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THEME: PEACE

Dolma

Center for Dharma Practice

Monthly Publication

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From The Editor's Desk

Spirituality in Everyday Life: A Path from Inner Transformation to a Better Society (Pt. 1)

By Guru Brahmananda



Guru Brahmananda
Deon Gentle

The true aim of spiritual practice might easily be obscured by the many different paths offered to us, with their very many promises of attainment, whether centered upon certain powers or on personal liberation. Transcendence, for example, is a classic and enduring goal of spirituality, as it encapsulates the idea of human beings escaping the illusory duality of our world and emerging as awakened subjects, moving up and out of worldly engagement toward a lucid experience of the timeless and singular divinity.

Yet, in these times, as interconnected as we are in steering humanity toward either separation and corruption or love and authenticity, it seems we must recenter the essential purpose of practice on the emergence of a state of peace within oneself, one's family, one's community, one's society, one's state, one's country, and humankind as a whole—a peace felt vividly across the continual, unfettered, universal consciousness that illuminates each of our senses simultaneously and felt vibrantly within the singular heart of the many that beats in accord with the loving miracle of life.

This state of peace seems to be something all humans must arrive at in many diverse ways, using the uniquely dynamic details of our lives to reveal a path most authentic to our various positions within this world. To this point, the Dolma newsletter that follows will detail many different points of entry into this state of peace, as well as the many nuanced insights one might encounter from within such a state, yet all will illuminate the same truth: peace is a steady ship made to carry us steadily across the wild and unpredictable seas of life.

EDITOR'S COMMENTARY

PEACE

By Guru Brahmananda (Deon Gentle)

To feel a peace emerge—no matter how fleeting—and take up residence within one's body, gracing every inch of one's interiority with the lightness of acceptance and the flexibility of resilience, is to have awakened a blessing of divinity.

As such a state remains—perennial yet maybe still impermanent—one might meet any moment with an unflinching embrace, as genuine trust organizes every possible human experience—seemingly the most tragic circumstances and the most joyous triumphs alike—within a greater understanding of one's becoming.

When one walks one's spiritual path with an uncompromising sincerity and commitment to its altruistic tenets, this state of peace might one day emerge out of its waxing and waning and remain permanently. For all intents and purposes, this is enlightenment. And what's even more, when such a state has taken root within the practitioner, it becomes an act of creating miracles—a gifting of blessings in the vein of the great sages, teachers, and ascended ones—as one moves about our world and shares this state of peace with the ease of one's smile, the glint of one's eye, the sincerity of one's touch, and the compassion of one's service.

In other words, to cultivate a state of peace within oneself is to bring an alchemical harmony to every moment, and to traverse this world whilst maintaining such a state of peace is to aid in the harmonization of our diverse world. This seems to me the miracle of spirituality.

Feature Article

THE POWER OF PEACE
THE SILENT STRENGTH OF THE SOUL

By Spiritual Guru Yogi Brahmanand



Yogi Brahmanand

The modern world has achieved extraordinary progress. We can communicate across continents within seconds, travel enormous distances in hours, and access almost unlimited knowledge through technology. Yet, despite all these achievements, one of the greatest treasures of human life seems increasingly difficult to find—peace.

Today, people possess more comforts but often experience less inner rest. The mind is continuously occupied with responsibilities, ambitions, competition, information, desires, and fears. We search for happiness outside ourselves while the inner world remains disturbed.

This is why peace is no longer merely a spiritual ideal. Peace has become one of the greatest necessities of modern life.

What Is True Peace?

Peace does not simply mean the absence of conflict.
A person may sit in a silent room while thousands of thoughts are fighting within the mind. Another person may be surrounded by activity yet remain completely centred within.

Therefore, true peace is an inner state of consciousness.
It is the condition in which the mind becomes calm, emotions become balanced, and our awareness is no longer continuously pulled by fear, anger, desire, jealousy, or anxiety.

When the waves of the mind become quiet, something deeper begins to reveal itself.

