

REFLECTIONS



INTERNATIONAL WOMEN'S CONFERENCE

Life, A Mystical Journey

*8th International Women's Conference
February 23rd - 25th, 2018*



LIFE



A





MYSTICAL



JOURNEY

The 8th edition of the International Women's Conference saw the confluence of women from 60 countries including 250 delegates, 60 students from over 30 colleges and 150 rural women from 4 states of India. The conference set the tone for open discussions about critical issues faced by women in positions of leadership and influence and how spirituality provides key tools for their professional and personal journeys.

Many distinguished speakers addressed the delegates and shared their experiences intertwining womanhood with spirituality, leadership and the way forward. The splendid Vishalakshi Mantap provided the perfect backdrop for the 3 day event.

One of the key outcomes of the conference was a signature campaign kick started by the IWC delegation titled #bringbackourgirls and #yazidigirlsmatter to support and bring to attention the longstanding struggles of the Yazidi women held captive by the ISIS.

A leadership in action session saw the delegates deliberate on different focus areas including corporate governance, good parenting, zero budget natural farming, education, gender equality, women in sport, conflict resolution and trauma relief, water, yoga and meditation, the role of women in reviving art and culture, prisoner rehabilitation and open defecation free districts in India to come up with action oriented solutions.

INTRODUCTION



Apart from the dialogues, the conference was lit up by cultural celebrations. With just three days to prepare, a 1000 students from The Art of Living schools across the country presented a classical dance performance. On the second day, leading fashion labels from top fashion designers in India and Viviana Ferragamo from Italy contributed their ensembles for a fashion show followed by an auction in support of the Gift a Smile project that provides free and holistic education to 58,904 students across 20 states in India, in which 48% are girls.







INAUGURAL

ADDRESS





GURUDEV SRI SRI RAVI SHANKAR *Founder - Art of Living*

You may wonder, what spirituality has got to do with gender?
Really, it has nothing to do with gender because spirituality transcends gender.

What is spirituality? Is it something that is not normal or natural? No!

We are made up of matter and spirit. Our body has amino acids, proteins and carbohydrates. Our spirit is made up of love, compassion and peace. All that which enhances the value of spirit is spirituality. Women need it all the more because women are the greatest influencers. A woman influences her children, she influences her spouse, she influences her parents and the society.

A woman is very gentle and soft. So she needs the strength. Spirituality is that inner peace. If you don't have inner peace, you can't have peace in the family. A woman is her best friend and worst enemy as well. A woman, because she is so emotional, has to find the inner strength and peace. If she is peaceful, she can manage all other conflicts at home. But if she is disturbed, and has tears in her eyes, it keeps everyone on their toes.

Having said this, I would say to all the women here today -

Women don't need to go and ask someone to empower them. They already have the power. In this country, from ancient times and in mythology, all powers have been kept with the goddesses. The Ministry of Wealth is with Devi Lakshmi, the Ministry of Education is with Devi Saraswati and the Ministry of Defence is with Devi Durga. What is left? Nothing much is left with the man actually. Devi Shakti is the main power - woman is the main power. In India, we don't say Mr. and Mrs, we say Shrimati and Shriman - Mrs. and Mr. Women empowerment is already there. Take it for granted.

Second, don't take things too seriously. Have fun! If you have fun, you can create fun all around you. If you get uptight, then you create such an uptight atmosphere around you. Humour, fun, entertainment, wisdom, art, architecture, innovation – all these qualities are natural to you.

In this country, women have created 56,000 types of food. If you go to Tripura, which is a small province near Myanmar and Bangladesh border, this little state alone has some 180 varieties of food. People do not know this.

Similarly, life is so dry without music and dance. Create an atmosphere where people talk about wisdom rather than complain about each other or create problems for each other. Creating an atmosphere of celebration is inbuilt in women. You have to make use of this tendency, these strengths that you have, to create multicultural celebrations.

If there were more women religious leaders, perhaps there wouldn't be so many religious conflicts in the world today. Don't listen to people who say that women cannot lead in religious or spiritual areas.

Gender equality is to be honoured in every country. And if religious leaders take up gender equality, then we can move forward very fast and very smoothly. There are many areas where women can take a lead. Don't wait for someone to invite you. Just jump in and take the lead, like all these wonderful women present here have already done.

Innovation and inspiration will come when we are calm and have inner peace. Only a peaceful individual can make peaceful families. And peaceful families can make peaceful localities, communities. And if the communities are peaceful, only then can the nation be peaceful. The root is to find the inner strength, inner peace and that you can do through meditation, through yoga, selfless service, by music and dance. There are so many ways to find inner peace.

Riniki Bhuyan Sarmaji from North East India is here from the entertainment industry. I was there just last month to launch the North-East channel which connects people. Media is there to connect people and so are all arts and sciences. Have a scientific temper and the heart of an artist.





WELCOME

ADDRESS





BHANUMATHI NARASIMHAN

Chairperson

It is a great pleasure for us, the International Women's conference team to welcome you all to this beautiful moment - I would say where so many of you have come from far and also from near, to be with us and learn from each other.

The possibility of something new arises in our life only when we are ready to step into the unknown to explore and to realise a higher calling. So dear ladies and gentlemen, I am very happy to welcome you once again to this beautiful conference named Life, A Mystical Journey.

So on this journey, we have women from over 60 countries participating. We are very grateful to all of you who have travelled from afar. Once again welcome.

Every journey culminates in a goal. I hope these three days will help us to move together towards a larger positive purpose, have a closer personal connect and most of all help us to dive deep within to find the treasures that make life a celebration. This place is looking so celebrative and colourful. Don't you think so? From here I can see all of you, such a wonderful picture.

In fact at the opening of this beautiful hall, the Vishalakshi Mantap, there was a dance programme. After the programme, one elderly woman came to the artist and congratulated her and said how she wished that she could have learned the dance before. She felt it was too late. She said maybe in her next lifetime she would achieve it. She felt that she has missed the bus somewhere.

This was the time when I felt that we can make a difference through spirituality. It is never late. In fact, I know a 75 year old woman who learnt the Art of Living and became a teacher and taught her friends in the village. That is the spirit! Age is no bar in spirituality. We can begin from anywhere. That is the beautiful part of spirituality. It makes you realise your inner strength. And it also gives you the maturity to worry big, in fact about the whole planet or about all the children who have not received education and how we can help them. This is the maturity which comes from spirituality.

When Gurudev and I were small, we had a helper in the house and her small daughter did not go to school. Her parents felt she was a girl and need not go to school for various reasons, economic reasons. Gurudev would say 'When Bhanu can go to school then why not her?'. Perhaps that was how the seed was sown. And now, we are working towards girl child education. Of course, education for all is necessary - whether a girl or a boy but emphasis here is more on girl child education. And I am very happy that we have so many volunteers and well wishers like all of you who have made this possible for us.

There are many experiences that come to us to inspire us to take responsibility and make a change for the better, to bring more smiles. Problems and challenges are always there. But, when we are in the right frame of mind, we can come together to find solutions and move ahead. Most of the time, we are looking for someone else to solve the problem, some hero or some other person. Whereas here on the other hand, Gurudev has inspired us all to be that change, be that hero or leader. And we are so fortunate that He has graced this special occasion with His presence.



Here, I would like to share with you a poem which expresses the mystical side of this conference.

*Is Life a straight road, a clear path, predictable, practical?
It is all in your hands, only seemingly.
Is life a U turn, full of uncertainty?
Perhaps mystical, nothing is in your hands, only seemingly.
The mind is your vehicle to take you to the moon and back, step by step,
Along the known, turn by turn, up and down, into the unknown.
Did it start at the end or does it end at the start.
Come home, beyond the mind, into your heart
Feel connected to the stars and the seas,
The birds and the bees, the flowers and the breeze, to every being that is,
The smallest of the small, the biggest of them all,
Find them within you, one thread that strings them all,
Come home, into the Self, where the wave merges into the ocean.
It knows it was always a part, free from identity and notions,
That is where you will know - who you are.*

Thank you very much. Once again, I welcome you all.

Jai Gurudev.



The image features a vibrant yellow background. On the left side, there are three white flowers with prominent yellow centers and stamens. The flowers are arranged vertically, with one at the top, one in the middle, and one at the bottom. The petals are layered and delicate. The text 'SPEAKERS' is written in a dark, serif font on a white rectangular background that spans across the top right portion of the image.

SPEAKERS

DAY 1

IWC - DAY 1



Hon. Ms. Anuradha Koirala

**Governor, Province of Hetuda,
Founder and Director, Maiti Nepal, Nepal**

Religious leaders should start speaking about gender equality. Human trafficking is a shame to humanity. I'd like all of you to join hands with me to make it a trafficking free society.



Hon. Dr. Jiko Luveni

Speaker of Parliament, Fiji

I have learnt never to be afraid to take challenges and to value yourself and your God given ability to aspire to achieve whatever you may want to achieve.



Hon. Ms. Susana Balbo

Member of Parliament, Argentina

Women's empowerment in emerging countries is the challenge for day. It is the duty of all women to approach world leaders and make them aware of what is needed to be done to reinstate women's rights world over.

IWC - DAY 1



Ms. Anne Lene Hompland

Founder & Chair, Oslo Peace Week, Norway

We need the means and a strategy where various peace organizations can work in unity without competing with each other with the use of technology.



Ms. Chetna Gala Sinha

Founder-Chairperson, Mann Deshi Bank, Mann Deshi Foundation, India

Never provide poor solutions to poor people. The capital of women is not finance, but their real capital is their courage.



Ms. Rani Mukerji

Actor, India

My goal as an actor has now changed. It's not about winning awards or setting the box office on fire anymore. It's about telling stories with the potential to create change. I feel that education will see us give birth to thousands of thought leaders.



