

VOL. 2 ISSUE 5 · DEC 2024



MUSINGS

Official Newsletter - BY MHAHAI

PC: Rohan Somkuwar

Disposable Society

BY RANJITHA RAJ

I wonder if we've lost our way,
Trading permanence for things that fray.
Everything we touch, we throw—
The more we dispose, the more we grow.

But grow into what? I can't help but ask,
An economy thriving on a fleeting task.
We're stripping nature, piece by piece,
And calling it progress—this slow decrease.

It doesn't stop at things we use;
This disposable mindset bleeds through.
When relationships strain, we let them go,
Replacing people like they're mere shadows.

Even emotions don't seem to stay;
We numb, distract, and push them away.
Where are we heading with hearts so hollow?
What kind of world will our children follow?

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If we dispose of all, including us,
What's left of trust? Of love? Of "us"?
No place to live, no bond to hold,
A future forgotten, lifeless and cold.

I can't help but wonder—
Can we turn this around?
Can we mend what's broken,
Before we're all drowned?

It starts with care, with holding on,
With cherishing people, with righting the
wrong.

For if we keep discarding, all we'll achieve
Is a world where nothing's left to believe.

A Stranger's Message

BY RANJITHA RAJ

I was sitting on the beach, lost in thought, with something weighing heavily on my mind. The vast ocean stretched before me, but I found myself avoiding the water, hesitant to let it touch me. As time passed, I began walking along the shore, reflecting on my thoughts, but even then, I instinctively moved away whenever the waves came too close.

“A disposable world leaves nothing lasting—neither bonds nor hope. To truly grow, we must stop throwing away what makes us human.”

- RANJITHA RAJ





From a distance, a young man jogging along the beach noticed my actions. He smiled and said in Hindi, "पानी आपको छूने आ रहा है और आप पीछे जा रहे हो." ("The water is coming to touch you, and you're moving away from it.")

It was as if his words held up a mirror to my actions, forcing me to confront the distance I had been creating—not just from the waves, but perhaps from life itself. I had been so preoccupied with what I was avoiding that I failed to notice the ocean's persistent invitation—just as I had been closing myself off from the love and beauty around me, focusing instead on the validation I craved from one source.

At times, we fixate on one person's validation or attention. But maybe it's time to explore and experience life, to be open to what it has to offer. The lesson life was trying to teach me became clear: there are so many people who need us, want us, love us, and appreciate us. Yet, we often close ourselves off, waiting for that one person or moment of validation. In doing so, we miss the beauty and love that others are ready to share with us wholeheartedly.

With this thought, I stopped running. I let the waves reach me, embracing the cool touch of the water as it washed over my feet.

"At times, we fixate on one person's validation, missing the abundant love and connection waiting to embrace us."

- RANJITHA RAJ





The waves carried away the heaviness in my heart, leaving behind a lightness I hadn't felt in a long time. The salty breeze filled my lungs, and a smile broke across my face—gentle, genuine, and unburdened.

Sometimes, all it takes is letting go of our fears and opening ourselves to the love and beauty already around us.

Beyond Sight

BY CHANDRANI SAMADDER

"I closed my eyes, to truly feel without seeing".

The eye discriminates.

Once I close my eyes, sounds are just sounds, sensations are just simply... sensations.

I don't need to see what are their sources.

Maybe that's why I close my eyes When I bite my favorite chocolate,
when I feel the rain on my face,
when I laugh,
when I sing, when I dance.

When I take deep breaths in meditation, when I listen to my favorite song,
when I feel the life wrapping itself around me on quiet cold mornings, calming me down.

I see the "truths" better with my eyes closed.

"True vision comes when we close our eyes and feel with our heart."

- CHANDRANI SAMADDER





Silent Conversations

BY CHANDRANI SAMADDER

It all goes numb...
in a good way, when you speak to
yourself with honesty for the first
time...and the times thereafter.

The body shakes. Hands go cold.
Every sensation is in overdrive.
It's almost like a drug, but the
addiction is for "life" "purpose" "ikigai".

When I asked myself honestly on a
numb night
"what do you really want?"

it said, "Its not 'I' but the 'life' that
talks to you and asks you on such quiet
nights to let go, breathe and just for
once follow your inner honesty"

"Honesty with
yourself
awakens a
deeper
purpose, calling
you to breathe,
let go, and
truly live."

- CHANDRANI SAMADDER





My Body , My mind. I am one

BY SOWMYA UDUPA

Triggers are interesting things. Some of them are obvious; some sneak up on you without warning.

