?

When I look at the data of people whom I have healed so far, the rate is really scary. People are yearning for companionship and longingness but at the same, they are not ready to give. I don't want to judge them but they don't have anything to offer. They offer depression, anger, irritation, frustration, insecurity, self-pity, etc, etc. The search is endless without any contentment.

I can not rule out a particular pattern for this never-ending search





observe, everyone is stuck somewhere irrespective of the marital status. So the real question comes why?? Even after having everything a person is not happy. We read all spiritual books, we attend workshops, we listen to religious discourse to attain peace or to feel being loved. Most of the time I observe people use spirituality as an escape and they stay in a ball of positivity, which is very dangerous. It is better to live life fully and to explore until one reaches a point where he/she starts realizing that depending on external life is suffering and freedom from

but LACK is the reason, and it is everywhere. Unfulfilled childhood, individual journey (despite of having everything), unfulfilled adult journey.

Ultimately everything comes to a point where everyone is yearning for real love. Why all of us are in search of real love? Do we understand the real meaning of love? Dating sites are emerging like mushrooms, where anyone can witness the dissatisfaction, depression, people are living in a virtual world, the situation is very alarming. Everyone is dissatisfied with life and in search of happiness and love.

I don't want to give any preaching on real love, superficial love or the difference between attachment or love. Love is love when a person gives or receives. What happens when we don't feel the love in the same relationship? Why do we always try to fix

the quantity and duration of love? Let's understand what happens in a relationship of love. Initially, we are attracted to a person at a physical layer. Once the physical euphoria is gone, all our emotions get surfaced and we start exploiting the relationship for our own emotional need and we call it so-called unconditional love. Only our awareness and acceptance of the situation and to the person can bring a lot of difference in a relationship. It is applicable to each one of us in order to live a fulfilled and contented life. I have witnessed unmarried people who are in search of companionship or a loving partner, getting frustrated and perceiving the world around them full of Happily married people. At the same time married people perceive unmarried people to be very fortunate and untrapped but if we closely

“Listen to your heart, not to the conditioning of society. Society is not going to give you the happiness.”



all these suffering comes to a cease when one starts the inner journey. No one can fulfill our desires. If one desire is addressed another will be ready, there is no end to it. At the same time, we have to bring alertness to the fact of getting trapped in gloominess because we are trained to live life with all attachment and dependency. So when we start cutting the thread of dependency we tend to get trapped in gloominess. With alertness and proper practices, we can come out of the situation very fast.



- 🧘 Explore life fully, live life fully rather than dragging life
- 🧘 Receive gracefully whatever you are receiving
- 🧘 Bring more awareness and acceptance to the situation
- 🧘 In order to receive give first
- 🧘 Listen to your heart, not to the conditioning of society. Society is not going to give you the happiness
- 🧘 Discover your own passion in order to minimize your dependency on others
- 🧘 Communicate with your partner with transparency and be a good listener too
- 🧘 Address your loneliness/void
- 🧘 Address your desires, address all emotions which get triggered by desires, expectation
- 🧘 Bring balance in order to not to get attached to both good and bad
- 🧘 Meditation can bring flexibility and peace within
- 🧘 Life is a mystery not to be solved, it is to be lived fully without wasting time and energy



About the author :

Chaina is a gifted Transformational Life Coach and Spiritual Healer, whose mission is to empower people to lead an effortless life. She feels that “Life always gifts us and human misery comes from witnessing the lack in it. It’s our attitude that makes or breaks our life. Once we understand and imbibe this concept, life becomes choice-less, effort-less.”

During her one-on-one and group sessions, she heals DNA thread or deep rooted pattern of the family, Chakra balancing, past lives, removal of familial patterns and family curses and Electromagnetic field balancing. So far more than 30 Residential and non residential programs like Srijan and Chaitanya in her credits.



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(as of Jan.21, 2019)



COMA-0021

KINO LAU - Source of Live

Source of Life - Guitar & Strings

length: 1 3 min. 3 8 sec.

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Soothing, mellow sounds of the flute, violin, piano, cello and other instruments can serve to relax the mind and present a melodic journey.



384 audio tracks



Relaxing With • 87:45
214,716 plays • Piano Ambient



Piano Meditation • 52:47
192,416 plays • Clavin Clavin



Source of Life - Guitar & Strings • 12:58
371,730 plays • Hawaii Healing Music



Waves of Peace • 82:22
270,814 plays • Piano Ambient



Bamboo Forest Music Meditation
by New Earth • 20:20
215,514 plays • New Earth Records



Heaven's Bliss • 62:23
218,316 plays • Piano Ambient

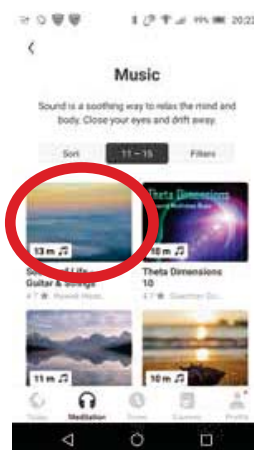


Guitar & Piano Music for
Meditation • 57:13
227,146 plays • Piano Ambient



Morning Rain • 20:20
199,346 plays • Piano Ambient

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VOICE FROM YOGA PRACTITIONERS

These are testimonials from the users (including yoga practitioners) of INSIGHT TIMER app.



This is beautiful BGM for my morning yoga flow. Thank you. Namaste
MI, USA

Did a yoga flow along with this music and it was wonderful. Soothing and sweet. Was able to focus inward throughout my yoga flow and had an amazing session.
New York, USA

Incredibly beautiful! I hope it will last longer... Maybe an hour...
Thank you for sharing beautiful music. I'll come again soon.
OH, USA

Beautiful, Uplifting, and Soothing all at once!
Australia

Whoa that is the most beautiful track yet from this uploader, and that's saying a lot. I used it to take big inhales of air, stretch and transition from a deeper Yoga Nidra state. But I think it would have many uses. It is smooth and never jarring, but not cheesy.
IL, USA

This is so peaceful and calming. The nature sounds are subtle which also adds to the experience. It really helps me to rest deeply when I need to recharge during the day.



So divine! Music resonated with my heart and opened it.
TX, USA

This is so peaceful and calming. The nature sounds are subtle which also adds to the experience. It really helps me to rest deeply when I need to recharge during the day.
London, UK

Love this one to accompany my yoga practise!
NL

Great for yoga stretches and poses. Soothing and restorative.
NC, USA



Creating Reality

*If I could create life according to my wishes,
I would not suffer is simply not true. You will probably
suffer less. But suffering will still find you. And you'll
have to deal with it.*



Transforming reality is big in the “how-to” world. In just about every “how-to” book, reality is the center piece.

- How To Be Successful
- How To Find Your Soulmate
- How To Win Friends and Influence People
- How to Become Stinkin’ Rich without Odor

These books all are about changing your reality from one state (being a loser, poor, lonely) to another state (being a winner, rich, in love). It is also worthwhile to note that the above books really should be called:

- How To Be Successful ... and Thus Not Suffer Insecurity
- How To Find Your Soulmate ... and Not Suffer Loneliness
- How To Win Friends and Influence People ... and No Longer Feel Socially Inept
- How to Become Stinkin’ Rich ... and Never Suffer Lack

The alleviation of suffering is the underlying premise (gorilla in the room) in virtually every self-help book. Maybe my book How To Suffer should be called:

How To Suffer and Thus Not Suffer Suffering

Having it ALL...

I hazard a theory here. Every human being, either consciously and/or subconsciously thinks/believes/feels, that:

If I could create life according to my wishes, I would not suffer.

Get the dream job, win the lottery, have your kids respect you, find your dream lover (the one that will adore you and never leave), be totally confident 24/7, eat voraciously without gaining weight, pick the next president—hell, be the next president, win the Kentucky Derby, become a Hollywood star or starlet ... the list is endless.

All this (and more) would create the perfect life. And living the perfectly delicious life of no suffering, you'd be the perfect you!!!

Really?

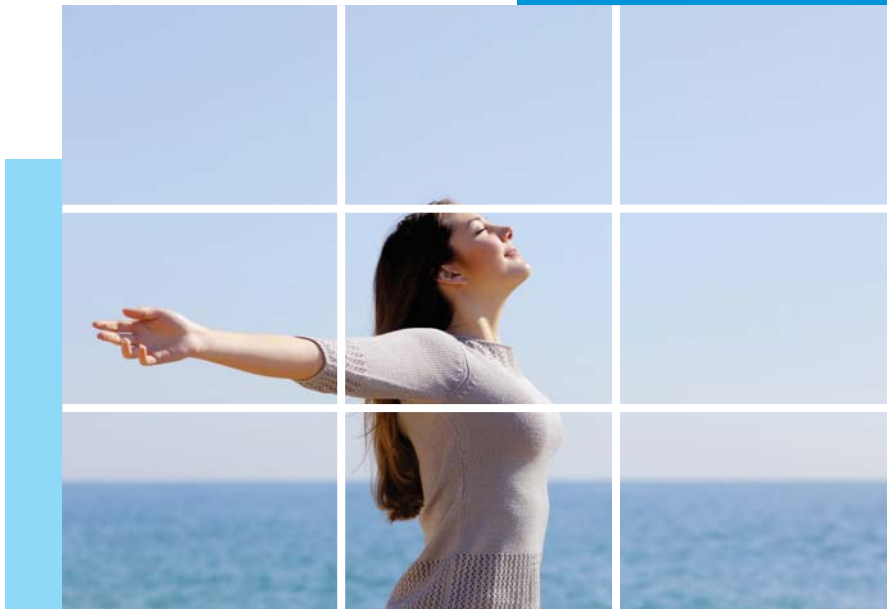
Remember, the King tried this with young Siddhartha who lived in ultimate luxury in a pleasure palace with the most beautiful woman and servants attending to every want, need and desire. Didn't work. He split and became Buddha.

