OOCYMINGSOUI THE JOURNEY HOME

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The Golden Space® Group was founded in 2005 as a Holistic Centre with a focus on Meditation (non-religious & universal), Alternative Healing and Life Transformational courses. Founded by International Metaphysical Master Umesh H. Nandwani and co-founder Sushila Devi, with the vision that everyone can live a Holistic Lifestyle – where one has success in career, being healthy and robust, and having fulfilling relationships in all areas of life.

Our group of trainers and practitioners are dedicated to the promotion of total well-being of body, mind and soul of individuals, groups and companies.

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Welcome to 2018 – numbers that add up to "11", is a master number in numerology.

We had laid the foundations of what we wanted from our lives in 2017, the year of "new beginnings". This year, we are given the opportunity to manifest our intentions supported by the energies of positivity and clarity that will dominate the year. To find out what's in store for the world and you in 2018, turn to Page 54 and read the yearly energy predictions channeled by Master Umesh Nandwani.

"Within you resides the very same spark of infinite energy and limitless potential that animates all living things." ~ Panache Desai.

Although the course of our journey here was decided before we came in human form, we nevertheless have the free will to create our lives with our energy and mind set. As Master Umesh says, "Whatever you focus on expands" and this means that the more energy we put into something, the more likely we are

to see results. So why not focus on being your limitless self and create all that you want in life?

Believe you are limitless and anything is possible.

Just as space and time are infinite, the same can be said of the mind. We are limited only by our imagination. And since by definition there can be no limit to imagination, this means everything is possible! This fact is proven by the great inventions of humankind in both the arts and sciences. The progress of human civilization had always been because someone broke through limited thinking and made what was believed to be "impossible", possible.

Then what's holding us back from becoming our unlimited selves?

The mind can be the most powerful tool in the universe when used in the right way. But the mind can also be the biggest obstacle to our happiness, as it is where we hide fears of all sorts, whether real or imagined. Our fears make up the stories we tell ourselves, hemmed in by limiting beliefs that prevent us from realizing our true potential and experiencing our true nature.

Begin your 2018 journey with "Beyond The Sky" on page 10 to unlock your limitless potential and achieve your heart's desire. Break through your limiting beliefs and reach for the stars!

As with every issue, bodymindsoul magazine will be giving a workshop to supplement the issue theme. So if you would like to know more about the infinite possibilities in your life, do book your free seat - workshop details are on page 61. You might even receive the bonus of having some of your fears, imprints or implants removed through a meditation session... are you excited yet?



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Beauty By The Nose

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The Future of Water Bottles

Made From 100% Natural Materials

Say goodbye to plastic bottles with these amazing packaging inventions that enable you to be almost waste-free and at peace with your much-reduced carbon footprint!

There are days when, despite all your good intentions, you forget your reusable water bottle. And that's when you'd be wishing for more environmentally-friendly water bottles rather than the dreaded plastic ones.

The good news is that some designers have already put forth ideas for biodegradable water bottles, made from 100% natural resources.



Ohhhh! Water Bubbles!

In the future, as marathon runners whizz past water stations, there won't be paper cups or plastic bottles of water. They'll be grabbing balls of water that fit into their palms. They'd be tearing a hole in them or popping the whole bubble into their mouths, to keep themselves hydrated.

Called Ooho!, the invention won the joint award for new sustainable products at the EU Sustainability Awards in 2015. The bubble packaging is made from plants and seaweed extract that is tasteless, though flavors can be added too. This is a venture by Skipping Rocks Lab, a company founded by three London-based design students.

The cost of producing the biodegradable material is said to be cheaper than that for plastic water bottles. The packaging can also be done on site, e.g. at a café or food truck at events, thereby eliminating the need to transport the packaging over long distances.

In fact, they claim this packaging can also be used for soft drinks, cosmetics, etc. Imagine the convenience of throwing away the leftovers or waste into your home compost bin.

Immediate Decomposition

Another innovative student has created a water container that can also be consumed, if we wish to do so. Whilst studying at the Icelandic Academy of Arts, Ari Jónsson used agar (a jelly-like substance) to create this particular biodegradable water bottle.

Here's the funny bit — once the bottle is empty, it will lose its shape and start to decompose.

Paper's The Way To Go

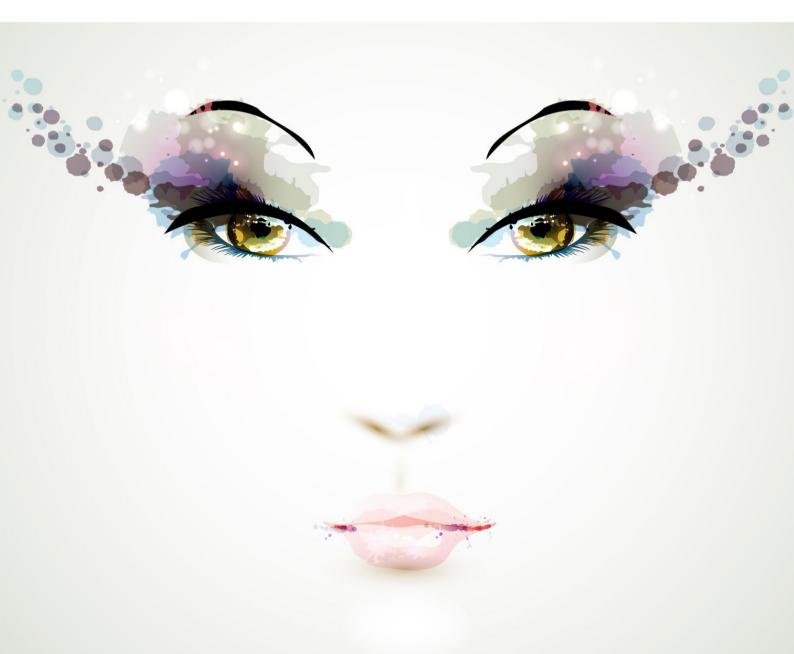
Amazingly, a US-based company has come up with water bottles made out of a specially blended combination of wheat straw, husks, sugar and/or bulrush. Aptly called Paper Water Bottle, this too is something that you can add to your compost pile and let it naturally degrade.

With the increasing number of possibilities, there's hope for the future after all. So, which one would you prefer? The water bubble, agar bottles or paper bottles?





Someone once said, "Your inner beauty never needs make-up." This makes sense as no one sees your inner beauty... or so you think. Beauty does start from the inside as this article will fragrantly demonstrate.



Our Face Maps Our Life

Just as people also say, "You are what you eat", how you feel inside manifests on the outside as well. Your bad habits, such as a stressful lifestyle or sleepless nights, will show up on your face as bags under the eyes or wrinkly skin. How you habitually respond to a situation i.e. reduce the hours of sleep whenever you have deadlines to meet, shows up in the bags under your eyes.

Patterns of thoughts and feelings that are not dealt with can accumulate energetically in certain parts of your face and then may manifest as toxic build-ups that appear as skin impurities, otherwise known as rashes, blackheads, open pores, acne, pimples and such.

With the help of Chinese Acupuncture or Traditional Chinese Medicine (TCM) and Face Mapping, parts of your face that are linked to certain internal body organs can be identified. Refer to the face map on the next page. Certain points in the body can be activated via acupuncture or pressure to clear blockages in those areas and revitalize your energy, moving you towards better overall health.

Aromatherapy – Healing Our Bodies Through Fragrances

There are of course, other physical reasons as to why you may, for example, have acne on your chin but if this happens very often and you have remedied the physical reason, for example, stopped leaning your chin on your hands while doing work, you may become aware that these physical behaviors merely trigger the situation. When this happens to you on a regular basis, the underlying cause could be more serious than you think. Combining knowledge from TCM studies with research by western therapists such as Dr. Carolyn L. Mein, unwanted conditioned responses can also be cleared by accessing these blockages, at certain "alarm points" and the limbic system (which deals with our emotions and memories) of the brain via the olfactory system (sense of smell).

Aromatherapy, which quite literally means "therapy by fragrances or smells", opens you up to the wonderful world of plants and flowers. Working hand in hand with nature reminds us that we are natural creatures ourselves. Have you taken a walk amidst some greenery and felt instantly calmer and more refreshed? It is like connecting with the Source or a special internal place within ourselves and drawing strength or peace from this special connection. The usage of therapeutic grade essential oils is another way we can reconnect to nature and heal our bodies naturally.

In Vol. 14 of this magazine, *The Beauty of a Luminous Consciousness*, the meaning of beauty and our role in creating our own ideals of beauty were discussed. Making a conscious and mindful choice of what you put on your skin which gets absorbed into your cells and

"Patterns of thoughts and feelings that are not dealt with can accumulate energetically in certain parts of your face and then may manifest as toxic build-ups that appear as rashes, blackheads, open pores, acne, pimples and such."

becomes part of who you are, is a way of co-creating what you want in your life, as well as a self-expression of beauty. The same applies to the inhalation of smells as related to essential oils.

A Quick Aromatherapy Guide To Health

Aromatherapy is a huge field and there are many workshops, books and online resources on the subject. The table below gives you an idea of how manifestations, as they appear on your face, can be related to emotional patterns and which oils can be used to help you improve your situation. Look at the face map to identify where the skin impurities usually appear on your face. Dilute any oils with the appropriate carrier oils before use on the face or any sensitive areas. Citrus oils may react to the sun when used on exposed areas outdoors.

Two Simple Steps To Balance

You may start by finding a comfortable, well ventilated and quiet place to work in. Take a few deep breaths in and out to relax yourself. Breathing normally, call to mind if you are not experiencing it at that moment, the feelings and emotions that you wish to work with. Experience it in its fullest expression, keeping in mind that you and the feelings are separate. You are NOT your emotions. Taking a deep breath in, imagine yourself being surrounded by these emotions as if there is an emotional bubble surrounding you and then step out of the bubble as you let out a long breath.

Apply 2-3 drops of oil/s on its own or in a combination, as suggested, on your hands, rub your hands gently together and inhale the scents. You may bring your hands (or apply the oils directly there) to the associated body part or organ and leave it there for a while, visualizing the energies from the oils on your hand interacting with and merging with energies in that body organ, to rebalance it. Imagine a different bubble surrounding you, carrying with it the opposite emotions to replace the negative emotions you felt earlier. Do this on a regular basis at the same times, at least twice a day for a period of 28 days.



1 Small Intestines

Stomach

Bladder

Lung

Liver

Colon

Heart

Genital

Kidneys

11 Pancreas

Gallbladder

Physical point	Associated body part	Suggested oils or a combination	Possible emotional connection
1 Middle of forehead	Small Intestines	Lavender Cinnamon bark Or Combine – lemon, sacred frankincense sandalwood, peppermint, cardamom, clary sage, idaho blue spruce, palo santo and ocotea	Abandonment, unwilling to listen to body or inner needs and the inability or fear of assimilating ideas
2 Sides of forehead	Bladder	Sage Or Combine – cypress, copaiba Or Combine - marjoram, cedarwood, copaiba and grapeseed oil	Sexual conflicts, full of judgement, self-condemnation, unable to handle hostility and power, unforgiving attitude
3 Between eyebrows	Liver	Combine - lemongrass, rosemary, tea tree, lavender, citronella and myrtle	Suppression of anger, stubbornness and frustration
Above eyebrows and philtrum	Heart	Combine – lemon, sacred frankincense, sandalwood, peppermint, cardamom, clary sage, idaho blue spruce, palo santo and ocotea	Stress, lack of personal recognition, need to control and dominate, low resiliency, unwillingness to be open and accept love
5 Under eyes	Kidneys	 Juniper Or Combine – blue cypress, ylang ylang, rose, grapefruit, lavender, geranium, frankincense, royal Hawaiian sandalwood and spearmint 	Inflexible boundaries, frustration, jealousy, resentment, excessive criticism and exhaustion due to overwork
6 Outer corners of eyes	Gallbladder	 Combine - grapefruit, sandalwood and bergamot Or Combine - tangerine, rosemary and marjoram 	Inability to metabolize negative thoughts, indecisiveness, passiveaggressive behavior and resistance to change

Physical point	Associated body part	Suggested oils or a combination	Possible emotional connection
7 Cheekbones	Stomach	 Combine - tangerine, orange, ylang ylang and patchouli Or Combine - bergamot, tangerine and roman chamomile 	Suppressed anger and hostility, desire to control others or assert yourself and defensiveness
8 Middle of jaw area	Lungs	 Combine - lavender, melaleuca quinquenervia and eucalyptus radiata Or Combine - sage, pine, black spruce, clary sage and spikenard 	Fear of rejection, refusal to forgive, fear of lack, unrequited love, reneging on spiritual commitment, a desire to die and unwillingness to accept life challenges
9 Sides of lips	Colon	Lemon myrtle Ginger Peppermint Clove Oregano Or Combine - peppermint, patchouli, juniper, ginger, fennel, anise, tarragon and lemongrass	Emotional imbalances, defeatism, pessimism, fear of self-destructiveness, refusal to let go of own baggage, procrastination and feelings of injury
10 Chin area	Genitals	Combine (female) – basil, peppermint, cardamom, geranium, bergamot, rosemary, lemon, ylang ylang, jasmine, palmarossa and coriander Or Combine (male) – basil, cedarwood, clary sage, ginger, jasmine, juniper, lavender, patchouli, ylang ylang and sandalwood	Conflicts with sexuality, self-image, self-punishment, fear of responsibility, anxiety, lack of self-affirmation and too secretive
11 Nose	Pancreas	Lime Dill Cinnamon bark Or Combine - melissa, angelica, bergamot, geranium, lavender, lemon, frankincense, coriander and ylang ylang	Betrayal, not wanting to be here, unappreciated, and unmotivated

The oils suggested above are by no way comprehensive, the table is meant as an introduction to basic oils. Create your own cleansers, toners, moisturizers and other beauty products and add in the specific oils you need so you can apply them directly on your face as well. Look out for articles and suggestions to do this!

Note: Oils suggested are based on high-gradequality therapeutic oils. Always do a patch test to ascertain if you are allergic to any of the oils or its ingredients before full application. bodymindsoul magazine will not be held responsible for any illness, accidents or allergic reactions due to reader's use or preparation of suggested oils and recipes.



