

To Live or Exist?



A Journey from Self Exploration to Self Actualisation

Khayaal

Thoughts from and within

Volume 2



Editorial Notes

Dear Readers,
In the second volume of Khayaal, we are looking at Life Energy.
We present different views and takes on the same.

“Life energy is also the force that drives us towards leading life with a positive and healthy outlook. It is that which helps us come out stronger through those intensely difficult times. It is that which keeps our hopes alive. It is that which keeps our humanity alive. I believe we get life energy from few people, who are themselves a ball of life energy. I also get my life energy from being with myself for some time every day. Drain, but make sure you gain.”

Editor's notes

I was reading 'The Elephant Whisperer' by Lawrence Anthony, where in one of the chapters, he has described how acacia trees when browsed by antelopes or giraffes release tannin into their leaves, thus making them taste bitter, while also releasing pheromones into the air and warning other acacias around about the potential danger. He has also described accounts of animals disappearing just when a hunter has only planned to shoot a game. Maybe the message is in the wind, he says. Life force, he says, exists in the animal kingdom as well as the plant kingdom, in ways that seem mystical to us.

What is this force? What is life energy? Is it the survival instinct that exists in every species and humbles the human? Is it the energy we have to go about our everyday tasks and duties? Is it that which helps us recover from illnesses? Is it a lot more than that? Or is it just the energy we feel after having a can of Red Bull?

I believe life energy is also the force that drives us towards leading life with a positive and healthy outlook. It is that which helps us deal with our day-to-day challenges. It is that which helps us come out stronger through those intensely difficult times. It is that which keeps our hopes alive. It is that which keeps our humanity alive.

As we go about our monotonous routines, our batteries drain, just like our cell phone batteries. But do we make it a point to recharge ourselves regularly? Or do we just charge our cell phones? We all know what happens when there's low battery – so much of stress with the anticipation of that virtual life that is going to stop soon. And when the battery is about to die and there's no charger, there is a lot of helplessness, and ultimately, after few rounds of 'To be or not to be', we give up. Well, isn't it pretty much the same when we utilize our life energy to help us sustain and pull through the day, but do not recharge it adequately?

I believe we get life energy from few people, who are themselves a ball of life energy. They have so much of it in them that wherever they are and whoever they meet, they pass it on to them. It could be your Guru, or your mother or your daughter, or your newborn or your puppy. It could be a spiritual leader or a friend who is so full of joy and happiness. I have my own circle of people who I get life energy from. And it heals!

I also get my life energy from being with myself for some time every day. Having my own space with my own thoughts recharges me. Because it's not Workers' Paradise, and recreation is equally important and healthy; sometimes, doing nothing and just being helps. Sitting in a garden watching the birds play, watching the trees dance in the wind, being amidst nature and enjoying the antics of squirrels and feeling the breeze against my skin – it is invigorating. It brings with it positivity, that helps me deal with the everyday negativity while still being sane. Listening to and singing classical music or old Hindi classics also fills me up with an indescribable joy and peace. A good book, some good music and a cup of cappuccino and a comfortable hammock amidst the greens – that'd be the ultimate recreation for me!

Drain, but make sure you gain.

- Uttara Iyer, Junior Counselor,
Maanas The Inside Story...



From the Director' s Desk

“It is this paradox about life energy that makes it so amazing. The all-pervasive guiding principle in all living entities including the universe, and yet a simple, subtle and silent flow within us. It is also our becoming aware of it within us and recognising the power it constantly gives us, which is the start point of all change and transformation. The deep experiential knowledge about us that somewhere within, we are all bundles of pure energy, we are the universe and we are life in the making at all points in time. That realisation point is the initiation of an inner directedness to life. A point after which we always listen to the life within us as it is talking to us. Everything then on the outside and our journey further becomes a resonance of this voice from within. That source of direction and energy continuously provides us the strength to fulfil and express ourselves truly as who we are.”