Creating your reality the way you want it has obvious appeal for pretty much everyone. With such omnipotent power you could control your world and thus be free from all the nasty surprises that turn a good day into hell.

But does it really work that way?

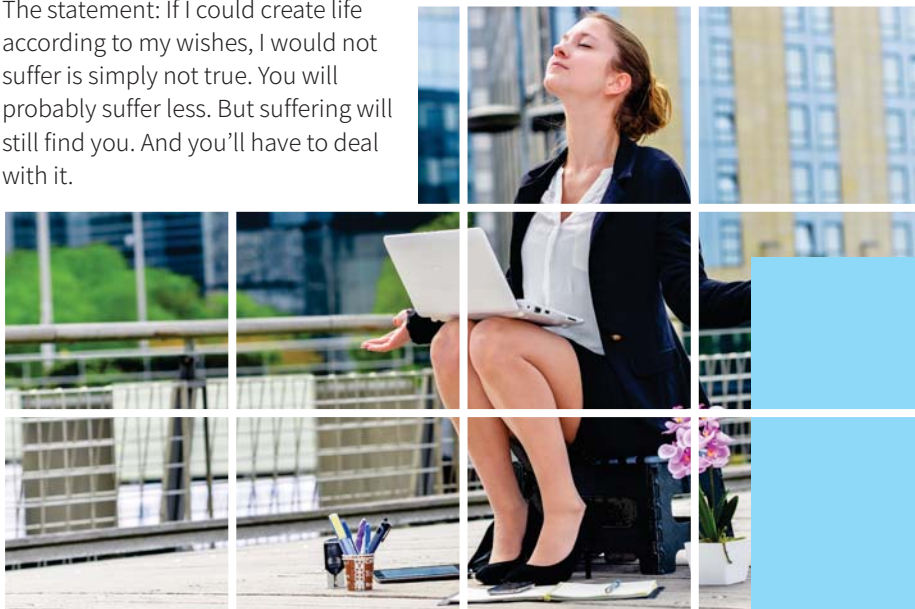
My hypothesis is: it does not. Look at the people who have achieved everything. Many seem miserable, often to the point of suicide. Personally, I can attest to the fact that scaling the mountain of money and success is good and all, but at the top, I'm still me. I still get pissed when someone cuts me off in traffic. I still get sad when someone trashes my wife on Facebook. And furious when I see the lying, cheating, greed, and stealing that runs our world.

The statement: If I could create life according to my wishes, I would not suffer is simply not true. You will probably suffer less. But suffering will still find you. And you'll have to deal with it.



About Author

William Arntz is a physicist, software entrepreneur, filmmaker and author. He wrote simulators for the early Star Wars program, created software that the Fortune 500 world runs on, created the What the BLEEP Do We Know? movie and books and co-created the book of visionary prophesies -The (not so) Little Book of Surprises - with Deirdre Hade.



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Healing

From Within

The Buddha talked about the “impermanence of all things.” To use a metaphor, life is like the flow of a river. Although it may be the same river geographically, the water flowing through it is most certainly not the same from moment to moment. Thus the river is always changing. The same is true of the human body.

Almost all parts of our bodies are rebuilt over time. Stomach cells are renewed every two days. Skin cells last about two weeks before they are replaced. Red blood cells live for around four months. Your liver is restored in about a year and a half, and your bones are completely regrown over the course of a decade. Some brain cells and certain cells in the eye are never replaced over the course of a lifetime.

Which means if a disease exists in an internal organ over a long period of time, it's not the body's fault. Something besides the body is forcing it to recreate that disease over and over again. It is as if, spiritually speaking,



there is some sort of “blueprint for illness” the body is following.

Guess what? There is. And it’s coming from you!

Each part of the body basically follows your own conception of what you are. It tries to create in alignment with your thoughts. So what happens when you constantly harbor destructive thoughts or self-punishing ways of thinking that do not stem from your essential true self? What happens when you have

been very aggressive toward someone else, getting angry or constantly lashing out in discontent? Did you know that sometimes your own thought waves attacking other people can bounce back and hurt you?

If you’re clairvoyant, you can see the effects of your thoughts on the outermost part of the spirit body. This outer sheath, or astral body, is an exact representation of the physical body of an individual, right down to each and every hair and nail. When someone

begins to fall ill, the first indication is a tear or lesion in his or her astral body. Soon, the damage begins to affect the physical body, causing lots of strange physical ailments to appear.

“If you have become ill, that is most certainly because you have started to harbor some negative thought patterns that have solidified into a kind of mental attachment that will eventually manifest as a particular kind of lesion,” says Ryuho Okawa, renowned spiritual leader and founder and CEO of the

“Each part of the body basically follows your own conception of what you are. It tries to create in alignment with your thoughts.”



fastest growing religion in Japan called Happy Science. “Medical doctors will apply treatment to the physical body. But that is not where true healing begins because it doesn’t deal with the original cause of the astral lesion.”

Okawa maintains that to accomplish any sort of self-healing you must start by changing your self-awareness and then shift your thought patterns accordingly. “It is not an easy task to see ourselves objectively as if we are looking at ourselves in a mirror,” says Okawa. “We cannot easily understand if our mind is distorted or our ways of living have strayed. For this reason, it is essential to have the attitude of self-reflection and the feeling of gratitude.”

Cure illness using your subconscious mind

The body follows the mind’s lead. Okawa recommends creating a healthy image of yourself in your mind that is the complete opposite of whatever condition or illness you currently

experience and become determined to manifest your healthy image by taking the following steps.

STEP-1

Be aware of how you think about your body and any illness that you might have. If you constantly tell the aching parts of your body how bad the condition is, it will not get any better. But to change these habitual thoughts about your body, you need to be aware of them!

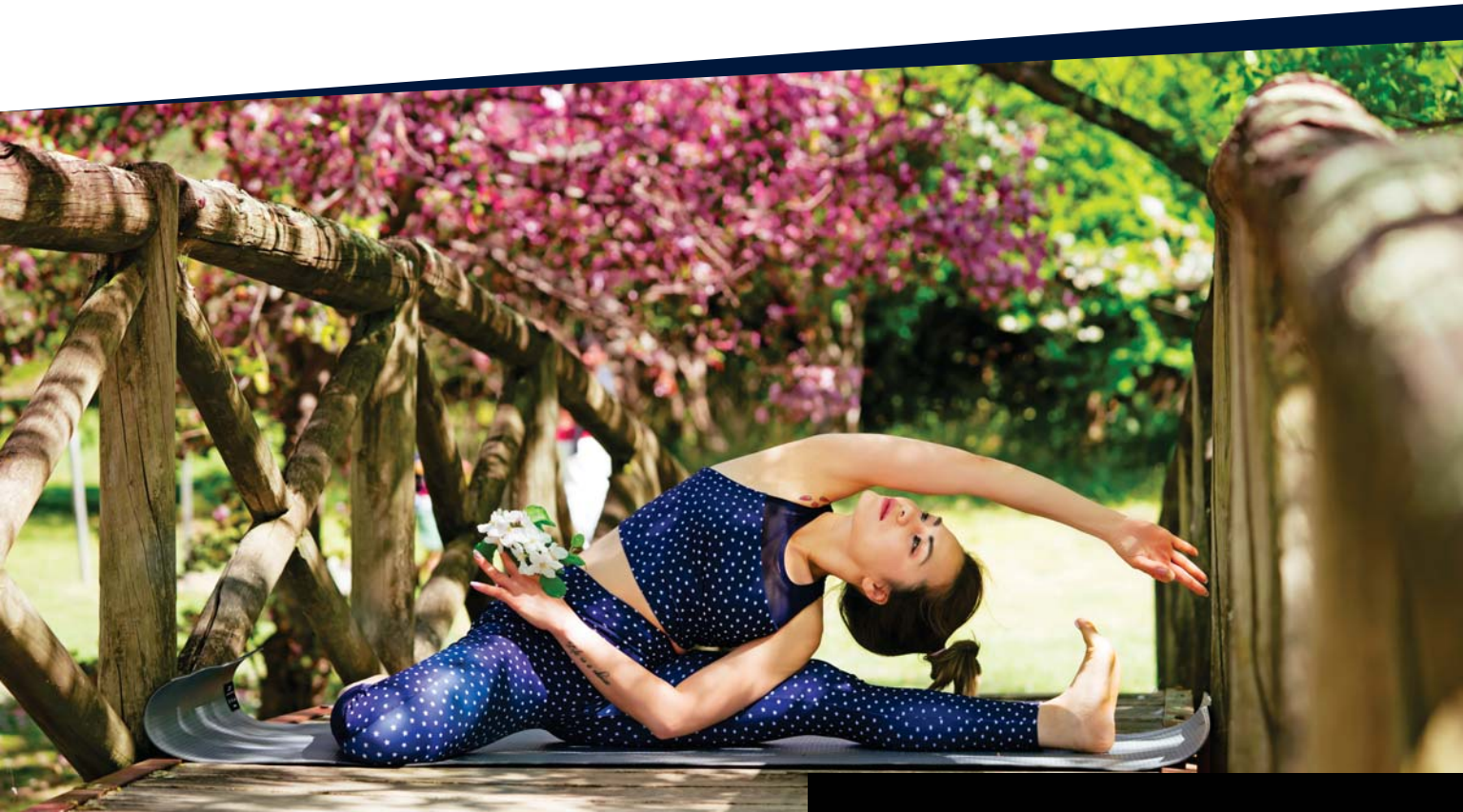
STEP-2

Develop a positive mindset and take action to correct your condition. For example, think to yourself “Even though I’m experiencing this arthritis or angina or ____ (fill in your condition), I’m taking steps every day to change this condition.” And then take the steps.

STEP-3

Include your body in some encouraging conversation. “You’ve done your best so far, body. Thank you! We’re going to be

“Did you know that sometimes your own thought waves attacking other people can bounce back and hurt you?”





together for a few more years or decades. If you get better, even a little, I can do something for the world and repay my family a bit for all they have done for me. So please get better little by little, day by day. I'll do all I can to help." If you do this, your body will start reacting in a positive manner.

