Vol 13 February 2026 Special Edition

SPECIAL EDITION

THE WELLNESS SERIES (Part 1 of 2)

Namaste and Welcome!

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From The Editor's Desk



I am honored to serve as acting editor for the month of February. And what a timeless offering it brings: Health and Wellness.
I am moved to affirm to that...

Physical health is intricately linked to our inner world. The very essence of being: our breath, and our thoughts, collectively create the internal environment that impacts our outer physical frame. There is an indissoluble connection between the mind and our physical wellbeing. As the ancient wisdom reminds us, 'The body is the temple of the soul,' and it's essential to nurture it with kindness and awareness - healthy, calm, and peaceful thoughts.

Welcome every thought as a visitor, and observe how the curve of your lips responds. A gentle smile can calm the mind, relax the body, and create a ripple effect of positivity. By acknowledging and embracing our thoughts, we can harmonize our inner and outer worlds, fostering a state of balance and well-being.

As Thich Nhat Hanh beautifully puts it, 'The present moment is the only time we have to be truly alive.' By cultivating awareness of our thoughts, breath, and body, we can inhabit this moment with joy, clarity, and purpose."

May this edition of Dolma bring you good health and happiness!

Nisha Nuthra

Spirituality & Art

PURPOSEFUL MOVEMENT

By Nisha Luthra

Movement and breath are the cornerstone of our bespoke modality, Chetna Synthesis, meticulously curated by our team at House of Happiness, India and New York. As the ancient wisdom says, "The breath is the lighthouse or anchor of the ship called the human body." Breath concretizes emotions, dictates presence, and influences our every move. Movement, on the other hand, keeps us grounded in the moment, fostering mindfulness and clarity.

As Steve Jobs once said, "The people who are crazy enough to think they can change the world, are the ones who do." Leaders of tomorrow will need to embody this spirit, leveraging breath and movement to navigate the complexities of their roles.

Breath and movement are intricately linked to our internal rhythms, governing our external responses and shaping our relationships with teams, families, and society. As Daniel Goleman notes, "Emotional self-awareness is the building block of emotional intelligence." By tuning into our breath and movement, leaders can cultivate this essential skill, leading to more effective collaboration and leadership.

Meditation is not just about silence; it's about connection – to our breath, movement, and inner selves. As Ram Dass puts it, "The most exquisite paradox... as we let our own light shine, we unconsciously give other people permission to do the same." A leader with a grounded breath and purposeful movement can inspire and uplift their organization, fostering a culture of empathy, creativity, and growth.

By embracing Chetna Synthesis, leaders can unlock their full potential and drive transformative change.

Warm regards,
Nisha Luthra
Co-founder/Director, House of Happiness India

Pathfinder's Series

The Healing Mind



Jane Roberts

Roberts was born in Saratoga Springs, New York. After attending public schools, she attended Skidmore College. She wrote in a variety of genres: poetry, short stories, children's literature, and novels. When she was in her 30s, she and her husband began to transmit (channel) what she said were messages from a personality named "Seth", and she wrote several books, including, The Way Toward Health, The Eternal Validity of the Soul and The Nature of Personal Reality. Her pioneering work as a transpersonal medium defined her and ushered in the age of channelling.

The "Seth" material centered on energy healing, and quantum physics and spirituality. In The Way Toward Health, "Seth" explains the roots of infirmities, many of which are psychosomatic in nature. When thoughts and beliefs are corrected, changed or amended, we become agents of our own healing.

Quotes by Jane Roberts:

"You are in physical existence to learn and understand that your energy, translated into feelings, thoughts and emotions, causes all experience. There are no exceptions."

“You are so part of the world
that your slightest action contributes to its reality.
Your breath changes the atmosphere.
Your encounters with others
alter the fabrics of their lives,
and the lives of those
who come in contact with them.”

“Today is tomorrow, and present is past.
Nothing exists and everything will last.
There is no beginning, there was no end.
No depth to fall, no height to ascend.
There is only this moment, this flicker of light
That illuminates nothing, but oh! So bright!
For we are the spark that flutters in space,
Consuming an eternity of a moment’s grace.
For today is tomorrow and present and past.
Nothing exists and everything will last.”