Behind the noise of thought exists a profound silence.

And within that silence, we begin to experience our own consciousness.

Peace Is Power, Not Weakness
Sometimes peace is misunderstood as passivity or weakness. Spiritual wisdom teaches exactly the opposite.

Peace is concentrated strength.

An angry person may react immediately, but a peaceful person possesses the ability to observe before responding. A disturbed mind is easily controlled by circumstances; a peaceful mind retains its freedom.

When the mind is peaceful, perception becomes clearer. Decisions become wiser. Words become more measured. Energy that was previously wasted in unnecessary mental conflict becomes available for creativity, meditation, and purposeful action.
This is the hidden power of peace.

A peaceful person does not necessarily withdraw from the world. Rather, such a person learns to move through the world without allowing every event to disturb the inner centre.

Peace and the Spiritual Path
Peace has an even deeper importance for a spiritual seeker.

Meditation, mantra, yoga, pranayama, worship, and sadhana ultimately require one fundamental condition—the gradual quietening of the mind.

When a lake is constantly disturbed, it cannot clearly reflect the moon. In the same way, when the mind is filled with uncontrolled thoughts and emotions, it becomes difficult for consciousness to perceive its deeper nature.

Peace makes the inner instrument clear.
As thoughts settle, meditation naturally becomes deeper. As desires become quieter, awareness becomes stronger. As emotional disturbances diminish, the subtle dimensions of spiritual experience become easier to recognise.

Therefore, peace is not merely the result of spiritual practice.

Peace itself becomes a form of spiritual practice.

From Shanti to Inner Awakening
The ancient Indian spiritual tradition repeatedly invokes:

ॐ शान्तिः शान्तिः शान्तिः॥
Om Shantih Shantih Shantih.

The repetition of Shanti reminds the seeker that spiritual life is a movement from disturbance toward harmony—from outer noise toward inner silence.

But this silence should not be understood as emptiness.

Spiritual silence can become extraordinarily alive.

When unnecessary mental activity decreases, awareness becomes sharper. The seeker begins to observe thoughts instead of becoming trapped within them. Gradually, the distinction between the restless mind and the witnessing

consciousness becomes clearer.

This is one of the doors through which meditation moves toward self-realisation.

Peace Conserves Spiritual Energy
Every uncontrolled emotional reaction consumes energy.

Anger consumes energy.
Fear consumes energy.
Jealousy consumes energy.
Endless worrying consumes energy.

Unnecessary arguments consume energy.
A person may therefore become exhausted even without performing significant physical work because the mind has been continuously spending its strength.

Peace reverses this process.
When unnecessary reactions decrease, pranic energy is conserved. The mind becomes stable, and the inner energy can be directed toward meditation, mantra japa, healing, creativity, service, and higher spiritual practices.

The peaceful mind is therefore not inactive.
It is energy under conscious direction.

The World Needs Peaceful Human Beings

We frequently speak about world peace, but world peace cannot exist independently of human consciousness.

Families consist of individuals. Communities consist of individuals. Nations consist of individuals. Humanity itself consists of individual minds.

If millions of minds are filled with hatred, fear, and uncontrolled desire, society naturally reflects these conditions.

Therefore, one of the most meaningful contributions a spiritual seeker can make to the world is to cultivate peace within.

Peace begins with one consciousness.
When one person becomes peaceful, that peace influences the family. Peaceful families influence communities. Peaceful communities contribute to a more harmonious society.

Inner transformation and outer transformation are therefore deeply connected.

A Simple Daily Practice of Peace
Every day, spend a few minutes sitting quietly.
Keep the spine comfortably straight and allow the body to relax. Close the eyes and observe the natural movement of the breath.

Do not fight with thoughts.
Simply witness them.

With every inhalation, become aware of the life entering you. With every exhalation, mentally release tension, anger, fear, and unnecessary worries.

Then gently repeat within:
“I am peaceful.
I am centred.
I am the witness.
Peace is arising within me.”
Finally, remain silent for a few minutes.