Prof. Adriana Marais

**Theoretical Physicist,
Head of Innovation at SAP Africa, South Africa**

One thing that we all share is “Life” and how we choose to live it, is up to us. Irrespective of gender, race, background, culture, each and every one of us needs to contribute to create a future we would be proud of.



Prof. Jyothsna Rani Komaragiri

**Assistant Prof, Centre for High Energy
Physics (CHEP), IISC, India**

In science we probe matter deeper & deeper to find the microcosmic building blocks and in spirituality we probe deeper within ourselves for an inner journey.



Rev. Master Guangpu

Founder, Tongxin Foundation, China

Intuition is directly related to Spirituality. It leads us to self-exploration. Intuition has a big role to play in science since it guides scientists to put together research elements and derive conclusions.

IWC - DAY 1



Ms. Ronnie Newman

Director of Health Education, USA

Spiritual practices have been scientifically verified, to do what no medical therapy, no treatment, no drug on the planet can do.



Dr. Subinoy Das

Professor, President, Divine Shakti Foundation, India

To keep wonder of life alive is our responsibility. To dissolve in the optical illusion of the world and realise that we are all the love, compassion around us and we are this vast space.



Dr. Banani Chakraborty

Researcher, IISc, India

Unless I am happy from inside I cannot bring changes to the world. It's our presence & wonder that we share with people around us that helps us to spread happiness.

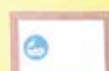


Life, A Mystical Journey

INTERNATIONAL WOMEN'S CONFERENCE

8th International Women's Conference

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SPEAKERS

DAY 2

IWC - DAY 2



Ms. Jiyan Abdulla Merani

Founder, Ronahee Foundation, Iraq

Rebuilding humanity and traumatized people is the biggest challenge in war torn areas. We need to build leaders who can help reduce the impact of war on our people.



Ms. Latifa Ibn Ziaten

**President and Founder, IMAD IBN
ZIATEN Association for Youth and Peace, France**

We need to reach out to the youth who are victims of racism and are rejected by the society. There is violence and suffering around us because we have forgotten the essence of humanity.



Ms. Prajwal Busta

**Chairperson, Block Development Committee,
Jubbal Kotkhai, India**

It will be enough to break the shackles of the medieval outlook towards women. I am very optimistic about changes in the future but it will only be possible when our will is strong and we are open to change.

IWC - DAY 2



Ms. Raseel Gujral Ansal

**Co-Founder & Lifestyle Designer,
Casa Paradox, Casa Pop & RGA 360degree design,
India**

War is an act of resentful non acceptance and play is an act of faith and acceptance.



Dr. Vijitha M. Eyangho

**Founder & Executive Director,
Women's Leadership Initiative, UCLA, USA**

It's not just women who will need to support women's leadership, men need to play an equal role. Men are very important advocates of effective issues and their support for women leaders cannot be ignored.



Ms. Arundhati Bhattacharya

Former Chairman, State Bank of India, India

Never consider yourself a victim. You're not a victim. If something is not working as you think it should, look inside and see where you are lacking and find a solution.



Rev. Pastor Maureen Sibadela

**Founder, Alpha World Ministries,
Social Care Centre, South Africa**

As women, we need to stop crying for the past and look forward. Have focus, concentrate, be strategic and be there for your community and be supportive of your children. Do not give up.



Ms. Rubika Liyaquat

News Anchor, Zee News, India

It is the journey to the mountain that is the hardest. Once you are at the mountain, you are going to get it. So everyone's life is a struggle, but let's have fun anyways!



Ms. Ruth Ostrow

Speaker, Writer, Presenter, Australia

I am shaped by all the things that I am. Whether permanent or not, but they are my teachers. They are obstacles that allow me to grow. I only have to stand on my own feet and learn.

IWC - DAY 2



Ms. Shaikha Al Shaiba

Athlete, Bahrain

First you have to believe in yourself, accept yourself & love yourself. And then share your success with people. Because it's you within you and you are not within anyone else.



Ms. Suvina Shunglu

Principal, Sri Sri Academy, Kolkata , India

Social Media is a fantastic entrepreneurial and marketing tool but it cannot be used to build self-image. If families, schools and friends, work towards building self-image of youngsters who are seeking approval of the 'self' on social media, it goes a long way.



Ms. Tuti Furlan

Director, Iniciativa T, Guatemala

We will be able to enjoy our lives if we change the way we perceive the things that bring us real joy.



Ms. Anupama Hoskere

Director, Dhaatu Puppet Theatre, India

There is no alternative to working hard and being sincere and truthful to what you do and your ownself.



Ms. Elizabeth Coffey

Founder and MD, Spark Leadership, UK

The lack of confidence in women has positive side effects in a way that they become more diligent at what they do. Women are hungry for knowledge and are more sincere to achieve their passion.



Ms. Hema Hari & Dr. DK Hari

Co-Founders, Bharath Gyan, India

Every day and every act is an opportunity of learning and the first step towards learning is wonder. When you wonder you learn!

IWC - DAY 2



Ms. Jaina Desai

Trustee, Sri Sri Ravi Shankar Vidya Mandir School, India

Young people are being bombarded by hundreds of impressions every minute and what all can they do to deal with this mind much better. This quality of joy and play despite living in our competitive times is really what can make us excel as individuals.



Ms. Surbhi Gupta

Director, Rasika Research & Design, India

We need to be fluid, all accepting by nature and allow yourself to change. Hardwork is over rated. Working smart is the key.



Dr. Wiebke Koenig

Head, Global Leadership Academy, Germany

Find your inner flame and nourish it and live for it. Don't fear that you could be brilliant, but accept it because you are. Shine and allow others to shine in your light.



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SPEAKERS

DAY 3

IWC - DAY 3



Mr. Amish Tripathi

Author, India

Fashion keeps changing but wisdom remains constant. If you need to keep wisdom acceptable and fashionable to the prevailing times and region, you need to keep updating it or dressing it up to more acceptable forms.



Ms. Anette Kristine Ringnes

Researcher, Independent Commission on Multilateralism, Norway

Core values and spirituality have never run out of fashion. In today's globalised community which is closely connected with technology, display of core values in one part of the world can easily influence similar acts in other parts of the world.



Ms. Jyotika Jhalani

President and Proprietor at Janavi, India

Fashion has been my canvas for spiritual exploration. It's the most visible expression of who you choose to be, what you believe and who you truly want to become.

IWC - DAY 3



Ms. Madhoo

Actor, India

The changing events of the world are a constant, the variable is actually me and to bring myself back to my constant over and over again despite the changes around is my spirituality.



Ms. Navika Kumar

Journalist, India

I try to find my spirituality in the kind of work that satisfies me and that can contribute to the larger change. To find your focus, quality and your purpose in the midst of chaos is my spirituality. My spirituality lies in my contentment.



Ms. Raji Ramaswamy

CEO, Contract Advertising, India

To make spirituality fashionable to the larger audience we need to bust some of the myths around it. We need to bring out the fact that spirituality is not positioned around a sea of rituals, discourses & serious intervention methods.

LEADERSHIP IN ACTION



**Conflict Resolution
and Trauma Relief for
the Yazidi Community**

Ms. Mawahib Shaibani

**Director, International Association
For Human Values, Iraq**

Every effort to raise awareness and extend our generosity will make a big difference. Supporting Yazidi women and girls is supporting the future. With the collective support of the participants, guests and dignitaries at the International Women's Conference, we managed to raise awareness about the plight of these missing Yazidi women with the effective use of social media, using the hashtag #BringBack-OurGirls.



Parween Rasho Ibrahim

ISIS survivor, Iraq

When ISIS attacked our city they captured 6500 women and children and killed thousands of men in the village. My entire family was captured. The men were killed and the women were used and sold as sex slaves. We need the support of the government and all you people to help us bring back our families and spread awareness about our plight around the world and help us.

IWC - DAY 3



Sari Hasan Khalaf

Art of Living faculty, Iraq

People who haven't smiled in the last two years, after attending these sessions of Art of Living are smiling again. For the last four years I have not see such beautiful colors as I see today at the International Women's Conference because black is the only color in my hometown Sinjar. The Art of Living helped me to come out of depression and serve my people. I request you all to come forward and support the Yazidi community.



Ms. Rugmani Prabhakar

Head, Sustainable Development Initiatives, The Art of Living, India

Lack of places for defecation in the rural areas is the most tragic aspect of being a poor woman in India. Transformation and community involvement is the primary way to tackle the problems surrounding open defecation in India.



Ms. Nutan Kessa

Director, IAHV, South Africa

Our *Prison Smart* programs have already transformed more than 700 lives world over. *Prison Smart* programs are not just about reforming criminals but also about the values they drive home. In addition, they inspire many more around them when they leave the prison.



Ms. Neeva Pradhan

**Corporate Governance and Leadership,
International Corporate Trainer, Nepal**

The group on Corporate Governance and Leadership has agreed upon propagating the fact that Corporate Governance cannot function without culture and a sense of belongingness.



Dr. Prabhakar Rao

**Trustee, Sri Sri Institute of Agricultural
Science and Technology, India**

Zero budget farming is the way forward to make farmers self sufficient and empowered. To promote zero budget farming, the plan of action should be educating farmers about how economical the farming method is.



Dr. Veena Datta

Researcher, Painter, Author and Sculptor, India

Art unites societies. It is a bedrock of belief of cultures. Art is the window to our human soul, the window to the society, and a window into a civilization and an era. Sourcing, distribution, archiving and branding are ways to preserve art and culture for the future generations.

IWC - DAY 3



Ms. Rhea Bhandare

Co-Founder, 5 Sports, India

Issues like proper infrastructure for training of women in sports, promoting sports at the school level to motivate more girls to join sports will make sure we have more women leaders in the sports ministry who will work towards sponsorship for women sports persons. All these issues should be addressed to improve the position of women in sports.