CONSCIOUS LIVING

JOURNEY INTO MEDITATION

by Kathy-ann Daniel-Gittens



Kathy-ann Daniel-Gittens

I preface everything I am going to say with the fact that I do not consider myself an expert at meditation or on meditation. I am a traveller, like you, maybe just a little way further down the road than some. Hopefully, talking about my experience of meditation may be helpful for some people still early in their meditation journey.

The practice of meditation can be really helpful for people interested in cultivating inner calm and peace. The pace of the world is so hectic, the demands on our emotional and mental energies are sometimes so overwhelming that we need a break from it all. How do we find that break?

Some people I know exercise, or smoke something, sniff something, drink or eat something in order to find a space of rest, of peace from the pressures of living this life.

I am going to suggest here another alternative for finding peace amid the daily hustle and grind: I suggest meditation.

Why meditation? Well, because meditation is not just a way of relieving stress; it is so much more. I could write many paragraphs trying to convey the importance of meditation, but I am sure they would fall short. Instead, there is a pithy verse from the (Katha Upanishad) which, if contemplated upon, conveys the essence of meditation. It is an allegory where Nachiketas enters the house of Death and questions him, seeking to find the meaning of life. And Death replies,

“God made sense turn outward, man therefore looks outward, not into himself. Now and again a daring soul, desiring immortality, has looked back and found himself”.

(Katha Upanishad,) Book 2:1

For me, that verse encapsulates the process and goal of meditation. It is the process of turning back into yourself. It is the process of turning your attention away from the outside world of physical perception and experience to your 'internal world', with the goal of finding out exactly who you are.

How do you meditate? There are many different techniques for meditation. I do not consider myself an expert on every type of meditation so I would not presume to make a comparison. What I have had some experience with however, is the effort it takes to meditate consistently.

It was and still is not easy for me to meditate consistently. At some periods of time I fully, eagerly, engage in daily meditation. At other times, I feel an internal resistance and reluctance to sit quietly for meditation and I have to insist on it with myself; sometimes I am successful, sometimes I am not. Meditation may be an easy, plain-sailing road for some, it has never been for me.

I began meditating at about 16 years old and still meditate now that I am in my 60s. Has it gotten easier? To some degree, I can meditate more easily now without swirling thoughts completely taking control of the meditation session. Some days, my meditation practice suffers, I get distracted by daily routines and have to force myself to sit and meditate; sometimes I am successful, sometimes I am not. Other times, I crave the quiet stillness of meditation and eagerly go into it no matter the time of day or night.

What effects do I see meditation having on my life? I have definitely been able to carry the calm and peace I experience in meditation into my daily routines. In fact, I think the impact of meditation on my outward life has been the most profound effect that I have been able to observe. I find that I strongly crave peace and quiet in my external interactions and I remove myself from situations of drama and chaos very quickly. It is almost as if there is an equilibrium between my inner life and my outer life in the world. The more I experience calm, quiet and peace in meditation, in my internal world, the less I am willing to engage with its opposite in my external interactions. I find I am more measured in my actions and less reactive to external influences.

While these external benefits are noteworthy and desirable, I believe there are deeper matters involved in practicing meditation. The Kena Upanishad states that "looking backward" into yourself leads to immortality. The interested person might ask, what is this immortality of which it speaks? To investigate this and other spiritual questions, and also to support a robust meditation practice, other practices tend to find their way into your life, namely contemplation and reflection.

By this, I mean contemplation on philosophical and spiritually-focused texts and reflection on their meanings and applications to your life. This triad of meditation, contemplation and reflection has been the bedrock of my personal spiritual practice for many decades. Is it possible to derive benefit from contemplation and reflection without meditation? Certainly! However, in my experience, meditation helps to develop the habits of mind required to fully benefit from the other two. Regular meditation changes you in the same way that water consistently dropping on a rock changes it: it is hard to see the effects in the moment or the short term, but it becomes clearly visible over the long term.

With that last point, I hope I have expressed that meditation can and will change your internal and external life, if you give regular effort to it. Success in mediation is not measured in how anyone individual meditation session goes, but that you exert effort to meditate regularly. Regular meditation day after day, year after year, is like water dropping in your mind, and, like the geography of a place, it will change you and you may not even notice it happening.