Do not demand any experience.

Simply be present.
Practised regularly, these small periods of conscious silence can gradually change the relationship between you and your mind.

Become a Centre of Peace
The spiritual seeker should eventually reach a beautiful stage where peace is no longer dependent entirely upon circumstances.

Success comes—remain centred.
Difficulty comes—remain centred.
Praise comes—remain centred.
Criticism comes—remain centred.

Gain comes and loss comes, yet somewhere deep within remains an untouched space of awareness.

This does not mean becoming emotionless. It means discovering something within ourselves that is deeper than the temporary movement of emotions.

That inner centre is where spiritual peace begins.

Message from Yogi Brahmanand
Do not wait for the entire world to become peaceful before discovering peace within yourself.

The world may remain noisy. Circumstances will continue changing. People will behave according to their own understanding. Life will bring both favourable and difficult experiences.

But within you exists a sacred space that does not need to participate in every disturbance.
Find that space.
Protect it through meditation.
Strengthen it through awareness.
Purify it through compassion.
Expand it through love.

And when you discover peace within yourself, do not keep it only for yourself.

Let your words carry peace.
Let your actions create peace.
Let your presence inspire peace.

For the highest peace is not merely the silence around us. It is the silence within us from which wisdom, compassion, and spiritual awakening arise.

ॐ सर्वे भवन्तु सुखिनः।
सर्वे सन्तु निरामयाः।
सर्वे भद्राणि पश्यन्तु।
मा कश्चिद् दुःखभाग्भवेत्॥

May all beings be happy.
May all beings be healthy.
May all experience what is auspicious.
May none suffer.

ॐ शान्तिः शान्तिः शान्तिः॥

— Yogi Brahmanand
Spiritual Guru and Founder of
Nikhil Vatika Spiritual Research Centre

Chalkboard

Dharma *and Education*

PEACE- A LITERARY PERSPECTIVE

By Charlene Sinanan-Hansraj



Charlene Sinanan-Hansraj
Educator

I wish to examine the topic of "peace" from a literary perspective. Why? Because literary works reveal the realities of human existence. They do not solely define peace as "the absence of war"; they also explore the human experience through various forms of conflict: Man versus Man, Man versus Society, Man versus Nature, Man versus the Supernatural, and Man versus Self. You see, though man's ultimate desire may be peace, his ultimate truth is that conflict will always exist as long as human beings exist. Therefore, for man to come closer to experiencing peace, he must address the source of his conflict.

The pages of literature have introduced fictional characters who mirror you, me, and so many others. They have explored the myriad conflicts that human beings encounter. For me, the most unfortunate yet intriguing form of conflict has always been Man versus Self. Such a conflict presents characters who are internally troubled, so much so that their inner conflict gives rise to further conflict with others and with social rules and societal expectations.

Perhaps one of literature's most conflicted characters is Shakespeare's Hamlet, a king torn between his desire to avenge his father's death and his moral judgment about killing another man. The conflicting voices within Hamlet feed his indecisiveness, which denies him peace. Another of literature's most tragic characters is Michael Henchard from The Mayor of Casterbridge, who is haunted by the consequences of his past actions—selling his wife and daughter. Although he changes his circumstances through achieving success and power, Henchard cannot make peace with his past or present. Instead, his life is filled with guilt, pride, jealousy, and regret, which ultimately lead to his tragic downfall.

Then there is the literary classic A Christmas Carol, in which the main character, Ebenezer Scrooge, represents a human being who is devoid of emotion, bitter, and attached to money. Despite his affluence, Scrooge lacks meaningful relationships with his family and others. He is made to face his inner demons, manifested in the visits of three spirits—really, his conscience—who force him to confront his past, examine his present life, and consider the consequences of his future. Fortunately, he chooses to change his life and make amends with those he has wronged.