Dr. Smita Mathur

**Chief Administrator,
Sri Sri Ravi Shankar Vidya Mandir, India**

Parents have to be role models for children. Children need to be taught to ask the question, 'what needs to be done' in every situation; which will shift the focus from a lack to abundance and from misery to happiness.



Ms. Mona Shah Joshi

**International faculty member, The Art of Living,
USA**

Inequality in pay scales between genders is a global issue. Formulating strategies that can be deliberated at an individual level is one way to bridge this gap. Solutions like standardizing pay policies in corporates, considering work hours for pay scales and regulating policy issues globally can help to bring about necessary changes.



Ms. Kamlesh Barwal

International Director, Sri Sri Yoga, General Secretary, Indian Yoga Association, India

If we influence institutions to take up yoga in their schools and train under privileged youth to become yoga teachers so they can earn a good living, it will help promote as well as keep the tradition of yoga alive in our country.



Ms. Mallika Krishna

Director, Central Human Resources, The Art of Living, India

Starting more mobile schools to reach the remote areas where proper means of education are not available and to educate parents & change their mind set about girl child education are the ways forward.

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SESSION

MODERATORS



Ms. Kavita Khanna

Board Member, International Association For Human Values, India



Ms. Divya Kanchibhotla

Executive Director, Sri Sri Institute For Advanced Research, The Art of Living, India



Ms. Ruchika Lal

Vice President, B2B Products, Strategy and Business Development, American Express, USA



Dr. Richa Chopra

Corporate Trainer, The Art of Living, India



Ms. Rajita Bagga

President, World Forum for Ethics, India



Ms. Puja Handa Mathur

International Faculty Member, The Art of Living, UK



Ms. Sumathi Jayaraman

**Director, Strategy and Innovation,
United Nations Development Program, USA**



ON-LINE

DIALOGUE



MIND MATTERS

A Question and Answer session with Gurudev Sri Sri Ravi Shankar

Thank you Gurudev! for spending time here to shed light on the elusive qualities of this mind. May we request you to set the context by sharing a few opening thoughts on the mind.

Gurudev:

It's the presence of consciousness that makes the womb grow. When the child is born, it is the presence of consciousness which is central to all the activities and growth of a child. Again it is the mind, the consciousness, which really matters in growth, in repair of the body, maintenance and in creativity, learning. It's the mind which is the instrument of learning, isn't it? Mind or the consciousness functions in four aspects:

One is, mind as *perception*. The first action is perception. Through the ears, the eyes, the nose, through all the five senses - it perceives.

The second function is, having perceived it identifies. That aspect which it identifies, recognizes is *intellect*. Where it thinks. Now the eyes are seeing this, the mind says, *Oh! This is a flower, lotus flower*. This recognizing *what it is* and understanding the words which are spoken is all the second function of consciousness, that is the intellect.

The third is *memory*. Storing what it has learned, what it has perceived from all the five senses, the mind is storing it inside the consciousness. They usually say we store things in our brain. No doubt that the brain is an instrument to reflect the consciousness. But more than the brain, the memory is stored in the consciousness. That's why the whole body has memory, not just the brain. That was an old thought in the Sixties and the Seventies, when psychologists thought that the memory is stored just in the brain. But today we know that it is stored in our DNA. DNA is connected with consciousness, so it stores. It is a lotus, it is pink, I know it and I have seen it. This is memory.

Then the fourth aspect of our consciousness is *identification*. It's just this awareness, mindfulness that I am, I am somebody, I am something, I am a male or a female, I belong to this country or that. This identification about something is what we call ego which is one's own identity. So the four different functions of our mind or consciousness really matters in our whole life. Everything depends on this. From the time we are in the womb, consciousness is playing a role. When we turn three years old, our ego takes over.

Ego means definite identity. Before that a child is very open. The ego is very subtle. But after the age of three, the ego becomes a little stronger. You will see children rebel after



Creativity depends on this identity as well. Now if you see identity there are many layers. Here, really our population or our civilization is stuck. We identify ourselves with one thing and then that also is a cause of fear. Fear of survival. All these things come. See one identifies oneself by saying *I am somebody and those who are different from me no longer belong to me.*

So we have different identities. The first is *gender identity*, 'I am male or female'. It suddenly creates a barrier between others and me. Then the second identity is *race*. I am African or Asian or Caucasian - these identities. That also can create a barrier. It is created by our own mind. And then the identity is by *religion* - I am a Hindu, so non Hindus

don't belong to me. I am a Muslim - those who are not Muslims, don't belong to me. I am a Christian or I am a Jew. Like this, the identity of a religion. Then *nationality*.

When these different identities are there and we are stuck in these identities, we create turmoil and a war like situation in our mind. When we see consciousness beyond all this, if we prioritise our identities : First and foremost, I am light; second, I am a human being; the third identity, I am male or female; the fourth identity, I belong to this religion, this country. All these identities will later on perfectly fit. When we miss the first identity, then everything is topsy-turvy. Don't you think this is what is needed in education today in the world? If people first identify themselves as human beings I tell you, there will be no wars. When they identify themselves more as religion or race or culture or anything else, then they are ready to create the conflict. Because they are ready to die for it. It is amazing how identity can swallow one entirely.

Triggering this awareness in a person makes all the difference. This where I say the mind really matters. How you deal with people, how you interact with them, how you respond or react, depends on how you see your mind. So perception, then observation and expression are all reflections of the mind. Your expression is exactly what you feel inside. What you are inside. And what you perceive outside is how you are inside. You know, if you are uptight and someone gives you a compliment, you feel they are mocking you. Right? It depends on you how you feel. In India, there is a proverb. It says, if a hungry man looks at the moon, it looks like a chapati (laughs), a perfect paratha. He only sees food when he looks at the full moon. So most of the time we project what we are, onto the people or the situation around us. Most of the time, I wouldn't say all the time.

So there is the power of the seer and there is the power of the scenery. Are you getting what I am saying? You are watching a movie. The movie is a scenery and the movie has an impact on your mind. Right? In India, before there used to be tents. Today there are theatres everywhere. I am talking about ten, twenty, thirty years ago. In the villages, there used to be tents, big tents.

They used to project movies. The people who would watch used to get so emotionally involved; suppose the hero is getting hurt and the villain is coming, they would remove



their chappals and throw it at the screen. It has happened with the very big thinkers and politicians of this country in those days as well. You know? There is a story about Bankim Chandra Chatterjee. Whenever he found an act was so real, he would really started to throw his chappals. So it kindles the emotions. If the hero or heroine cried, half the theatre would cry.

This is one reason that many movie stars have become politicians in this country. One is Kavita's own husband, Vinod Khanna. But his story is very different.

In Tamil Nadu and in many other parts of this country there is an emotional connect. That is the power of scenery. Now there is the power of the seer as well. The one who is watching it. Often we ignore the power of the seer. If the seer, the one who is looking at the scenery is strong and balanced, he will not react, rather he would take a proactive step. Are you getting what I am saying? If you and I watch a movie, we would not do things that someone so emotionally involved would've done. Like a rural person would have done. Even they don't do it these days. I am talking about a couple of decades ago. Now you know that it is just a movie. This is the power of the seer.

I am saying that so called rational thinking may not be scientific in nature. Scientific temper, rational thinking and emotional intelligence with a little bit of spiritual quotient makes life very complete. If any one of these is missing, I don't think that you will come out a very balanced, sensible and sensitive person. In life we need both sensitivity and sensibility, don't you agree with me? We need both, no? People who are very sensitive become emotionally charged and at the drop of a hat start crying, screaming, yelling and doing all those things. They are very sensitive. They become miserable if they don't react. They suppress all their emotions and become utterly miserable.

On the other hand, people who think they are sensible think that they are righteous and don't care what others think and how others feel. They become sort of insensitive. They become rude and rough. You know why the people who often get annoyed and angry

feel so? Because they are right. They feel that *I am right*. So when I am right, I have every right to be angry. In this beautiful world which has so much variety and diversity if either of them think that only they will be a good fit, it will cause a disaster. So what is really desirable? It's the perfect balance between sensitivity and sensibility. You need to be sensitive at the same time sharp. What can help you to do this? What can help you to keep that perfect balance of mind? That's meditation!

Q: Gurudev, the first set of questions are all centered around sports. The first one comes via video clip from Norway, from Mr. Inge Andersen. He is the Secretary-General for the Norwegian Olympic and Paralympic Committee. He has also been the cross country skiing team national coach for both Norway and Switzerland.

At the moment, Norway has won the most medals in the ongoing Winter Olympic games in South Korea. Sports is not only about physical ability. It is also about mental challenges and it has a possibility of team spirit. How can we explain the situation with two or more physically equally talented athletes, with the same training program and physical ability. What is it that gives mental strength to rise to be the Olympic champion?

A: I think Inge knows more about sports people than me. He has trained many, many youth. But since I am playing the role of answering the questions, let me see what I can say about it! See it's the attitude. Physical abilities are on one side and second is mental strength. If you are anxious about winning, you are not going to be so efficient. We must understand what sports really mean. Sports is an expression of happiness, an expression of joy. In sports whether you win or lose, you must be happy. But if you are unhappy losing, that means you are anxious about winning. You are anxious. The anxiety to win will make you lose for sure.

Q: The next question is from Ms. Shaikha Al Shaiba from Bahrain, a para athlete and one of our speakers here.

How can you overcome the negative energy that comes to you before the race? I usually get so much negative energy before the race. 'You can't do it, what are you doing to yourself, what are you trying to prove, why are you doing it'. I try to overcome them but sometimes it just stays in my head.