Kumodini

As I pick up my pen and start to write, I think about a lot of things. Readings and memories and discourses about life energy

come to mind. What also comes to mind is, how this thing is written about in a magnanimous, huge, spiritual and out of this world way. Though I know, believe and experience life energy as this larger than life entity, which it is, yet I feel like portraying it through my pen as something simple, something within reach and happening everyday around us.

I don't want it to seem as something out there, extremely huge and out of reach. I want it to seem as something that is just simply unfolding around us all the while. Something within reach and subtly inside each of us. It is this paradox about life energy that makes it so amazing. The all-pervasive guiding principle in all living entities including the universe, and yet a simple, subtle and silent flow within us. It is also our becoming aware of it within us and recognising the power it constantly gives us, which is the start point of all change and transformation. The deep experiential knowledge about us that somewhere within, we are all bundles of pure energy, we are the universe and we are life in the making at all points in time. That realisation point is the initiation of an inner directedness to life. A point after which we always listen to the life within us as it is talking to us. Everything then on the outside and our journey further becomes a resonance of this voice from within. That source of direction and energy continuously provides us the strength to fulfil and express ourselves truly as who we are.

Well coming back to the story I am going to narrate, it is a simple story of a simple house maid, Kumodini. My house maid from whom I have learnt to smile, to hold oneself together, to be sincere and committed and to be of service to others even though your own journey is extremely difficult and full of hardships. Since the day she joined, I had liked her. There was something about her that made me instantly know that she was a good soul. As time went by, my initial feeling got only more and more reaffirmed. The neat and clean Kumodini was always tidy and responsible around the house. I noted minute things like the amount of soap she would use to clean utensils or clothes would be very judicious. Only using how much was required, trying to make it last as long as it could. A thoughtfulness to it as if it were her own and what she would have done for her own house. Never taking a single leave without informing and taking a leave only when there was a genuine need or crisis. No false reasons ever given. I could just leave all my stuff and money all over the house and never feel worried about it.

As the various qualities unfolded and my trust and respect both for Kumodini increased, a relationship developed. The kind that develops between the house lady and the house maid. And subtly beneath it, the kind that develops between one woman and another. Where sharing the small little things about daily life struggles with each other like the *mehengai*, vegetable rates fluctuating every week, sudden escalation of *tur dal* rates, how much phenyl should we buy for this month become discussions that bond and develop a sense of camaraderie amongst them. As time passes, talks about family comes up, with the maids always being more honest and courageous about their entire realities and the house lady mostly ensuring to portray that all is well with her life. Maids somehow don't need any pretences to go through the pains of life. They don't need

anything to hide behind. They are just too busy dealing with the hardships of life and not having any time to build stories around it or defences. Even in their head it is *roti, kapda, makaan* that goes on all the time.

Well, Kumodini shared that she had a 12 year old daughter and she stays with her widowed mother. She had left her husband 10 years back as he was a drunkard and used to beat her up. Since then, she had worked in various homes starting with a monthly salary of 200 rupees as she could go to only one house. When she had separated, for the first few years, her mother could not come to stay with her. It was only Kumodini and her little daughter for a while. She would leave her 2 year old alone at home and go out to do work for 2 hours. As tears welled up in her eyes, she told me how her daughter was very wise even then. In Kumodini's absence, her daughter would never soil the house. She would potty only on a paper that Kumodini would leave behind and then the little girl would call out to some neighbour to clean her up.

From there with her daughter starting schooling and she starting to work longer hours, till today where her 16 year old daughter had passed her SSC exams, I could just imagine what this journey must have been for her. I have been a witness to it only for the past 4 years and the number of ups and downs I have been witness to in this time is not less by any measure. From her mother being financially indisCIPLINED, to being indebted to the neighbourhood *baniyas* and paying 10% rate of interest per month, to having to remove her uterus due to a tumour, to having to suddenly evacuate a particular rented house she was in, to her husband's death, to her in-laws not giving her the house she had lived in earlier and he had died in because she had left him years back – so much had happened and she had seen so much in life by her age of 37 now, that it was unbelievable.