UNPLUGGING BY FINDING AN OUTLET

by Anna Ellis



Anna Ellis

A wise person once told me our health is everything – without it, our journeys may become stunted abruptly or permanently. We live in a modern age where the world is seemingly at our fingertips – through the touch of a button or a tap on a screen. Surrounded by instant and temporary gratification, we may not hear our spirits and physical bodies call out to us. How do we combine self-care with technology?

Making and continuing connections is a wonderful example. Safe friends are those in our life we feel most comfortable to talk to without fear of judgement or insincerity. Ideally, our safe friends would live nearby and be readily available to meet in person. This is not always the case and where technology can be helpful. Media and electronic devices provide opportunities to connect via voice and/or video. Connecting during times that work for each party provides a calm and peaceful environment that will encourage candid and expressive conversation to take place. Discussing our journeys with safe friends allows us to feel our feelings and set our healing into further motion.

Individualized activities can also benefit from technology. Meditating and creative arts provide health benefits in a variety of ways. Centering and practicing mindfulness paves a path to focus on inner peace and positive reflection. Creating art – whether it be through media, painting, journaling, etc. – is an incredible medium for self-expression. It allows us to transfer our internal concerns to something tangible. A variety of online resources for complimentary guided meditation sessions and creative arts prompts are available. Online meditation groups are readily available to join as well.

Sharing our journeys is the final idea I would like to mention. Our mental, physical, spiritual and physiological health has the potential to benefit from recognizing we are not alone in our journey. Acknowledging this and sharing with others can be equally as beneficial. Something as engaging as identifying a skill set we possess and are passionate about will refresh and rejuvenate us. Participating in our passions, sharing our skills and passing knowledge on to others through tutorials and videos not only uses technology – it increases access and opportunities to others.

Literary corner

All things dharma

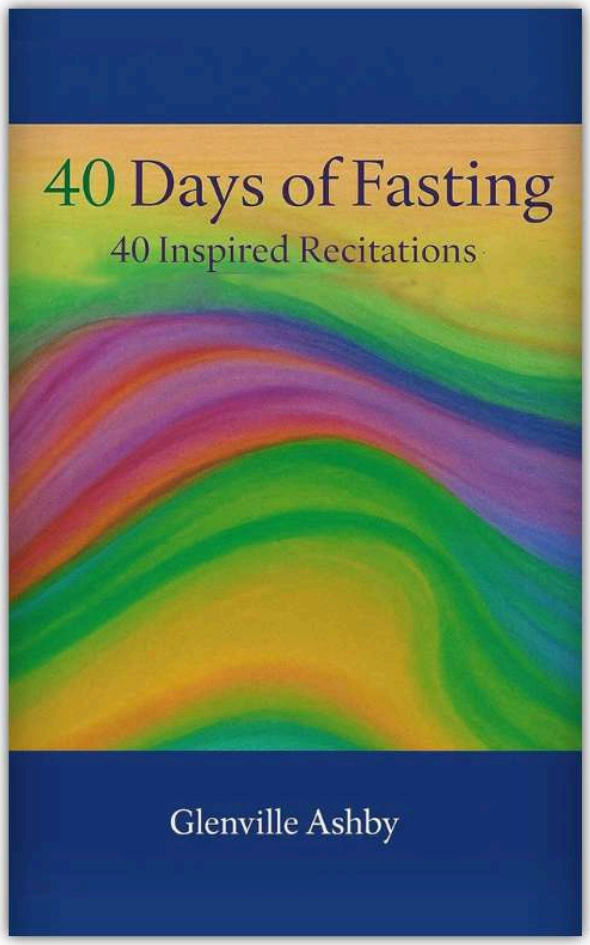
ANEW

By Anna Rousseau



Anna Rousseau

Seeing is believing
Seeing is awakening
From the dream
You thought was real
We break apart
Into bits and pieces
We shatter
We roll on the floor
We break apart some more
Til we are nothing
But dust and even less
We dissolve into air
We were never there
Nothing, is who we are
We disappear
And yet we are still here
Even a breath feels hard
Joy is so close
But the prison walls
So thick so high
We can't get out
So we must die
So that we can rise
Anew



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The Book Commentary
BOOK REVIEWS & RECOMMENDATIONS