A: You know, you can't learn something in the last moment when you are playing. You can't take nutrition only at the time of playing sports. You need to keep taking your supplements much before, right? If you are a sports person, you cannot say, I am taking the powerful supplements the day I am going to play. You have to train yourself. In the same way, you need to train your mind even before. You say so what? I am just going to play. It's not a profession. I don't like this word professional players. Profession is different and games are different. (claps)

Games are where you just express yourself a hundred percent. In a running race when you are on the track, if you look right and left, you are definitely going to lose. You should not look right and left, you just run on your own track. You put in your 100%, then you know it really relieves you. Your thinking will I succeed or what will I get if I succeed - so what, if you don't succeed. I just want to narrate a little story here.

Once there was a ten year old boy and he was sobbing and crying. I asked him what happened and his mother said that he had lost in a school competition so he was upset and unhappy.

I asked the boy, "What? you lost the race, that's why you are crying? You lost the game."

I said, "Who won?"

He said, "My friend, another guy, he won the game. I lost."

"So you are unhappy because your friend won the game?"

He just thought, "No."

"How would you feel if you had won the game last time and your friends lost. Would you like your friends being unhappy for you if you won the game?"

He said "No."

"So what do you want them to be?"

"I want my friends to also be happy."

"Then you should be happy now."

I said, "In a game either you win or you make others win. There is no need for you to win all the time."

You want to win the game all the time, you play with juniors. You will win all the time. There is no fun in playing the game with your juniors all the time. Your purpose is to play

a fair game. And a fair game means creating a space for celebration. Here, know that you win or you make others win. There is greater joy in making others win also.

Q: This question is from P V Sindhu, India's leading badminton player. When we win it feels great but when we lose, people's disappointment makes us feel bad. So how does a sports person deal with this?

A: Today unfortunately, wars are being played like games and games are being played like wars. The arms lobby considers all wars a game. It's so unfortunate. Games are being fought, are being played like wars. Please remember the spirit of a game is to express happiness. Games are played as an expression of joy. This is what we must remember. Your happiness or achievement is not the end result of the game. Every ball that you play, in every moment of the game is precious, is a victory.

I think this is what it is; if we can just reorient ourselves, not with the end result but every performance. I think we will be over all this turbulence, turmoil that we undergo. What do you say? Don't you think so? Playing the game not for the result, but I am putting in my 100% and enjoying every step of the game thoroughly. Then that's a real game. Perhaps we need to bring this education in the field of sports. That it is not the end result. You should be sincere about the end result yet enjoy every step of the game.

Q: P V Sindhu's coach, Pullela Gopichand, also a former badminton champion. Guruji, we have so many players who really aspire to achieve great heights but are not as talented. Sometimes it is very disappointing to tell them that they don't have the potential to be the top players in the world. How do we deal with such a situation?

A: We need to make them understand that anything is possible at any moment. Do not ever underestimate your potential. Know that you don't know about yourself. Don't think you know about yourself. If you understand that you don't know about yourself, that you have lots of potential, you can come up anytime. You can keep your spirits high. Here again I will say, give them a little bit knowledge about the mind. This is where mind matters. You talk to them a little bit about the mind. A strong mind can carry along a weak body but a weak mind cannot carry even a strong body.

Q: This last question in the sports section comes from Michael Lloyd, the lead psychologist from Cricket Australia.

We know that the incidents of mental health is least consistent if not increasing in the general population. Research is showing us that the incidents of mental health and well being issues are just as prevalent, if not more, in elite sport. I can understand why, sometimes given the pressure associated with performance, increased scrutiny through the general and standard media, not only that, the pressure that individuals place upon themselves. So I'm very interested to know from the Indian yoga perspective how you perceive mental health within your community.

A: I think I answered the question before. It's important to pay attention to your mind, your mental health. The attention on the mental state alone can bring inner strength - in India what we call the memory and the achievement are almost immediate. Suppose you have your goggles on your head and you are searching everywhere else, suddenly you realize, *oh! my goggles are just here, on my head!* With the memory of it you already got it. You need not have to make an effort to get it. When you remembered that you forgot, you already remembered. I forgot my key, means you remembered your key. Got it? So it is instantaneous.

In the same way we need to attend to the thought of attending to our inner self - I need to make myself stronger, you start becoming stronger. There are many aids for it. Breathing exercises are one, proper food is one, right attitude, some meditation definitely will help you. Yoga of course! So a combination of all this and then seeing life from a bigger context.

Suppose you don't want to do any of this, I will say just see your life from a bigger context. Go to a planetarium nearby and see your life in the context of the planets of this multiverse that we are living in. You will suddenly realize that you are insignificant. Many people have come like you and they have all gone. The world still continues. When we see the contrast, in the context of the universe, our life in the context of time and space, suddenly there is an expansion of consciousness within you. That gives you strength. And you will say, 'doesn't matter.' Do you see what I am saying?

So take kids to the planetarium. Anyone who is depressed and worried about themselves, show them the galaxies. So many galaxies are there. Seven billion people. When people come here and they are heartbroken, their relationships are broken, with suicidal tendencies, I usually tell them, 'Look! this planet has seven billion people and half of them are females, half of them are males and one third of them are your age. You have plenty of choices. Never mind if someone doesn't understand you, let them go. That person is not lucky!'

A little awareness that we are living in a world of multiple choices - it doesn't matter if one person goes away. Suddenly they start smiling, you know! Life comes back in them. Because we restrict our life to this small world. We make our own world. Rather we create walls and boundaries around us. We keep worrying and are miserable in our own boundaries. So get out of the boundaries. See life from a bigger context. You will see, you will get all the confidence, strength that you need to move forward in life.

Q: The next few questions are very closely related to what limited identification and how we view games and war. The first question comes from Sebastian Arismendi in Colombia. I want to ask you how all Colombians can be a better society, taking into account the complete context in which we live now, as a result of polarization of the minds of people in favor of peace and against peace? Finally, I want to say thank you, especially to all the helpers of the Art of Living, all over the world.

A: That's good! See an eye for eye, a tooth for tooth is not going to make the world a better place. So revenge is not going to give us back anything. Lets wake up and see life from a different dimension. Inside every culprit there is a victim crying for help. Like you wanted to kill the person because they killed your father, if you ask them why are they killing others they have the same story. They feel that their father, their mother, their sisters were wronged by others. So they have taken to weapons.

Someone who is happy, contented, who is wise will not go and destroy someone else, kill someone else. If someone is taking a gun trying to harm others, it is only with this sense

of wanting to take revenge. Somewhere we need to put an end to it. So my appeal to the people of Colombia is that FARC has learnt a lesson. They realized that they were victims too. They have repented for it. They have asked for forgiveness.

The path they were treading was not right, though their idea was good. They wanted social justice, justice for everybody. Just a few people being rich and being authoritative had made many others miserable. They wanted to bring prosperity to their own people. This is why they took to guns. But the path that they chose was wrong and they realized it. On my appeal, they have followed the Gandhian principle of non violence.

Last year they sent me an invitation and a letter saying, *we have given our word to you, we are forming a political party*. They have formed a political party and are contesting in the elections. I would appeal to the people of Colombia to give them a chance to participate in the political process. After 53 years, they have moved away from the jungle to come to a civilized society to be one of you and me. Let us not reject them, push them back into the forest. Let's give peace a chance! Let us go with truth and reconciliation. You know forgiveness is the greatest virtue. I don't say you don't have it, you all have it. All of us have it in us. Let us express it. This is the time for Colombians to bring out the forgiveness that they have in their hearts into action.

Q: We have question from another perspective from Alojz Peterle in Slovenia.

I certainly agree with you that whatever we do is related to our mind. But I know as a politician how difficult it is to change minds. But you were very successful in convincing FARC leaders in Colombia to change their strategy and to accept the Gandhian non violent way. My question is, what can and should we undertake in order to change the minds of politicians to act in a more peaceful non violent way?

A: Politicians are well meaning when they take up the job, but the pressure on them and the stress that they have to bear on a day to day basis takes a big toll on them, on their health, both mental and physical. I would say they should take a few moments everyday and meditate. If they find a few moments of peace and do a few breathing exercises, it will help them a great deal. You know, when I inaugurated the World Yoga Day and led the United Nations Secretary General, his entire staff and other people there into medi-

tation what he said? Mr. Ban Ki-Moon said, 'I think we need to do this meditation before every negotiation.'

Q: Gurudev, the next question comes from Baroness Molly Meacher, UK, Member of the House of Lords.

How do you think your spiritual teachings can make a difference to the way politics happens in a country like Britain? Do you think it is through changing schools, the way people learn as children or in changing universities? Or is it in changing politicians themselves as human beings?

A: It is a very tough question (laughs). Let me see. You know, not too long ago, we had a gentleman in this land who was very spiritual and who really brought freedom to this country, whose face you see on every currency note in India. He was a politician no doubt but he had deep spiritual conviction. I think he has taught us all quite a lot. Even Martin Luther King has acknowledged that he has followed the principle of Mahatma Gandhi. Simple living , high thinking and commitment for the larger good - larger good for a longer period of time.

Usually in politics you tend to think about short term gains. Of course it is needed. Otherwise you will be called naive. You need to look at short term gains in your politics, in the political arena but you also need to think of long term benefits for the country, for the people. The priority is, *people first, party next, myself third*. If you keep this in your mind, you will be tremendously respected by the people and you will find great satisfaction from within yourself.

Q: Gurudev, we have a question from one of our speakers from Morocco, Latifa Ziaten. If you can help me to convince the youth, they are desperate today.

A: This you can brainstorm. There could be hundreds of ideas on how you can convince youth. There is not one idea. You can have a million ideas about this. And see whichever works. One or the other or the other. I would say you need not convince anybody. If you go with conviction, youth will automatically come. Especially around France, Paris,

we also did some, not on a big scale, though I wished it had happened on a bigger scale. We did some youth leadership training programs for youth around *périphérie* (the road around Paris), our teachers made some efforts and it was good. It was eye opening for the youth.