There would be days when she would be worried, sick, struggling, tired, tensed, sad and teary but through it all, always rising up again and walking ahead through all the struggles. Facing each difficulty with a courage and poise I have seen only in rare people. Always smiling, helping, dutiful and committed to her work, through it all. Always full of her unshaking faith in her Christ. Without any gold of her own as it had all gotten sold over the years and yet so rich and content as a person. I helped her financially as and when I could but not as a patron or benevolent giver but as someone who always felt so small in front of her magnanimous and unshaking self. With a realisation that in the face of the mountains of difficulties she went through, my contribution only was a miniscule. She always humbled me.

For me, she became the living symbol of life energy, an element in her that was simply indestructible. An energy that makes her stand up again and again in the face of all that comes towards her. Something that never lets her get defeated or broken down or give up. An energy that keeps her graceful and composed through it all. An energy that keeps putting that smile back on her face. While she believes, her Christ is out there taking care of her and safe guarding her, I feel that her Christ is within her and in her own simple ways, she is an emulation of life energy itself.

There are few times in the work as a therapist that we have to sadly accept that some people are beyond help and that therapy won't work. And there are like Kumodini, beautiful, joyous moments for a therapist where there is a realisation that therapy just isn't needed!!! The other person is a self-healer, the other person has a direct and non-muddled connection with her own healing

powers. The other person has another therapist already in place and the name of that therapist is life energy. To such people, one simply stands in awe and salutes in wonderment!!!

And as the wonderment about life continues to draw me, I put down my pen in humble silence and bow to so much we all learn all the while from such people around us. Such people are the symbols of life energy in its varied expressions everywhere and somewhere silently sitting there within us for us to tap, use and transform.

Wishing that you get in touch with your life energy and with tremendous respect and gratitude to Kumodini.

- Meenakshi Kirtane, Director, Psychotherapist and Counselor, Maanas The Inside Story...



From the Expert's Viewpoint

“The source of life energy is within us. We get this life divine force from spiritual Gurus and learn from them; that will help us to channelize and enhance the life energy within us. Some souls are so pure that even the sight of such people makes us feel full of energy, positivity and bliss. I have had the privilege of being associated with and receiving the blessings of one such pure soul – Paramhans Sadguru Dhyani Swami Shri Hariswaroopdasji. It has helped me in every phase of life; the experience is too extraordinary for words to justify it.

God has given us both life force and destructive force; it is up to us to choose our direction – what is the force that we wish to enhance within ourselves. Practicing Ashtang Yoga is something that helps us to not only stay healthy but also to maintain and build more life energy. It cleans and refines our system. It helps to reach a place in life where one doesn't have anything more to satisfy for one's own self/ego. To keep our energies pure, we need to let go of pride, anger, lust, greed, arrogance etc.”

From the Expert's Viewpoint

શક્તિ નો સ્ત્રોત આપણા માં જ ભગવાને મૂક્યો છે...એનો ઉપયોગ કરો!

Life Divine Force, જીવન ની પવિત્ર અને ઉચ્ચ એવી ચૈતસિક શક્તિ. આ વિષય એટલો ગંભીર અને ગહન છે જેના ઉપર મારું નમ્ર મંતવ્ય દર્શાવવા બેઠો છું ત્યારે એવું લાગે છે કે ચાર આંધળાઓ એ હાથી જોયો અને એ બધા અનુક્રમે સૂંઢ, કાન, પેટ અને પગ ને અડયા પછી દરેક ના મન માં હાથી વિષે તેમનું પોતાનું અનુભવ જ્ઞાન હતું એ ચારેય ખોટા હતા અને આંશિક રીતે સાચા પણ હતા, તેમ હું મારી લઘુ બુદ્ધી મુજબ એ તત્ત્વ ની વાત કરી રહ્યો છું જેને સમજવા આજ સુધી કોઈ સક્ષમ નથી થયું.