STEP-4

Be patient. Even if you do not get better immediately, it is important to know that you are gradually changing in the right direction, planting the idea of better health into your subconscious.

“Develop a positive mindset and take action to correct your condition.”



STEP-5

Be consistent and keep doing things that will help you get better, keep your thoughts positive and be sure to have gratitude in your heart for life and the opportunity to learn and grow!

This process works for matters other than illnesses. For example, maybe you think you're rather unintelligent and do a lot of stupid things. Want to get smarter? Apply the steps above. Catch your inner critic when it says self-destructive things like, "I misread the instructions. Stupid me." Or, "I didn't read the letter from the PTA about the meeting and I missed it. How stupid."

If you keep reproaching yourself like this, you will not get any cleverer! Of course, it would be a lie to say to yourself such things as, "I'm a genius today." Try telling yourself, "I'm getting more and more clever, day by day." And when you see some change and improvement, praise yourself a bit!



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Interested in making health changes in your life? Check out the film Immortal Hero, based on the true story of Ryuho Okawa who suffered complete heart failure and literally came back to life through the force of his own mind and will in order to complete his mission on Earth to help uplift humanity. A limited theatrical release is planned for Mid-October, 2019.



Author Bio:

Rocky Uchimura is a lecturer at Happy Science and the Director of Marketing for HS Productions, LLC



THE FUTURE OF THE ASIA'S WELLNESS INDUSTRY AND WELLNESS ECONOMY

On 28 November, Asia's business network for the wellness, fitness and hospitality industry, FIT Summit, will connect business leaders from across the region at the Bali Wellness Summit at Alila Seminyak, Bali, Indonesia.

The event shines a spotlight on Asia's dynamic and fast-growing wellness industry, focussing on topics around the business of wellness including wellness

trends, wellness and fitness facilities, wellness tourism, consumer demand and new product innovation.

The Bali Wellness Summit will gather 250 executives from 100 companies, including Asia's leading hotels, resorts, spas, retreats, gyms, clinics, solution providers and investors. By attending you will gain access to unparalleled industry connectivity, insight, knowledge and business development.

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- 🕒 Amanda Teng, Director, Spa Operations (SE Asia & India), Hilton Hotels & Resorts
- 🕒 Benjaporn Karoonkornsakul, Founder and CEO, The Absolute Group
- 🕒 Ezekiel Vicente, Chief Human Resources Officer, Mindvalley
- 🕒 Jeremy McCarthy, Group Head, Spa & Wellness, Mandarin Oriental Hotel Group
- 🕒 Lindsay Madden-Nadeau, Global Director, Well-Being, AccorHotels
- 🕒 Meghan Pappenheim, Co-Founder, The Yoga Barn and The BaliSpirit Festival
- 🕒 Anabel Chew, Co-Founder, WeBarre & WeBarre Retreats
- 🕒 Peter Thew, Co-Founder, Yoga Movement
- 🕒 Paul Hawco, Director of Wellness, Rosewood Phuket
- 🕒 Tommy Lai, CEO, GHM (General Hotel Management)
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- 🕒 Tony De Leede, Renowned Wellness and Fitness Entrepreneur
- 🕒 Zoe Wall, Group Director, Spa (Asia), Minor International



ABOUT FIT SUMMIT:

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Finding Himself in Nature

*Deep in the heart of the forest
He lingers a moment to rest
He knows well his destination
Two hours meander his estimation
Finding the oldest tree of all, he hesitates
Sat, leant against the trunk he meditates*

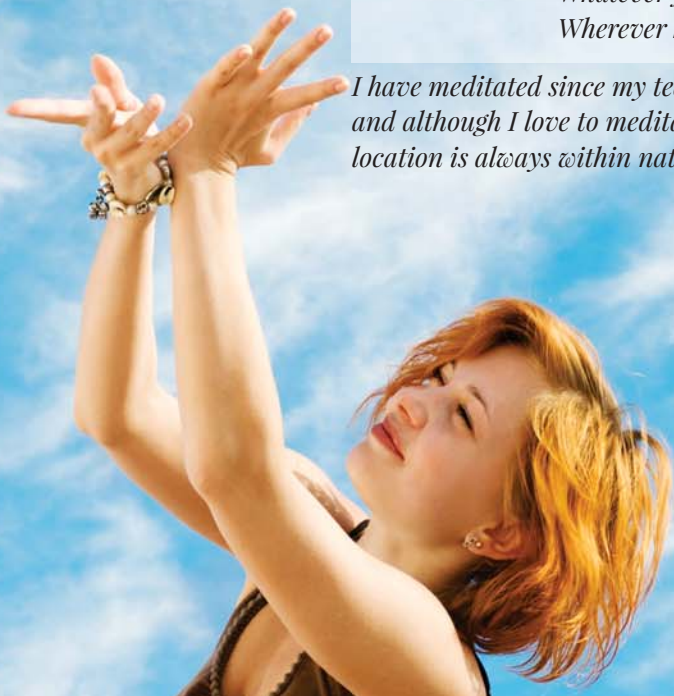
*High within the mountain peaks
Within himself answers he seeks
All the world below somewhere
Quietly he finds his spot up there
Sheltered by cairn, thoughts he elevates
Gale rages all around as he meditates*

*Waves roar as they crash upon beach
Yet he's here some wisdom to reach
Upon his rock facing the wildest sea
Spray washed, alive he feels such empathy
As once again he enters altered states
In the heart of the storm, he meditates*

*Natural wonder he found all around
Emanating from deep within the ground
Carried on the wind, the rain and snow
Seeking answers in caves or plateau
Whatever journey he undertakes
Wherever he goes, he meditates*

*I have meditated since my teenage years (a little while ago)
and although I love to meditate on trains, my preferred
location is always within nature*

By Dean Fraser,
*The Quantum Poet (taken from
my book Beyond Poetry)
www.deanfrasercentral.com*



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Yoga

Enhances Beauty

PHYSICALLY AND MENTALLY

by Shahnaz Husain



United Nations General Assembly declared 21st June as International Yoga

Day. It is a day for celebrating Yoga and for creating awareness about Yoga and its benefits throughout the world.

International Yoga Day in India is celebrated by the Ministry of "AYUSH." I have always said that good health and beauty are two sides of the same coin. Unless you are healthy from the inside, you cannot reflect true beauty. In this respect, yoga is very relevant, as it helps us to achieve both good health and beauty. Yoga can be included in any exercise programme, but it is best learnt under supervision and guidance.

One of the yogic exercises that is necessary for beautiful skin and hair is Pranayam, as it helps to reduce stress, increase oxygenation and improve blood circulation. Pranayama is one of the best exercises of correct breathing. Devoting a few minutes everyday allows natural cleansing of the system. These exercises are now being followed worldwide.



“One of the yogic exercises that is necessary for beautiful skin and hair is Pranayam.”



“Yoga improves blood circulation, including the circulation of blood to the skin surface.”

As we all know, Yoga deals with physical exercises, called “Asanas,” which entails the assuming of well defined poses, with precise results. Some asanas not only reduce stress, but also keep the system flushed, getting rid of toxins and wastes. Dhanurasana is a posture that resembles a bow. It is excellent for removing toxins and flushing the system. It also promotes blood circulation and reduces stress. It benefits the skin, making it clear and adding a glow.

Beauty also includes a body that has suppleness, good posture and grace. A slim figure can take years off and make you look well groomed. The yogic asanas are designed to keep the spine and joints flexible and supple and this goes a long way in delaying age-related signs. The posture improves and so

Close one nostril with the fingers. Then breathe in through the other nostril. The air should be inhaled in short sniffs. Then close the second nostril and breathe out. Breathe in again through the other nostril and breathe out the same way. Alternate it up to ten times. This purifies the blood stream and cleanses the entire filtering system.

Yoga improves blood circulation, including the circulation of blood to the skin surface. This is so important for the good health of the skin, as it helps to supply essential nutrients to the skin. It tones the skin, improves oxygenation to the skin, imparts a beautiful glow and keeps the skin youthful and free from problems.




“Many beauty problems are triggered off by stress, like acne and hair loss. Yoga helps to induce relaxation and reduce stress.”

does suppleness and grace. Muscles are toned and blood circulation improves. All these can help to preserve youthful qualities of the body and benefit the appearance. Many beauty problems are triggered off by stress, like acne and hair loss. Yoga helps to induce relaxation and reduce stress. Therefore, it helps in dealing with stress-related conditions. Studies conducted on those who practice yoga have shown that positive changes also occur in the personality, in attitudes, emotions and self-confidence. It has a direct effect on the mind, emotions and mood.

According to Yoga, the body is the temple of the soul, because it helps us connect with our inner self. The appeal of Yoga lies in its numerous benefits on both body and mind. Yoga is also a regular stress-buster and puts the glow back on your skin. Feeling good makes you look good too! Celebrate the power of Yoga and bring Yoga into the experience of your daily life.





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About Author

Shahnaz Husain, pioneer and leader of the herbal beauty care movement, based on Ayurveda, has received unprecedented international acclaim for taking the Indian herbal heritage worldwide with a crusader's zeal.

Today, as CMD of the Shahnaz Husain Group of Companies, she heads the largest organization of its kind in the world with a global network of franchise salons, spas, beauty training academies, retail outlets, as well as 375 formulations for beauty and health care.