So, what do characters such as Hamlet, Henchard, and Scrooge unveil to us about peace? Hamlet illustrates what happens when the mind remains trapped in what it cannot resolve. His example should lead us to heed what the Stoics say—that peace comes from accepting what we cannot control rather than being consumed by circumstances. Henchard's tragic example points us to Aristotle's belief that peace is connected to a balanced life. Henchard's inability to control his emotions and his impulsive decisions show how inner imbalance can destroy peace. Scrooge's transformation illustrates Aristotle's philosophy, which ties inner peace to the virtues of kindness, compassion, and generosity in daily life.

So, if literary works have shown us the consequences of the absence of peace and philosophy has taught us how we may cultivate peace from within, what role have humans played? Fortunately for us, there have been extraordinary men and women who have taught us that peace should be a way of life. Historical figures like Mahatma Gandhi, Nelson Mandela, Mother Teresa, Martin Luther King Jr., and others understood peace in various ways: Gandhi's satyagraha (inner strength through non-violence and self-control); Mandela's freedom from hatred and bitterness; Mother Teresa's relationship with God and service to mankind; and Martin Luther King Jr.'s commitment to Christian teachings of faith, love, and prayer.

On a personal note, peace is something that I consciously try to practise and continually choose. I recognize that once we live among people, there will be conflict; therefore, absolute peace should not be our goal. Instead, we should seek the wisdom to respond to situations and circumstances from a place of peace rather than from a place of anger, hate, jealousy, and fear. I leave you with the lyrics of a song that has helped me and may help you along the path to choosing inner peace.

Let there be peace on earth and let it begin with me;
let there be peace on earth, the peace that was meant to be.
With God our creator, children all are we.
Let us walk with each other in perfect harmony.

Let peace begin with me, let this be the moment now.
With every step I take, may this be my solemn vow:
To take each moment and live each moment
in peace eternally.
Let there be peace on earth, and let it begin with me.

Spirituality & Art

THE MOVEMENT TOWARDS PEACE

By Dr. Nisha Luthra









Peace is perhaps the one thing the human race has sought in every age, across caste, creed, culture, and gender. We have traditionally imagined peace as stillness: the sage sitting in meditation, the monk withdrawing from the world, the individual closing their eyes and becoming quiet.

But perhaps peace does not always require us to stop.
Sometimes, movement itself can become a pathway to inner peace.

We live in a world that is constantly moving. Professionals move from meeting to meeting, students from classroom to classroom, and women managing homes, families, and careers are perpetually on the move. Yet very often, while our bodies are moving, our minds are somewhere else. We move physically, but not mindfully.

There is a profound difference between movement and mindful movement.
My own exploration of this idea comes from years of working with theatre, psychodrama, poetry, movement, and expressive arts. Through my workshops with corporates, schools, and colleges, I have experienced how movement can change the way people relate to themselves and to others. A shift in posture, a change in rhythm, a conscious breath, or simply becoming aware of one's body can unlock emotions and possibilities that words sometimes cannot.

This exploration led me, together with Dr. Glennville Ashby, to co-develop CHETNA SYNTHESIS, a holistic modality for people living busy, demanding lives. Movement is its second pillar, alongside the other experiential dimensions of breath, theatre/psychodrama, and music. The intention is not to take people away from life, but to help them become more conscious while living it.
Ancient traditions understood this connection long before modern wellness discovered it.
In Buddhism, walking meditation transforms the ordinary act of walking into a contemplative practice. Attention is brought to the movement of the feet, the breath, the body, and the present moment. The destination becomes secondary; the journey becomes the meditation.

The growing popularity of Tai Chi and Qigong offers another beautiful example. Their slow, controlled movements, coordinated with breath and awareness, create a moving meditation in which body and mind begin to work as one. They remind us that stillness can exist within movement.

I have often observed a similar phenomenon in creative work. A writer facing writer's block may sit stubbornly before a blank page, trying to force an idea into existence. Yet the breakthrough may come when the writer puts down the pen and walks outside. The colours of nature, the rhythm of footsteps, the movement of trees, and the changing landscape stimulate something within. The body moves, and the mind begins to move with it.