We need to bring them in on some context, put them in a room, give them a teacher and you will see the transformation happening. Because you cannot tell people before that, you do breathing. Many times we know what is good for us, we never do it. Health food is good. Many people know but not everybody eats health food, right? So convincing someone that this is very good does not help so much, especially youth. So I would say it is the motivation *we can do* that brings them in in some context or the other. That's what happened here.

The King of Morocco felt there are some youth there in Morocco who are youth leaders. They were going into anti-social activities or extremism. So he sent about fifty such leaders here. You know when you give a free ticket, go to India, to another country, people might go. So these fifty radical elements who came here, on the first day, they were incorrigible, very tough to handle. On the second day, they were fighting amongst themselves. You know, it was a new experience for our people here also. Instead of them taking in the experience here, they gave everybody else an experience. But then from the fourth day onwards, I tell you, the whole thing transformed. The three weeks they were here, they were totally transformed human beings. When they went back, the same people who were branded anti-social elements became agents of social change. They started doing good work in villages.

Mawahib is here. She will share more such experiences. We had one group who came from Iraq. We had another group who came from Israel. And they did not know about each other's coming. Just imagine what fireworks we had here. If it was somewhere close by, they would have run away the very first day (laughs). But she will tell you more interesting stories. After a week or so, they fell in love with each other and we had to keep them separate.

Q: We would like to invite another of our speakers, Anne Lene Hompland, founder and chair of Oslo Peace Week.

I have a question regarding women today. Many of them have experienced tremendous trauma of war, rape, and horrifying stories. How is it possible for them not to let this story, the experience become a part of the rest of their life? Is it possible for them to also find out who they are without that story?

A: Yes certainly. This is exactly what we are doing here. What meditation does. As I said the consciousness has got 4 functions - *perception, analysis, the intellect, the memory, and then the identity*. If your identity is so logged on to the memory that is when there is trauma. That is what you call trauma.

See, we all brush our teeth every morning and we have food, but that doesn't register in your memory. Now if I ask you, what did you have for your breakfast on 26th January, 2016, can you tell me? I don't think anyone here can remember what breakfast you had on 26th January, 2016. No it is not lodged deeply in the memory, though we have done that.

So we have these abilities. Our consciousness has this ability to choose what is important. At the same time, if I ask you "when did you get married? When were you born?" That you remember. You remember your birthday. You remember your wedding anniversary. You remember when you broke up or when you graduated. You remember many other things. So these are the events you have given importance to and you have stored it in your consciousness. The other things have faded away.

If you attend to this aspect of consciousness, which is broader, wider, much more magnificent you will realise all these experiences, whether traumatic or painful are much bigger than that and you see them fade away. You see they don't continue to make such a deep impact. You know you are much bigger than that.

Meditation is one way to heal the past scars of memory, traumas. This we have tried after the tsunami. When the tsunami struck the East coast of India and Sri Lanka, in those few moments, people lost all that they had. The survivors, the women who were carrying their kids had to let go of their kids. It was such a hard thing for them. So they did not want to even see the ocean. They wanted to go away from it. The same people when they started doing breathing and meditation, shared a lot of experiences from the third day. They said we are no longer afraid of the ocean. Give us the boats. We want to go back.

Fishermen asked for boats to go back.

Similarly, we have done many such programs in Iraq and now in Syria. You know when we realize our mind is bigger than just this one aspect - memory, there is more scope and room for our existence. Then you get the strength and the confidence to move on.

Q: The next question comes from Ms. Raveena Tandon, from the film fraternity in Mumbai.

I have heard that the life we live, the circumstances we face are determined by our karma. What is the impact of karma on our state of mind? Also, how do you develop a state of mind that constantly remains positive and confident in spite of all the challenges that we face in our daily lives. Sometimes it gets really difficult to stay on the path. Advise.

A: Our karma is a very beautiful concept. Not just a concept, it's a reality. Karma means impression in your mind. The impression in your mind draws similar situations around you. Now for example if you are used to drinking coffee and one day you don't drink any you get a headache. This is coffee karma. You are used to drinking coffee and you want to drink it to get rid of that headache. Someday you say , 'I am not going to drink coffee today. I will see how I face the headache.' Then you will see the next day you won't get the headache if you don't drink coffee. This is getting over coffee karma.

Similarly, you get this rage and you want to strangle somebody. You observe your breath, you watch and you don't do that. Then you don't go behind the bars. So you are saved from the karma of wanting to strangle somebody, right? So in life we keep choosing this. Karma is not fatalistic, it is like the GPS. It is giving you direction. What is inside, what is going to happen. It is giving you just a road map. And if you miss that you will get an alternative road.

So the best way to see the whole thing is, see the past as karma. Whatever happened till this moment in your life take it as karma. It had to happen, it happened. Finished. There was no choice.

When you see that in the past you had no choice it was karma, you become settled in the present moment. You see the future as free will and you will be happy in the present moment. If you do the reverse, you think the future is all destiny, is all karma, the past was free will, you will be miserable in the present moment. Because you will see the past as free will and you will keep regretting that I should have done that. You have become a doctor and you say, 'in my life I have to spend all my time with sick people!' You know you can go on like that in your mind. So you keep regretting the past. Better to see the past as destiny, the future as free will and live in the present moment.

You know life is not all free will and it is not destiny, it's a combination of both. Like your height and your weight. Your height is your destiny, no doubt but if you say my weight is my destiny, then I will not take it.

Q: Our next question is from Amish Tripathi, celebrated author in India. Gurudev, you said it perfectly. That balance and wisdom is required in our world today. The problem is that our education system is doing the exact opposite. It is creating an imbalance and pressure on hundreds of millions of students. And even reforming our education system in India has proved to be exceptionally difficult because it is so vast. What do you feel? What is the solution? What can be done?

A: Fortunately now yoga has been introduced. At least kids have something to do, in which they can get rid of some stress. I think the focus should be on personality development rather than stuffing them with information.

Today you get all the information at your fingertips. You just google and find everything, right? You are correct. We are putting so much unnecessary pressure on our little minds. They have to memorize what happened in our history, in geography and that which is not of use in their day to day life. They have to memorize what happened in 1885, then write exams which are of no practical use to them now. So we must bring a big change in the education system. We need to reform our education system. The methodology of teaching also has to be changed.

Q: Gurudev we have one last question, from Mr Yasuyuki Nemoto of the Water Institute in Japan. He is in charge of the scientific aspect of Dr Emoto's work, especially water crystal technology.

Here in the two day Happiness Program, we put one bottle of water behind your photo. Another bottle with the same quantity of water we put in our office. This was our control. After the exposure to the atmosphere or energy of this two day workshop, we brought the bottles back to office, we froze the water from both the bottles and observed the crystals. The crystals from the Happiness Program were much bigger, showing there was good energy and it shows in the water this way. We conclude that there was extraordinary energy in the two day workshop. So my questions are:

What do you think about water? Do you have any comment on our understanding of the truth about water?

Scientists are now saying that water has memory and can charge or store energy. We believe our body is made up of 70% water. So this means we are water. I want to know water, which is our source, deeply.

A: Isn't that fascinating? Seventy percent of our body is water element. So water also stores memory, not just the mind. Water influences mind. The moon influences the water. Water, mind, moon, they are all connected. So our energy changes when we meditate. That's why the mantras or the sounds impact the water element more than anything else. So music, sound, memory, moon and we are all connected. Meditation just brings that transformation.





The background is a solid, vibrant yellow. On the left side, there are several white flowers with yellow centers, likely night-blooming cereus, in various stages of bloom. A white horizontal bar is positioned across the upper middle of the image, containing the word "OUTCOMES" in a dark, serif font.

OUTCOMES

FROM THE 8TH INTERNATIONAL WOMEN'S CONFERENCE

Education

The Art of Living Free Schools were started in 1981, with an aim to provide free value-based education to underprivileged children. Since the first conference in 2005, this project has been supported, has grown and today the project reaches out to over 58,000 underprivileged children through 435 schools in 20 States of India, in rural, tribal and urban slum areas of India. The children are provided textbooks, uniforms, mid-day meals and in some cases transportation free of cost. The practice of yoga and meditation is integrated into the curriculum of the school and co-curricular activities such as dance, drama, sports, arts and crafts, literary competitions, tree planting campaigns and educational trips ensure the all-round development of the child.



Open Defecation Free (ODF) Project

Toilets are a basic human need. If there are people in the country, who are not able to afford one, or are unaware of the need of the same, it is our responsibility to bridge the societal gap. Every citizen has a right to live with dignity. Women and girls have been the worst sufferers for many generations due to lack of infrastructure facilities. This project is an initiative towards restoring social dignity of the citizen in general and women in particular.

In this conference, we have already executed sensitization programs around ODF, creating awareness to achieve ODF districts in India. We have already reached out to 7 states, 12 Grampanchayats covering 60-70 villages and over 40,000 people. In the next phase we aim to build 4000 toilets.

In Odisha, students of Sri Sri University, Yuvacharyas and Art of Living teachers have conducted several Nav Chetana Shivirs, Bal Chetana Shivirs and Swachhata Chetana Shivirs within a two month period. The villagers were sensitised about the importance of hygiene. Simultaneously, a project teaching rural women Dokra Art to promote entrepreneurship and socio-economic upliftment of women has begun with the help of the Government of Odisha.





Conflict Resolution and Trauma Relief for the Yazidi Community

One of the key outcomes of the conference was a signature campaign kick started by the IWC delegation titled #bringbackourgirls and #yazidigirlsmatter to support and bring to attention the long standing struggles of the Yazidi women held captive by the ISIS.