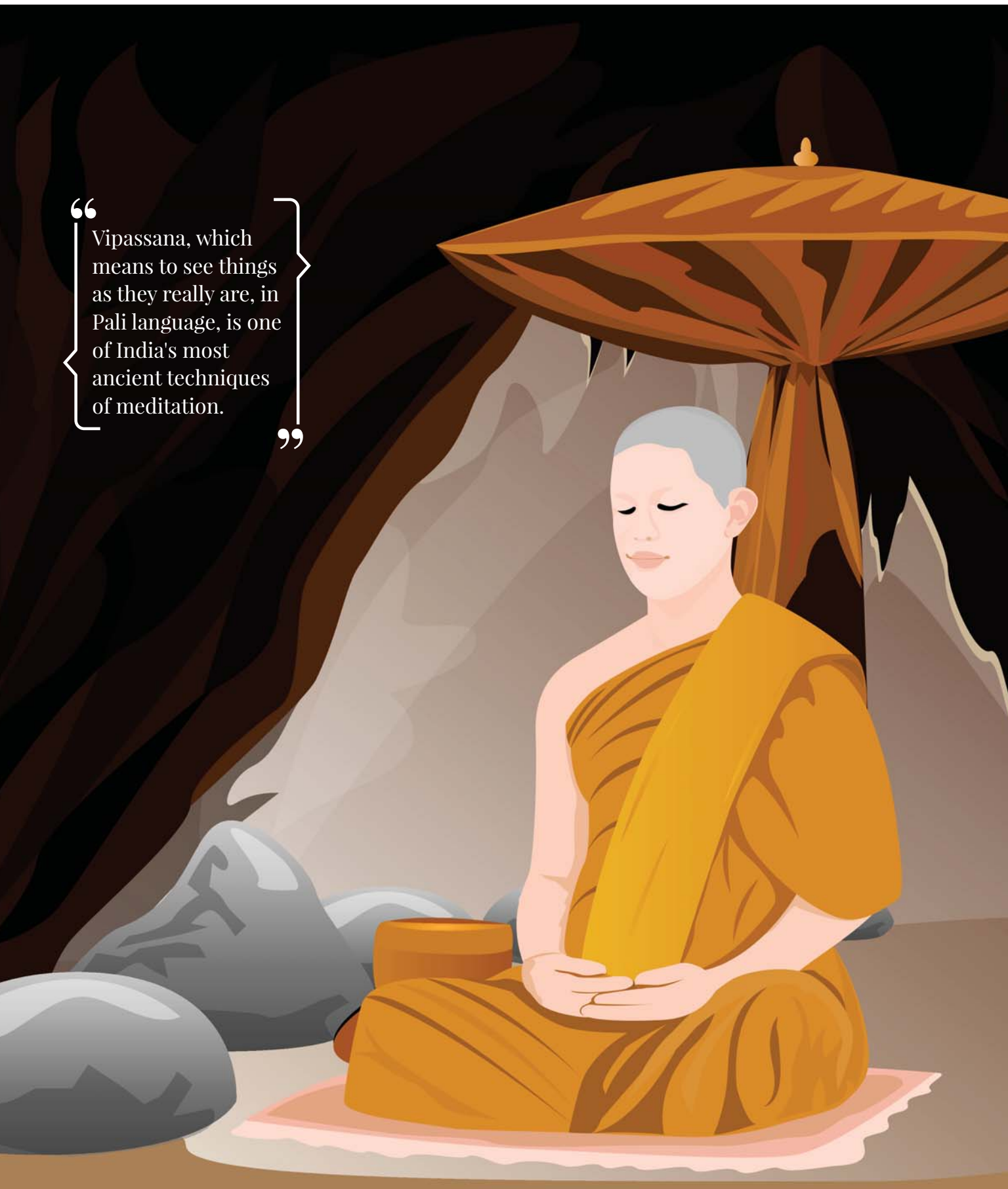
Shahnaz Husain has marketed India's 5000 year old ancient civilization in a jar and created an international market for Ayurvedic beauty care. Shahnaz

Husain has received several prestigious international awards, including the "Outstanding Ayurvedic Innovation Award" in the British Parliament, and the World's Greatest Woman

Entrepreneur Award from Success, the U.S. based Business Magazine.

She was also conferred Golden Peacock Award in London, by Theresa May and the Padma Shri Award by the Government of India for exceptional service towards the country and distinguished achievement in her chosen field.

“Vipassana, which means to see things as they really are, in Pali language, is one of India's most ancient techniques of meditation.”





Noble Silence & Me

The practice of Vipassana meditation involves following the principles of Dhamma (Pali) / Dharma (Sanskrit), the way to liberation – which is the universal law of nature.

What intrigued me was that you don't speak to anyone for 10 days, what bliss, especially since my voice box has been chattering non stop for the last 4 decades.

When is this possible, well at least for working professionals like me, perhaps only during in-between jobs. While working, one can probably take 10 days off, but being away from cell phone and email is almost next to impossible these days.

This happened at Vipassana meditation center, outskirts of Bangalore, about 1 hour drive from M G road, in Alur village on Tumkur road.

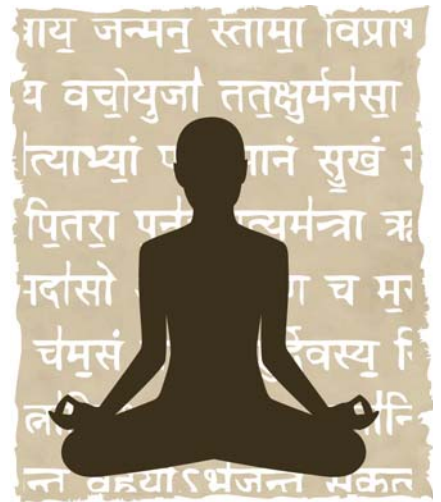
Vipassana, which means to see things as they really are, in Pali language, is one of India's most ancient techniques of meditation. It was rediscovered by Gautama - The Buddha, more than 2500 years ago and was taught by him as a universal remedy for universal maladies.

Pali is a Middle Indo-Aryan liturgical language native to the Indian subcontinent. Pali died out as a literary language in mainland India in the

fourteenth century.

It is a logical process of mental purification through self-observation. The practice of Vipassana meditation involves following the principles of Dhamma (Pali) / Dharma (Sanskrit), the way to liberation - which is the universal law of nature. It involves walking on the noble eight-fold path, which is broadly categorised into Sila (Morality), Samadhi (concentration) and Pañña (wisdom, insight).

To learn Vipassana, it is necessary to take a ten-day (in travel parlance it is actually 11 nights and 12 days) residential course under the guidance of a qualified teacher. During the entire duration of the retreat, students remain within the course campus, having no contact with the outside world. During the course, participants follow a prescribed Code of Discipline. We also observe noble silence by not communicating with fellow students, including not having eye contact with fellow meditators. During meal times as well, one sits behind each other and not facing other.



Today, Vipassana courses, as taught by S.N. Goenka in the tradition of Sayagyi U Ba Khin, are held at 341 locations in 94 countries. Although Indian by descent, Mr. Goenka was born and raised in Myanmar (Burma). Mr. Goenka settled in India and began teaching Vipassana in 1969 and is a recipient of many awards and honors in his lifetime, including the prestigious Padma Bhushan Award from the President of India in 2012. It is also taught in prisons both in India and abroad.

It has been found to be genuinely helpful, great emphasis is put on preserving the technique in its original, authentic form. It is not taught commercially, instead is offered freely. No person involved in its teaching receives any material remuneration. There are no charges for the courses - not even to cover the cost of food and accommodation. All expenses are met by donations from people who, having completed a course and experienced the benefits of Vipassana, wish to give others the opportunity to benefit from it also.

The 10 days course is highly regimental, waking up at 4 am and sleeping at 9:30 pm daily. Of the 17.5 hrs one is awake, 12 hrs is spent in meditation and listening to teachers' discourses. One of the participants dropped the badge with the pin on it and I actually heard the Pin Drop, sound. This is not like watching Netflix or Prime video non



permanent in life which I grasped in a deeper manner. Both happy and sad moments pass away, due to the law of impermanence. 'This too shall pass'.

I definitely recommend this 10 day meditation course to everyone, at least once in their lifetime. This is absolute "me time", though I am not sure how many of us can handle this, facing the stark realities of life, in our minds.

As I left the campus enriched, I cranked up the car volume on the 1988 hit by Bobby McFerrin - Don't Worry, Be Happy...

Joseph K Jose - is a Travelangelist and has traveled to 34 countries across 6 continents - joseph.jose@gmail.com

stop, season after season, but seeing one's own mind with all its positives and negatives. It can be unnerving for most people.

What meditators miss in these 10 days is, mostly chatting with loved ones, mobile phone, non veg food and internet, but for me not able to read and listen to music was the most difficult part. The campus is lush green with many fruit bearing trees and flowering plants, in the evenings I actually saw fireflies, after many years and this brought instant happiness and nostalgia. Breakfast is at 6:30 am, lunch is at 11 am and evening tea with snack is at 5 pm. There is no dinner. Why? Well, we don't need it and the morning after meditation is very clear and sharp.

Vipassana meditation has nothing to do with the development of super-normal, mystical, or special powers. Nothing magical

happens. Just observe breath without trying to control or regulate the same, contrary to most other meditation techniques currently there. The process of purification that occurs is simply an elimination of negativities, complexes, knots, and habits that have clouded pure consciousness and blocked the flow of mankind's highest qualities—pure love (mettā), compassion (karuṇā), sympathetic joy (muditā), and equanimity (upekkhā).

This course is open to anyone sincerely wishing to learn the technique, irrespective of race, caste, faith, gender or nationality. An online registration is required which opens typically 3 months before the course and gets filled up almost immediately.