Rose Wong CHt., LC, believes connecting with Source and our spiritual guides is an important start to resolving any issues in one's life. Facilitating creative workshops and conducting transformational private sessions, across Southeast Asia and the North America, Rose lives her passion to be in service to humanity. Join certified Luminous Facelift practitioner and healer, wellness coach, registered counselor and trainer, Rose, in empowering your heart's mission to lead a more positive and luminous life. You can connect with her at rose.wong@bodymindsoul.com.my.



Unleashing Your

Limitless Potential

In A Jiffy!

Lost your mojo lately? Feeling left behind in life, with no motivation to get up from bed in the morning? Well, here's the good news: you are only a few decisions and actions away to turn things around quickly and easily!

1. Persist

- ★ Whatever you do, persist and **never give up**. Obstacles are for us to overcome and learn from.
- ★ Hit the reset button, even if you have reached what you feel is your ultimate low. This time, commit to taking small baby steps daily toward your objectives. Build on small successes and congratulate yourself every time you take a step forward so you feel good about yourself and remain positive and motivated.
- ★ Regularly watch motivational YouTube videos such as those from Team Fearless or Fearless Motivation to inspire and motivate yourself. These videos will help you connect back with your power and purpose.

2. Energy Levels

- ★ Being light in the body and feeling energized are very important as your body is what you use for your daily activities and to achieve your life goals. Eat lean, green and light. Have 3-quarter filled meals and eat fresh organic food. Drink sufficient water for your body to fight fatigue, boost its energy and operate at prime efficiency.
- ★ Exercise for energy instead of burning your body out at a gym. One quick exercise to immediately boost your energy level is a breathing exercise called "Breath of Fire" which only takes a short 15 minutes to perform.
- ★ Spend time alone with nature's powerful energies to connect with the earth's electromagnetic forces and recharge your own qi. This can be done any time of the day. At the same time, connect inwardly with your inner self as well.

3. Your Belief, Your Reality

- ★ Do you believe that you have what it takes to achieve your goals, to be the best and really, really successful? That you have the innate talents and abilities, skills and desire to do what is needed to succeed? You must, because when you truly believe these things, you will start to act positively. With positive action, you will magically find opportunities coming to you to help manifest your dreams.
- ★ The key to reaching your limitless potential is to adopt a limitless mindset. What do you chose to believe?



Finally - The Essence Of Beautiful Skin!



As an essential beauty routine, D'Coconut Essence is easy to use: one product, multiple uses.

Coconut - The Wonder Tropical Fruit

Do you know of any other tropical fruit that has as many benefits as the coconut? The essence of coconut can be used in many forms and its smooth mixture applied anywhere on your body, from your head down to your toes. Used from ancient to modern times, by people of various cultures and ages, this wonder fruit from the tropics has many, many benefits.

The Extract Of Coconut's Vital Essence

This natural essence, without any chemicals or additives, can protect the skin in some of the hottest and sunniest places on earth better than processed and artificial sun creams. Its content of saturated fats gives a smooth texture when applied on the skin, as well as when regularly ingested. On top of this, it evens out your skin tone and reduces the appearances of pores. Furthermore, fatty acids disinfect and protect the skin from microbial infections due to wound exposure.

This coconut oil essence does not turn rancid and has been praised for its anti-aging properties, while the Vitamin E contained in it - 100gm of coconut oil contains 0.1 mg of vitamin E - nourishes the skin, repairs and protects against skin cracks. Rich in proteins, this special essence guarantees that cell

replacement proceeds at a normal rate, even in cases of protein-deficiency. Best of all, you only need to use a small amount each time you use the product!

Ensure that you stay beautiful and healthy from top to toe with D'Coconut Laboratory Coconut Essence by using it:

- for the Hair prevents hair loss, reduces hair damage, cools and soothes severe scalp sweating, prevents breakage, keeps hair moist and soft, keeps dandruff at bay, perfect for styling.
- for the **Skin** removes your make-up, treats acne, psoriasis, eczema, and other skin disorders, keeps your feet and lips soft (lip gel), moisturizes and exfoliates.

Imagine having the skin you've always wanted. The essence of beautiful skin – extracted from Nature's wonder fruit.

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Beyond the sky

The Potential To Be Limitless!

Limitless potential starts with you believing in it and co-creating it with the universe. Anything is possible. Do you have what it takes to unleash the limitless potential in you?

"Human thinking and belief under present consciousness is very 3-dimensional and survival-based... limiting many people from seeing reality from a bigger perspective, especially in the vision of themselves and their environment."

Beyond Present Limits

Human thinking and belief under present consciousness is very 3-dimensional and survival-based. It's very much confined by the memory of past experiences. This has limited many people from seeing reality from a bigger perspective, especially in the vision of themselves and their environment.

When you come from the awareness that there is something bigger than yourself and that the greater universe is working with you and not against you, you are taking the first step to becoming limitless. Getting that level of "limitlessness" takes a lot of self-belief: believing you can do it, and believing you are worthy or deserving.

Do you carry that strong belief in yourself? Or do you often self-blame and see yourself as unworthy of deserving the best that the universe constantly offers you?

Know Yourself

The first knowing is to know yourself.

To achieve that level of self-belief where you realize with certainty that you have limitless potential, you have to know and recognize yourself as a part of the universe, that you are a piece of a gigantic puzzle called life and that you are unique. You shine in your uniqueness and yet you work as a whole, as a collective with other puzzle pieces to form the grand puzzle picture that is the universe.

Potential is limitless because it is an infinite range of possibilities and each of us, unique in our own way, falls somewhere in this infinite range. There is no duplication, not even with twins, because manifested potential is such that no one is like another. This is how beautiful we are.

Achieving Your Heart's Desire

Limitless potential means you carry the potential to achieve your heart's full desire. This can be anything you aspire and inspire to be.

"Let's say I want to fly, can I do that with limitless potential?" Yes, of course!

There are people who devote themselves to the level where they understand the deeper truth of physics. Eventually, they will find the means to defy the planet's gravity like how the birds do in their own unique way.

Yes, to me even taking off to the air and flying is possible. To become a master of flight, the person must first understand and master a lot of other things in their life: the universe's flow, the universe's mechanisms, universal laws, the laws of life, and so on. It is a multidiscipline study of the universe and how it works, its patterns and rules. It is indeed science. By mastering all these disciplines, they'll become a master physicist. After that, of course anything can happen.

To achieve limitless potential is also to go beyond your limiting beliefs about the world, old beliefs that leave you stuck instead of new beliefs that take you off to newer and greater heights in your life.

The new belief must not only happen at the conscious level but must also happen at the unconscious level. It's not that, "Okay, I believe I'm love and light" and the person flaps his arms and flies. Of course not!

The belief must be there at every level of one's being — physical, emotional, mental, biological and energetic. This is absolute belief which will become a manifestation. When that happens, it's no longer a belief but a manifested fact.

Know Your Relationship With The World

The second knowing is the relationship between you and the world.

This is a relationship you have for life, and in order to master life you have to understand the relationship between the world and you. For example, playing and winning in any game means you'll have to know the rules, play techniques, winning strategies, and so on. You must be good at knowing what you must do in this game to win it.

You learn from all your relationships with the world. You learn about yourself from your personal relationships, work, leisure, the way you treat people, how you handle problems and so on. All the incidents around you tell you about you, and you learn about yourself this way.

But if you live your life blind to what's happening in your interaction with the world, then you will never realize and "wake up".

You Are Not Alone

Once you start your journey of discovery, you'll find that everything is telling you a story about you. Then only will you begin to see life as an inter-connected whole, and not as different compartments of family, work, money or relationships. Family, work, money and relationships are just different pieces of the same puzzle.

You are literally finding the connections within the puzzle. Eventually when you start solving the puzzle, fitting in the various pieces together, you will start to see a bigger picture of life, and that's when you will understand that you are never alone and always connected to the whole.

Connected with the whole means you are connected to 7 billion people on this planet, with all the plants, with all the animals, with both the seen and unseen, and with whatever you intend for. It's the power from the universe that we carry inside us and all we need to do to realize our limitless nature is to just ignite it by experiencing it.

Working With The Whole

You become a creator of life in the process of realizing your limitless potential.

You are never limited by your individual physicality. Your potential is not limited by "you" as an individual but becomes limitless when you work within a collective, as a whole. And then what comes together in the end is not up to us, but up to the universe where universal laws are at work. An example of this is the law of attraction.

Healing The Inner Shadow

There is a lot of shadow stuff that blind people from seeing the truth, so people need to remove all these layers of shadows to see the truth in themselves.

Remove the negative emotions that your environment had implanted in you since you were small. Remove the programming and the conditioning, because without them you will easily know the truth to realize your limitless potential.

The best way to work with negative emotions is to talk with your body. The body records all these emotions and so you have to communicate with your body to allow it to discharge these emotions. It takes a lot of courage for people to face their emotions, take responsibility for their life and accept all that had happened in the past and let go. When the person is willing enough, the body will respond a hundred percent.

The person will be willing when the mind is willing. But most of the time, the mind is always in the way and resisting. So your mind will first have to buy into the concept before your body does. Your mind has to believe in it and it has to agree. When that happens, whatever command you give your mind will be conveyed to your body. That's when your body will start healing itself. How your body does the healing isn't important to know because the key is that your body is willing to accept the change and let go of the negative emotion.

Remembering Our True Potential

The scenario is like a cat raised by dogs that thinks it's a dog. Running with the dogs, this cat will keep on thinking it's a dog until the day when all its "dog" implants are removed. Once removed, the cat will wake up and realize that it was never a dog all along. So, it'll return to behaving as a cat which is its true being. No, it needn't learn to be a cat at all as it had already been one from the very beginning.

Once you remove all the negative emotions and old implants, you will remember that you have always been limitless from the very beginning. It's actually only a journey of remembrance of who you really are.

"They are limited in their beliefs due to the way they were brought up and their past memories of bad experiences... The first thing people need to do is to break through their limiting beliefs." bodymindsoul 13



Reaching Limitlessness

What can you do to reach your potential?

- · Take immediate action when your heart speaks to you,
- Follow the guidance from the universe or from the people around you.

Assume you're looking for a job. You may follow either your inner guidance, the direction of someone who knows, or signs that show up along the way. You get interviews at three companies but you don't land the job until the interview at the fourth company, which happens to be the perfect company for you.

What happened here is that although you didn't get the job initially, it was because of those interviews that you landed the job at the final company. Maybe you needed to go through the experience of being interviewed at those companies, to pave the way for you to finally land that perfect job.

Things are never what they seem or interpreted by our limited thinking. The universe does work in mysterious ways. And a lot of times, it may give you something much better than what you had planned for.

That's why you need to follow the flow, without analyzing and don't stop taking action. Shout out a "yes" to every opportunity. Trust the guidance given, move forward and you will always get to where you want to be.

You are ready for whatever the universe is showing you. So never judge any opportunity but grab it with both hands. Take action and move forward.

But most people don't take action, they sit there and analyze throughout their lives. Because they have fear, they will never get to where they want to go. It's better to make a "mistake" now than to never make a "mistake". And that will be the biggest mistake ever!



Sky Kho is the creator of the Pure Intent methodology, performing paradigm shifts of minds in a fraction of a second. He is Malaysia's top leading instructor since 2008. Sky has conducted more than 500 selfempowerment workshops and transformed thousands of lives. He is now living his dream, devoting his life to serving mankind and inspiring them to achieve greatness. Drop Sky a line at sky.kho@thegoldenspace.com.my.

Meditation To Embrace The Infinite **Possibilities** In Your Life

Have you noticed how children see their world - filled with infinite possibilities? Nothing keeps children from believing, until they are conditioned to stop believing. We'd do better to return to that child-like magic of believing.

This vision of infinite possibilities keeps the child curious, motivates her to explore and experience life, enjoy every moment and look forward to creating something in every moment. However, as the child grows gradually into an adult, she gets conditioned by the adult world around her, infusing her with limiting thoughts and belief patterns that dis-empower her and limit the possibilities she sees in her life.

It is your birthright to experience and believe in infinite possibilities.

Imagine knowing that you are able to create and experience anything you want in your life. How would you feel then?

For me, the idea of infinite possibilities fills my heart with joy, celebration, inspiration, imagination, creativity, positivity, power and freedom.

Meditation

Today, I would like to share with you a short and simple meditation to experience the infinite possibilities within you.

Step 1

Close your eyes and focus on your breathing. Do this a few times.

Step 2

Allow your body and mind to

Step 3

Focus on your breathing (in and out) and slowly redirect your focus to your heart. Feel your heart opening up wide with every inhalation and exhalation. Do this several times until you feel completely relaxed.

Step 4

Visualize yourself as a child walking in nature. Allow yourself to explore, have fun and believe that you are free to create anything you want. No one is there to stop you.

Step 5

As you visualize creating and experiencing all the things on your wish list, take note of your emotions. How do you feel when you see yourself creating and experiencing all these things and anything that you can possibly imagine?

Step 6

Imagine how your life would be like if your heart is always filled with these positive feelings because of your belief in infinite possibilities. Allow yourself to realize the importance of these feelings (in Step 5). What would be different?

Step 7

Slowly open up your eyes with a big smile on your face.

Enjoy the infinite possibilities in your life!



Low Sheau Shy's lifelong mission to re-connect with her true essence has led her to devote her life to bringing more love, peace and happiness to everyone. In her 7 years of training and healing, her strong and sharp intuition has transformed people through her meditation classes and workshops. She also offers one-on-one sessions of psychic reading, crystal healing and coaching to her clients. Sheau Shy can be contacted at sslow@thegoldenspace.com.my.



Our chef has a remarkable combination for you – easy to cook and healthy, yet exquisitely delicious recipes based on the principles of Ayurveda.

Ayurveda is said to be the oldest healing system. "Ayur" basically means life, whereas "Veda" means science. Combined, what you get is the "Science of Life".

Our great-grandparents and ancestors relied on natural resources and strongly believed in self-healing. Most of them lived long healthy lives and practiced some form of basic Ayurveda principles, diagnostic techniques, natural treatment (e.g. oil massages), diet, as well as used herbs and spices for natural cures.

Why Is Ayurveda Important?

Ayurveda allows you to go back to your roots and basics. So why does it matter so much?