The delegates were moved by the resilience and determination of the Yazidi women who are rebuilding their lives in the face of heart wrenching trauma and violence. Collectively an intention was made to work together and respond to the humanitarian crisis they live in everyday, without any support from the outside world. 3500 Yazidi girls and women who were captured by ISIS in 2014 are still missing. The IAHV (International Association of Human Values) team of Iraq has since then helped in rescuing several Yazidi girls and young women who were tormented by the ISIS. Few of them have been trained to become peace ambassadors who in turn are serving their communities. The key achievements of the IAHV programs include:

- Development of a 30-member National Task Force in Iraq consisting of elected officials, academicians, judges and religious clergy to eliminate gender-based violence (GBV) to protect and promote women.
- Community Leadership Training Program (CLTP), Life Skills training camps and Resilience-Building programs have been facilitated which benefited more than 500 community members.
- One hundred women have been selected to undergo literacy training and vocational training in industrial embroidery and real estate. Forty eight of them have already found employment.
- Helped in establishing legal assistance for 47 women.
- 68 women were trained by IAHV under the USAID Foras program in job search skills including resume writing, interviewing and job search skills

Every effort to raise awareness and extend our generosity will make a big difference. Supporting Yazidi women and girls is supporting the future. With the collective support of the participants, guests and dignitaries at the International Women's Conference, we managed to raise awareness about the plight of these missing Yazidi women with the effective use of social media, using the hashtag #BringBackOurGirls and #YazidiGirlsMatter. A fund raising initiative was also started under the flagship of IAHV to mobilize funds to support the rehabilitation programs for Yazidi women.



LEADERSHIP IN ACTION – SESSIONS & TAKEAWAYS

A Leadership in Action session saw the delegates deliberate on different focus areas and come up with action oriented solutions. Following are the focus areas and action oriented solutions that the participants arrived at.

I) Girl Child Education

- Mobile schools can reach out to the remotest regions in India
- The Art of Living free schools can utilise Government funding and infrastructure to enrol more girls in their schools
- College students can take on the responsibility of teaching twenty five girl children each and bring them into the literacy fold
- Create awareness amongst parents in rural areas about the importance of educating girls
- Safety of girls to be made mandatory in schools thereby giving the parents much needed assurance
- A policy change at the Government level to make girl child education mandatory

II) Prison Smart

- Work with the entire criminal justice community, including victims of crime, law enforcement officials etc
- Work on programs to reintegrate offenders back into the mainstream
- Improved monitoring and evaluation of our programs to help elevate their outcomes
- Greater partnership collaboration with both the Private & Government sectors to establish a better understanding of recidivism costs in correctional centres and the impact on cost savings globally through our programme, thereby attracting country specific funding
- Contemplate positioning at the right levels to help reduce offenders sentence duration for inmates who have done the Art of Living programs
- Work with dedicated offenders to become facilitators of our program in the prisons
- Launch a powerful social media campaign to elevate the brand name *Prison SMART* and promote its impact thereby facilitating the opening of new correctional centres

III) Good Parenting

- Parenting is a privilege - Treat your children with respect and make unbiased choices for them.
- Nurture spirituality in your children, by giving them a holistic education and exposure to art, culture, sports etc
- In difficult situations teach your child to ask “What needs to be done now?”, rather than “Why me?” , helping them to feel empowered in this age of rapidly rising suicides, depression and drug abuse.
- Consciously teach relationship building and values, by being an example. Children learn by observation and parents have to become the role models that they want their children to become.
- Encourage parents to take steps to build a healthy environment to nurture their minds and relationships.



IV) Gender Wage Gap

- As individuals - Learn to speak up, take risks and negotiate for higher salaries in the hierarchical structure of the work place
- Voice their desires and aspirations to family members especially spouses so they have a support system.
- Spouses can pitch in with household chores in order to reduce the stress on women.
- As businesses – Have clear transparent policies for raises and promotions to eliminate bias in decision making.
- Actively consider women for leadership roles while simultaneously sensitizing employees to the gender pay gap and our conditioning and biases
- As Governments, political organisations and parliament – Formulate policies that guarantee equal pay for equal work
- Encourage more women to join politics and legislate pro women and family policies
- Encourage and educate more women to vote in local, state and national elections





V) Corporate Governance and Leadership

- Focus on culture, human values and soft skills besides technical skills in the workplace
- Cultivate a conducive environment in the workplace filled with a sense of belongingness, trust, communication and so the employees buy in to the company vision
- Cultural diversity in the workplace encourages flexibility of the mind and spirit
- Encourage meditation classes and sessions in organisations
- Creating a conscious space for constant learning circles
- NOTE: A CEO Proprietor of the Nepal Delegation has decided to enrol 1000 of her employees in the Art of Living Corporate Programs in Nepal in a month's time, thereby enhancing performance, staff development and nurturing a positive work environment



VI) Yoga

- Influence institutions to take up yoga in their schools
- Train under privileged youth to become yoga teachers and earn a good living
- Align with people across the world to start yoga studios in their cities and send Art of Living teachers to take sessions there.
- Find solutions for global aversion and non acceptance of yoga wherever present and promote the practise and acceptance of yoga.
- NOTE : Post discussion, one Indian participant wanted to start a Yoga Club in her city and another one wanted to conduct pan India DSN programs.

VII) Women in Sport

- More Government investment for sports facilities from the grass root level to urban areas
- Encourage corporates to sponsor sports facilities and make it mandatory for them to give a part of their CSR towards sports infrastructure
- Sports Ministry to create a special cell for women in sports and provide scholarships in colleges
- Sports to be introduced as a subject in primary and secondary schools and education of both students and parents about the future prospects in this area
- Government and Media to work together to telecast more womens tournaments on television and subsequently reporting it across other media platforms
- Encouraging Government and private sponsorship of deserving women athletes thereby recognising and acknowledging their achievements
- Legislation to ensure equal pay for sportswomen and men internationally



VIII) Reviving Endangered Art and Handicrafts

- Schools and colleges should introduce both practical and theory classes about art forms and its appreciation. The creative outcome thereafter would help build a skill set for income and sustenance
- Currently only people who visit Bangalore ashram can experience what Madhurya has to offer. For Madhurya to reach out to people in Tier 1 and 2 cities, use the Temples of Knowledge (ToK) to increase and promote its network both physically and on the E-Commerce platform
- To initiate a new research department within the Art of Living dedicated to archiving and maintaining a database of all our art forms and historical culture.
- Beautifying the platforms and facades at railway stations using local art forms





IX) Zero Budget Natural Farming

- In 2018, create a thousand agri teachers for Natural Farming.
- Introduce two credits every semester for students of Natural Farming
- Conduct at least one training program in Iraq
- Introduce green architecture in Sri Sri University
- Launch a social media campaign to educate and promote Natural Farming



DELEGATES

EXPERIENCES

T. Bhavani, India

First and foremost I would like to thank IFFCO for giving me the opportunity to attend the International Women's Conference at the Art of Living International Center, Bangalore on 23rd, 24th and 25th February, 2018.

The highlight of this conference were the experiences shared by some of the distinguished women achievers who fought the challenges posed by the society at large. Personalities like Ms. Arundhati Bhattacharya, Ms. Navika Kumar and Ms. Rubina Liyaquat shared their ideas and unparalleled positivity on how to convert adversity into opportunity.

There were brilliant speeches by eminent women but one that caught everyone's attention was Ms. Mawahib Shaibani's. She shed light on the current situation in Iraq. We were appalled to hear about all the atrocities against Yazidi women and children. It was heartbreaking and there was not one dry eye in the room. I sincerely hope and pray that Guruji's efforts bring peace to that region.

Of course, it was surreal to witness the simple and humble persona of Sri Sri Ravishankar ji. He gave us a thought provoking speech which made me realise all the simple yet overlooked aspects of human emotions. I also thoroughly enjoyed the Q & A sessions hosted by Him and it triggered in me a rich train of thought on how I could think and look at life from a different perspective.

The conference also included 'The Happiness programme' conducted by Ms. Puravi Hegde. She explained the various techniques of Pranayama and Sudharshana kriya, and it was an honour to learn these wonderful techniques from an expert.

A special mention for Ms. Savita Bhutani, who was with us throughout the 3 day conference, and she made sure that we were taken care of and that all our needs were met.

I thoroughly enjoyed this thought provoking conference, where we were in the company of such strong women achievers. It gave me a lot of confidence and vigor that going forward, I will be able to contribute efficiently to my work and society at large.

Meenakshi Jonnalagadda, India

This is my first International Women's Conference. What attracted me was the theme – Life, A Mystical Journey. That's not the way a layman looks at life. I wanted to come and see for myself what was going to unfold here. I was quite amazed at the work that was going on and these are things that are not being highlighted. The recipients of the awards are people who have really made a difference in society but we don't get to know of them. I open the newspaper and this is not something that I read. It was quite surprising. I am like a frog in the well and this has really widened my horizons.

Mamta Mahajan, Kenya

Life has been a mystical journey all along. Every time I come to the ashram, there is so much to learn, so much to gather and go back with. At every point it is a mystery. To learn how to handle life, which is an absolute mystery I think this is the place to be in! There is learning with so much happiness and lots of love. It's a different feel altogether. Other corporate conferences just bombard you with knowledge. Here we're dancing, singing as well. It's balancing your left and right brain. There's a lot of interaction with women from so many different fields from all over the world. Something wonderful to take back home.





MESSAGE FROM

Congresswoman Jan Schakowsky

Representative for Illinois's 9th Congressional District, USA

Thank you for your invitation to the 8th International Women's Conference. I write to congratulate you on convening this very critical discussion. There are several issues being debated in your conference that are important.

Violence against women is a critical issue in the world today and it is an obstacle to the achievement of the objectives of equality, development and peace. I look forward to hearing of the outcome of your deliberations on this topic.

Offering girls basic education is one sure way of enabling them to make genuine choices over the kinds of lives they wish to lead. This should not be a luxury anymore.