What did I gain, well I actually lost 3 kgs within 12 days and have come back wiser with the simple knowledge that, nothing is



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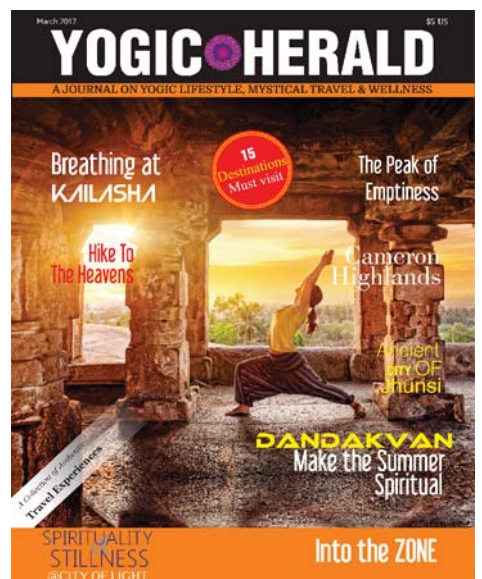
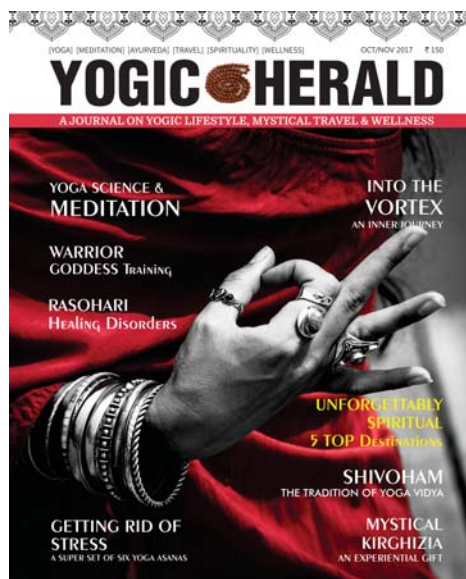
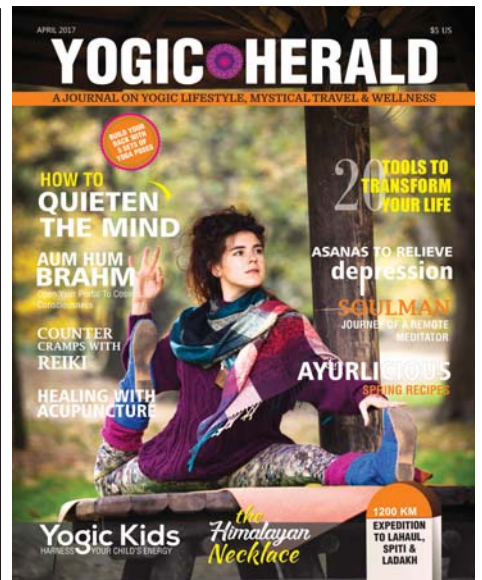
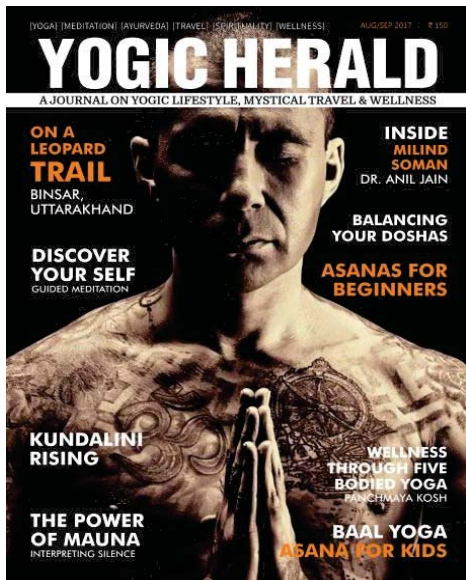
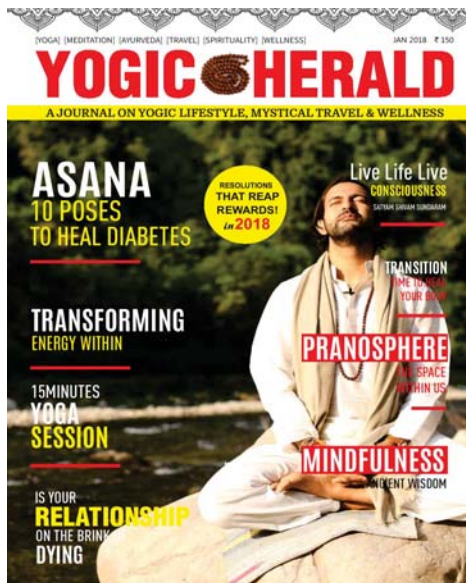
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Karma Yoga is Love in Action

By Pamela Tosh / Karma Yogi IndiPam

Serve, love, give, purify, meditate, realize...these are the words of one of the greatest Karma Yogis this world will ever know, Sri Swami Sivananda, father of Rishikesh.

The essence of this truth is deeply rooted in Rishikesh which has become the world's gateway to spiritual enlightenment, however there is a great lack of understanding and practise of this yogic art. If there were ever any additional words one could include in this phrase to offer more insight into the progression of 'the journey' they would be, in my opinion, **transformation and expansion**.

My first journey to India in June/July 2013 defined my purpose and gave me belief in something far greater than 'I', my 'Self'. I was 37 years old, weighing 78 kilograms, on anti-depressants. Using the words 'unhappy with my life and my looks' was an understatement. During this time I experienced the worst monsoon floods in over 88 years which caused devastating effects in the northern region leaving many, including already homeless sadhus, in dire circumstances. I was compelled with the skills I had to begin working on the

streets providing specialist foot care, first aid, and health and hygiene education. Since then my humanitarian efforts have extended towards various animal, social and environmental initiatives. In a natural motherly role I became a carer and friend for many, and am assured of a much deeper soul connection to those I have touched.

6 Years later, looking back on all that has been accomplished, including the challenges and sacrifices, there is evidence that Karma Yoga is a 21st century solution to the dilemma many yogis are facing in a saturated and competitive industry.

Karma Yoga can inspire, unleash creative potential, change attitudes and become an important tool for growth and development in anyone's life. And, it can bring in a new perspective, clarity and abundance, for yoga teachers struggling to find their individuality and true purpose.

In these years I have experienced an evolution of my own consciousness, a

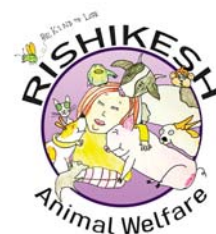
spiritual awakening, and, a desire to fulfil a calling. I have also repeatedly felt a burning desire to 'return home' and have ultimately realized it is loving and nurturing a relationship with oneself that connects us to the Divine.

Understanding how to apply the techniques offers one an opportunity to become reacquainted with a deeper, truer sense of self, healing many different aspects of mind, body and spirit to bring one into union with God, LOVE.

Devotion to living this way, as the true essence of man, has given me the energy to pursue humanitarian work and overcome many obstacles. The phrase 'the truth will set you free', as cliché as it may sound, is true when one openly receives this knowledge, applies and practises it with conviction, renouncing all action in service, and without expectation of reward.

Receiving some basic knowledge during my first two hundred hour yoga teacher training was a catalyst to an





extraordinary sequence of events, which gave my life new meaning, as I began to absorb myself in the experiences of giving and letting go.

It is with a deep sense of sorrow that I feel the imbalance of Rishikesh, and my role as Karma Yogi is apt for the impression I hope to make within the yoga community. My opinion in these matters are messages I am being guided to share at this time with the utmost sincerity. I am only sharing

these messages with you as they are being revealed to me through my own experiences and realizations in Divine timing.

I have been the administrator of **Rishikesh Yogis Community Facebook** page since December 2018 and have seen the decline of connection, sharing, transparency and collaboration between yoga schools and ashrams. I have been witness to many idiosyncrasies and competitive



hypocritical behaviour. More recently, incentives to boycott Yoga Alliance, the American organisation regulating and standardizing yoga practices worldwide. Underhanded news is aggravating the sanctity and spirituality of yoga and its application in India and the west, bringing in confusion and underlying feelings of mistrust.

I receive first hand messages and information pertaining to the poor state of animals, specifically dogs and cows, pollution, infrastructure and municipal services as well as the ongoing problem of poverty, starvation and even domestic violence as alcohol abuse is on the increase.

In April 2018 I began working remotely with

Doon Animal Welfare and later in the year I was compelled to start Rishikesh Animal Welfare, an online resource centre offering support, and inviting open communication between NGO's, non-profit organisations and like-minded individuals. I am hopeful that it will impact positive forward thinking, communication, bring in trust and a way for us to combine services and resources to make the necessary long term impact and change to this region. Various Hindi news articles were syndicated during this time about my service to India and the importance of Karma Yoga according to The Bhagavad Gita. I could never have imagined in 'my old life' that I was capable of such miracles.





It has been impressed upon me by Spirit to share my experiences, to bring truth and clarity to the problems which need to be addressed and solutions to be implemented, otherwise the centre we have placed so much emphasis on for healing and liberation of the Self through Yoga-Divine Union, will be lost.