Simply because it's a self-healing method encompassing the healing of body, mind and soul through diet, lifestyle and rejuvenation.

Dating back to some 3,000 years ago, it's not a "new" trendy fad. Keeping up with the latest trends can be quite challenging (think paleo diet, high-protein diet and carb-free diet). Recognizing each person's uniqueness, the customization of diets and activities are based on an individual's dosha (meaning body type).

Since the body-mind balance is very important, Ayurveda shows how to balance your health through the use of spices, herbs, fruits and vegetables, as well as do's and don'ts according to your body type. There're also customized physical activities.

Via food and diet, this holistic approach for self-healing provides an understanding of how nature's five elements play important roles in our lives. The elements which support life and maintain harmony can cause great distress and discomfort when they are imbalanced.

Be Your Best On Every Level

Understanding your Ayurvedic constitution and how to work with it can help you feel your best on every level. You can have stronger, more consistent energy and vitality, more calmness and mental clarity, and above all perfect health!

If you don't know your dosha type, you could try a dosha quiz to determine it.

Examples of Ayurveda-based dishes are Kitcheri, Rasam, Khir, Capati, Ayur Teas and Healthy Subjis. In this issue, I'm sharing a few Ayurveda-based recipes that suit all doshas (body types).













What You Need To Know

For the uninitiated, here are a few handy terms.

Agni - Fire

Dosha – A body-type

Vata - A dosha, made up of ether and wind

Pitta - A dosha, made up of fire

Kapha - A dosha, made up of water and earth

Tridosha - All three doshas (balanced state)

Sri Lankan Yellow Rice



Rich and flavorful, this recipe is perfect for any occasion. Appropriate for all body types, it's soothing because of the spices, especially turmeric and lemongrass. People who have higher Kapha can omit the coconut milk. Use basmati rice, which is easily digested and has very low sugar content.

Ingredients

- 2 cups basmati or other long-grain rice
- 2 tbsp ghee
- 1 medium onion, finely sliced
- 6 cardamoms
- **6** cloves
- 8 peppercorns

Serves: 4 - 6 people

- 1 tsp turmeric
- 2-inch piece lemongrass
- 2-inch piece cinnamon
- 21/2 cups water or vegetable stock
- 1 cup coconut milk
- 2 level tsp salt

Method

- **1.** Wash and drain the rice. Set it aside.
- 2. Heat ghee in a large saucepan. Add the onion and fry until transparent.
- **3.** Add all the ingredients including the rice. Fry, stirring constantly for 2-3 mins.
- **4.** Put the mixture into a rice cooker or pot. Pour in stock/plain water and coconut milk.
- 5. Cook until the moisture evaporates. When the rice is cooked, the spices will emerge on top. Remove the spices and stir slightly with a fork.
- **6.** Cover with a lid for 10 more mins to allow the rice to soften.
- 7. Transfer to a serving dish and serve hot.

Masala Tea is an excellent dosha pacifying drink. You can drink this any time of the day, particularly after a heavy meal since it has Agni (fire) qualities invoked by spices like black pepper and cloves. Pitta should go easy on both these spices.

Serves: 1-2 people **Ingredients**

- 1 black tea bag
- 1 tsp powdered ginger
- 1 crushed clove
- 3-4 black peppercorns
- 1 crushed cardamom
- 1/4 tsp nutmeg powder
- 1/4 Ceylon cinnamon powder

Masala Chai



Method

- 1. Mix the spices together.
- 2. Pour hot boiling water into a mug, add all the ingredients including the tea bag and let it sit for 5 minutes.
- 3. Strain and drink it on its own, or with jiggery/sugar. If you prefer your tea with milk, boil the milk first. Then add the spices into the boiled milk. This way, the tea would not be too diluted.



Kitcheri

Ingredients

- 1 cup basmati rice
- 1 cup mung dal (split yellow)
- 6 cups (approx.) water
- ½ to 1-inch piece ginger root (chopped or grated)
- 1/4 tsp or a pinch of salt
- 2 tsp ghee

Serves: 4-6 people

- ½ tsp coriander powder
- ½ tsp cumin powder
- ½ tsp whole cumin seeds
- ½ tsp mustard seeds
- ½ tsp turmeric powder
- Handful of fresh cilantro leaves
- 1½ cups assorted vegetables (optional)

Method

- 1. Remove stones from rice and dal, then wash each separately in at least 2 changes of water.
- 2. Place dal and rice together in pot. Add 6 cups of water and cook covered until soft, for about 20 mins.
- **3.** Cut any vegetables (that suit your constitution) into smallish pieces.
- **4.** Add the vegetables to the cooked rice and dal mixture and cook 10 minutes longer.
- 5. In a saucepan, sauté the cumin seeds and mustard seeds in the ghee until they pop. Then add the other spices. Stir to release the flavors.
- 6. Stir the sautéed spices into the cooked dal, rice, and vegetable mixture. Add some rock salt and chopped fresh cilantro and serve.

Kitcheri is the ultimate food for the Ayurvedic way of life. There are many variations to it. A onepot dish, it can produce balancing effects for the three doshas. It has many qualities, and being quick and easy to prepare makes it a popular dish for almost every lifestyle.

Basmati rice and mung dal together create a balanced food, as it is a good protein combination and is tridoshic. Easy to digest, it provides strength and vitality, whilst nourishing all tissues. Kitcheri is excellent for detoxification of the cells and has an anti-aging effect.





Shamini Prithivi Raj, a foodie and very passionate chef, is a working mom with two beautiful children and a loving husband. This IT Specialist at IBM Malaysia is into Ayurveda, Fusion Food, Yoga and the Clean-Eating concept. She's known for her skills in the kitchen, whipping up healthy savory menus, teaching people how to cook from scratch and hosting healthy private dinners. Chat with her at shamscookedwithlove@gmail.com or

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Is Permaculture The Answer To Food Sustainability?



Some 40% of the world's top soil, which agriculture and therefore food production depends on, is already degraded or severely degraded. Do we need to change our relationship with the land to reverse this trend?

The Industrial Revolution & Consciousness

Much of the awakening of our consciousness has to do with breaking out of a certain mold that humanity has been fixed in since the Industrial Revolution.

The values that are typical of this system include mass production, efficiency and hierarchical forms of control and management. This industrial model relates and is applied to almost all aspects of human affairs today from our personal health to spirituality.

What I want to focus on is how the industrial model has been applied to agriculture and our food system, what damage it has brought about, and how something called "permaculture" may be an answer.

The Industrial Revolution & **Agriculture**

Thousands of years ago, the first agricultural revolution took place when mankind made their first settlements and discovered subsistence agriculture.

Then in the mid-20th century, as a global hunger crisis was looming, a second agricultural revolution was started. This saw the use of chemically enhanced fertilizers, pesticides, herbicides and fungicides, which were used on the soil and harvest. Thanks to modern science, agricultural output increased dramatically, and a mass agriculture industry took off.

For decades, the methods of Big Farming were uncontested. But now, it has become clear that these methods, which came from the industry complex, have caused a great loss to the environment. Excessive use of agrochemicals, ploughing, overgrazing and monoculture farms have caused a massive degradation of perhaps the most precious ground resource of all: the top soil.



"Excessive use of agrochemicals, ploughing, overgrazing and monoculture farms have caused a massive degradation of perhaps the most precious ground resource of all: the top soil."

Life At The Top: The Story Of Soil

Our top soil is our source of food; it is our life support system. A rich soil system can provide generations of crops full of nutrition and should retain water well. On the other hand, a poor soil system, devoid of microorganisms and nutrients, will allow water to flow through as waste, and eventually becomes dust.

According to Professor John Crawford, Chair of Sustainable Agriculture, University of Sydney, some 40% of the present world's top soil is already classified as degraded or severely degraded.

The present ways of agriculture end up depleting the soil at 10 to 40 times the rate at which it is replenished. Based on the current trajectory, as per Professor Crawford, we may only have 60 years' worth of top soil left. Sadly, though, the loss of top soil hasn't vet become headline news, despite the fact that without viable top soil, our entire food system and human survival may be at risk. This contrasts with the considerable attention given to oil supplies and prices in the media on a daily, if not hourly, basis.

Permaculture -Hope For The Future

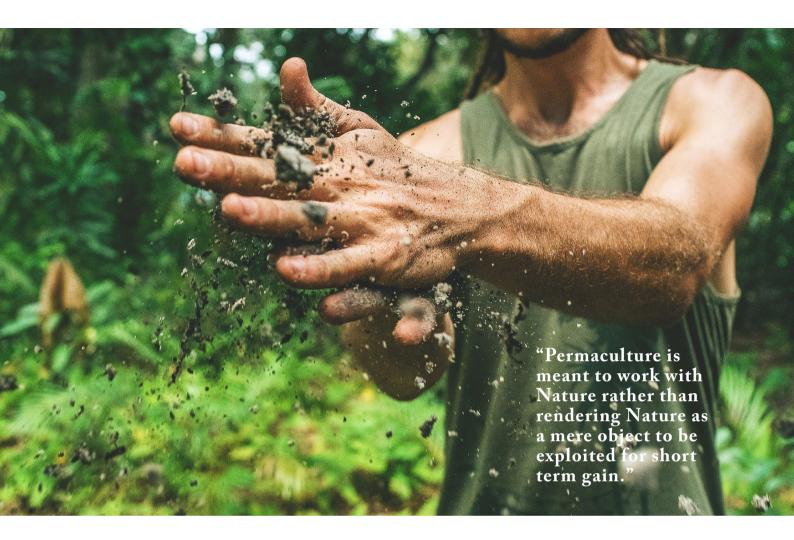
Permaculture is a philosophy of working with, rather than against nature... of looking at plants and animals in all their functions, rather than treating any area as a singleproduct system. (Bill Mollison, "Father" of Permaculture.)

Permaculture is a sustainable design methodology which can be applied to farming sites in different climates. The basic foundation of permaculture is to design your sites in such a way so as to consume as little external resources as possible, and give back as much to the soil as you take away. Pioneered first in Australia in the 1970s, permaculture offers some solutions to the excesses of farming today.

Permaculture is founded on the 3 ethics of:

- 1. Earth care (treating the Earth with care as a living entity),
- 2. People care (meeting people's needs in humane and concerned ways), and
- 3. Fair share (sharing abundance with others).

Permaculture employs a variety of principles and tools to shape the landscape and achieve yield from our farm systems without causing ecological damage. Permaculture is meant to work with Nature rather than rendering Nature as a mere object to be exploited for short-term gain, as was the industrial way of thinking.



The Industrial Revolution & Consciousness

Permaculture involves, amongst others, the following key practices:

Permaculture places a huge importance on maintaining and • replenishing soil. This is done through proper waste management, using a diversity of crops rather than monoculture, having a sustainable water supply and irrigation system, creating composting cycles, and avoiding agrochemicals.

The issue of soil is especially urgent in tropical climates such as Malaysia where the top soil is quite thin and tends to wash off easily. The central idea is that your farm system should have a net gain in terms of soil and harvest rather than be in perpetual loss.

Permaculture places a lot of emphasis on observation of patterns found in Nature and using biomimicry. Bio-habitats have evolved complex systems that humans can take inspiration from when they plan their design. A common example in permaculture is to look at the contours on a landscape and see how the overall design can be adapted to suit the present terrain.

Permaculture as a science is still in many ways in a growing phase and its full potential has yet to be explored. But I firmly believe that it sits in comfortably with the spirit of those seeking an alternative path to redress the excesses of current ways. Is permaculture the answer to sustainable food production? It just may be.



Saqib Sheikh achieved his Permaculture Certificate Training in 2014. He served for six years organizing media trainings for broadcasters across the Asia-Pacific region. He now moonlights as a journalism lecturer at Xiamen University Malaysia and is a manager for Urban Hijau (www. uhijau.org), a half-acre sustainable urban farm located at TTDI, Kuala Lumpur. He completed his Masters in Communication from Purdue University, USA.

A Holistic Approach To Pain Management

Are you a chronic pain sufferer? Can you see the day when your body is relieved of its persistent attacks? There is a way to deal with this stressful condition using what we have with us all the time - our minds.





"The mind and emotional component of chronic pain has not been fully explored and not much emphasis has been placed on this aspect even today."

The Complex Body

The human body is a very complex system of neurons interlinked in ways modern medicine has yet to discover fully. Chronic pain is a component of this elaborate system linked with sensations, memories, as well as emotional and physical aspects. Modern medicine is still trying to understand the physical component of chronic pain.

In recent years, there have been many milestones achieved in the field of modern medicine, especially advanced medical treatment modalities for chronic pain. However, the mind and emotional component of chronic pain has not been fully explored and not much emphasis has been placed on this aspect.

The Body's Alarm System

Pain is a unique experience for every individual. Each individual has various interpretations of pain signals. For some, chronic pain may induce strong negative reactions, such as fear, anxiety and terror. These negative emotions put strain on hormonal and neural systems,

and may cause unwanted chemicals or neurotransmitters to be released. These chemicals interact with our physiological system and results in physical and mind manifestations. They disturb your concentration and attention, and also cause unwanted symptoms, such as palpitations, abnormal cardiac rhythms, or even unbalanced hormonal systems, which require expert help, treatments, or the taking of medications.

Pain is a natural alarm system, designed to get your attention and prepare you for your next safe course of action. However, when pain becomes long standing or chronic, it starts to involve the psychological aspects more. It keeps getting in your face and demanding attention.

A Life Interrupted By Pain

Some people suffer from chronic pain such as muscular aches/cramps, back pain, and joint aches. This can lead to significant effects on a person's day-to-day life when it goes untreated. They can become irritable, angry, and impatient. After a while, pain brings people down, draining their energy and demotivating them significantly. Some people limit social relationships in an attempt to reduce stress and to decrease the amount of energy they have to spend reacting to their environment.

Many people suffering from chronic pain would develop symptoms mimicking depression. This unfortunate group of people would sometimes prefer to be alone and remain quiet simply due to their lack of interpersonal interaction, difficulty concentrating on simple tasks, and the desire to simplify their life as much as possible.

Feeling tired, unproductive and sleepy for most hours in the day is a common feature for these people, because, this feeling of being lethargic makes pain less damaging. Not only that, the energy required to overcome pain itself can be overwhelming to them.