Perhaps this is why mindful movement can be so restorative. We are not necessarily escaping our thoughts; we are changing the conditions in which we experience them.
And movement does not have to be fast.

In a culture obsessed with speed, slow movement can itself be a huge form of progress. A slow walk, a conscious stretch, a deliberate breath, or the graceful movement of Tai Chi can bring us back to the present.
Sometimes we don't need to stop living.
We need to stop living on autopilot.

This is the essence of movement within CHETNA SYNTHESIS: bringing awareness into the body, breath, and everyday action. Because staying stuck can be difficult—but moving slowly, consciously, and with intention can open a path forward.
Peace may not always be found by sitting still. Sometimes, it begins with one mindful step.
Dr. Luthra is a poet, film director, and psychodrama coach. She is the founder and director of The Narrators Performing Arts Society and House of Happiness.

THE PSYCH SERIES

CULTIVATING PEACE

By Amina Mahmood, PhD NYS (Licensed Psychologist)

"Peace in every step. The shining red sun is my heart. Each flower smiles with me. How green, how fresh all that grows. How cool the wind blows. Peace is every step. It turns the endless path to joy."

- Thich Nhat Hanh

The crispness in the air is undeniable here in North America, as the season changes. having some time in my schedule this morning I was able to take advantage of a walk by the river.



Amina Mahmood

Unlike many others who were also out for their morning walk or run, I had no headphones on and no smartphone in my head, allowing me to stay more present in the moment, really soak in the sunshine and the cool morning breeze, and immerse myself in the sounds surrounding me. The benefits of being outdoors are tremendous for our physical and emotional well-being. Being able to do so while fully present is an added benefit. This is what Thich Nhat Hanh refers to in the quote above, which emphasizes the importance of being present in the moment and how this leads to cultivating peace.

Anxiety and depression work by drawing our attention to things that occurred in the past or situations that may arise in the future. Both create distress within our nervous system. Now imagine if we were to practise presence by noticing the sounds, sensations, and smells surrounding us, and by being fully present in the task we are engaged in, even something as minor as washing our hands. What if, while washing our hands, all we focused on was the sensation of the water, its temperature, how the soap feels, and how our fingers find each other as they scrub off the dirt? Handwashing may become a very peaceful process!

With the change of the seasons, particularly in the Northern Hemisphere, many individuals experience a decline in mood and energy. Here again, cultivating peace may offer a reprieve. Engage in your mindfulness practice, find an activity or task during which you will actively remind yourself to remain present, and create time to be outdoors in nature. Identify pleasurable activities, and also consult your healer regarding any other interventions you need to take in order to proactively enter this next season with “peace in every step.”

“The past is gone, the future is not yet here, and if we do not go back to ourselves in the present moment, we cannot be in touch with life.”

Pathfinders

HARVEY SPENCER LEWIS

(November 25, 1883 – August 2, 1939)—was a famous American occultist, author, and mystic who is best known as the founder and first Imperator of the Ancient and Mystical Order Rosae Crucis (AMORC).
(1887- 1963)

Through his leadership and innovative correspondence school model, he popularized modern Rosicrucianism worldwide.
Born in Frenchtown, New Jersey, Lewis was raised in a Methodist family of Welsh heritage. His early career was anchored in journalism, advertising, and photography. By his twenties, he had developed a profound interest in spiritual phenomena and served as the president of the New York Institute for Psychical Research.
Driven by mystical experiences and a desire to uncover esoteric truths, Lewis traveled to Toulouse, France, in 1909. There, he claimed that he was initiated into an ancient European branch of the Rosicrucians and entrusted with a mandate to revitalize the order in North America.



Harvey Spencer Lewis

Founding AMORC and Global Expansion
In 1915, Lewis officially established AMORC in New York City. Rather than restricting the organization to highly guarded, secretive local lodges, he revolutionized the spread of occult knowledge by distributing lessons via mail-order subscriptions. This allowed seekers around the globe to study his texts on mysticism, mental alchemy, and cosmic attunement from their own homes.