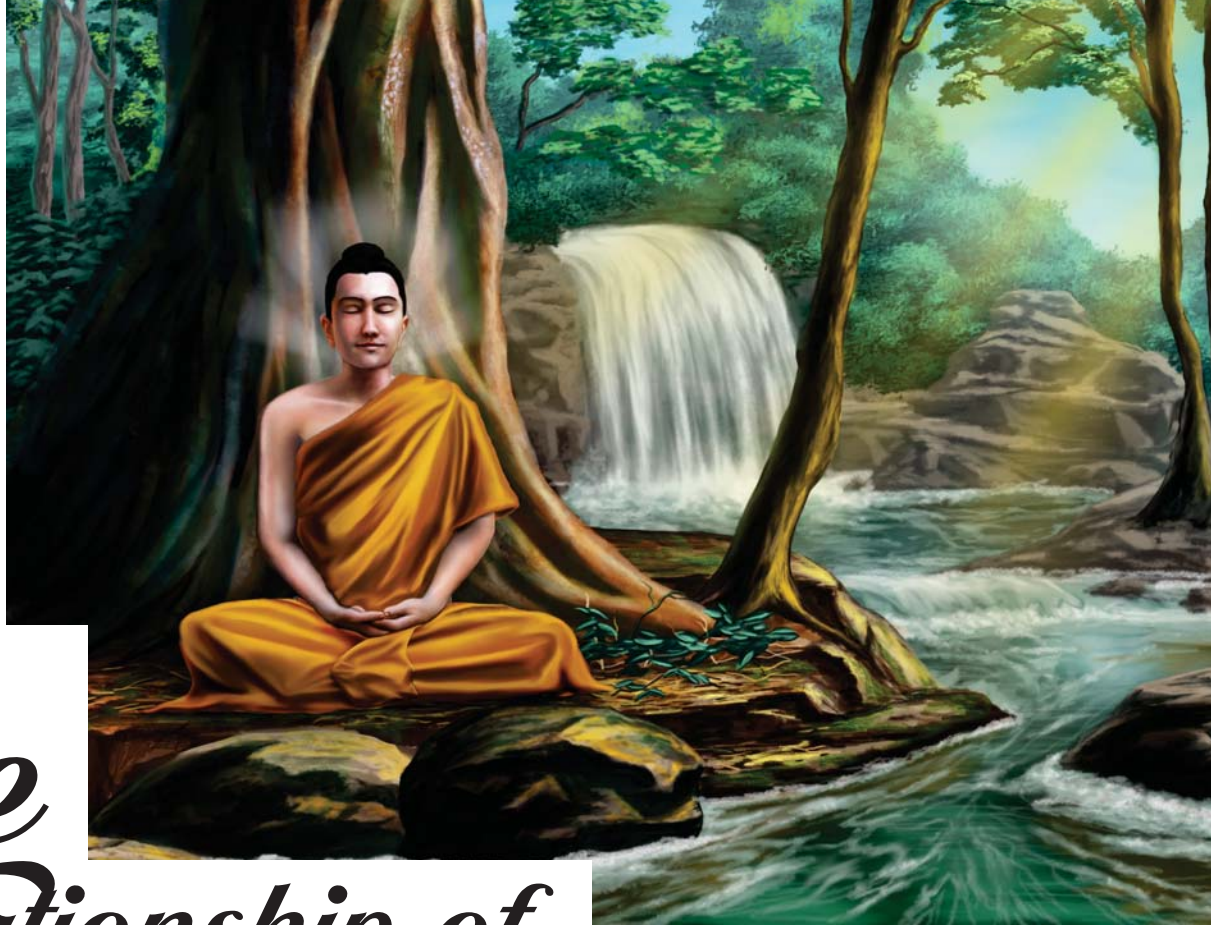
We are living in one of the most essential time periods of the awakening and evolution of this planet. Earth changes are a call to action. I am encouraging you to let go of things that no longer serve you and to learn more about your gifts and hidden abilities. It is vitally important to be working as a healer and lightworker, the next step in the path of a yogi. It is also important to acknowledge the call to work together, the outcome of unity and collaboration being abundance. Invest in work or service which makes the world a better place, improves the lives of others, and elevates those you touch to a higher level of consciousness, inspiring more positive action and a rippling effect.

“What we ‘do’ and who we ‘touch’ has a rippling effect” - IndiPam



“The four states of consciousness in Aum are reflected in 108.”





The Relationship of AUM AND 108

Conceptualize consciousness and expand. ==

“Consciousness is perhaps best understood as the awareness of awareness. The level of awareness varies in accordance to the level of consciousness.”

What is consciousness?

A primary presentation of consciousness is articulated in The Aum symbol. Throughout the day we exist in the wake state, the first state of consciousness. The second state of consciousness is sleep. The third state of consciousness is known as deep sleep state. This state of consciousness is being in the Zone. This state is when our abilities are sharpened and we are capable of great feats without great effort. The fourth state is deep awakening, this is beyond being in the Zone. This state is said to be rarely attained, the likes of Buddha and Jesus being among those who have achieved this superior state of consciousness known as the point behind the veil in the Aum symbol.

The four states of consciousness in Aum are reflected in 108. The wake state is the oneness. The sleep state is the nothingness. The deep sleep state is the infinite. And the deep awakening state is the unsaid, the silence.

Consciousness is perhaps best understood as the awareness of awareness. The level of awareness varies in accordance to the

level of consciousness. Most are aware they are seeing, but are they aware of their thinking? Are you aware of the thought processes taking place within? Are you aware what is behind them? The more we step back and observe our emotions and thoughts instead of simply being subject to them the more aware we become.

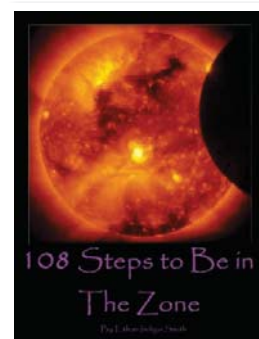
Carl Jung said, “A healthy man does not torture others - generally it is the tortured who turn into torturers.” What is customary is often just that, and beyond tradition has no merit and to outsiders, and further might be considered tortuous the more unconscious folks are involved. It is typical that most people stop the development of their consciousness right around the time we face the most peril and trauma when we are most incapable of dealing with it. When it is too painful to address and move on beyond a situation we will be stuck there consciously speaking. And yet, just being aware of this and even casually contemplating it can change everything.





“The more we step back and observe our emotions and thoughts instead of simply being subject to them the more aware we become.”

Our minds are like great cities of thinking and feeling. And like the island of Manhattan, the avenues and streets of thinking and feelings intersect the islands of our minds. When we are on the block, the city looks one way, and from across the river it looks entirely different, and from above, seeing the entirety, it is another thing entirely. Try to cross the river, or fly a plane, to become more aware of your entirety, of how your thoughts and feelings relate with the city, instead of simply seeing things from only your comfortable attitude or neighborhood.



Want to learn more about the metaphysical relationship of 108, and how it can help you live “in the zone”? Check out Ethan Indigo Smith’s book **108 Steps to Be in The Zone**.

You can connect with **Ethan on Facebook**, check out **his author page on Amazon**, or visit his new websites, **Geometry Of Energy and Meditation 108**, where Ethan offers lessons on individuation, meditation, the conceptualization of energy, and the metaphysical significance of 108.





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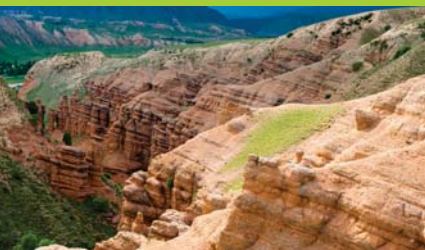
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SAGE VED VYASA DICTATING THE GREAT EPIC MAHABHARATA TO LORD GANESHA

Sculpture of chariot with Lord Krishna and Arjuna, depicting ancient episode from the literature named Mahabharata wherein Lord Krishna tells Bhagwatgita to Arjuna





WATERFALL AT RISHIKESH



CARVING OF A RISHI AT KANCHIPURAM,
TAMIL NADU, INDIA


CHAKRA SYSTEM



ENERGY CENTERS OF HUMAN BODY

THE GRATITUDE FORMULA

The Gratitude Formula shares the importance in using spiritual and practical tools along with the practice of gratitude to magnetize you to receiving more of what you desire in life.

A close-up photograph of two hands wearing red, textured knitted gloves. The hands are positioned to form a heart shape with their fingers. The background is a soft, out-of-focus white, suggesting a snowy or light-colored surface. The red of the gloves is vibrant and contrasts sharply with the white background.

Success is a system, not a secret. The same system applies no matter the size of the goal.



Can you remember the last time that you reached a goal or something turned out the way that you wanted it to? I imagine that you felt happy, grateful, and even powerful. I want everyone to experience that feeling more often with less of the work to get there. I know that we live in an abundant universe and all of us can learn to create the lives that we love by incorporating more gratitude into our lives along with the use of simple spiritual tools.

I decided to write my latest book, *The Gratitude Formula*; A 7-step success system to create the life that you love after spending the last 5 years traveling the world teaching goal attainment systems to corporations and thousands of people. What I learned is that many people feel that big success is unattainable; that there's a secret others know that they don't. I want you to know – that's a lie.

Success is a system, not a secret. The same system applies no matter the size of the goal.

Anyone can use a simple system for success to achieve whatever they desire in life. If you want harmonious



relationships with others or to have that special someone to share your life with – you can have it. If you want terrific health in a pain free energetic body - you can experience that, too. If you want fulfilling and satisfying work or a full bank account and the freedom to do whatever you want, whenever you want – that can be yours. And, if you desire a deeper spiritual connection with an all-knowing power in the universe at the source of your intuition and ultimate advisor - you can enjoy that experience as well.

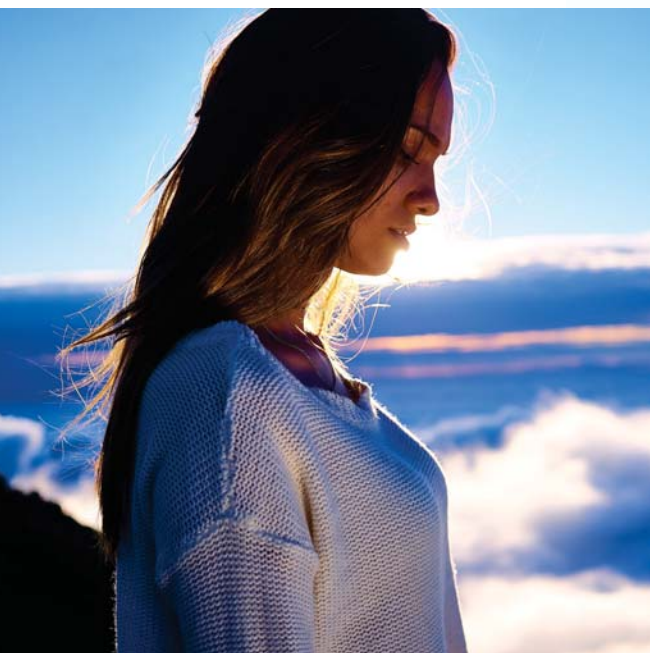
You've already proved how powerful you are in using systems for success. Remember learning to read, or ride a bike, or drive a car? You used a system for success to master these skills. And, what

“The Gratitude Formula shows you how to achieve even larger goals in seemingly miraculous ways.”

about typing on that strange keyboard that's not even in alphabetical order? Maybe your mastery of that skill now allows you to type faster than I can talk. You have already proven that you know how to succeed. The Gratitude Formula shows you how to achieve even larger goals in seemingly miraculous ways. The best part is that it's really simple and gets easier to do over time – just like reading or driving a car.