Using Mind To Manage Pain

Many people are not aware that our mind can acquire skills to manage and reduce the sensation of pain, utilizing strategies involving deep focus, breathing, and imagery techniques. Clinical Hypnotherapy utilizing the self-hypnosis concept is one way the mind can acquire these skills.

Here are the steps:

1. Breathing And Relaxation

Start with getting yourself to relax. It is crucial that you spend some time, a specific time when you won't be distracted, to practice this relaxation exercise.

- Place yourself in a very comfortable room and in a
 position suitable for your body. A room with slightly
 dimmed lights or darkened, whichever makes you
 feel at ease. Close your eyes and focus on a single
 point, an image, in your mind.
- Slow down your breathing. Breathe in deeply through your nose while slowly counting to 10. Exhale slowly through your mouth, for a count of 10.
- Once you feel yourself starting to relax, start with imagery techniques/self-hypnosis, to guide you to take control of your chronic pain.

2. Altered Focus

This step involves focusing your attention on any normal part of the body (such as a hand or foot), a part which is not affected by the disease process, and change the sensation in that part of the body. For example, imagine your hand getting cold as a block of ice. This is one strategy to distract your mind away from the focus of your pain.

3. Reducing The Ball Of Pain

In this strategy, image your pain as a colored ball (a color which you do not like). Every time you breathe in, and then exhale, imagine the 'ball' of pain becoming smaller and slowly changing color to a more comforting color, a color that you prefer. Some would instead choose an image of a cooling ice pack on the painful area. The idea is to choose images that are relaxing and pain-relieving for you. These images or experiences vary for every individual.

4. Transfer Of Sensation

Use your imagination to produce altered sensations - such as heat, cold, or anesthetic - in a non-painful hand, and place the hand on the painful area. Imagine moving this pleasant, altered sensation into the uncomfortable area.

The Amazing Powerhouse

One important note, hypnosis or clinical hypnotherapy will rarely provide a 'cure' for chronic pain. They are intended to help a patient's self-control and influence their pain perception. To help patients with chronic pain, some patients would seek the help of Clinical Hypnotherapists to assist in their pain management. As we all already know, our mind is an amazing powerhouse. A professionally trained hypnotherapist will assess a patient's level of suggestibility by guiding them through some exercises.

For patients who need additional help with self-hypnosis, a Clinical Hypnotherapist will review the patient's problems and aim for a goal that the patient wants to achieve. The hypnotherapist would explain the fundamentals of Clinical Hypnosis. Based on the patient's suggestibility and the nature of the chronic pain, the hypnotherapist would induce a relaxed state. The therapy will be more personalized and would be an active session whereby the patients can strengthen their own skills.

Hypnosis doesn't involve putting patients in a deep sleep state. The patient cannot be forced to do anything out of the norm. They remain completely aware of their surroundings and environment. The important thing is that these patients want to resolve their chronic pain issues and they are willing to learn new skills to achieve this and practice them at home.

In summary, in almost all cases, a comprehensive approach to chronic pain treatment should occur within the context of a multidisciplinary setting, modern medical approach and complementary therapy. A patient should seek professional medical care and also may seek complementary medical practices, which are safe and reliable. Discuss with your healthcare provider on the options available. Remember, patients don't have to live a miserable life with chronic pain, as there are many solutions in the modern healthcare system today. Seek professional help, and start enjoying life instead of dwelling in miserable pain.



Dr Anand Chandrasegaran is a medical specialist who helps you through your operation. He is a Consultant Anesthesiologist & Critical Care Medicine in Columbia Asia Hospital, Klang. With 14 years of clinical experience, he is an expert in providing the safest and most effective anesthesia. It is essential that he helps his patients with pre-surgical anxiety/stress and post operative recovery, using Clinical Hypnotherapy. He is a certified Clinical Hypnotherapist who specializes in pain management. Contact him at https://hypnotherapyservicesmalaysia.weebly.com or *mbbsum@gmail.com*.





HEAL YOUR EMOTIONS TO HEAL YOUR BODY

Managing your emotions is the most effective way of managing your health because prevention of an illness or disease is always better than its cure!

A Story Of Anger

During a consultation by Wellness Medical Qigong (WMQ), it was found that a patient with fourth stage cancer was a very angry woman. She was angry toward everyone in her life - spouse, children, sibling and friends. During the WMQ healing sessions, amongst other treatments, the patient was made to look at her emotions and to realize that the anger she carried was the underlying cause of the cancer. She was taught to forgive and let go of her anger. She was also taught breathing and qi movement techniques to release the damaging emotion.

In just two days, the patient changed from a bitter and angry woman to someone who could smile again, surprising her loved ones with her sudden transformation! She was later found to be free from the cancer.

Whether her new emotional attitude led directly to her recovery is not known, but it certainly put her in an emotional state that perhaps supported the recovery and that gave her a much better quality of life than before.

> Call +603-7931 7111 or SMS +6016-2190 785 for an appointment TODAY!

Negative Emotions Cause Energy Blockages

Many people still do not know how to manage their emotions or rid of them. Negative emotions block and trap energy in the energy pathways of our bodies. Blocked energy is like an energy traffic jam. This blocked energy causes illness and disease. For example, blocked circulation and blocked energy may result in the formation of cysts and tumors respectively.

WMQ Healing

Wellness Medical Qigong energy healing comprises specific coordinated body movements and breathing techniques. Movement promotes energy flow and helps clear energy blockages, whereas breathing exercises help people focus on their breath instead of their daily dramas. Specific breathing techniques empower patients to deal with their emotions by themselves at any time.

The WMQ emotional healing program gives patients techniques to release damaging emotions such as stress, anger, guilt and hatred. Patients are taught to value their difficult experiences, learn from them and see a positive future free of illness. They usually realize that this is their second chance at life. The combination of gratitude and positivity paves the way to a life blessed with good health.

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Faith As Return On Investment

This gutsy HR manager had put faith in his staff and together, they created the extraordinary.



Measuring Returns

The science of organizational behaviour and design has made great strides in becoming just that - science. And perhaps to some detriment for many organizations, it has taken the path of a particular branch of science, engineering.

Engineering requires that interventions made need to fulfil a few criteria. It must be translatable into mathematical equations, repeatable in each experiment and measurable via input and output, thereby allowing us to know the ROI (Return on Investment).

Understanding Humans

However, the human experiment in producing the extraordinary has different rules which organizations have forgotten in their quest to pursue ROI.

Human beings are not linear creations. Math cannot explain them, environmental consistencies don't create predictability and output has no relation to input. Yet we continue to invest in the primitive science of management, anchoring on 3 basic beliefs:

FEAR PUNISHMENT OBEDIENCE **PROCESS** (DO IT ONE WAY) **DELIVER BUDGETS** (PROMISE AHEAD)

Google, Zappos and Facebook were not created with this formula. The extraordinary comes from a different set of beliefs.

Faith And The Extraordinary

The extraordinary comes from having "faith" which is a combination of committed people who have the freedom to act and who receive the necessary help. The extraordinary and the miraculous are things that we think are improbable but they are only so because we think they are improbable!

Ordinary organizations manage their people to deliver what is expected, and remain ordinary. Extraordinary organizations have faith in their people and don't give up on them when their people fail. This reminds me of "Syed".

Risking All For One Person

Syed worked in procurement, a tough department to work in and even tougher to recruit people for. This thin, frail and timid man of 26 was honest and upright, but his work was slowly deteriorating. Syed's medical and emergency day offs frustrated his boss Eric. Eventually Eric and the Chief Executive Officer (CEO) declared, "Syed is not working out, let him go."

As we were firing many then, one more didn't really concern me, the Human Resource (HR) director. But observing him closely later, I realized something - Syed had a limp, hunched very badly and looked sickly. Pain and sadness showed in his face.

After an hour behind closed doors, anger filled me as I was not getting anything out of Syed as an explanation for his poor performance. My alarmingly loud voice demanded, "What is wrong? Tell me NOW!"

Then, it hit me that the man needed empathy. Walking around the table, I told him to trust me as I would do my best to help him. Now crying, Sved revealed that he had liver disease which made the organ swell, giving him a lot of pain. That explained his posture and everything else. An operation would cure him. So, why didn't he sign up for the operation? There were 3 reasons:

- 1. The costly operation wasn't covered by the company.
- 2. Being hospitalized for some time meant risking his job.
- 3. He was sure the 3-month recovery time would cost him his job.

"The extraordinary and the miraculous are things that we think are improbable but they are only so because we think they are improbable!"

FAITH



COMMITTED **PEOPLE**



FREEDOM TO FAIL



UNDIRECTED **INVESTMENT**



At that very moment of hearing Syed's story, I decided to take a "career limiting move". Without checking with my boss I immediately typed a letter to Syed on the company's letterhead. My letter basically said 3 things:

- 1. We would pay for his operation.
- 2. We would pay his salary for the next 3 months regardless of when he returned to work.
- 3. As long as he put in the effort, I would guarantee him a job for one year.

The next day, I went in full battle gear to see the CEO. By then he would have heard of what I had done, an action that would cost the company RM150,000. Despite the expected shouting session, my

stand was that we don't abandon our injured comrades.

When he heard the details, he said "Humph! You're too soft!", which translated into human language meant, "I support your decision." Three months later saw a jovial Syed returning to become an important member of the procurement team. The last time I visited the company Syed was still there. Eric, the CEO and I had left. Syed had worked for that company for at least 10 years. He could have got a job anywhere but we had earned his loyalty. There is still one thing I wonder about to this day: how did he get to marry the hot receptionist, whom we all had been crazy over?

The Staff Are Watching

RM150,000 is not much considering what it would have cost to replace someone and get someone we could trust. More so the immeasureable, which is what the other employees

One day it could be their turn. While performance management delivers a lot of bottom line value. faith delivers immeasureable humanity. It is this faith in humanity that delivers great performance.

"While performance management delivers a lot of bottom line value, faith delivers immeasureable humanity. It is this faith in humanity that delivers great performance.

Faith In People As ROI

Instead of giving up on people, some attention, motivation and help can transform performance. Often we miss the opportunity to help individuals because we're driven by ROI to make large group-wide standard investments.

Another organization I worked with decided to train everybody in understanding finance. That in itself is fine, but humans are too complex in their needs to be driven to the extraordinary by the "one size fits all" investment.

Is it too difficult to actually give people help as an "undirected investment", meaning we are going to invest time and money in you, because we see your potential and believe in you even if we don't have a clear idea of what you can deliver? That's what my other story "No Questions Asked" (see next page) is about.

At the end of the day, it's always possible to create the extraordinary in an organization. Are you ready to take a risk to do just that?



"Showing patience and compassion for those who are experiencing the worst of times, is a gift that is simply too precious."

No Questions Asked

Daisy, whose smile could light up any room, was cheerful despite coming from a broken home, and having gone through a failed relationship recently. While I loved her as my staff, she had disappointed me a number of times in the first year itself.

During budget time, I was extremely stressed out after late nights, and had asked her to do a critical piece of work. When I went looking for her the next day amidst the super noisy, crowded HR office smelling of printers and payroll forms, I exploded when I couldn't find her. Silence greeted me. Nobody wanted to tell me where she was.

I stayed until 2 am that night to finish Daisy's work. She didn't turn up or call on the following day. On the third day, she came in to see me, expecting to be fired.

Noticing that she hadn't sprayed on her usual Chanel perfume, I smiled. I don't know why I did that. But my smile made her cry.

"You know, Daisy, I'm so tired that I have no anger left in me," I said. "It's only because you came on your own to see me that I'm not firing you. You have one more chance. Go start on your next piece of work."

She expressed regret, and gratitude for my patience in teaching her. She kissed my hand as in the Malay culture of how a daughter would greet her father. Promising to learn, she assured me I wouldn't regret having invested in her.

She never revealed why she did what she did and I never asked. Daisy never failed me again. She became my most valuable team member and her skills improved every day. Today she is a successful HR Manager in a good company, and yes I am very proud of her!

The capacity to show patience and compassion for those who are experiencing the worst of times is a gift that is simply too precious. Having faith in the people around you will always surprise you.



Mozer Husain Fakhruddin has been a Human Resource professional for 26 years. Skilled in the art of transforming organizations, he enables new futures to emerge. Technology has combined the physiology chemistry of the brain and spirituality of the mind, producing powerful insights in creating amazing organizations. He helps organizations go beyond authority, process and procedure by nurturing common sense, creativity, trust and empathy amongst their people. After a thousand years of big organizations, Mozer would love to bring humanity back to their hallways. He can be contacted at mozer@mytalentasia.com.



The mere word "retrenchment" can make some shiver. But it never bothered our writer.

Mistakenly thinking she was safe, she assumed she could handle anything. What unraveled proved otherwise. Today, she's grateful for the entire experience.

Inseparable From My Work

The news about our retrenchment started through the "grapevine", but I shrugged it off as a joke whilst continuing to work hard. Back then, my head was fully occupied with work-related matters, from the moment I woke up until I fell asleep. There were always undone, potentially missed or improperly executed tasks either on my end or my colleagues' end.

I never really had weekends. Simple pleasures like reading the papers seemed like a time-wasting activity to me. I barely had a social life and spent little time with family members. I had let work dominate my life and everything that defined me had something to do with my work.

"Retrenchment forced me to reflect on life and reconnect with my inner self."

One Swift Blow

Unfortunately, the grapevine turned out to be true. Everyone got worried, but not me, because I was under the false assumption that my hard work protected me, that I would be the last one the company would retrench. I also thought that I was tough emotionally, that I wouldn't be affected even if I was on the list. Besides, there were plenty of jobs at other companies.

Then, events unfolded in turbo mode. In a half-dreamy state, my colleagues and I went through the official town hall style of announcing the retrenchments, received our letters in private sessions and attended sombre farewell lunches. Since I was among the first few to leave the company, I had insufficient time to successfully nail another job.

"Somehow, being a perfectionist-cumworkaholic had made me blind to other wonderful and crucial aspects of life. I had long forgotten how to love, smile and laugh from my heart."