After briefly operating out of San Francisco and Tampa, Florida, Lewis permanently relocated AMORC's headquarters to San Jose, California, in 1927. He constructed Rosicrucian Park, a distinct Egyptian-style architectural complex. Deeply fascinated by the mystery schools of ancient Egypt, he also founded the Rosicrucian Egyptian Museum and the first planetarium in the region.

Inventions and Later Life

Beyond his extensive catalog of spiritual books—such as The Mystical Life of Jesus and Mansions of the Soul—Lewis was an eccentric inventor. He designed unique esoteric devices, including the Luxatone, which transformed musical sounds into corresponding color spectra on a screen, and an early cosmic ray counter.

Lewis served as the international leader of AMORC until his death in 1939, at which point his son, Ralph Maxwell Lewis, succeeded him as Imperator. His ashes remain interred in a shrine within Rosicrucian Park.

Bat Kol
Intuitive Teachings

THE GREATEST WISH

By Konchok Rinchen Tobgyal (Glenville Ashby)



Konchok Rinchen Tobgyal (Glenville Ashby)

From ancient mantras to sacred shlokas, humanity has long recited the call for peace—a state that stands as a monument to our greatest internal attainment. Recently, I began inviting seekers to explore the true significance of peace before embarking on any study. While several mantras hold unique properties, they share a singular purpose: generating true equanimity.

Consider the Shanti Path. Each revelatory line instructs us to invoke peace into multiple layers of existence, stretching from the vast cosmos down to the human heart. Pavamana, another sacred mantra, invites us to pray for knowledge, light, and spiritual immortality, ending with a triple recitation of peace to liberate us from attachment and suffering.

Ultimately, to invoke peace is to recognize the rebellious, disquieting, and naturally apoplectic energy inherent in all things. It proves the immense power of language to bring balance to our most chaotic, opposing states of being.

Although these textual references are from Hindu scriptures, the call to peace echoes through every faith. Christians revere Yeshua as the Prince of Peace. Muslims exchange the sacred greeting Asalaam Alaykum—peace be unto you. Similarly, the word Shalom is integral to Jewish life and tradition.

Undeniably, the invocation of peace grows strongest as the dawn of life nears. Every culture has besought the divine to grant lasting peace to the souls passing from this world. In those days of sorrow, the allure of materialism entirely loses its grip on us. The distractions of the world fade away, leaving only one singular, ringing cry—for peace, and peace alone.

Living Life as a Sacred Practice

By Sharon Parris-Chambers



Sharon Parris-Chambers

September Reflection

Your Dreams Are Not Too Big

There are moments in life when our dreams feel so expansive that we begin to question whether they belong to us at all. We wonder if they are too ambitious, too late, or too improbable. Yet what if the very dreams that stir our hearts are not burdens to carry but invitations to awaken?

The Buddha taught that our lives are shaped by the quality of our minds. When fear, doubt, and attachment govern our thinking, we unknowingly create limits that do not truly exist. The Dharma invites us to see clearly—not through the lens of anxiety, but through wisdom. It reminds us that awakening begins when we release the stories that keep us small.

Many of us have been conditioned to measure our lives by achievement, comparison, or the approval of others. In doing so, we often silence the quiet voice within that knows our deeper purpose. Yet purpose is not something we manufacture. It is something we uncover through mindful living, compassionate action, and the courage to take one faithful step after another.

Living life as a sacred practice asks us to approach each day with intention. Every conscious breath becomes an opportunity to return to ourselves. Every act of kindness becomes an expression of awakening. Every setback becomes a teacher rather than a verdict. Our dreams are nourished not by wishing, but by the daily disciplines that align our thoughts, words, and actions with what is true.

The ancient principle of Ma'at teaches us to live in truth, balance, reciprocity, and right relationship. The wisdom of Sankofa reminds us that looking back is not an act of regret but of learning. Together with the Dharma, these teachings encourage us to move forward with clarity, integrity, and compassion.