શક્તિ ના અલગ અલગ નામ છે કહેતાં તે અલગ અલગ રૂપે કાર્ય કરે છે જેમકે યંત્ર શક્તિ, મંત્ર શક્તિ, વિજ શક્તિ, અગ્નિ શક્તિ, વાયુ શક્તિ અને કોસ્મિક એટલે કે બ્રહ્માંડ શક્તિ. ખરેખર તો એક જ બ્રહ્મ શક્તિ છે. નરસિંહ મેહતા લખે છે, "અખિલ બ્રહ્માંડ માં એક તું શ્રી હરિ, જુજવે રૂપે અનંત ભાસે। દેહ માં દેવ તું, તેજ માં તત્ત્વ તું, શૂન્ય માં શબ્દ થઈ વેદ વાસે"

આમ આ બધી શક્તિઓ ના નામ અનંત છે પણ મૂળ પરમાત્મ શક્તિ તો એકજ છે. જેનો જન્મ નથી, મૃત્યુ પણ નથી, કેહતાં, અંત પણ નથી એ સદૈવ છે - છે અને છે જ.

જેવી રીતે વીજળી કહેતાં electricity એક જ છે પણ એના થી લાઈટ બલ્બ પ્રકાશ આપે, એરકન્ડીશન ઠંડક આપે, પંખા હવા ફેંકે, હીટર ગરમી આપે, ઈસ્ત્રી કપડાં ના સળ કાઢી આપે, માઈક્રોવેવ પદાર્થ તાજા ગરમ કરી આપે વી.વી. અનેક ઉપયોગો છે. આને સંગ્રહિત કરી શકાય અને એનાથી મોબાઈલ ચાલે, ટેબ્લેટ ચાલે, ઈલેક્ટ્રોનિક ગીઝર પણ ચાલે, સ્કુટર બાઈક ચાલે, કાર પણ ચાલે. પણ એ બેટરી નું આયુષ્ય એટલે કે સંગ્રહ કરીને વિતરણ કરવાની 'શક્તિ' નાશ પામે, પછી એ બેટરી કામ માં આવતી નથી. મિકેનિક કહેશે કે "આ બેટરી ની લાઈફ પૂરી થઈ ગઈ છે; નવી નાખવી પડશે." આમ બેટરી જૂની થાય છે એટલે શક્તિ વિતરણ કરવાની એની ક્ષમતા નાશ પામે છે પણ શક્તિ નાશ નથી પામતી.

આમાં થી એક મનુષ્ય ની જ વાત કરીએ તો એટલી બધી અપરિમિત શક્તિ ભગવાને આપણાં ને આપી છે કે જો વિચારીએ તો આશ્ચર્યચકિત થઈ જવાય. ભગવાને આપણને સ્પર્શ શક્તિ, શ્રવણ શક્તિ, દ્રાણ શક્તિ, વાકુ શક્તિ, જોવાની શક્તિ, પાચન શક્તિ અને સર્વ થી ઉપર સમજણ શક્તિ આપી છે જેના વડે આપણું અને જગત નું સંચાલન સફળ રીતે ચાલે છે. આના થી પણ ઉપર એવી વિચાર શક્તિ અંગે વિચારીએ તો...

આખું જગત વિચાર શક્તિ ને આધીન છે. કોઈ પણ કાર્ય પરિણામ રૂપે નજર માં આવે તે પેહલાં વિચાર સ્વરૂપે હોય છે. આ લેખ લખવા માટે પણ પેહલા વિચાર શરૂ થયો, પછી લેખન, અને ફળ સ્વરૂપે આપના

સુધી પહોંચ્યો. પરમાત્માઓ કે યોગી નાં જો દર્શન પણ આપણને થાય કે સ્પર્શ પણ થાય તો આપના માં વીજળી નો સંચાર થાય તેવો શક્તિ સંચાર નો અનુભવ થતો હોય છે. આ લેખ લખનાર ને પણ આવાજ પરમયોગી, પરમહંસ સદ્ ગુરુ ધ્યાની સ્વામિશ્રી હરીસ્વરૂપદાસજી ની દ્રષ્ટી, સ્પર્શ, સંયોગ, સમાગમ અને આશીર્વાદ પ્રાપ્ત થયા છે જેનો અનુભવ જીવન ના પ્રત્યેક કાર્ય માં અનુભવાય છે અને અનેરી શક્તિ પ્રાપ્ત થયા નો અહેસાસ થાય છે.