Women's rights is an issue close to my heart. "Women's rights are human rights." Women are entitled to these rights. Yet almost everywhere around the world, women and girls are still denied them, often simply because of their gender.

Conferences like these move the agenda on these issues through meaningful dialogue. I wish the conference all success and look forward to hearing about the collaborative actions you intend to take together.



MESSAGE FROM

Evelyne Mesquida,

*Founding Director
Femmes Internationales Murs Brisés,
France.*

In this violent world where everything is falling apart, it is our duty to make sure that the word solidarity does not remain a stroke of the pen on paper. Otherwise future generations will soon tread upon a planet Earth deprived of Life, a heartless Earth.

The spark of life which is ever present at the heart of the infinitesimal molecule, and hidden high in the stars at the outermost bounds of the universe is craving for spokespersons who are ready to build a better world.

At this time of emergency, we must be willing to act, far from power games and destructive moves. Let us get our priorities right in our lives because the very essence of Life is threatened from all sides and needs our combined and united forces in action.

Without unity, like wisps of straw scattered by the wind, even the most beautiful humanitarian actions remain mere rain drops in the desert.

An important page in the history of humankind is being turned and our generation must sow the seeds of the future. Because without these seeds of new awareness and collective responsibility, how can life endure on Earth?

The obvious solution is to create a rapid mass action in which women and all men of goodwill who support them have a crucial part to play, the winning card of a spirit of unity yet to be proved.

Will we finally dare to restore the profound link, the unbreakable web which ties the whole human chain to its genuine origins in the universe, the “materia prima”, the unicellular genesis of our material form, our Light body?

Each of us has the inner duty to preserve the memory of the origins of humankind and as we are also the precursors of knowledge and new awareness, we must also build a bridge to the interdimensional so that our children can march, assured, I would say reassured, towards the notion of continuity, endlessness and eternity.

Therefore, the protection of the planet, education with restored values, the support of the poor and the helpless, the genuine social brotherhood, the freedom for research, the right to knowledge, a real commitment to the transparency of power, and a respect for the spiritual will become the natural stakes of the society of the future.





MEDIA

HIGHLIGHTS



Inspiring voices and pivotal ideas that propel change were heard at the International Women's Conference and it was amplified by the media. Be it the lessons on empowerment or the stirring experiences of the Yazidi girls, mainstream media like The Hindu, Business World, Outlook, Times of India, Deccan Chronicle, Dainik Jagran and Malayala Manorama have carried powerful stories from the conference to a larger audience. This time around, the media was more than a mere spectator. Voices from the industry like Navika Kumar, Senior Correspondent and Anchor at Times Now and Rubika Liyaquat, Anchor at Zee News added to the narrative of 'Life, a mystical journey.'

WEDNESDAY, FEBRUARY 26, 2014

BENGALURU 5

Lessons on empowerment

The inaugural session of the eighth International Women's Conference featured a blend of speakers who each have made strong contributions to the world

HARSHINI VASANALAKA

"The possibility of something new arises in our life only when we step into the unknown, to explore a higher calling," began Sharmistha Narasimhan, Chairperson of the International Women's Conference, at the inaugural session, held at the Art of Living International Centre on Kamakpura Road.

The eighth edition of the three-day conference brought together women from over 40 countries, including over 200 delegates from around the world, apart from 600 Indian women, 60 students from across 30 colleges and 70 speakers.

The conference, which usually takes place every two years, is a gathering of scholars, artists, policy-makers, sportswomen and the 20th century's 'pioneer' women, to explore the message of peace and empowerment, including 'spiritual leadership'.

The inaugural session, titled 'Women, Innovation, and Creativity', featured an speakers from across the world including, Chanda Gaikwad, Founder, Chairperson, Mani Datta Bank and Mani Datta Foundation, Anantnag, Jammu, Governor, Province of Jharkhand, Rajni and Founder, Director, Mani Nepal, Anantnag, Jammu, Founder and Chair, Osho Peace Walk, New York, Dr. Jileh Laroni, Speaker, Parliament, Fiji, Rani Shikari, actor, and Neena Kalia, IIT, Agartala.

Opening the session, Anand

in spoke of her journey with Mani, a non-profit organisation that provides girls and women in Nepal from domestic violence, trafficking and various forms of abuse, exploitation and torture.

"It was only after Nepal became a democracy that people started speaking about human rights especially women and children trafficking in Nepal. As a teacher, I could do little to these girls but I didn't know how to help. They were all speaking about it from their own bodies when the problem was in the others and the streets," she

shared Kalia, who began her work following interaction with trafficking survivors who enter on the streets.

"I think it is time for religious leaders to talk about gender equality. Without gender equality, this is not going to stop. I would like all of you to join hands to make the society not killing her."

Actor Rani Shikari led a straightforward perspective, talking about her career as an actor. "As actors, we are fortunate to have the opportunity to meet the needs of audiences through the stories we bring to life. I have been fortunate to be part of thought provoking content that has touched millions of hearts. My next film 'F&M', is one such film that speaks of women's disadvantages into all situations," shared the actor.

"I feel that my goal as an actor has changed. It's really not about winning the best actor award or about acting the best office on film, what about the real thing, telling stories that have the potential to bring about social change."

Dr. Jileh Laroni, Speaker, Parliament, Fiji, shared her message of empowerment, speaking about her journey from a life-changing event to becoming the first woman dentist in Fiji, a golf and table tennis champion, an activist fighting for the protection of HIV in a Parliament.

"My message is, when you allow yourself to experience physical and psychological empowerment either through initiation of creating innovation, you give confidence to achieve excellence in your goals and your

in the understanding across borders' programme among hundreds of other women.

"Last year, we focused at the challenge of urbanisation, about how we can not only look at smart cities, technology and green cities but also about how we can create cities which are about people. We are looking at how we can change education, while focusing on being together despite 'differences,'" she explained.

"As many of you know, more than 70 per cent of the population is predicted to live in cities by 2050. And we are already facing so many challenges as we live closely together. We need to address this, but some people are first, we believe that people are forgotten in the name of technology. Their approach must put people on priority and look at how technology can help us develop potential communities."

In keeping with this vision, she plans to organise a World Peace Exhibition in Ohio in 2015.

"I am now standing, what I didn't know, learning what I didn't learn 22 years ago here in India by using the world if they want to have a peace map in Myanmar to share 'refugees and peace' with us."

The Yiddishkeit Award for women's achievement from 2012-2013 and the Adrienne Keston Award, recognizing the role of women in empowering others, were also distributed as part of the inaugural session.

These awards have been bestowed on members of the organising team such as partners of Dr. Jileh Laroni, and Dr. Rani Shikari.

Creating exchange Images from the first day of the International Women's Conference • *Union Association*

Empowerment of women

The list of speakers featured for the inaugural session of the eighth International Women's Conference, Anantnag, Jammu, Governor, Province of Jharkhand, Rajni and Founder, Director, Mani Nepal, Anantnag, Jammu, Founder and Chair, Osho Peace Walk, New York, Dr. Jileh Laroni, Speaker, Parliament, Fiji, Rani Shikari, actor, and Neena Kalia, IIT, Agartala.

Empowering the potential

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Women don't need anyone to stand up for them: Sri Sri



SPIRITUALITY MEETS GRACE: Sri Sri Ravi Shankar with actor Rani Mukerji at AOL's International Women's Conference on Friday

TIMES NEWS NETWORK

Bengaluru: Stories of bravery, entrepreneurship and demolition of stereotypes held the audience in sway at the inaugural of the eighth International Women's Conference (IWC) on Friday. It's a three-day event bringing together women achievers from all walks of life sharing their stories with students, rural businesswomen and others. The Art of Living (AoL) event, themed *Life, A Mystical Journey*, brought together over 250 delegates from 60 countries and saw participation

of 75 speakers. It is being live-streamed to lakhs of people in over 100 countries.

The conference was attended by personalities from various fields including Anuradha Koirala, governor of Nepalese province Hetuda, who runs Maiti, an anti-trafficking organization; Prof Adriana Marais, a theoretical physicist and one of the 100 Mars One Project astronaut candidates and actor Rani Mukerji.

Chetna Gala Sinha, founder chairwoman of Mann Deshi bank and foundation, the first bank set up for and by rural wo-

men in the country in 1997, spoke of the challenges she faced in getting a Reserve Bank of India licence for the institution.

"They told us that none of the women were literate and couldn't sign documents. Determined to have access to financing opportunities, the women taught themselves the basics in seven months. They claimed their ability to count was more important than their ability to read. This was an important step for women who save as little as Rs 3 per day, and were unable to open a savings account for themselves," she said.

"Women are self-sufficient and the biggest influencers. They don't need anyone to stand up for them," said Sri Sri Ravi Shankar, founder of AoL.

Talking about her changed goals, Rani said, "My latest film highlights a relatively unknown condition called Tourette's syndrome. My goals have changed, now it is not about winning the best actor award or setting the box office on fire, but telling stories that bring about social change. Similarly, calling it girl child education and not simply children's education is bringing about a divide."

(Inputs by Aditi Warnoolkar)

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Continued from Page 17

To discover, unlearn and learn: "Life brims with learning. Girls and women of all ages today have a hunger for development - they seek out formal education, ponder deep topics in close circles and leverage technology to learn continuously. We remember milestones as sparkling moments along the development path: the 'eureka' of discovering a vocation, the rich satisfaction of achieving a stretch goal, robust pride at pioneering, and the bliss of enlightenment. I look at this as a journey with 500 extraordinary women from around the globe, illuminating life's mysteries together" shares Elizabeth Coffey, founder & MD, Spark Leadership.

While it's the thirst for development that eggs on a few, treading on an unknown path is what excites Adriana Marais, a theoretical physicist, head of innovation at SAP Africa. "To me, the allure of the unknown has always felt far more powerful than the comfort of the known.