At Home And Alone

Reality only hit hard when I woke up from my bed, day after day, with nowhere to go. In between meals, washroom visits, frantic job hunting and reading, I just laid on my bed, staring at the rotating ceiling fan. My mind was empty while my emotions were running wild. My life seemed chaotic and out of control.

The retrenchment was shocking and traumatic, and I tried very hard to deny it. A part of me insisted that I was fine, even convincing myself that I was just taking an extended leave to indulge in my much neglected writing hobby.

The Plunge

However, as I sat down in front of the keyboard, the frustration, anger and resentment welled up in me. I questioned why I was chosen as one of the first few to leave and not others. I felt hurt and betrayed at not being kept longer on the payroll. I even bargained with the universe. I wished and prayed for a miracle; perhaps management would change their mind and request that I return to work.

Eventually I entered into depression. I slept with knotted eyebrows and looked like a dead fish. My mind

kept repeating two words in the retrenchment letter, "excess and redundant", until I believed that I was really an excess and a redundant human being in this world! My selfesteem plummeted. I viewed myself as being useless, not good enough for anything and having no future. Day after day, these thoughts hit me whilst I stared at that rotating fan.

Moving On

But a part of me knew that I had to move on in life. I wanted to understand what was happening to me emotionally, and I did so after researching on the Internet. The decision finally came for me to make peace with my circumstances. I accepted the fact that I was retrenched. It was not something that could be undone nor should I continue to be depressed for the rest of my life. I had to get over it if I was ever to live out the rest of my life meaningfully! And I did get over it.

Grateful For What I Became

Today, I no longer see retrenchment as a bad thing or a smudge in my resume. Instead, I am grateful. Retrenchment forced me to reflect on life and reconnect with my inner self. The realization that I was really not happy working the way I did finally hit me.

Somehow, being a perfectionistcum-workaholic had made me blind to other wonderful and crucial aspects of life. I had long forgotten how to love, smile and laugh from my heart. I had been neglecting my friends and family members. At work, I often exerted anger to intimidate others, with harsh speech and words. No wonder some colleagues had shunned me!

Most importantly, retrenchment helped me to rediscover my love for writing. Sharing the vulnerable side of me with others in the written word is a humbling and therapeutic process. Without retrenchment, I would not be writing this article. I hope that my little story can help many of you out there who are facing the same inevitability as I did many years ago. Life always gives us a second chance, and the second chance may just be the one that you're looking for.



Tung Wai Chee loves to write and meditate as both activities enable her to learn, relearn and unlearn things about herself. She is into creative writing and has been writing short stories in Bahasa Malaysia since the mid-90s. Articles are her new venture. Some of her other (spiritual-themed) articles can be read on Buddhazine, an Indonesia based e-magazine. While putting her own thoughts and feelings into words, she also ghost-writes for others. Connect with her at tungwc@gmail.com.



A Reflection Of You

A person's pet is a reflection of her own personality and behavior. Why would I say that?

That's because animals are like humans when they are young. They follow what they see.

For example, children watch as their parents walk and talk. This sparks a sense of curiosity or a feeling that they want to emulate what they see. Of course, animals can't talk but they can follow other things that their humans do, such as wanting to chase after the ice-cream man, or get their paws or hands on sheets or varn. Children do that too. Animal trainers use rewards to get animals to learn to do something. Most parents also do this with their children.

Why do people keep pets? There are many answers to this question.

To me, the main reason is because they reflect what the human being needs and wants in her life, but has not yet managed to achieve. Sometimes, a pet owner will tell you that her poor dog is lonely because she doesn't have time to play with her. But I think it's the other way round - it's really the owner who is feeling lonely because she has no time to connect with her friends.

Animals Can Sense Your Emotions

Somehow, your pet will respond to you according to your feelings. When you are feeling down, your pet may be more active and "act up". You may think that he wants your attention. But could it be that he wants to cheer you up?

Pets also fulfil human beings' psychological needs because they are sensitive and respond to their humans' expressions and non-verbal behaviors. They know what their humans are feeling almost naturally without the need to be told or without the human being telling them so. They don't really speak Human anyway!

Animals Compared

Animals have the same basic needs as us. They need food, water, shelter, and oxygen. Animals feel and can communicate with one another like how we humans can communicate amongst ourselves. In many ways, animals are very much like us. It makes me wonder - why should animals be treated with less care and respect than humans?

Baby humans can't move when they are born whereas baby animals can. Animals can use their feelings and other senses to understand the world around them. Humans have these abilities too, but rarely use them. In fact, some people interact with animals as a form of therapy.

Animals can make humans feel better and calmer. I bet that if animals could use their intelligence like we do, they would be on the winning side of any competition with humans.

Animal Lessons

Some might argue that not all animal mothers or fathers are there to take care of their babies. But they have to survive differently than humans, so they keep a balance between helping their species survive and their own babies. Some good examples of supposedly the worst mothers ever are the burying beetle and the harp seal.

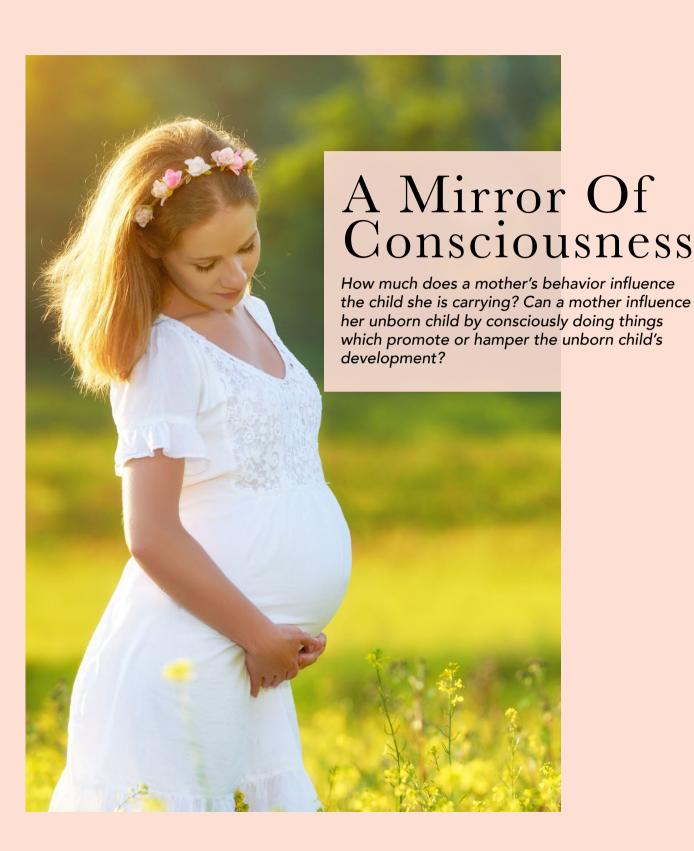
Within a situation of limited food supply, beetle mamas have to make hard choices to save as many of their larvae as possible. They therefore eat some of their own larvae so that the remaining ones have a better chance of survival.

This is their way of survival. The harp seal, on the other hand, leaves her babies stranded alone for a long time and goes off to produce more offspring to increase the chances of her species' survival. This is my way of interpreting and understanding their situation.

So animals teach us many things about the world around us, about ourselves and the societies we live in. We need animals. We should treat them well, with respect and care.



At 12, **Rissa Rashide** is an avid sportswoman, who is a school athlete and the only girl on her school's football team. Rissa is passionate about animal rights and talks about this whenever she can. She is also expanding her writing repertoire by sharing her thoughts about staying positive as much as possible. Rissa's favourite pastime is making people laugh! If you feel like sharing a laugh, contact her at rissanureihah@gmail.com.





"Would a happy and positive environment of a resilient and positive thinking mother deliver a happy and less temperamental child?"

Old Wives' Tale, Or Is It?

Many a pregnant mum or mum-to-be is often told that she has to be mindful of the environment she exposes herself and thus, her unborn baby to.

Is there any truth in the old wives' tale that if a pregnant woman watches a horror movie, her unborn child would absorb the negativity and perhaps even have nightmares of the horrors created onscreen in his own way? On the other hand, would a happy and positive environment of a resilient and positive thinking mother deliver a happy and less temperamental child?

My First F1 Fan

Recently, I attended the last Formula One Race to be held in Malaysia, and brought my tween, an avid sports fan, along with me, thinking that she might enjoy it. She is, after all, interested in sports, particularly athletics and football. So imagine my surprise when she complained that the noise hurt her ears and gave her a headache!

It brought back memories of how I would watch races after races on television, at high volume when I was pregnant with my first child, who is currently a 20-yearold fan of F1. It would drive my mother-in-law crazy, especially since my other favorite show was Star Trek. She was convinced that her grandchildren would all be born with ears resembling Spock's or Tuvok's, at the very least. Although I have since then had three other children and lost most of my interest in F1, this child has remained a fan of F1 from the time he was conceived until his adulthood!

Who Influences Whom?

How much of the unborn child is aware and has a level of consciousness or can influence his surroundings or is in turn affected by it? This has some implications on how he will be treated by the parent carrying him and those around him.

It is common knowledge now that the unborn baby is aware of the sounds he hears via the uterine wall, at least in terms of language development. And this has spawned various equipment designed to allow parent and child to communicate through the placement of devices on the mother's abdominal area. When the mother is upset, her feelings release certain hormones that may also affect the baby in different ways. It can be said that the baby mirrors what the mother feels, kicks stronger when she is feeling aroused or excited about something. Babies get stimulated or excited too.

Impact Of Past Family Events

Following the principles of "Family Constellations" an alternative therapy, the influence of past family events that happened to someone's ancestors may affect the lives of his or her descendants including unborn children. Unborn children are a part of the family system even when they pass away, are aborted or miscarried before and during birth. In one way, the unborn child inherits his or her ancestors' issues. And in the second way, the unborn child affects his or her own "descendants" just by being conceived regardless of actual entry into the living world.

During family constellations sessions, participants may not realize that they have had a spontaneous abortion or miscarriage; or that they had an older sibling who was aborted or stillborn. Regardless, psychological relief is experienced by the "living" family member/s, when the unborn or stillborn child has been put in his or her rightful place and is finally acknowledged.

"When the mother is upset, her feelings release certain hormones that may also affect the baby in different ways."

When such acknowledgement comes, the family system is then considered complete and everybody is in their right place. It is important for the child's parents to realize that they are the mother and father of this child as well and that by not talking about him or her, the child is denied his or her rightful place. Acknowledgment may also come in the form of the living mother's acceptance or working through of any resentment or negative feelings associated with the child from the moment of conception.

The significance of such past family events is that when "missing" family members are acknowledged, they somehow affect in positive ways the entire family genealogy.

Unified Consciousness?

Dr. Wilfried Nelles is a sociologist and author of Embrace Your Life, who believes that the child in his or her mother's womb has a "Symbiotic Unified Consciousness". If a child experiences maternal sickness or was put through a dangerous situation such as an accident, he may develop beliefs after birth, such as "life is unsafe", or "I have to be quiet". A twin who survives the death of the other twin will tend to seek excessively symbiotic relationships with others throughout his or her life.

The pre-natal child does not see himself or herself as a separate being until he or she is born. The child's consciousness is very much intertwined with his or her mother's. The child is an "energetic being", who acts like so, the child resonates with the mother's spiritual and psychological experiences. How you feel about yourself is also a mirror of how you will treat the being that is so much a part of you or if you are a father, what may be the most important creation of your life! So enjoy and flow with this experience as much as possible.

I wish the both of you a blessed and beautiful pregnancy!



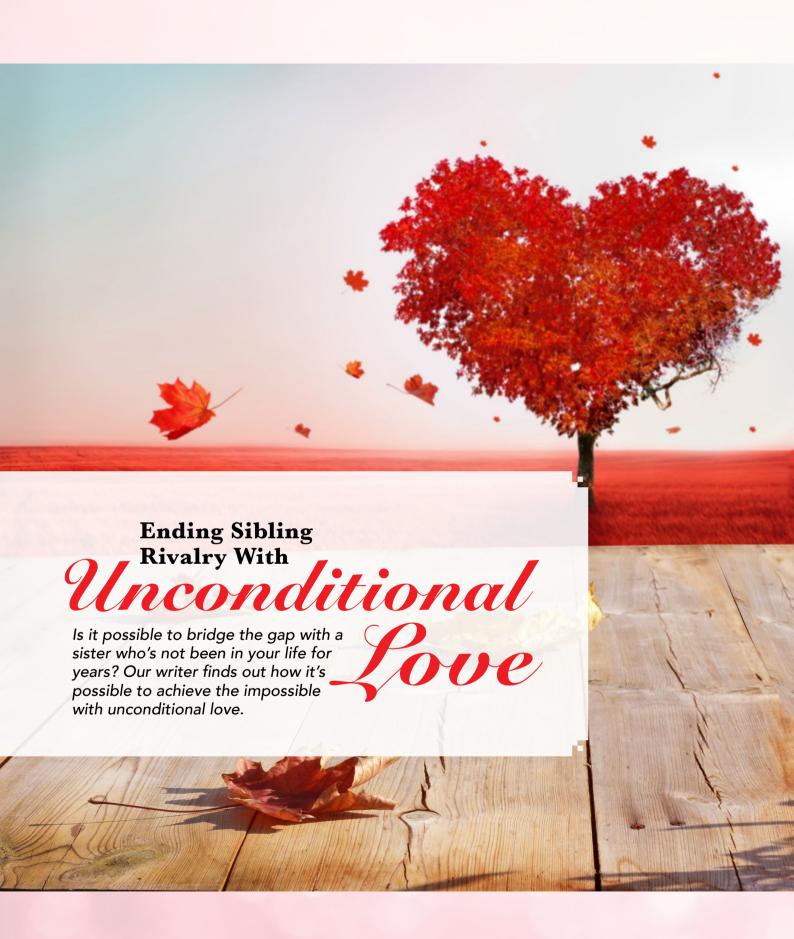


THINGS A PREGNANT **MOM CAN DO**

To have a positive pregnancy experience (for both mom and baby)

- Watch inspiring movies that make you feel good. Same goes for songs.
- Find time to nurture your relationship with your partner, spend time together and find ways to connect with your unborn child.
- Resolve issues as quickly as possible. Find healthy ways to deal with anger, sadness and extreme feelings of both positive and negative nature.
- If you have a normal pregnancy, enjoy life as usual as much as you can. Pregnancy is not an illness, but a wonderful life event.
- Find time to relax, pamper yourself, meditate or reconnect with Mother Earth. Draw strength from a very special Mother.
- Read as much as you want about pregnancy but each experience is unique. Therefore, hold no judgments against yourself, your partner or your unborn baby if your pregnancy is not what you expected.
- Encourage your other children to be involved in your pregnancy as well.
- Connect with your heart whenever you communicate with your baby and deal with fears by reminding yourself that you were designed to create and co-create. You will be a wonderful parent, the blueprint for parenthood is already in you!