હવે પ્રશ્ન એ થાય છે કે આવી શક્તિ પ્રાપ્ત કેવી રીતે કરવી અથવા વધારવી કઈ રીતે? તો ત્યાં એક દ્રષ્ટાંત છે કે ધારો કે તમારી કાર કે સ્કૂટર માં હવા નીકળી ગઈ અને રસ્તા વચ્ચે તમારું વાહન અટકી ગયું, તો? કોઈ સલાહ આપે કે તમારી આજુબાજુ આ પુષ્કળ હવા છે, ભરી લો ને, તો આપણને હસવું આવે. એના માટે હવા ભરવાનું મશીન જેના પાસે હોય તેની પાસે જવું પડે. તેવી જ રીતે આવી શક્તિ મેળવવા "આધ્યાત્મિક યોગી સંત કે ગુરુ" પાસે જવું પડે. મિકેનિક કહેશે કે સ્કૂટર આડું કરો કે ગાડી ને આવી રીતે રાખો, તો આપણે એવું કરતા હોઈએ છીએ. એવી જ રીતે, ગુરુ, સંત જેમ કહે તેમ (અઘરું હોય તો પણ) કરવા થી જ આપણી શક્તિઓ વિકાસ પામે છે એ નિઃસંશય વાત છે.

આપણે વિચારીએ કે એક જ પ્રકાર ની આંખ, હાથ, નાક, કાન આદિ ઈન્દ્રીઓ હોવાં છતાં ડૉક્ટર ની આંખ માં ચિકિત્સા શક્તિ, એન્જિનિયર ની આંખ માં નિર્માણ શક્તિ, વક્તા માં બોલવાની શક્તિ, ગાયક માં ગાવાની શક્તિ વી. શક્તિઓ વસ્તુતઃ ભગવાન ની જ અનંત શક્તિઓ છે. ભગવાન આ દરેક શક્તિઓ જીવ પ્રાણી માત્ર ને એની ક્ષમતા, કર્મો અનુસાર આપે છે, અને જીવાત્માઓ એનો સદુપયોગ કે દુરુપયોગ કરે છે. કીડી, મંકોડા જેવા નાનાં જંતુઓ નો ડંખ કેટલો સૂક્ષ્મ હશે અને એમાં થી નીકળતું ઝેર કેટલું સૂક્ષ્મ હશે, છતાં જેને કરડે એને સોજો-તાવ આવી જાય, પીડા પણ ઘણી રહે. એ વિંછી સાપ જેવા નું ઝેર હોય તો મારી પણ જવાય. આ "મારક શક્તિ" પણ ભગવાન ની જ છે.