Why do they creep up on you?

They come from unshared, untreated, suppressed emotions and memories. Triggers also awaken you to the relationship between mind and body. They bring you into the visceral world of your body reacting to the world.

For someone suffering from anxiety, extreme and visceral body sensations are expected, even considered normal. “Yup, my hands tremble, my heart leaps out of my chest, and my head feels as if it is about to burst.”

However, mild discomforts, such as a heaviness in my stomach, a quiet voice asking, “Are you sure?” or a newly formed voice whispering, “This is not for me,” are simply ignored. My mind is accustomed to blazes, not kindles.

**“The body
whispers
what the
mind
ignores, until
it can no
longer be
silenced.”**

- SOWMYA UDUPA





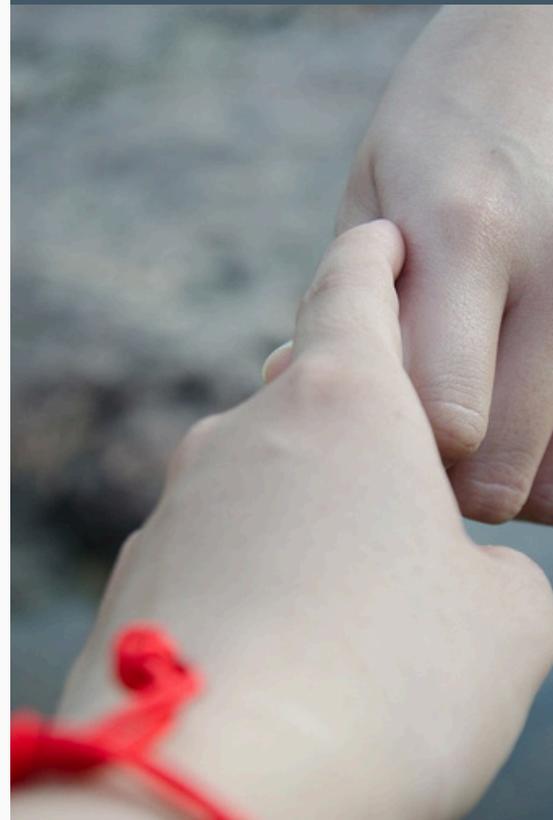
Several weeks ago, I received an exciting learning of a chapter of this incredible lesson. I happened to speak to an Individual—a stranger. From the very first moment, the quiet discomfort fought for my attention, but I ignored it. The indescribable feeling of discomfort my body tried so hard to tell me was banished to the corners of my mind. Ignored. Unbeknownst to me, an intense pressure—the pressure of resistance—was building with each call with this individual. I then met the said individual, and throughout the next two hours, the pressure just built. The heaviness of the stomach, the urge to run, the feeling of being choked—it just built. The human mind is fascinating in the extent to which it can banish threat when social pleasantries are deep-conditioned. So, in the name of being polite, I banished it all. Ignored, chided my mind. As my body and soul predicted, the person turned out to be dreadful and hurtful. It was on my way home that my body screamed, “Enough!” It was impossible for me not to wretch. The nausea overtook me. The trembling of my body did not stop. The choked feeling made me breathless. Tears flowed down my eyes. As I cried, I uttered a deep moan.

MY BODY HAD SPOKEN.

Our mind may ignore, but our body records.

**"Triggers
are the body's
way of
telling us
what the mind
refuses to
acknowledge."**

- SOWMYA UDUPA





Present Tense

BY RANJITHA RAJ

Why do we dwell on days gone by,
Or dream of futures yet to fly?
The present slips right through our hands,
We forget to cherish life's small strands.

We hold each moment, grasping tight,
But why not enjoy its fleeting light?
Regret fills us when it's no more,
We lose the joy we should adore.

Complaints and critiques fill our days,
Comparing lives in countless ways.
What we lack, we always see,
Ignoring what's here, our reality.

In chasing dreams or past's embrace,
Life rushes by, a rapid pace.
We've forgotten how to live,
To appreciate and simply give.

Let's live the now, in every breath,
Before it slips away in death.
Cherish moments, let them be,
In the present, live fully, free.

My poetry book is now
available.