♥ Rose Wong



My First Steps

There have been many breakthroughs since I started my spiritual journey that had brought along with it many realizations. I now understand that I'm the Master of my life. I am the one who has been creating everything in my life. I know there is someone with a greater power within me that is constantly guiding me. All my questions that I asked have so far been answered on this personal journey, and all the experiences have given me a deeper understanding and insight of who I am and why I am here on Earth.

Unresolved Emotions That Haunted Me

My spiritual practices involved taking part in retreats overseas. For example, I have been to Nepal and India to practice and learn. But just before another such retreat at Bandung, Indonesia, I started having severe back pains which led me to a healing session where I received a message that the pain was due to unresolved emotions of fear with regard to my sister.

The healer told me that the way to heal the pain was to face the fear and reconcile with my sister. I realized then that the more I connected with myself, the more my body communicated and showed me the hidden emotions that needed resolution.

My Early Years

The strong desire to become an accountant had driven me to complete an accountancy professional degree, and I started living on my own at the age of 21. I was far away from my family, which allowed me to escape my sister's dominance.

Today, I'm a well-paid Chartered Accountant. But for some reason, relationships have always been a challenge for me. Since young, my relationship with my sister had never been easy. There had always been comparisons, jealousy and competition between us. "Eventually I became our parents' 'best daughter'. But that label came with a price - I had lost my voice to express myself and to stand up for what I wanted."

My parents' words still ring in my ears, "You be a good girl and let your sister do what she wants." So, I became my parents' "good girl". Ironically, my sister hated me more as her belief that I was our parents' favorite became stronger.

A Negative Pattern In My Relationships

The gap between my sister and me grew wider as we became grown-ups, with me perceiving her becoming more controlling and dominating. And as the "good girl" of the family, I pleased my parents. Eventually I became their "best daughter". But that label came with a price - I had lost my voice to express myself and to stand up for what I wanted.

Sadly, due to all the misunderstandings, my sister and I had ended up not talking to each other for more than 10 years. Busy building my career, it was easy to shut her out of my life.

I did get married however. But the same pattern of a controlling and dominating other person repeated itself in my marriage. Again, I had no power to express myself and that union broke down after three years. The divorce was mutually agreed to by both parties.

In my romantic relationships, I kept repeating the pattern of my relationship with my sister. But fortunately, I came to realize that the only way to break out of the pattern was to face my fear, and face my sister with unconditional love. This somehow seemed easier this time around because I had, through my spiritual practice, finally understood what unconditional love is and applied it in my relationships with the people in my life.

bodymindsoul 39



"As I hugged her, my heart melted because that was the first time I looked into her eves after so many years... "



Breaking The Fear

Immediately after I returned from my Bandung retreat, I approached my sister and hugged her whilst saying "I'm sorry. Please forgive me. I want you in my life." As I hugged her, my heart melted because that was the first time I looked into her eyes after so many years. I had been living in my own illusion of being afraid of her and that she would control and dominate me.

In that very moment of my hugging her, I felt the changes in my body. This time, there was none of that old familiar fear within me but only unconditional love for my sister. The illusion disappeared as I regained my power. I felt free. For the first time in my life, I sensed I had reclaimed my power after many years. I could finally express myself as who I know I am.

My Final Reconciliation

I accept wholeheartedly that I have done my best for our relationship and I'm at peace with myself. I know it is not about my sister but about me. I have chosen to pray and send my love and light to her and believe one day all will be well between us. I have the faith that my parents, other siblings and soul family are supporting me in my endeavour.

Today, I'm much happier with a better relationship with my family. I'm able to voice my true self without any fear and I know I don't need to please anyone but to love them unconditionally.

Breaking Those Family Patterns

My biological family is the greatest blessing in my life and that's why I'm sharing my story. Before we came to earth, we had chosen each other, agreeing in contracts to

play our designated roles. This realization and wisdom have helped me to break the patterns, freeing myself from the fears and illusions behind those negative patterns.

Please look into your family patterns to identify the repeating negative patterns in your life. Have the courage to face these patterns and clear them. My work with "family constellation" has helped me to clear the negative patterns in my family with regard to me and in the process, have helped me reclaim my personal power. I was able to affirm and accept my role in my biological family.

Healing Is Beyond The Physical

Surprisingly, my back pain disappeared after the family constellation sessions. It's so true that when we listen and connect with our body, we can heal our body without any medication. I can proudly say that I've been free of medication for the past year.

The Universe is ready to give everything we desire but we need to recognize what's blocking us and take action to clear it. I believe with pure intention and the power of unconditional love, everything is possible and achievable.

Every day, I am creating amazing relationships with every soul in my life and living my truth for who I am. Love is all around in every way and in everything. I am living the life that I want now, free and complete.

◆ Lady Zara

We have a piece of divinity in each of us.

Start each day with the thought that we are light, a piece of the Universe, and cannot be separated from the rest of the people on earth.

I am special and unique and a divine creation of God. I have a piece of God in me.

♥ Khor Hui Min



Guardians of Mother Earth

Guardian Of Myself

"I guard my thoughts and am mindful of what I feel and the actions that flow from them. I am a Guardian of Myself. I am a Guardian of Mother Earth."



"Ideally, we should be spiritually, physically and emotionally balanced within, and realize that in all aspects Mother Earth is part of us. Run your own personal experiment: observe what happens in your life when you are 'not-so-green' and when you are environmentally conscious."

In the last ten years, there has been a tremendous number of initiatives that include governmental policies, NGO efforts, corporate campaigns, individual lifestyle changes, and so on, to clean rivers and beaches, recycle, integrate environmental issues into formal education, and what not. But like losing weight, it requires a heart-set and not only mind-set change to actually change the state of the environment.

Many people do a lot for Mother Earth but do not or cannot see themselves as being one with Her. They see themselves as caretakers, therefore seeing themselves as the parent and the Earth as a child, an off-balance point of view, as parents are often seen as authoritative figures, more powerful. Perhaps that is why we try to control the environment, we decide where to build houses and thus choose specific sections of the land to clear. We, humans, decide that people should do certain things for the Earth not when she needs it or even if she doesn't need it because... well. it's because we know best.

Harmonious relationships are difficult to maintain when you don't see the person you are connecting with as having equal say or rights. When people are not equal, one will play the superior role and the other becomes inferior by default. Therefore, we go out of flow, and instead of allowing things and accepting things as they are, we decide to add chemical fertilizers or growth hormones to the food we eat to cater for juicier, nicer and bigger food. We want things to instantly happen instead of waiting for nature to create things at the right time.

Being in partnership with Mother

Earth is not easy work and like caring for a child or beloved parent, it is a symbiotic process, and becomes more a natural and joyful part of life than a sacrifice or merely a responsibility. Mother Earth has been around for a long time. Sometimes, we forget that She knows what needs to be done. When our consciousness shifts, this shifts Her consciousness as well which in turn supports Mother Earth's growth and evolution. We need Her, She needs us and we are part of each other, we are one.

Perhaps we need to change the way we look at the environment. When we acknowledge that a change for ourselves is also a change for the environment, we start taking better care of ourselves and we take care of the environment like we would take care of ourselves. When you love someone, you want to be fully connected. You will do anything for the benefit of that person, and you will do anything for that person's well-being. It's like being in love!

Perhaps on the logical side, we can say that we need to keep a balanced view. We definitely need external efforts to save Mother Earth but it will not work or change much. Ideally, we should be spiritually, physically and emotionally balanced within, and realize that in all aspects Mother Earth is part of us. Run your own personal experiment, observe what happens in your life when you are "not-so-green" and when you are environmentally conscious.

Observe yourself psychologically, physically and the situations you attract into your life. A simple personal example is that when I am upset, my plants suffer too. Even

though I treat them the same way, they don't exude the same glow or

Environmental abuses will lead to environmental imbalances, such as unpredictable weather, increased danger of flooding and forest fires, burdened food production and the global spread of infectious diseases that profoundly affect our health. Oil spills and toxic waste endanger ocean life. What we do to Her clearly affects us. On the other hand, when we abuse ourselves, by simply not making wise choices such as eating unhealthy food, engaging in land disputes and start hating each other resulting in wars, it affects Her.

Environmental activists and spiritual people won't be able to help anyone if they themselves are angry, if they see themselves as more superior or give in to their egos. They won't be able to see themselves in the other person's shoes, feel compassion or unconditional love. It is time we shifted the way we perceive the environment and our relationship with nature, in order to move forward for a more positive and effective outcome.

♥ Rose Wong

Join us to become an enlightened caretaker for our planet! Reconnect with Nature sessions are held on the 2nd & 4th Sundays of every month at the Taman Tun Dr Ismail (TTDI) Park in Kuala Lumpur. These sessions will help you recharge, rejuvenate and realign your energies. Added bonus: You will also experience deeper insights about life!

Contact Susee Rajaram at 016-201 0204 for more information or find us on Facebook @Guardians of Mother Earth.





A NEW **GENERATION OF CONSERVATION** WITH KDK FANS

Imagine yourself being cooled by a power-hungry airconditioner. Now imagine again the same scene, but this time there is a KDK fan cooling you with significantly less energy consumption.

The Green Generation & Conservation

Is using power-hungry devices really "cool" to begin with? What are the financial and environmental costs of such devices?

What cooling device does today's green generation prefer? And what would we need to do to conserve energy for our future generations to come?

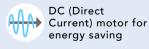
Take a look around and we will notice that despite the proliferation of air-conditioning, many businesses today still use fans to circulate the air to keep their customers and staff cool and comfortable. Why is that so? Do they know something that we don't?

What We Can Do To Conserve

It's very simple.

- Use air-conditioning only when it's necessary, or use fans to supplement air-conditioning.
- Set the fan's "on" time to coincide with the time set for the air-conditioning timer to switch "off". Most people do not need to have the air-conditioning on all the time.
- Turn on the fan with air-conditioning to distribute the cold air throughout the room.
- Choose KDK fans as the DC (Direct-Current) motor saves energy.

FEATURES





Hippy design with Matt Brown color, suitable for teenager's room



Comes with 2 different pipe lengths to cater to different ceiling heights



Comes with LCD screen remote control



Geared up with 1/f Yuragi function that mimics the rhythm of natural breeze



9-speed control, 2-8 hours sleep mode, 1-8 hours OFF & ON timer



Enhanced with cutoff safety device & blade safety plate

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- Short Pipe (245mm)



- 9 Speed Selections
- 1/f Yuragi Mode (Natural Breeze)
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- Eco Sleep Mode (2~8 hours)
- Durable PPG Blade Material

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Jungle Jungle Test

The Power Of **Limitless Positivity**

Do you consider yourself a positive person? Or are you someone who believes that if you don't expect too much, you can protect yourself from being hurt? Take the guiz below to find out where you really stand.

By now, you know that you have the power to create the life that you desire. The question is how? How can you bring forth the many wonderful possibilities that lie deep within you?

Sometimes, people unknowingly place barriers around themselves that affect their growth. One of these is the barrier of negativity. Some claim that this negativity is a way of being realistic, of keeping their feet planted in the ground. More importantly, they hardly admit that by using it, they're reducing their chances of feeling hurt when hopes don't come true and when risks don't work out. But unfortunately, this barrier keeps people confined in their comfort zone.

Wouldn't it be better to replace the barrier of negativity with the power of positivity? To enjoy the limitless potentials that are within us and out there in the world? Injecting more positivity into life requires us to be mindful of it. To catch ourselves when we aren't positive enough and quickly make a U-turn. That's the first step towards becoming more positive.

Answer the questions we've posed on the next page to see where you stand in a positive world.





Imagine that you are about to go on an exciting adventure into the jungle. What would you do each time something unexpected happens?

Read the given situations and jot down the first thoughts that cross your mind. These will reveal quite a bit about you.

Remember - answer the questions in the given order. Don't skip any of them. Ready? Let's start!

1

You learn via FB that some friends are planning a trip out into the heart of a jungle. After a long time, one of them finally invites you to join them. What's your first thought?

2

A week after agreeing to join them, you go online to book the cheap flight tickets they had told you about. To your dismay, the promotion has ended! How would you feel? That you should have done it sooner? That you always wait too long to get things done? Or that it's okay?

3

Finally, you're out in the green jungle. After walking for what seems like ages, your group stops at a gushing river. The guide springs a surprise on you – you have to cross it! As he pulls out ropes to help you across, you recall another river crossing, when you slipped and was almost carried away by the river current. What thoughts would go through your mind now?

4

Tired and wet after the river crossing, you walk slowly through the tall trees to get to camp. As you're the last in the group, the guide keeps you company. How do you feel about being slow? What runs through your mind? E.g. it's okay to be slow as long as you reach there safely, or that you must be the slowest person the guide has ever seen, or something else?

5

Though tired the next day, you're excited that there's a rare Rafflesia blooming a few kilometres away from camp. The guide looks at you as he advises your group not to trek out to see it. How do you feel about this decision? Would you think that it's because you were slow the previous day?

6

Walking around the camp, you happily point out different species of plants. Your friends compliment you on your knowledge. What's your reaction?

7

Later, the rain comes pelting down, trapping you in your tent. Someone in the group falls ill and about the same time, you realize that your mobile phone is missing. What would be running through your mind? Would your thoughts affect the rest of your day?

8

You're out of the jungle and you're ready to post up some updates on social media/start journaling the whole trip. Now, write out what you would actually say in your posts/journal.



What did you say?



1

Did you say something like, "Wonderful!" and "What a golden opportunity!" Being positive means welcoming any opportunity with open arms. This response exudes happiness and gratefulness.