WE'RE ALL IN IT TOGETHER!



Elizabeth Coffey

Exploring the intersection between science and spirituality, logic and experience, in the context of understanding the wonder of the phenomenon of life, is a journey into the unknown that I am thrilled to be



Trisha Neogi

participating in an international conference which is pretty much the need of the hour!"

The conference has many acclaimed speakers such as Arundhati Bhattacharya; former State Bank of India chair-



Adriana Marais

man, Rani Mukherjee; actress, Amish Mehta; author, Master Guangu : founder, Tongxin Foundation, China, Dr. Wilke Koenig - head of Global Leadership Academy Germany Vivia Ferragamo: fashion

designer, Italy and Chetana Gale Sinha founder and chairman, Manneshi Foundation.

Get going and growing: Sans an age limit (anyone above 18 can participate), the idea is to help women to open up new possibilities for the delegates to grow personally towards social commitment and contribution. Concluding on a similar note, social entrepreneur Trisha Neogi believes the idea is to integrate femininity with all aspects of life. "It gives me immense pleasure to be participating in this conference. It's about integrating femininity with all aspect of life and also developing and understanding different levels of humanity I am really looking forward to all the motivational conversations and the inspirational interactions as well as profound aspirations and all these will be connected with a mystical thread of life," she signs off.

The background features a cluster of flowers in the bottom-left corner. The flowers are primarily white and light yellow, with some petals showing a reddish-orange hue. The stems are dark brown. The overall composition is clean and elegant, with the text overlaid on a white background.

AWARDS

& HONOURS



VISHALAKSHI AWARDS

The Vishalakshi Award is a special award instituted in the memory of Gurudev Sri Sri Ravishankar's mother, Smt Vishalakshi Ratnam. It is a tribute to the exemplary contribution of women across different spheres. The Vishalakshi Award has been presented from the first International Women's Conference in 2005 and 84 Awards have been given so far.





Ms. Anuradha Paudwal

Playback singer, India

For her contribution to the Hindi music industry and to devotional music.



Dr. B. Saroja Devi

Actress, India

For her contribution to Indian cinema and in particular South Indian cinema.



Dr. Padma Subrahmanyam

Dancer, India

For her contribution to Bharatha Nrityam, Bharathanatyam, music and its research.



Ms. Deepa Dave

Art of Living Faculty, India

For her contribution towards peace, harmony and the well being of the people of the North East region.



Dr. K. S. Chitra

Playback singer, India

For her achievements in music and her contributions to the industry.



Ms. Anupama Hoskere

Director, Dhaatu Puppet Theatre, India

For her relentless efforts towards the revival of the art form of puppetry.



Ms. Hema Hari & Dr. D.K. Hari

Co-Founders of Bharath Gyan, India

For their pioneering efforts to repurpose ancient knowledge for the modern age.



Ms. Arundhathi Bhattacharya

Former Chairperson of the State Bank of India, India

For her contribution to the Indian banking industry.



Ms. Shaika Al Shaiba

Athlete, Bahrain

For her grit, determination and for being such an inspiration to human kind all over the world.



Ms. Suvina Shunglu

Principal, Sri Sri Academy Kolkata, India

For her contribution and dedication to education.



Ms. Chetana Gala Sinha

**Founder - Chairperson Mann Deshi Bank,
India**

For her yeoman service towards the upliftment of
life in rural India.



Ms. Amla Ruia

**Social Activist, Founder of Aakar Charitable
Trust, India**

For her path breaking contribution to water har-
vesting.



Ms. Sunita Suri

Hotelier, India

For upholding her husband's legacy in the hotel industry.



Dr. Asha Naik

Superintendent, Narayana Hrudayalaya Hospital, India

For her implementation of various schemes for the improvement of public health.



Ms. R Sundari

Sand Artist, India

For her extra ordinary skills in creating life like sand art.



Ms. Sunita Gupta

**Director – Rasika Research and Design,
India**

For her pioneering work in menstrual hygiene for women of the economically weaker sections of society.



ACHARYA RATNANANDA AWARDS

The Acharya Ratnananda Award was instituted in the year 2012, in honour of Gurudev Sri Sri Ravishankar's father, Sri Acharya Ratnananda. He was a true karma yogi who dedicated his entire life to the untiring service of the community especially the upliftment and empowerment of rural woman through VISTA INDIA. A total of 13 awards have been given thus far.





Dr. P. V Rao

Senior Adult Cardiac Surgeon, India

For his life saving contributions in the field of cardiac medicine.



Dr. Prabhakar Rao

Trustee, Sri Sri Institute of Agricultural Science and Technology Founder, Hariyalee Seeds , India

For his contribution towards chemical free natural farming methods based on Vedic agricultural techniques.



Mr. Sairam Iyer

Singer, India

For his dual voice singing ability and his philanthropic contributions to natural disaster victims.

Dr. Y. Lingaraju

Currently Advisor & Director River Rejuvenation Programmes of the Art of Living, India

For his unwavering guidance and efforts in rejuvenating rivers.



Commander K. Suresh

Senior Art of Living Faculty, India

For his service to the nation, to the Art of Living and his administrative contributions to the Sri Sri Ravishankar Vidya Mandir Trust.







STRESS

MANAGEMENT

&

POWER OF

SOUND



CONFERENCE PROGRAMS

Breath, Yoga & Meditation

Over 350 delegates experienced two of the signature programs of the Art of Living, Happiness and Sahaj Samadhi, during the three day International Women's Conference.



CULTURAL

EVENTS



BRAHMAKAMALAM DANCE:

Unfolding the Mysticism in Creation

The Brahmakalam is a nocturnal flower that blooms in the secret of the night. A thousand students from the Sri Sri Ravishankar Vidya Mandirs, the Art of Living free school and the Sri Sri Ayurveda College in Bangalore participated in the Brahmakalam dance drama conceptualised by Ms Bhanumathi Narasimhan and performed under the guidance of Ms Srividya Varchaswi.

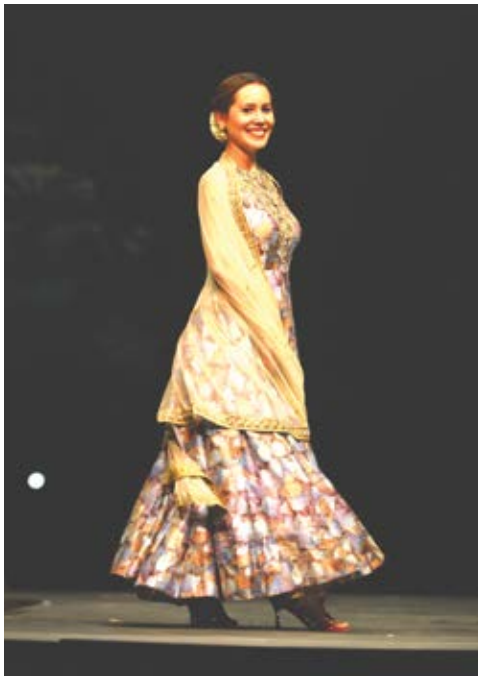




BRAHMAKAMALAM DANCE



This dance drama delved into the five sheaths of our existence - the Panchakosha, *pancha* meaning five and *kosha* meaning sheaths, showcasing various dance forms like Bharathanatyam, Kathak, Kathakali, fusion and contemporary amongst others.



FASHION SHOW









HER EFFULGENT SELF :

Fashion for a cause

23 leading Indian designers, Madhurya Sri Sri Tattva and Vivia Ferragamo from Italy came together with 60 models ranging from the ages of 12 to 80 plus to showcase their stunning creations for the Gift A Smile project. Styled by Ami Patel, Jade and team, choreographed by Sanjay Kumar Dauhaliya and make up by Kanta Motwani & team, models from 15 countries and various states of India walked for this cause.







Sh. Chimedtseye

MUSIC



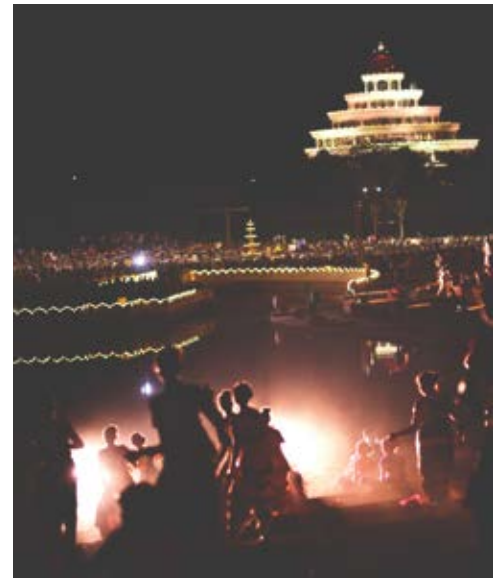
Hema Sardesai



Shruti Dasmana



Gautam Dabir



CONFERENCE





VIGNETTES









WE THANK ALL OF YOU
WHO CONTRIBUTED
TO MAKING THIS CONFERENCE
A SUCCESS



A POEM

*Confidence, compassion
friendliness, laughter and love filled the air
To console and comfort
And create a ripple effect
To come together, to share*

*In spite of all the challenges
connecting everyone with a smile
To be Committed for a higher calling
To return to innocence like a child*

*With secrets of the breath and meditation,
Smiles beamed in all the faces
To compete with nature's glory
Blossoming to it's fullest in all the places
Sunflowers, marigolds, and cosmos
Daisies, chrysanthemum and lotuses*

*In being in the Self
Lies the secret of blossoming
To Breathe, breathe and meditate
To sing, dance and resonate
With thousands of caring hearts
To smile, serve and celebrate
We found the joy
In walking the path.*

by **BHANUMATHI NARASIMHAN**

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