Category: Poetry
Author: Glenville Ashby
Publisher: Independently Published
Publication Date: May 15, 2025
Number of Pages: 70
ISBN-13: 979-8284080115
ASIN: B0F8W1Z87F

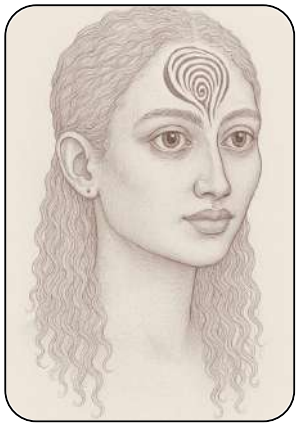
Glenville Ashby's 40 Days of Fasting: 40 Inspired Recitations is a profound spiritual journey born from a period of disciplined fasting that coincided with Ramadan and Lent in April 2025. Through these forty days, Ashby channels a divine voice named Carlos, delivering poetic recitations that explore themes of divine mercy, inner purification, mortality, and spiritual awakening. The poems have a prayerful tone; at times they are exploratory of the spiritual sentiment of the personae, at times a direct engagement with God, and at times observant. They put together personal trials with universal truths, underlining the fact that true awakening comes through surrender, love, and divine connection. The work is both a personal diary and a mystical manual that invites you into a sacred conversation with the higher self and the divine.

What fascinated me most about this collection was its rich symbolism and poetic grace. Ashby employs images like “the light of God surrounds me” and “the veil is drawn,” evoking divine presence and the protective barriers between worldly illusion and spiritual truth. Poems such as “Nuqta”—a humble plea to be purified—exemplify the quest for inner sanctity, while “Shekinah” celebrates divine comfort. The recurring motifs of surrender and divine mercy highlight the Christian, Islamic, and metaphysical traditions, and the author portrays suffering, death, and life as part of a divine canvas. Ashby’s reflections on mortality, such as “On that day,” reveal a profound recognition of divine justice and the eternal soul. This collection elevates fasting from mere ritual to a spiritual journey, a call for humility, patience, and divine love, reminding us that true awakening is rooted in silent, reverent listening to the divine voice within. The book beautifully captures the varied seasons of the soul and the spiritual climates we must navigate. 40 Days of Fasting is a gift of love that one should not keep but share with those seeking God and light.

Bat Kol
Teachings by Carlos

(Voice from the inner realms)

CARLOS SPEAKS



Carlos - Leader of The Fey, a band of awakened beings of the 4th level.

Your physical health is essential for optimum spiritual realization. That you need only to feed the spirit with devotions at the expense of your physical health is misguided and potentially detrimental to your overall wellbeing. The stronger the corporeal self (including the intellect), is the more lucid, exact, and reliable the spirt message. We cannot transmit our messages to an unhealthy vessel. A mere transmission can be time consuming; our energies must sync with yours. With frequencies aligned you have an unencumbered spiritual exchange, the very best of mediumship, the very best of intuitive experiences in your terms.

So you ask: What constitutes good health? Is it all at the physical body? This is more complex question than imagined. On mediumship and the physical body I spoke briefly. There's much more to convey. To attain good health in spiritual terms, all layers of self: the physical, mental, astral, etheric, and heavenly bodies must be energetically vibrant. Of the spirit bodies, their nourishment you well know. Your daily orisons, mantras, rituals, charitable work - in short, it is your dharma that nourishes those aspects of self.

Also, know that dharma - the good energy it conjures, does have a beneficial effect on the physical body. The happiness you bring to others also brings you happiness...not so?

But here, I need to stress that outward physical rigor can be deceptive; all that glitters - you well know the aphorism. It favors no man to have strength in the body and sickness of the mind and spirit. The life of the body is ephemeral. The soul that encases the mind and spirit is enduring. Thus, we can unreservedly argue that the health of the soul supersedes all. Of the story of Job we learn much. What say you of this man - enervated, deprived of life's leisures, his mind wrecked by torment, physical ailments, his unyielding shadow? Would you cast his aside as a sick soul, devoid of all good health? You dare not. Job, despite insurmountable challenges for most stood his ground faithfully and a just meed followed being restored to full health and abundance. Good health derived from his uncompromising faith. In fact, his faith was his health; his faith conquered every illness. His is a story must instructive; a warning for the faithless, the ungrateful.