આપણા સહુ ને ભગવાને એક જ પ્રકાર ની જીવન શક્તિ આપી છે જેનો વિકાસ કરી શકાય છે, દીર્ઘાયુ ભોગવી શકાય છે, સુખી થઈ શકાય છે. વિચાર કરો કે આપણા જેવો જ મનુષ્ય દેહ ધરાવનાર, રાવણ, કંસ, ઓસામા-બિન-લાદેન કે અલ બગદાદી જીવનભર દુઃખી રહે છે, બીજાં ને દુઃખ આપે છે અને અંતે પોતે પણ દુઃખ થી જ અકુદરતી મોતે મરે છે; જ્યારે આ જ જીવન શક્તિ ના માત્ર ને માત્ર પારમાર્થિક હેતુ માટે ના ઉપયોગ થી વ્યક્તિ શંકરાચાર્ય, બુદ્ધ, મહાવીર, ઇશુખ્રિસ્ત, રામચંદ્રજી, શ્રીકૃષ્ણ ભગવાન કે ભગવાન સ્વામિનારાયણ તરીકે ઓળખાય છે. આવા પરમ દિવ્ય દેહ ધારી અને નીરોગી રહેવા ની શક્તિ પ્રાપ્ત કરવા માટે અષ્ટાંગ યોગ સાધવો પડે છે, એટલે કે યમ, નિયમ, આસન, પ્રાણાયામ, પ્રત્યાહાર, ધારણા, ધ્યાન અને સમાધિ. યમ નિયમ માં સદાચાર ના સરળ

નિયમો ના પાલન થી મન, શરીર ની સફાઈ થતાં મનુષ્ય ઉચ્ચ તબક્કા માં પહોંચે છે જ્યાં કેવળ કાર્યશક્તિ જ બાકી રહે છે અને એને પોતાને "સ્વઅર્થે" કાંઈ પણ કરવું બાકી નથી રહેતું. એટલે જ એક સંતે લખ્યું છે કે

"ગિરિવર, તરુવર, સંતવર, ચૌથા બરસે મેહ

પરમારથ કે કારને, ઈન ચારો ધરી હૈ દેહ..."

એક બીજા સંતે લખ્યું છે કે

"સંત મિલન કો જાઈવે છોડી રૂપ અભિમાન

જ્યું જ્યું પાંવ પસારિયે, કોટી યસ સમાન"

નિર્મળ શક્તિ નિર્મળ જ રહે છે અને એના માટે મન ના મળ, અહંકાર, ક્રોધ, કામ, લોભ, ઈર્ષ્યા, અહંતા, મદ, મત્સર, તૃષ્ણા વી. નો ત્યાગ કરવો પડે અને નિર્મળ થયેલાં મન માં કોઈ રોગ પણ નથી રહેતા. અને નિર્મળ મન ની અસર શરીર ઉપર પડતાં શરીર નિર્મળ થાય છે અને રોગો ભાગી જાય છે અને એ મનુષ્ય અરોગી બની જાય છે.

આવા પવિત્ર વિષય પર મારા વિચારો વ્યક્ત કરવાનો મોકો આપવા બદલ હું Maanas The Inside Story ની ખૂબ આભારી છું.

પ્રાર્થના કરું કે આપણા સર્વે પર ભગવાન શ્રીહરિ ખૂબ જ રાજી થાય અને આપણા સર્વે ને ભૌતિક, નૈતિક અને આધ્યાત્મિક દિવ્ય શક્તિ અને સુખ ને અનુભવ કરાવે.

||અસ્તુ||

- Anil Dholakia, Artiste and Composer



Voices

“Life energy is the energy that helps to live life with joy, happiness, liveliness and enthusiasm. It is passion. It is positive feelings. And it is you! It is inside of you! I get my life energy when I do things which I like the most. Music, dance, exercise, drawing and painting or sketching, reading or writing – it could be anything! And yes, it is very much connected to living in the present. Because however bad and sad your past is, if you remain there, you cannot be happy. So it is a matter of choice. Life energy does come from living in the present. And living in the present gives you life energy.”

Life Energy

A man was trying to climb a mountain. He looked very tired and upset, and was feeling pressurized to reach the top. He paused and thought to himself, "In my whole life, what did I do? I always thought about others – what they would think and feel and say about me. Most of the time, I have been doing the kind of work I don't like..." He looked very sad, and seemed pessimistic towards life. There was negativity around him.

Sometime later, another man passed by; he seemed to be very happy, excited and enthusiastic about reaching his goal. He looked at the first man and said, "Brother! Why are you stuck here? Come on, let us go together!" The first man replied, "How can you be so happy with life? Is it really so easy for you to live life with so much of energy and joy all the time?"