Examples of negativity would include saying things like, "I guess they couldn't get anyone else to join them," or "They only invited me because they want something from me." Mind reading brings your energy down, and stops the universe from sending you more goodies.

3

Thinking that you've learnt from your mistakes and are stronger now, so you are able to handle it, is being positive. Or even that since you survived the first one, so surely you can survive this too. Whereas a more negative response would be to assume that the first failure is reflective of how it will always be. Do you always let one failure in the past determine all of your future? Every failure is a stepping stone to success.

2

Go on! Bury those "should haves" and "could haves" so deep that they can't ever be dug up again! Blaming and beating yourself up over mistakes never help as it goes against the grain of being positive. Accept that the human you makes errors. Also generalizing about a couple of bad habits isn't a healthy habit.

4

Sometimes, we get emotional and feel negatively about ourselves, though the thoughts may not reflect reality. In this case, a person may feel disappointed and upset for being slow, but it doesn't mean that she's actually the slowest person in the world! For all you know, the guide may be impressed by your spirit to keep moving. If you had said, "I don't give a darn to what others think, I'm just going to get there!" then good for you! Avoid letting your emotions rule you.





Never take someone else's decision in a personal way. "He must have his own reasons. I'll ask him about it," is a more positive action-oriented way to go. Those who say, "He doesn't want to take us because of me," are jumping to conclusions. For all you know, maybe you're the only one with a friendly face!

Are you able to look at the whole situation optimistically as an unforgettable adventure? Or do you see it as the end of the world, with even more catastrophes waiting to pounce on you? If you were optimistic, you would have framed it very nicely, allowing your body and mind to treat it like a game. If you opted for catastrophe, your negativity may have made your body feel stressed up, ready to fight and squash whatever good that comes along later.

A few will sincerely say, "Thank you" without disputing it. Some would consider it as polite flattery. There are those who may highlight their weaknesses at this point or say, "What's the point of my knowledge? I don't use it." Well, how does discounting your positive points help you in life? Build yourself up; each strength of yours should be celebrated.

Were you able to laugh at some of the not-so-favorable things that happened? Many filter out either the positive or the negative and highlight them to the world. Your words say a lot about the way you see the world and the sort of energy that's constantly emitted.

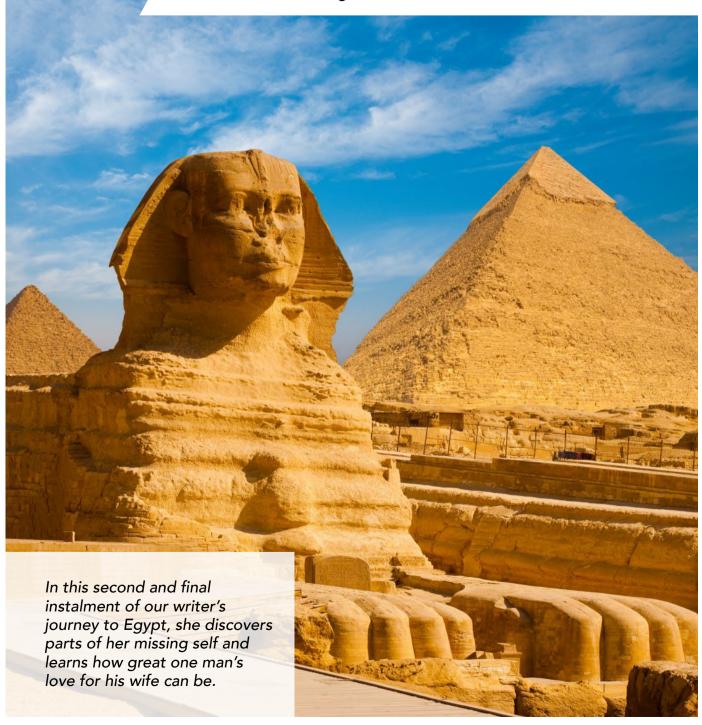
Also, did you say, for example, "Bad things always happen on trips" or "They should have waited for me when I was slow"? The "always" and "should have" hint that we constantly place expectations on people and things.



Sheela Prabhakaran is a writer and trainer with a keen interest in people and nature. Her experience includes the publishing field as well as Corporate Communication. She has reached out to people of all walks of life through writing and training programs (Business English and Business Writing. As a certified meditation facilitator, her spiritual journey allows her to explore more ways to create a more peaceful world. Touch base with her at sheelaprabha@gmail.com.

Stepping Through Timelessness

The Journal of a Pilgrim (Part 2)



"This is love – to fly across a secret sky, To cause a hundred veils to fall each moment. First, to let go of life. Finally, to take a step without feet." ~ Rumi

Death and rebirth is an endless cycle - an ending of one melding into the next, all meshed up in one unending flow of consciousness and soul. Where one breath ends, another continues. Love is the strongest element in the entire universe that enables one's soul to travel through space and time.

When your heart is open, when a connection is made, you fly across the sky and universe and see beyond the veil of this reality we so stubbornly cling to. Truly in my experience, love and life in this life

> and all past or future lives are all melding into one pot of consciousness.

The journey of reclaiming my past life memories in Egypt continued after our museum visit. Our retreat group journeyed up the River Nile.

In the next leg of our adventure, I once again visited Karnak Temple. In 2009, when I had faced one of the biggest crossroads of my life, I took a pilgrimage to Egypt to rediscover myself. March 2017 saw me returning, not alone but with a soul family that I belonged



Made infamous by "The Mummy 2", Karnak was hidden

from civilization from 100AD when the Romans took over Egypt. The ancient Egyptian pharaohs had built and extended Karnak Temple (then the center of unified Egypt called

Thebes) one after another since the Middle Kingdom. For over 2000 years, Karnak Temple grew in size to 1000 hectares and became the center of worship. In its prime, the façade and inside the temple was covered in bright colored paintings.

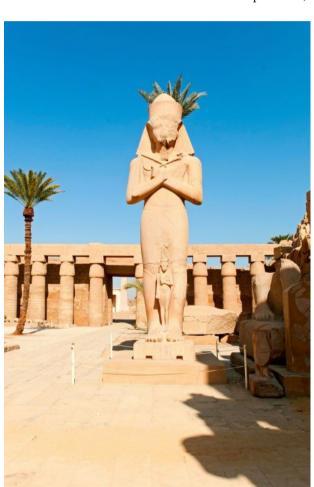
The great temple at the heart of Karnak was so big that St Peter's, Milan, and the Notre Dame Cathedral would fit within its walls.

The temple pillars towered over me. As I stood beneath them, I could still see the bright colored painting covering the top of the walls. How did the ancient Egyptians build such magnificent structures that have stood the test of time? Blessed was Karnak that it was kept hidden from humanity due to the rising floods of the Nile river slowly putting one layer of mud on top of another over two thousand years.

Pharaoh Ramses II was known as the Builder King and no monarch topped his building achievements. Walking down the familiar path towards Karnak Temple, I looked up at the statue to my left to be greeted by Ramses II and his beloved wife Nefertari.

I felt an ocean of love wash over me towards the statue, and there was such a strong connection that I didn't understand at that moment. But I recognized Ramses II as my father, and me as his princess in my past life.

The Great Hypostyle Hall featured pillars built by Ramses II's father, Seti I. Although his father built the hall, Pharaoh Ramses II changed the inscriptions to write his name over his father's. I stood in awe as I experienced how huge these pillars were!



Pharoah Ramses II and Queen Nefertari

Eve of Horus



In a short vision, I recalled that in days long gone, he, his queens and princesses walked beneath the brightly colored ceilings and pillars towards the Amun Ra temple for prayers. I heard the distinct beating of the drums as we walked by piously to give offerings to the great God Amun.

That was when I knew I had walked behind Pharoah Ramses II during a prayer procession! The name Meri

came to me - and when I Googled it I was immediately drawn to the Princess Meritamun. I recalled loving and adoring my father and my mother Nefertari. Both were my role models. As the eldest daughter, my mother was the light of my life until she passed on.

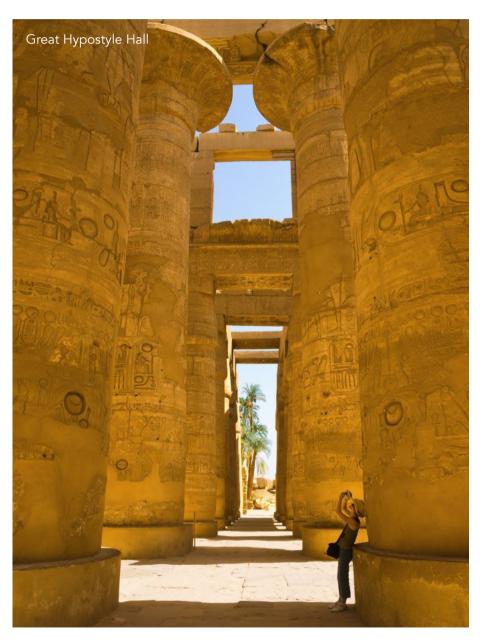
On my previous trip, I was drawn to a papyrus painting of Nefertari being led to the afterlife by Goddess Isis. I never knew why then, but now I do. Her painting still adorns the wall of my altar which I built at home. As I paid my last respects to them both, and homage to this great temple, I knew that my heart will forever be a part of Egypt as surely as blood runs through my veins.

Abu Simbel

We cruised up the River Nile towards many other great temples such as Hatshepshut Temple, Luxor Temple and Komombo Temple. It was truly beautiful spending nearly a week on the river with good weather and company. I loved living on the boat as we travelled down the Nile, as the ancient Egyptians once did two thousand years ago. The Nile was and still is the source of the Egyptians' livelihood. It enabled me to connect deeper with an ancient civilization that still mingled with the modern Egyptians.

The highlight of our river tour was getting to Abu Simbel. In my previous trip, I did not make it here as it was not accessible during my short trip. This time, I made sure that I managed to visit this huge temple site.

Abu Simbel was originally carved out of a mountain. Built by Ramses II over 20 years, one of two temples was constructed for his beloved queen Nefertari. Eventually, the temples slowly disappeared due to disuse as it was covered up in sand. They were rediscovered in 1813.





Ramses II loved his wife with his life, frequently calling her "the one for whom the sun shines". He carved an entire mountainside to show his love for her in a temple dedicated to Goddess Hathor. Inside, there is a carving that says, "My love is unique - no one can rival her, for she is the most beautiful woman alive. Just by passing, she has stolen away my heart."

Nefertari was beautiful as she was kind. This temple was dedicated to her life and beauty. As the great royal wife, her sweetness and intelligence made her Egypt's

greatest queen. I remember walking in this smaller temple and of Ramses II's main temple to celebrate the opening of this deification for both of Egypt's greatest monarchs.

Ramses II's temple was big and aweinspiring. Meant to show himself in a great light to Nubia (modern day Sudan), the king was proud of his warring conquests. Many of the relief walls were of him in battle, successfully conquering his enemies.

At the end of my visit, I felt a part of me become more complete. It was like a portion of my soul

had returned to me during this spiritual visit to Egypt. A feeling of celebration, love, completion and understanding suffused my very being.

Sometimes, when you travel, you encounter some things that don't make sense. Sometimes, you may recall a fleeting feeling or a memory. My only message to you dear one - is to embrace these memories and allow the veil to drop. Connect to the deeper part of you as you experience love and life beyond space and time.



Lucy Chan is a dedicated energy healer, mindfulness meditation facilitator, business coach and corporate trainer with more than 7 years of experience. Having worked with hundreds of people, she finds tremendous joy in working with clients to discover their true passionate selves. Lucy's mindfulness facilitation and private coaching focuses on changing her clients' emotional blocks toward their goals. If you want to create positive change in your life, connect with Lucy at lucindachan@gmail.com.

2018 Energy Predictions

2017 In Review

After a year of completion and transformation for the world, we have arrived at the year 2018.

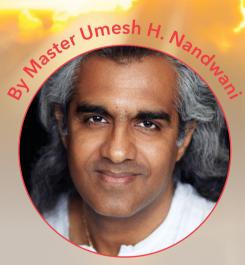
I mentioned in 2017's energy predictions that there will be many new beginnings going into the year and that many will see the closure of unresolved issues. For those who have not yet closed such issues, you have the last opportunity until March 2018 to do so as the last remaining energies of 2017 fade off.

The Energies Of 2018

The year 2018, when reduced to single digits, adds up to 11 (2+0+1+8), which makes 2018 a Master Year. "11" represents the energies of enlightenment and new consciousness.

The year should bring in more illumination to world order where more stabilization in the political, economic & financial spheres can be expected, creating more positivity & clarity around the world. Therefore it is advisable to keep your energies and thoughts positive to benefit from this new cycle.

Old energies will resist the energies of change and illumination that will persist during the year. These energies of the past are being phased out and it will help people greatly when they accept the changes that are coming (which they will realize is for the better) and gear themselves up for the change. The force of planetary energies is just too great for any one individual to oppose and those who go with the flow will find life much easier and see many synchronicities happening in their lives.



Master Umesh H. Nandwani

(B.Msc, CSMC) International Life-Transformation Certified Metaphysical Practitioner, Reiki Master, Consultant & Life Coach, Founder of The Golden Space®, Principal of "Awaken ~ The Divine You®" Program (Accredited by the International Metaphysical Ministry and University). He inspires and leads those seeking self-realization, enlightenment, and understanding of one true-self. He believes that we all have that Sacred Divinity within us, where our inner peace, love, harmony, happiness and success resides. If you wish to fulfill your life purpose, join the "Awaken ~ The Divine You®" program today!

For The World

The dominant energies for 2018 will therefore be balance, more clarity, growth and respect. This balancing and alignment in 2018 of the new energies that were brought in during 2017 will see more clarity and focus, and more growth prospects, for the entire planet.

2018 brings us closer to 2020, from which there will be a major shift in the awakening of humanity, which in turn will culminate in the Golden Age starting in the year 2025 and beyond. It is worth repeating that a lot depends on how humanity deals with the energies that are happening in this positive cycle of planetary consciousness, which will make the transition either much easier or harder for all.

The much awaited energy of our lovely planet Earth should move in a better direction, peace with better health & wealth for all.