Moved I am to say that the physically informed person that is faithful and trusting of God is healthy. And allow me to repeat that one physically robust but lacking faith is sorely ill.

ZHABS TOG
(SERVICE)

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Dharma Meal Initiative 2026
4th February

Dear Prospective Donor,
The Center for Dharma Practice is pleased to announce the *Dharma Meals Initiative* aimed at serving 100 hot meals, prasadam (sweets), and beverages to individuals and families in the TriState area. The first of our four 2026 outreach programs is scheduled for March 4 at the Atlantic Avenue Men's Shelter, 1322 Belford Avenue, Brooklyn, NY 11216. (Tel: 718-636 3908.)

Meals are prepared by Mother Barbara's Kitchen situated on 571 Milford Street, NY 11208. (Tel: 347- 907 2026.)
The total projected cost is $800 for this quarter. Any proceeds beyond this figure will be used for the next quarter.

To keep administrative costs low we ask that you make your check payable to Center for Dharma Practice; memo: Dharma Meal Initiative.

Your donation is immensely appreciated.

May All Sentient Beings Have Happiness.
Sincerely,
Glenville Ashby.

Director

The power of Sharing: *"If sentient beings only know, as I do, the fruit of giving and sharing, they would not eat without first giving...They would not eat without sharing their last mouthful, their last morsel, so long as there was someone to receive it."*
- The Buddha

The Center for Dharma Practice is a 501(3)C organization. All contributions are tax deductible.

End-of-life Reflections

PURPOSEFUL LIVING, PURPOSEFUL DYING

Edited by Konchok Tobgyal (Glenville Ashby)



Dying can be a time of joyful expectations

How we die is determined by our beliefs and philosophy. As hard it is for many to comprehend, dying can be a time of acceptance, peace, love, and gratitude. These four qualities constitute happiness in the true sense of the word. Happiness in Eastern philosophy is not an ephemeral emotion but an enduring sense of purposeful and meaningful living, and dying. The following is an excerpt from 'Dying Happy as an

Act of Love,' - (www.psychologytoday.com).
May it bring us enlightenment on the last initiation of life.

- What happens to loved ones when a dying person has a clear sense of purpose?
Several studies suggest something profound: Purpose can be transmitted across generations. It's called the "transgenerational transmission of purpose," or what I like to call generational growth. When dying individuals reflect on their purpose, surviving loved ones often begin to reassess their own values and life directions.
And in the final days of life, the quality of our connections becomes even more potent. Saying simple but powerful things —I love you, Thank you, I'm proud of you — holds deep emotional value for loved ones. In bereavement studies, people who heard affirmations like these at the end of a loved one's life often report greater peace and less prolonged grief. These words help provide closure, healing, and a sense of being valued, especially when spoken by someone at the threshold between life and death (Miyajima & Taniguchi, 2021).

We often focus on how a good death benefits the dying person. But I want to turn that on its head. Dying happy isn't just a personal triumph. It's an act of love.
When you die with a sense of meaning, you leave your family a story that helps them make sense of the loss.

When you die with a sense of purpose, you give them permission to live with intention.
When you die with love on your lips, you offer closure and connection that can soften the sharp edges of grief.

Announcement



Dr Vishwajit

We are pleased to announce the appointment of Tantra Shiromani Dr. Vishwajit Guru Ji. to CDP Advisory Board.