The second man smiled and their conversation continued. He said, "I am happy within me and that is why I am happy with life too! Life becomes easy when there is positive energy and joy. Because I always do what I like, that gives me life energy. It helps me to live life with joy and happiness and also helps me to deal with the challenges life throws at me." The first man took a few minutes to absorb what the second man said, while the second man waited patiently. After a pause, he asked the second man, "Oh! You said life energy...what is it and where can I find it? Can you please tell me where to get it from?"

The second man couldn't resist a laugh. He said, "Brother, life energy is the energy that helps to live life with joy, happiness, liveliness and enthusiasm. It is passion. It is positive feelings. And it is you! It is inside of you! There is no place where you can purchase life energy from, but there are things from which you can take life energy; which can help to face the challenges of life. I get my life energy when I do things which I like the most. Music, dance, exercise, drawing and painting or sketching, reading or writing – it could be anything! And yes, it is very much connected to living in the present. Because however bad and sad your past is, if you remain there, you cannot be happy. So it is a matter of choice. You asked me how I can be happy all the time...well...there are problems in my life too. But I choose to not ruminate and think about my past challenges and get engulfed in thoughts of how unfair life has been. I learn and grow, and move on. I still choose to be in the present moment. If I am climbing this mountain right now, it is a big thing for me! It is my dream and it is about to come true! If I look back at my past and think about what I missed out on, then I am going to miss the present moment and add one more thing in that missing list. I want to be in this moment! I want to live it fully. That, my brother, is living in the present. Life energy does come from living in the present. And living in the present gives you life energy. So, do things that you like, and while doing so, be there fully...take life energy to face life with its ups and downs. Brother, I am going to start climbing again now, and soon I will be reaching my destination. Would you like to stay stuck here? Or would you like to join me?"

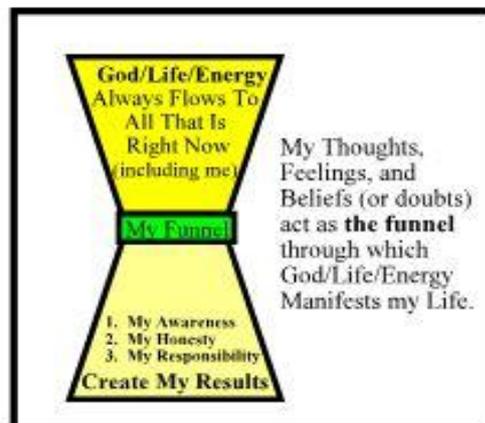
The first man found this monologue not only fascinating but also worth trying. No one had ever put it up to him this way. He replied, "Yes, I would love to join you! Because I just realized that it is indeed a matter of choice. So I choose to go ahead and not remain stuck!" Saying so, he started climbing the mountain yet again, this time, with renewed energy and enthusiasm. He enjoyed nature's beauty after a very long time, and it gave him the joy he had not felt for long.

I hope that after reading this, you all would also make the choice of moving ahead in life.

- Mansi Rami, Junior Counselor, Maanas The Inside Story

Enhance Your Life Energy

- Work a job you love, and your passion and build on it
- Eat healthy
- Stress less, learn proper breathing techniques and start meditating
- Connect with nature daily
- Clear the mind with positive affirmations
- Connect with your inner child
- Make art and be creative
- Dance more
- Get rid of addictions
- Get rid of fear and worry
- Learn to love



"The energy of the mind is the essence of life."

- Aristotle

About Us

Maanas is a Counseling and Psychotherapy Centre that provides services to various sectors and strata of the society. We are an organisation that has a strong remedial as well as preventive focus. We are a group of experienced psychotherapists who believe that each one of us is here to live, experience and express our unique journey called life, and that everyone has the seeds in them to self-actualize their potentials. The entire Maanas team has extensive teaching, training and counselling experience. Please find our details on our website: www.maanas.org.in