For The Individual

Overall the dominant energies should bring a much better year for individuals too whether economically, socially, financially or health-wise as more people around the world awaken and become aware of the importance of having a more peaceful, healthier, respectful and balanced life. Look around you and you will notice meditation is becoming more and more popular, especially amongst the millennials as they come of age. The dominant stabilizing energies will see people get more balanced with Self, family, finances, businesses and careers, resulting in growth that is more balanced and holistic.

Focus on the energies of the heart to balance up the mental energies that have been so prevalent in modern society. Love is the energy of the heart, and humanity should see itself slowly moving away from its mental over-focus to manifest more from love.

As health concerns and climate change issues becomes more significant, meat consumption will decrease and vegetarianism, especially consuming more greens and vegetables, will rise. This will refine humanity's energies to align with the finer energies that will be more pronounced in the years to come.

My Best Advice For Better Health, Balance And Happiness For 2018 & Beyond

Renew Your Connection With The Earth Spend more time in Nature instead of spending too much time with your computers, laptops, tablets and mobile phones. Respect Mother Nature, our Earth, more as by doing so you will surely attain a better life and improved health.

Technology is important and helpful but life must also be balanced with spending our time with nature, family and friends. There is an energy exchange which balances us when we interact with Nature and people with strong ties to us. Humans invented technology and should be the master but many people have become so dependent on technology and can't seem to do without it.

With help from Nature, nurture yourself more with the 5 elements, which are within you too, to realign and balance yourselves for a healthier and happier life.

Investments 2018 is a good year to invest in equities, properties, green funds, start-ups and technologyrelated businesses too as the global economy recovers more. But always calculate the risk/reward before any investment venture. 2018 is a year of balance and it is best to work with both your male and female, i.e. both your mental and intuitive, energies to get best results.

Travel & Holidays The year is a good year for more travel, for holidays, to chill yourself after all your hard work. The time-off will re-energize you, strengthen you and help you see more clearly to set you on the path for your further success in life.

Balanced Lifestyle Meditating, exercising, taking up yoga and maintaining a good and balanced diet are the necessities for 2018 and beyond. Prepare your body for the extraordinary energies that will influence everyone's life from 2018 onwards. The energies of illumination and stabilization will enhance the energies of the new era and usher in a new world order. More of humanity will awaken and realize themselves this new era of consciousness.

Enjoy, ride high and smile more in 2018! Good luck & blessings.

Master Umesh Nandwani

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Ancient Egyptian Reading

FOR FUN AND DISCOVERY

Attune to the Goddess energy within you and discover more about yourself as you connect with the Egyptian goddesses via a mini reading.

The Ancient Egyptians are known for their divine wisdom, power and knowledge of different dimensions and metaphysics. They lived rich and extraordinary lives; lives full of abundance, pure love, deep compassion and great joy! They built many temples that were dedicated for specific healings of different parts of a person's mind, body or soul. In these temples, priestesses practiced their arts and skills to rejuvenate and heal people who were in need of their special blessings.

As the energies of our planet shift, we are now ready to tap into this powerful ancient Egyptian wisdom and power!

Look at the pictures of these powerful Beings on the right, and intuitively choose the one that stands out or appeals to you. Check out what your choice says about you.









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GODDESS MA'AT

If you chose Goddess Ma'at, you believe in truth and justice. To you, it is essential to be in harmony with your surroundings and especially with your loved ones.

Learn to be more compassionate and detached from the daily dramas in your life. One of the best ways is to learn to be less judgemental and be mindful of your thoughts, speech and action.

GODDESS ISIS

If you chose Goddess Isis, you are a loving, patient and caring person. You are a good hostess who always makes sure that your guests are treated well.

People enjoy looking for you whenever they have a problem or are at a crossroad as you exude inner wisdom or peace. You seem to place other people's needs first before your own.

Learn to nurture yourself more and remember to lead a balanced life. Learn to say no if you are overloaded with responsibilities. You need to learn to enjoy the abundance around you.

GODDESS SEKHMET

If you chose Goddess Sekhmet, you are very creative, strong, wise, an opportunist and quite talented. Within you, lies the courage and strength of a lion and you can be quite fearless once you have set your mind on a project or task.

Learn to be more patient and do not be so emotional or temperamental. Look at the bigger picture. Once you learn the art of giving and sharing, you will be bestowed with the gift of a consistent flow of abundance.

GODDESS NUT

If you chose Goddess Nut, you are graceful, kind and loving. You radiate positive energy. You believe that nothing is impossible even when chaos reigns in the outer world.

Learn to be mindful with your thoughts, speech and actions. Guard against accumulating negative energies in your body which will eventually manifest into physical illness. Take care of your health especially in relation to the heart area. Learn the art of letting go and have more compassion for yourself.



Beatrice Lee is a gifted Energy Healer and in the past 8 years, have transformed many lives through her coaching and workshops. Her services include Psychic Card Reading, Energy Healing, Hypnotherapy, Numerology Reading, Color Therapy, Meditation, Women Empowerment Journey Workshop and Chakra Workshop. Opening her heart to the world, she is walking the journey of self-mastery and guiding all to come into their own self-realization and potentials to transform their lives abundantly. You can reach her at *beatrice.lee@thegoldenspace.com.my*

bodymindsoul Carnival

The HEART of Community

Home Engage Appreciate Rejoice Transform



Art Healing Circle to enable parents to have a deeper understanding of their children



Crafty Upcycling CDs by Christie Tay, a member of the Guardians of Mother Earth



Flower Reading by a member from bodymindsoul magazine

The First Carnival of H.E.A.R.T

Excitement overflowed as children and adults immersed themselves in various fun experiences that filled them with joy. A unique carnival that allowed everyone to nourish their senses and souls, whilst opening up their hearts.

In numerology, 2017 adds up to number 1. It was a truly eventful year for bodymindsoul Magazine, as we held our first ever holistic wellness event - the first bodymindsoul Carnival.

Held on 25 & 26 November 2017 at Commune, Level 5, Sunway Velocity Mall, Kuala Lumpur the theme was "The H.E.A.R.T. of Community". The acronym HEART stands for: Home, Engage, Appreciate, Rejoice and Transform.

This one-of-a-kind free event with exciting activities was designed to connect the community with their hearts, filling them up with love, joy, gratitude and harmony.

Visitors Were Inspired

All in all, it was a hugely successful carnival. It had been an inspirational and educational experience for everyone.

One visitor from Langkawi commented that the contents of the goodie bags were very generous. Another enjoyed our carnival so much that she came back on the second day with her entire family to participate in our activities!

As for 13-year-old Derek Wong who joined the "Switch On Your Brain In 5 Minutes" demonstration, he said that one of the techniques taught really worked in stopping giddiness almost immediately!

Other than the positive reviews from visitors, the vendors who took part in it were also happy. Many enquired as to when our next carnival will be as they do not want to miss out on it! One vendor also remarked that our carnival drew better quality visitors compared to other similar events that they had participated in before.

Preparations have started for our next carnival. Please follow us on Facebook and Instagram to stay updated, or drop us a line at **03-6143 5508**.

Enchanted World Of Mother Earth

This amazing corner was a big attraction for children and adults. Set up and managed by the Guardians of Mother Earth (GME), it had many attractions. There was a photo booth complete with props and a stunning backdrop for selfies and wefies, as well as a special spot to exchange pre-loved toys and books.

One undeniable crowd puller was the HUGE cardbox robot, standing right outside the entrance to this place. Even the adults were enchanted by it!

Educational and fun activities were scheduled for the children, e.g. upcycling CD sessions, coloring and also a talk on aquaponics; which explained how you can combine aquaculture (raising fish) and hydroponics (the soil-less growing of plants) in one integrated system or contained space.

With so many new and exciting activities to explore, the children certainly wished that time had stood still at our carnival!



Hands-On & Sharing Sessions

The adults had their fair share of interesting activities too. They attended yoga and meditation sessions, talks on self-empowerment, energy healing, organic products, zero waste lifestyle, an art healing circle and many more.

Participants responded enthusiastically to the music healing session using Tibetan singing bowls, whilst the yoga session had a young child participant! One demonstration held during the carnival was on how to serve tempeh, hot or cold. Who knew that tempeh could taste so heavenly if you served it right!

One aspect that many visitors liked was that some activities, talks and workshops were conducted in English, whilst others were conducted in Mandarin. This allowed participants to join activities conducted in the language that they were most fluent in, to fully enjoy and understand all that was shared.











Free Hugs Parade & Collaborations

Our Free Hugs Parade team was certainly a big attraction. Happily beating on drums, they walked around the mall, giving out free hugs and heart-shaped bookmarks folded with love. The other music-themed highlight was the Flash Mob that broke out at random times during the carnival, sending everyone scrambling for their mobile phones.

Collaborations with generous sponsors had allowed for the allocation of special booths for single mothers and NGOs at our carnival. We are happy that they were able to share their products and services which included tasty pesto sauce and homemade muruku.

Our Heartfelt Thanks

There were many generous persons who helped make this carnival a huge success. We would like to thank each and every one of them.

Thank you Datin Vince Chin of Multimedia Entertainment Sdn Bhd, Mr Ng Thiam Chai, Mr Yong Chean Peng of Pembinaan Mentari Muda, Mrs Arica Walters of Versalink Holdings Limited and Mr Vincent Tan.

We would also like to show our deep appreciation to Mr Danny Ho of Commune, Ms Alicia Chong of The Touch and the management of Sunway Velocity Mall.

Our sincere thanks to Master Umesh Nandwani & The Golden Space Malaysia, Janine Lee, Holistic Hair Care, Peppermint Avenue, Originalution Dance Studio, Dream Mix, Wellness Concept Malaysia, Slimming Sanctuary, Claire Organics, Something Café and Meal, iHVNOSTYLe, Caruso Vinyl, Private Stitch Lifestyle Co, JC Nursery, TIGA Lifestyle (Trigano Honey, Mist Lock Bottle, Phone Pop Socket, Garlic Lemon Ginger Apple Cider Vinegar) and Rinjin Shokudo.

Our deepest gratitude to Guardians of Mother Earth, and the support from Incredible Breakthroughs Solution, Little Artist Enrichment Field, Urban Farm Tech and Ms Chen Wai Fong.





And last but not least, we would also like to say that it was an honor and a pleasure to work with all our vendors in sharing light and love with the community. We thank you from the bottom of our hearts for this opportunity and for participating in our carnival.



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Vincent C.J. Tan has experienced life's turbulences - health, relationships, and financial ups and downs. All of these set him on the path of body, mind, and soul searching. He has

always been seeking for truth to life, strongly drawn to attaining self-realization through self-awareness.

His journey has led him to develop a strong passion to help others see the truth of life. His life aim is to bring about a heightened awareness and consciousness to mankind through the language of unconditional love. His ultimate goal is to bring about oneness to the world.

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2.UNLEASH the power of your Limitless Potential

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WORKSHOPS FOR YOUR

BODY, MINDAND SOUL



bodymindsoul Magazine reaches out to you through these pages as well as our specially planed workshops that come FREE with each and every issue. Here's what the workshops are all about.

Each one of our workshops has a different meaningful theme, all aimed towards giving you, our readers, tools to help you in your daily lives. This way, you gain more than merely reading about the tips.

Participants in previous workshops have experienced how to use specific techniques/methods to bring about desired outcomes, e.g. solutions to issues that we face, tips to be our better selves, and more. Our trained facilitators are there to support and answer any questions to ensure that you obtain the full value of the workshops.

Come join our next workshop on Limitless Potential (see page 61 for details), to help you break free from self-created limitations, mostly from imprints of past experiences.

In fact, come join all our future workshops and learn to live with abundance in every aspect of your life. Keep track of our workshops by subscribing to our e-magazine today!

All workshops are FREE for you, our readers, as a way to enhance your experience of our magazine.











Intention, Attention, and Action 3rd Sept 2017

The previous workshop in September, focused on "Intention, Attention, and Action to Balance Your Life!" facilitated by three experienced practitioners, Rose Wong, Carmen Rae and Sheela Prabhakaran. Here's a gist of what readers who came received:

When we are well balanced and regularly keep our minds, bodies and soul healthy, we will automatically feel more calm, grounded, clear-headed and motivated to live our lives smoothly and successfully.

Rose, who reminded us that over-thinking confuses the situation rather than focuses attention on the solution, facilitated "Mind". She captivated the participants' attention with a demonstration of a fast-paced card game that strengthens our mental faculties and gets the "analytical mind" distracted for a while. This useful tool, allows the "intuitive mind" to unearth solutions and also creates new brain synapses for quick access to insights and solutions.

Carmen Rae shared her philosophy of living an active, healthy lifestyle. She delved into how the body and emotions are closely connected. Being full of passion, it resonated strongly with the participants, inspiring them to take better action to be active for improved health. She gave numerous tips and answered many questions, even after the workshop.

Sheela, a meditation facilitator, took everyone on a meditative journey, connecting them to their soul. It is by understanding your innermost thoughts, desires and intentions, that you can ultimately attain peace. Some participants shared how the meditation had helped them to relax and discover parts of them that they had forgotten.

We at bodymindsoul magazine are happy to hear that all the readers who came for the workshop will practice what they learnt to live more positive and happier lives.

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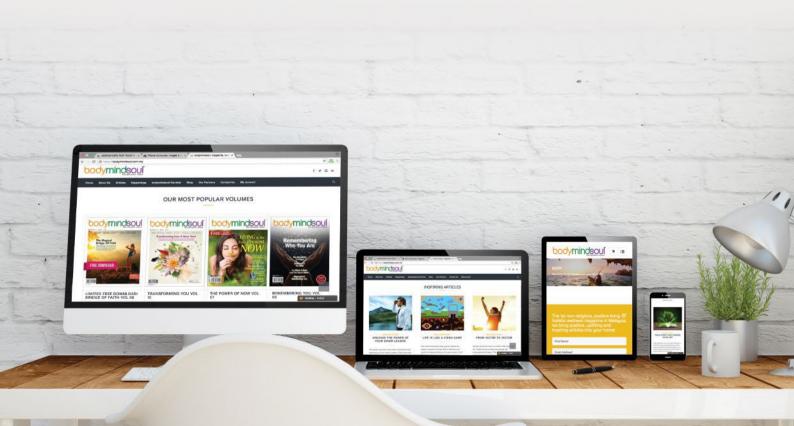
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