I've proven that this success system works in growing seven companies to as large as \$100 million in annual revenues and being led to great and perfect health after being diagnosed with cancer. Each goal that I created was bigger than the last, and I achieved them. You can too! Success is a system, not a secret. The most important step is to make the commitment to use the daily system.

The Gratitude Formula shares the importance in using spiritual and practical tools along with the practice of gratitude to magnetize you to receiving more of what you desire in life. As Oprah Winfrey said, "Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough." As you use the system outlined in The Gratitude Formula, good things will multiply in your life!



There are three important elements of this system for success:

1 Hold a daily goal planning meeting with the source of your intuition, who I affectionately refer to as the Chief Spiritual Officer or CSO. In your daily planning meeting, use powerful word statements that describe your goals as completed with gratitude.

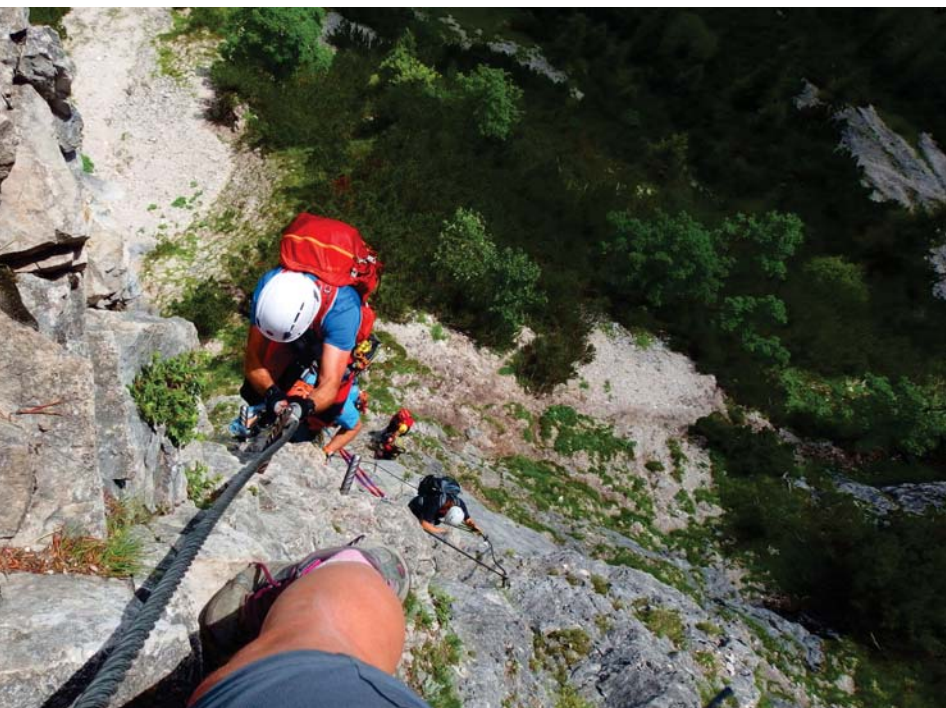
Write down, speak out loud, and imagine what you want, not what you don't want. For example, I know a saleswoman who often says things like, "I really hope that I'm not late for my appointment with ABC Company on Tuesday." Most likely, she'll be late for her appointment because that's what she's focused on. A better way to phrase that would be, "I'm so grateful that I am always on time or early for my appointments and easily facilitate a fair exchange of value with my customers." With statements like those, she might feel inspired to check the traffic report or get ready earlier.



2 Make what you desire familiar and welcome into your life by learning more about other people who have achieved the kind of success you desire. This shifts your beliefs to possibility which is required to achieve any goal. For example, a man named Harold wanted to be a successful real estate agent in Southern California. In the first eight months of his new job, the few clients that he worked with ran him ragged for very little money in commission. Harold couldn't rationally see how he could ever be a successful, well-paid agent with great clients, and started to consider other lines of work. But before he gave up, he committed to creating new

goal statements and using them in the daily practice as part of his system for success. He described his perfect clients and his desired amount of money with gratitude as though he had already achieved his goal. He also took steps to make the success that he wanted welcome by reading about the journeys of successful real estate agents and going to networking events to meet some of them and hear their stories. As he did his daily practice and met other successful agents over several months, his beliefs shifted. Harold started to

believe that it was possible to experience the same kind of success. He didn't know how it was going to happen; he waited for his CSO to illuminate possibilities through intuitive leads. A short time later, he got a strong thought to call surfing shops and corporations who had surfers as part of their executive teams to see if they'd like him to come in and speak for free about the risk-taking characteristics that surfing and business have in common. Since he had been a competitive surfer, he could discuss that topic. He was invited to several places to speak, met lots of new contacts, and received a substantial increase in business that surpassed his original goal. Make what you want welcome to shift your beliefs to possibility.



3 Watch for intuitive thoughts, gut feelings, and signs throughout the day, and have the courage to take the steps that you are guided to take. This builds confidence so that you can manifest your goals sooner. As Harold got the intuitive thought to call surf shops and corporations, he “had courage to follow his intuition” as Steve Jobs advised. Remember, if you don’t feel comfortable taking the step that your CSO gives you, just ask for another lead. Eventually, when the same intuitive message has repeated itself over and over, you’ll feel more confidence in taking the step. There are dozens of stories in my book that will illustrate how you can recognize your intuition as a spiritual success tool to achieve greater levels of health, happiness, abundance, and freedom.

The Gratitude Formula fully explains all of these elements and will show you how to use them to achieve more of your dreams. I’m so excited about the wonderful experiences that will soon be yours as you make a CHOICE to use gratitude as part of your system for success and create the life that you love! I’m grateful for you! For more information about me and my work, please visit www.maymccarthy.com.

“ Watch for intuitive thoughts, gut feelings, and signs throughout the day, and have the courage to take the steps that you are guided to take. ”



About Author

May McCarthy is a highly successful entrepreneur, angel investor, and philanthropist who has spent 32 years uncovering the mystery of how to rely on intuition to experience great levels of success, financial abundance, and freedom. She is the author of the best-selling books *The Path to Wealth* and *The Gratitude Formula* (Hierophant Publishing).



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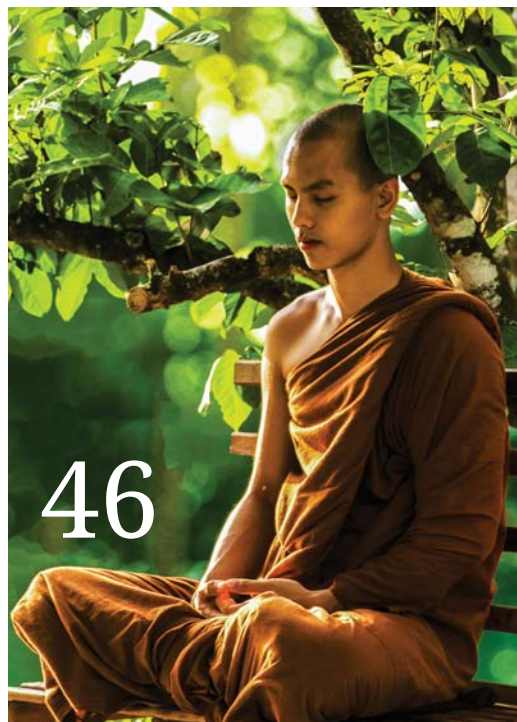
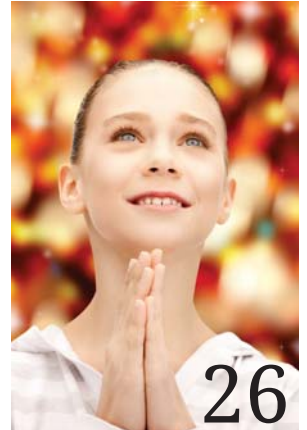