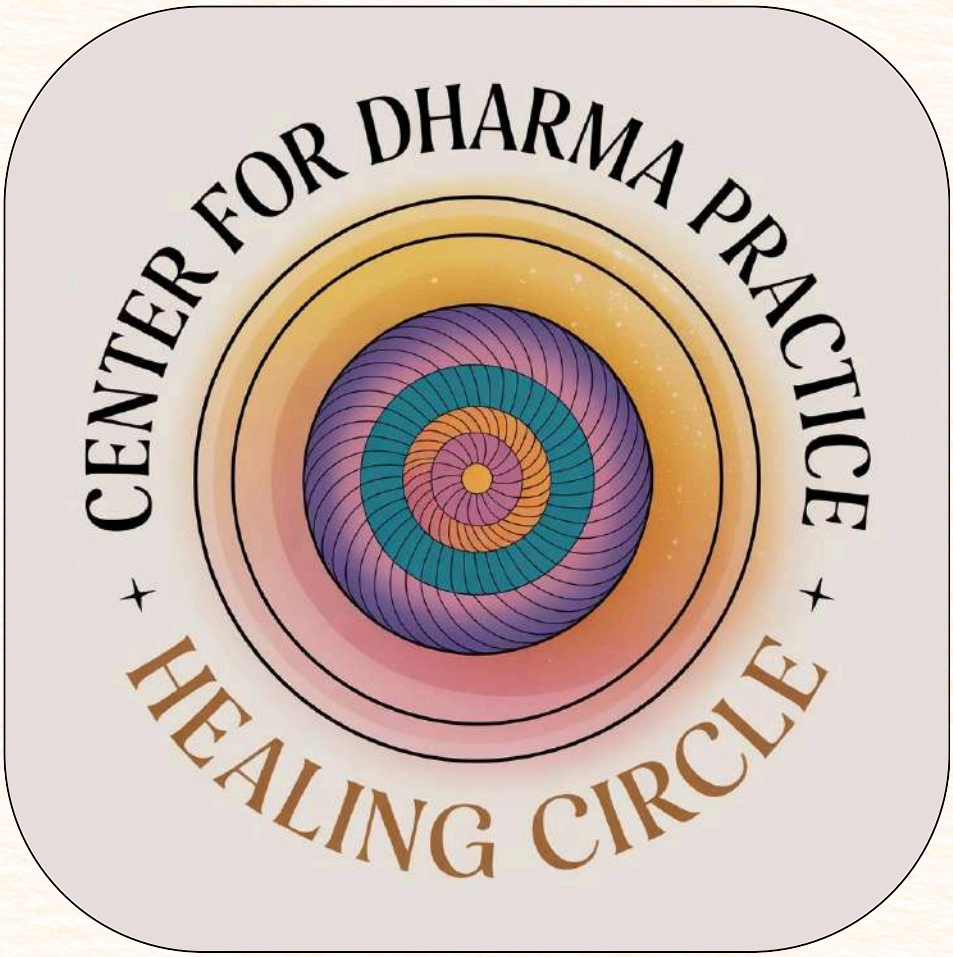
Biography

Education: D.T.Litt, PhD [VTK] in Tantra Spiritualism; Mantra Vidhya Vishwarad; Mantra Shastracharya; Mantra Martand; Graduate in Hindi; Post-Graduate in Hindi & English.
Academic post: Head of Virtual Rishikulam - Advance Tantra Studies; Adjunct Research Professor in Indian Knowledge System at Maharshi Ves Vyas International Virtual Vedic University, Bharat/India.

Awards and Accolades : Global Tantra Excellence Award' during International Conference on Vedic and Tantric Sciences (19th December 2018) for his outstanding contribution in the field of Tantra and particularly for his research work on 'Tantra Necromancy'.
Tantra Tecno- Scientific Excellence Award in 2nd World Vedic Conference 2025 in Surat, Gujarat.

Guru-Shishya Parampara : He is actively following the Tantric Guru-Shishya Parampara. Currently, he has 100+ Tantra Disciples (shishyas) inculding shishyas from Spain, USA, Canada, Australia, Thailand, Russia, and Trinidad and Tobago.

Author: 'Tantra Necromancy' (2018), Dictionary of Tantra, Yantra & Mahapithas (2023)



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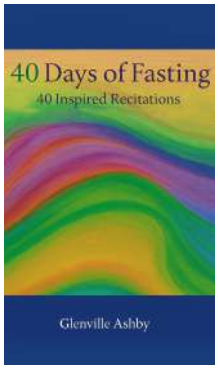

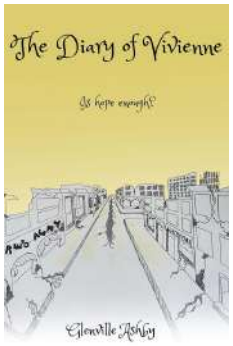

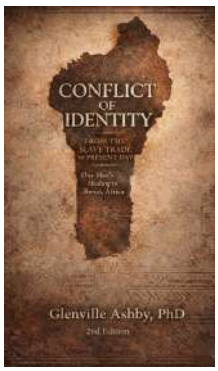

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