It's a journey of emotions,
nature, and healing woven into
words. 🌿❤️

📖 Grab your copy today:

Amazon:

<https://www.amazon.in/dp/936331278X>

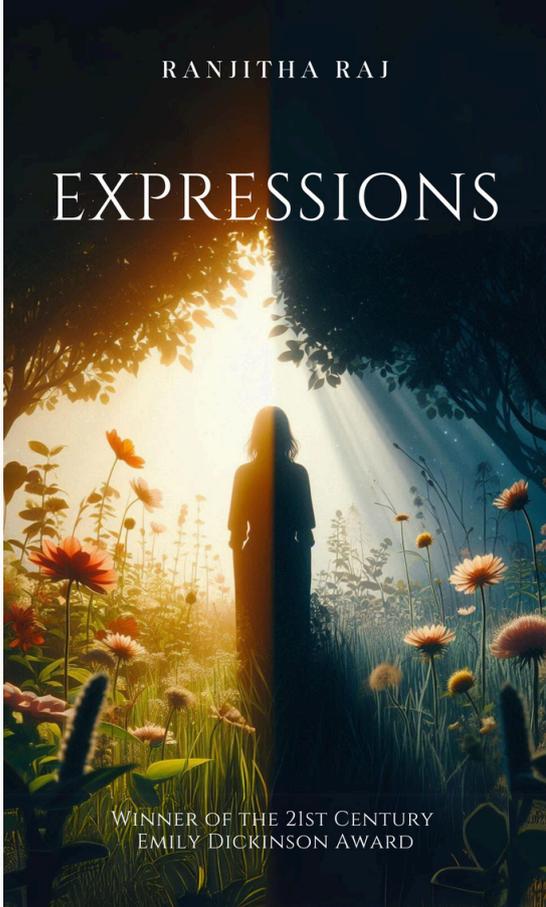
Flipkart:

<https://www.flipkart.com/search?q=expressions%20ranjitha%20Oraj>

Let it speak to your soul!

RANJITHA RAJ

EXPRESSIONS



WINNER OF THE 21ST CENTURY
EMILY DICKINSON AWARD



PC: Rohan Somkuwar

JAN 2025 Events

BY MHAI

1. Harmony - The Journey Within

Venue: Jedla, Foothills of Coorg

Date: 11-Jan-2025 to 13-Jan-2025

Time: Saturday 9 AM to Monday 5 PM

Hosted By MHAI, Facilitated by Ranjitha Raj, Panini Deraje and Pramod Shenthara

2. I AM - LEVEL 2

Venue: MHAI Open Hall

Date: 11-Jan-2025 & 12-Jan-2025

Time: 9:30 AM - 6 PM, Saturday & Sunday

Hosted By MHAI, Facilitated by Bidhan Roy

3. Write Now

Venue: MHAI Open Hall

Date: 25-Jan-2025 & 01-Feb-2025

Time: 9 AM - 5:30 PM, Saturdays

Hosted By MHAI, Facilitated by Eshwar Sundaresan

4. Support Group Meet

ONLINE

Date: 27-Jan-2025

Time: 6 PM to 7 PM

5. Human Books

ONLINE

Date: 27-Jan-2025

Time: 7 PM to 8 PM

To Register:
www.mhai.in

INFO@MHAI.IN
+91 9880651010

No.316/5, Ibbani,
N.Nagenahalli
K.Narayanapura,
Kothanur Post
Bangalore -
560077, Karnataka,
India



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PAST EVENT HIGHLIGHTS

MHAI - CREATING HEALTHY MINDS

EXPRESSIONS - BY RANJITHA RAJ - BOOK LAUNCH - MHAI

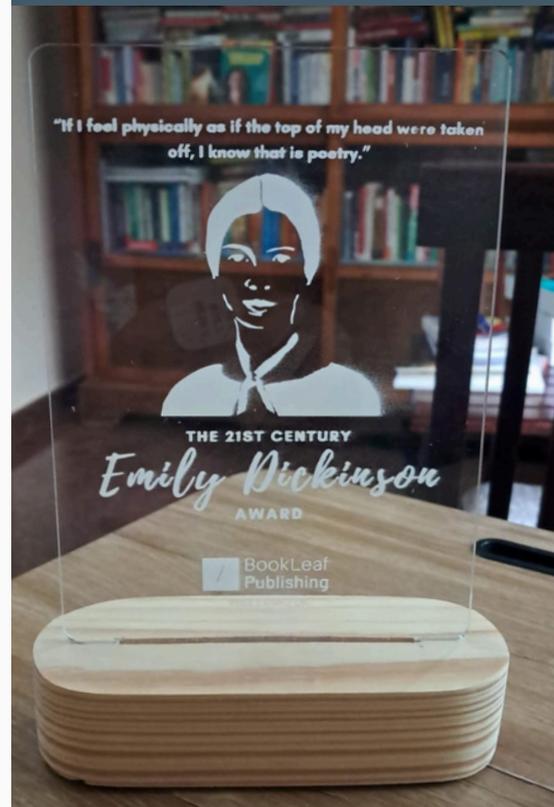


For
Information:

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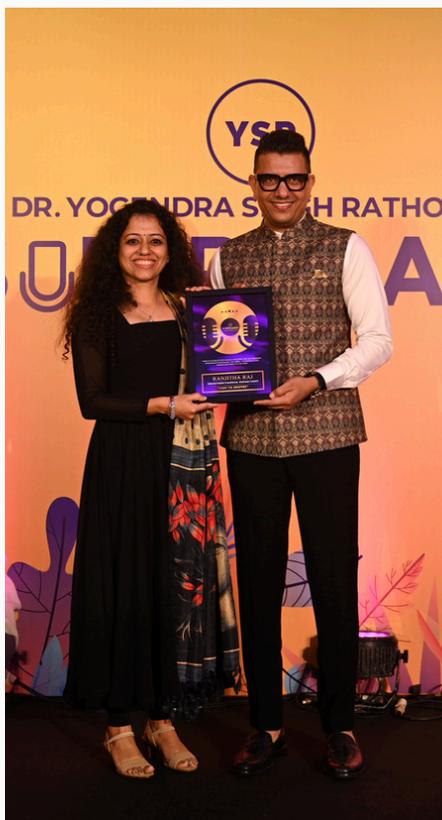
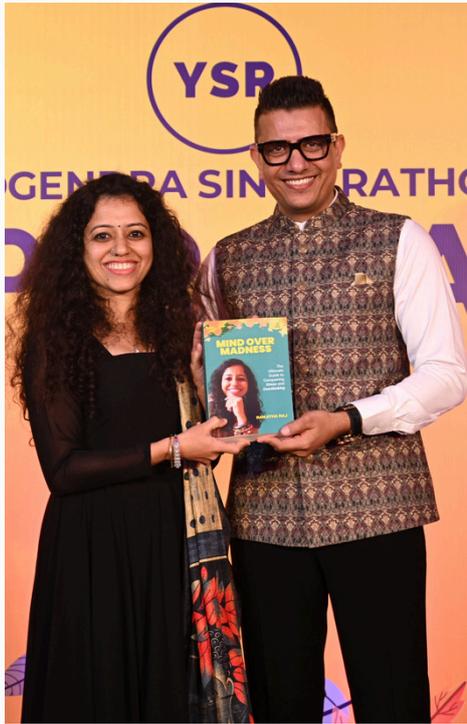
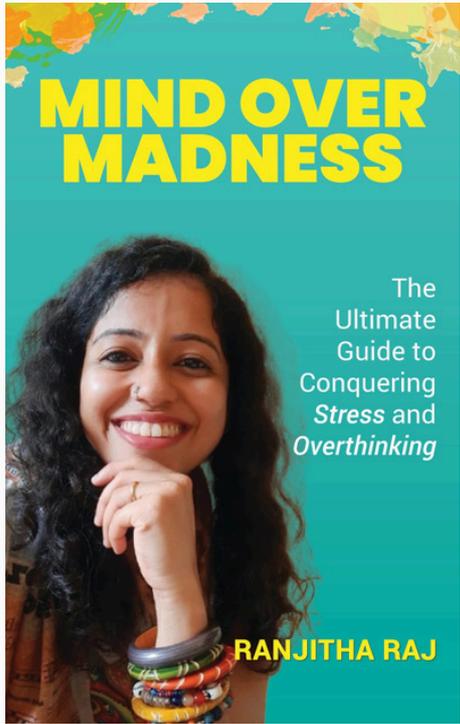


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PAST EVENT HIGHLIGHTS

MHAI - CREATING HEALTHY MINDS

Mind Over Madness - By Ranjitha - Book Launch - GOA



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MHAI Services

CREATING HEALTHY MINDS

- **Diploma in Life Skills**
- **Diploma in Mental Health**
- **Certificate Course in Suicide Prevention Skills**
- **Certificate Course in Non-Suicidal Self-Injury (Self- Harm) Prevention**
- **Workshops - On Invite**
- **Human Books**
- **Support Group Meet**
- **Holistic Health Rural Training in collaboration with Mental Strides, Australia**
- **Eco Therapy**
- **Emotional Counselling**
- **Mentoring and Internships (Teens and Adults)**
- **Mental Health Awareness Programs**
- **Harmony - The Journey Within - Outdoor Workshops**
- **Kaadu Harate - Expressive Art Therapy (EAT)**

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