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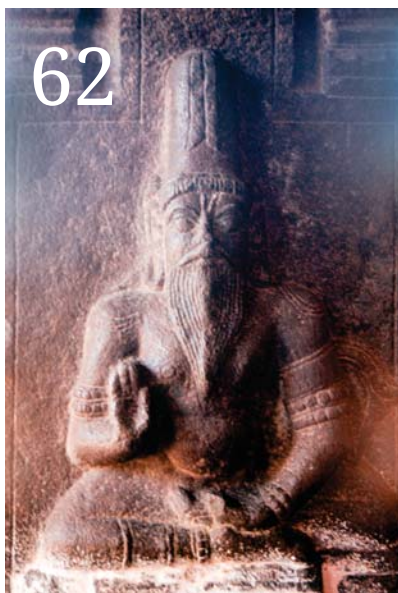
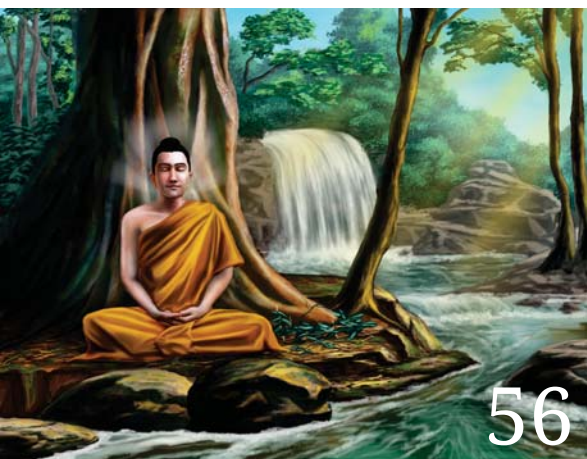
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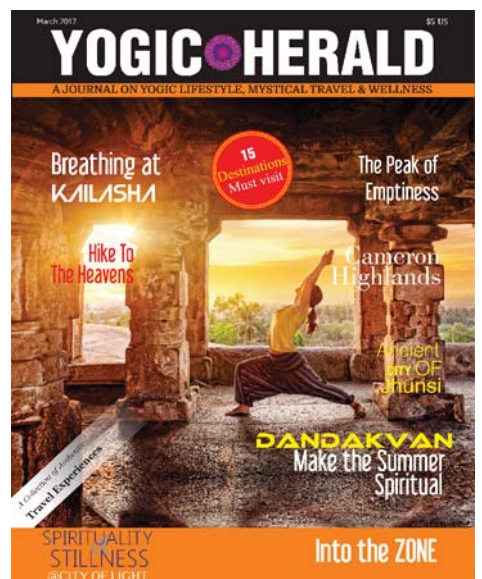
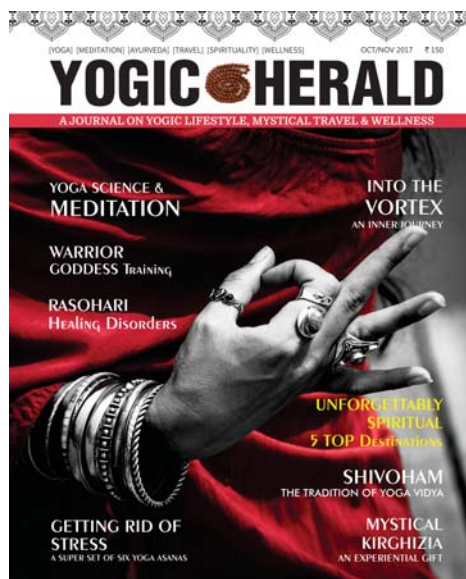
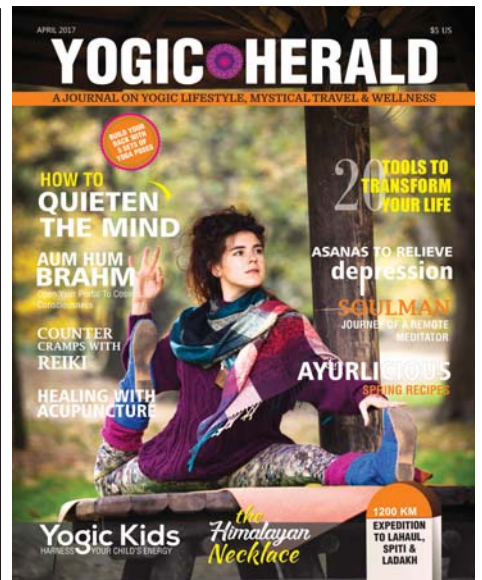
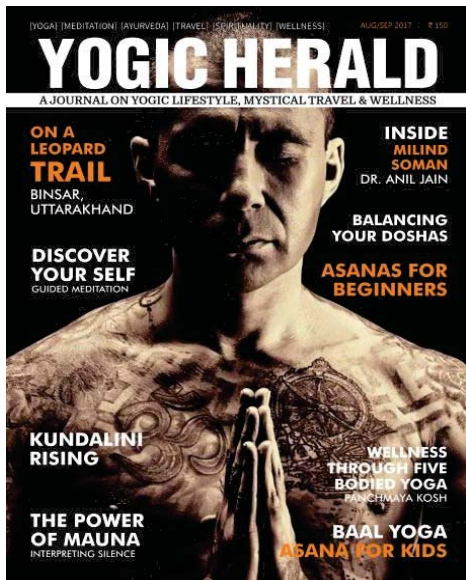
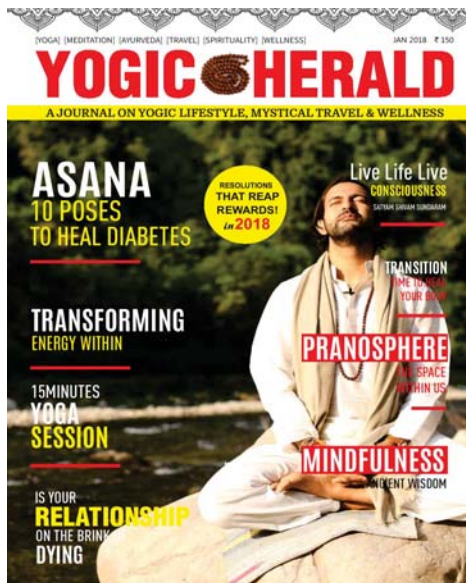
WHO ARE WE

A LOOK INSIDE OUR MAGAZINE PUBLISHER

We are a healthy mix of meditative experience and creative explorers working under the guidance of spiritual monks. Our team loves to meditate, do Yoga, look out for caves in the mountains where one can explore the inner world, meet Yoga enthusiasts and Masters who can share their own Yogic experiences, and try to share precious experiences and learnings of different people through the medium of a monthly magazine that can try and help its readers in everyday life. We also aim to promote the beautiful knowledge of Yoga as well as motivate Yoga enthusiasts all over the world to take that next plunge towards bliss. We genuinely believe in the philosophy of "Sharing is Caring" and love to implement it on a daily basis. Each and every day, as an active participant in the sphere of Yoga, we as individuals and also a team are learning more and more. We would love you too to get in touch with us and leave us a message if you want to share anything regarding your experiences in Yoga, Meditation, Mystical places or Herbs.

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Message from the Himalayas

People living in current age, experiencing an economic slump, coming to terms with the fall in everything and yet witnessing day to day life, crests and troughs. Life is a topsy turvy ride, just like disneyland. It is a constant struggle for most of us. We have all the answers and yet we are bewildered, bemused, befuddled by the ups and downs of life, of the twists and turns of fortune. Is fortune thrust upon us, or our own making? If it is our making, can't we create a wonderful future for us? Can't we burn all our karmic debts? Can't we embrace the pains as fruits we deserved and a clearance of debt? However, very little portion of pain is due to karmic debt because we are a highly evolved species. Majority of it is our creation in this given moment, in these given times, making our life an unnecessary struggle. Can we fix it, of course yes. For how, Yoga is the answer. Not the Yoga you hear or generally know about, the real yoga, which we'll introduce you to. From humanity to divinity is and must be our goal. But hey, one step at a time.

Yoga is an unknown path because most of us don't know too much about our own self. You may be a NASA scientist, doing a great service to space sciences, focussing or researching on the moon or the mars, but you you don't know much about yourself, isn't it? You don't have too much control over yourself, isn't it? Don't worry, most of us

haven't, so you are in the majority, so be comfortable, and yes, there is a solution.

We are a huge world inside, a huge inner uncharted terrain, with no control or awareness about it, hence we need an experienced guide, a sherpa, a co-pilot, a trainer, a guru. A guru has a very different nature and state than you. He is full of compassion, has far-sightedness, loves sharing, is true to himself, is pure, someone who removes your confusions, your illusions. Never argue or discard your Guru's advice on your meditative experiences, bow down and accept when he tells you the truth of your current state. When in the company of a Guru, try to be as pure and as receptive as possible. Trust me, it's not so difficult.

Guiding you is a Guru's dharma. Being pure and true is everyone's dharma. Most people lie to themselves, always blame others, blame fortune, blame God, never try to look into the mirror.

Our life depends upon life energies and if we purify them, if our lifestyle is in sync with nature, if we have adopted the lifestyle of Yoga (Yogam Sharanam Gacchami), our life can jump ship from the cycle of sorrow and joy to the state of pure bliss, pure divinity, you will be full of divine energy and your miseries, your turbulence, will be history. For the first time, you will live life, pure life. That is nectar.

However, you have to understand that right now you are stuck in a web, in a pattern that is leading to heavy loss on all counts, and it will take some time for your life to be fully blissful given the condition that you realize the significance of your roots, embrace the teachings of the great Gurus, make some changes in your lifestyle, practice and implement and adhere to a certain discipline, and have patience. From what you are today to divine bliss is a gradual process, give it some time. You are in a time and era when many have already tasted the nectar, and Yoga being the tool to divinity is not a fairytale story anymore, it's a practical reality. You will to have show faith in the science of who and what you are, and keep moving ahead. Whenever there is an obstacle, write a letter to your Guru or text him/her.

Dharma means whatever is happening within us as well as around us. Nature and our dharma have many similarities and are dependent. If we can get dharma right (for which there are techniques in Yoga), we can also fix our Karma right with some Yogic tools that are common for both dharma and karma. There is a particular Yogic practice in which dharma, artha, kama, and moksha, all are taken care of. Yoga must be complete, your Guru must be complete too, else there can be imbalance. Desires can lead to disease very easily and diseases can destroy us. So desires have to be handled very right. And there is only one way to do it. If you are with the right energy, you will be doing right, thinking right, taking every step right, and to be with the right energy, you need Yogic practice and guidance by a true Guru. Desires could be material or spiritual, but if you are with the right energy, your desires will be righteous and your approach too has to be based on the energies. Also remember, life can throw anything at you anytime, catch you by surprise, be prepared. Do not get shaken, accept the challenge, and face it with the aid of your practice, your Guru. If you can fix yourself, no one can shake you.

From being a mumukshu to moksha, which is considered to be the highest goal or rather the purpose of a human incarnation, very simple, build on all basic pillars like body, mind, life energies, etc before attaining a state of infinite eternal void, also the highest possible intelligence. It is this very intelligence from where the knowledge of Yoga has come, the world has been created, and that is where you have to go to ultimately. Remember, Moksha is not attained at time of death, but when you are alive and physically capable. It is a scientific Yogic process and has got nothing to do with superstition that has been propagated for centuries.

Yogi Ishan