Perhaps the greatest obstacle to fulfilling our dreams is not a lack of opportunity but a lack of trust. We wait for certainty before we begin. Yet the path unfolds through walking. The seed does not become the tree overnight; it grows because it faithfully responds to the conditions of each day. So it is with us.

As we enter this month, let us stop asking whether our dreams are too big. Instead, let us ask whether we are willing to meet each day with an open heart, a disciplined mind, and a spirit committed to awakening. When we live in this way, our dreams become less about personal ambition and more about serving the world through the gifts we have been entrusted to share.

Living the Practice

Each morning this month, pause for three mindful breaths before beginning your day. As you inhale, silently say, "I awaken." As you exhale, silently say, "I walk the path with courage." Then take one intentional action—however small—that moves you toward a dream rooted in compassion, wisdom, and service.

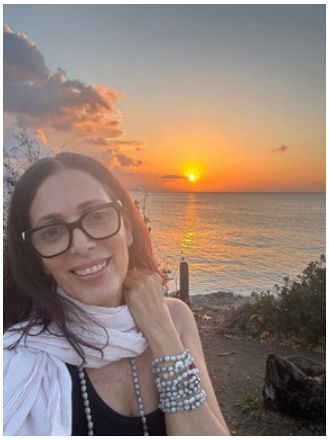
September Invocation

May I walk this month with a peaceful mind and an open heart.
May the Dharma illuminate my path with wisdom and compassion.
May I live in the truth and balance of Ma'at, remembering through Sankofa the lessons that strengthen my journey.
May I be supported by the spirit of Sangha, and may I, in turn, become a source of encouragement for others.
May every breath awaken gratitude, every step reflect loving-kindness, and every dream become an offering that serves the well-being of all.
May my life itself become a sacred practice.
May all beings be peaceful.
May all beings be free from suffering.
May all beings awaken.

The Spoken Word

PEACE

By Anna Azar



Anna Azar

I climbed a mountain
To see a beautiful view
I wore myself out
Searching for truth
I longed for peace
But at what cost
I've closed the door
On all I've lost
I go within
Where answers await
I feel painful things
I clean the slate
It's peace I long for
Deep inside
I hold my own hand
God is my guide
And soon it's quiet
The pain subsides
And I find stillness
The noise has died
This peace is effortless
It's not something I seek
It's a state of being
A quiet knowing
A dance with freedom
Life is aglowing
I smile gently now
I come home to this place
Where love finds me
With light and with grace

End-of-life Reflections

TRUE CONNECTION

By Anna Ellis



Anna Ellis

We release what we might identify as habits, beings, or associations that are no longer serving us. At times, this process is much easier than at others. Afterwards, an overwhelming sense of relief and peace tends to envelop us. Sometimes the Universe has other plans. Something that serves us may not be released on our own accord when the time comes. Rather, it may be removed without warning. Such removal has the potential to result in a substantial and natural grief reaction. Although this removal is part of our journey and is likely necessary, we are tasked with navigating it and attempting to make meaning of it.

Emptiness is not only a feeling but also a truth. Feeling empty causes us to reside with an internal dialogue focused on absence. By looking at the universal truth related to emptiness, absence becomes part of the experience and journey. The world in which we exist has not become devoid of the things we believe we need. It has transformed aspects of those things to teach us how to connect with our dependent origins. Everything comes from something else, including different means of connecting to our higher selves. Aphids need plum trees to sustain themselves. Plum trees need soil to maintain their root system architecture. Soil needs worms for aeration. And so on and so forth.

Since each existence is positively impacted by another, the connection never fully goes away when that existence is removed. We cherish healthy habits, beings, and associations in our lives. Part of why we cherish them so deeply is how they touch and enhance our viewpoints and experiential abilities. Sadness, denial, and frustration are emotions we might encounter after the removal. Maneuvering these emotions requires dedication, proper tools, and helpful support. The questions below help determine ideal options on an individual level:

- When do I feel safest expressing myself?
- Who encourages my journey and makes themselves accessible to me without stipulation?
- Where has my serenity come from in similar situations?

I would like to close my article with an anecdote about how I think through a process of this nature. Recently, a very famous celebrity moved on in their spiritual journey. As a fan of Dolly Parton, I knew that the world we live in would be impacted. I decided to focus on her energy rather than the loss of her physical shell. Each living being is made up of shared particles. How wonderful it is to know that Dolly's particles are moving through the entire Universe at light speed and caressing all of our hearts. Kindness and good intent vibrate higher since she has transitioned. This brings me peace. What thoughts of interconnectedness might do the same for you?

ZHABS TOG
(SERVICE)

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Public Charity Status: 170 (b) (1) (A) (vi)
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CENTER FOR DHARMA PRACTICE

Karuna Seva: Compassionate Food Outreach for Animals, Haridwar, India.

Bring Comfort to Hungry Animals: Join Karuna Seva Today.

Dear Prospective Donor,
Every day, countless vulnerable animals face the harsh reality of starvation and neglect. They cannot ask for help, but we can answer their silent plea.

We invite you to be a lifeline through Karuna Seva: Compassionate Food Outreach for Animals. Our mission is simple but critical: to provide nourishing meals and consistent care to animals who have nowhere else to turn.

Your generosity translates directly to renew the strength, and vital energy of these helpless creatures. A gift of any size ensures that a hungry animal receives a meal served with dignity and love. Please consider making a donation today to help us sustain this vital circle of compassion.

With Deep Gratitude,

Guru Gyananda

Guru Gyananda (Glenville Ashby)

Announcements

Dr. Nisha Luthra has been to the appointed to member of the Board of Directors.



Dr. Nisha Luthra is an artist, facilitator, and human-development professional whose work lies at the intersection of performing arts, emotional well-being, education, and conscious living.

She is the Founder and Director of The Narrators Performing Arts Society and House of Happiness, where she brings together her diverse experiences in theatre, cinema, poetry, psychodrama and holistic practices to create spaces for reflection, expression and meaningful human connection.

Yogi Brahmanand has been appointed as Spiritual Advisor to the Board of Directors.



Yogi Brahmanand (Sumit Sharma) is the founder and director of Nikhil Vatika, a spiritual and charitable organization located in the holy city of Haridwar, Uttarakhand, India. The center operates as a spiritual research hub dedicated to bringing ancient esoteric practices like Tantra, Mantra science, and Sri Vidya Upasana to the common man. The center specializes in Parad Vigyan (the science of purified mercury) and manufactures authentic, ritualistically energized Parad Shivlings, gutikas, and loose gemstones used for meditation, Vastu correction, and planetary alignment. Beyond spiritual workshops and energy activation courses, Nikhil Vatika actively engages in philanthropic endeavors, including running gaushalas (cow shelters) and providing aid to marginalized communities.

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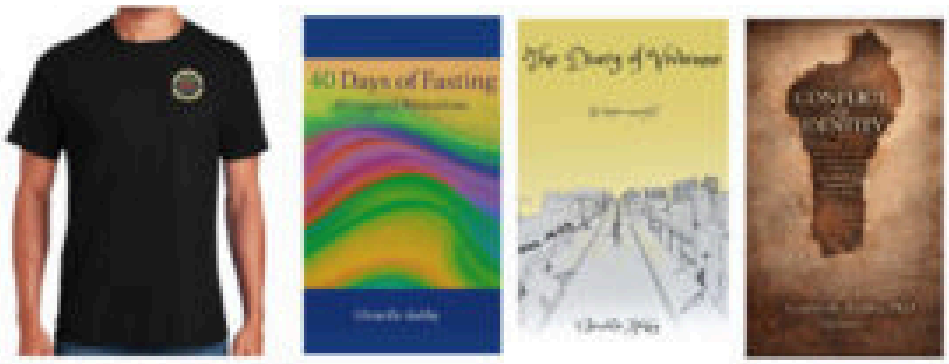

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