

MUSINGS

Official Newsletter - BY MHAI

PC: Rohan Somkuwar

"WALKING BETWEEN THE RAIN DROPS"

BY RANJITHA RAJ

In recent conversations, the phrase "Walking between the raindrops" resonated profoundly with me, and I believe it holds valuable insights for many of us.

I've been contemplating this phrase in the context of dealing with toxic and manipulative behaviours, especially when they arise within our own families.

Coping with this behaviour presents a unique challenge. Unlike external relations, distancing ourselves isn't always an option. This is where the concept of "walking between the raindrops" truly shines, as a mechanism for insulating ourselves from negativity for our mental well-being.

It's an art, a survival skill, emphasizing resilience, self-care, and crafting a more nurturing environment.

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Navigating these intricate family dynamics requires balance—setting boundaries, seeking support, nurturing personal growth.

The essence of walking between the raindrops lies in preserving our inner strength amidst adversity. It doesn't involve evading challenges, but rather confronting them with newfound adeptness. This art empowers us to withstand life's storms while fostering a healthier, more supportive family atmosphere.

“Life's not about waiting for the storm to pass... It's about learning to dance in the rain.”

-VIVIAN GREENE





PALLIATIVE CARE - Life's Learning Space

BY APARNA (REVATHI BALAKRISHNAN)

(MY EXPERIENCE AT KARUNASHRAYA - PALLIATIVE CARE FOR CANCER PATIENTS)

A warm and loving space
Many moving at an unknown pace
Struggling through a painful phase
Counting their days
Swaying away from habitual ways

At sunset he is here
At sunrise no longer near
You learn to value every moment here
And every near and dear!

As there they laid
To farewell bade
Sparkling with a smile
My heart crumbled in piles

A warm loving look so mattered
While within I felt shattered
Longing to lift the being so battered

**“We could never
learn to be brave
and patient, if
there were only
joys in the world.”**

– HELEN KELLER





Was it they who needed to be lifted?
Or us indeed I gathered
Who needed to in gratitude bow
And in every being sow
Love and warmth in every soul
And throw away the begging bowl

My arrogance crumbled
My ego humbled
Every moment felt blessed
As my fears I put to rest

Should we not gather life's true treasures?
And receive and offer with no measure
Do we need to live life with pressure?
Do think my friend, at some leisure!

“There is an
End to Cure;
But, there is no
End to Care”





Are we that different from addicts?

BY SOWMYA UDUPA

At the forefront of all addictions is a background filled with abuse, neglect, and stress leading to a feeling of void. But a person without any of these factors may also feel the same - An emptiness that comes from a sense of disconnect, that evokes fear and threat of the universe, that nourishes resentment. Living a life where one has never felt they belong. An existence where one gets up every day with a bone chilling fear of the world.

Are we that different from an addict?

As infants, we are 'truly alive', aware of our surroundings, the presence of all life and in a state of oneness with our universe. Somewhere along 'growing up', we slowly shut down. We forget to pause, feel, and be aware of the universe, to look within ourselves, to understand others, and to see how all life is interconnected.

We grasp at materials, substances, people, anything to fill this void and forget that it can be filled by us and begin to feel a sense of despair and hopelessness.

“Much of what we call personality is not a fixed set of traits, only coping mechanisms a person acquired in childhood.”

- GABOR MATE





As Gabor Mate observed in, In the realm of hungry ghosts- “human beings cannot live on bread itself, we need to look past ourselves and find some meaningful relationship with the universe.”

Viktor Frankl said that , finding meaning in our life is the very essence of human existence.

A spiritual awakening for many is a selfless act. It makes the ego look beyond just satisfying self needs, committing to something greater than just our desires.

Altruism allows us to, empathise with others, be kind, and feel like we are part of something bigger.

“In a state of spiritual poverty, we will all be seduced by whatever it is that can insensate to our dread. That ultimately, is the origin of the addiction process’ - Gabor Mate

“It is impossible to understand addiction without asking what relief the addict finds, or hopes to find, in the drug or the addictive behaviour.”

- GABOR MATE





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AUG 2023 Events

BY MHAI

1. Support Group Meet

Venue: MHAI Open Hall

Date: 12-Aug-2023

Time: 10 AM to 11.30 AM

2. Human Books

Venue: MHAI Open Hall

Date: 12-Aug-2023

Time: 11.30 AM to 1 PM

3. Support Group Meet

ONLINE

Date: 28-Aug-2023

Time: 6 PM to 7 PM

4. Human Books

ONLINE

Date: 28-Aug-2023

Time: 7 PM to 8 PM

5. Avoiding Guilt Trips and Guilt Traps

ONLINE

Date: 12-Aug-2023

Time: 5 PM to 8 PM

By Sreedhar Mandyam

To Register:

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SEP 2023 Events

BY MHAI

1. Support Group Meet

Venue: MHAI Open Hall
Date: 9-Sep-2023, Saturday
Time: 10 AM to 11.30 AM

2. Human Books

Venue: MHAI Open Hall
Date: 9-Sep-2023, Saturday
Time: 11.30 AM to 1 PM

3. Support Group Meet

ONLINE
Date: 25-Sep-2023, Monday
Time: 6 PM to 7 PM

4. Human Books

ONLINE
Date: 25-Sep-2023, Monday
Time: 7 PM to 8 PM

To Register:

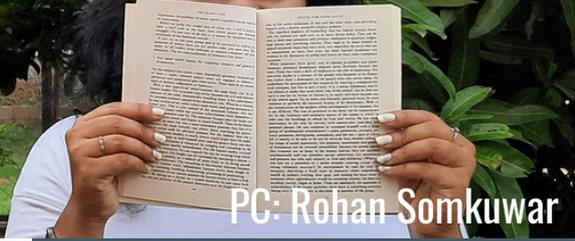
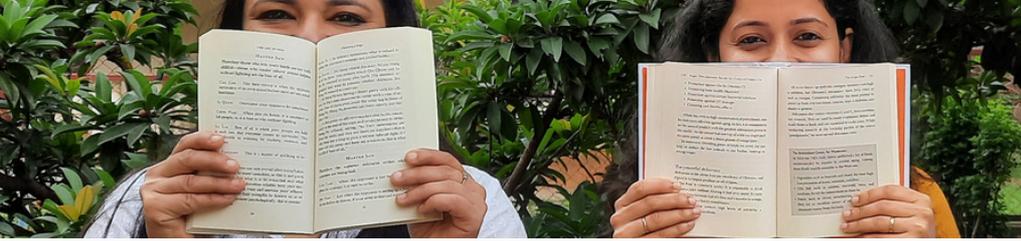
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JUL and AUG 2023 Highlights

MHAI - CREATING HEALTHY MINDS

Human Books and Support Group Meet at MHAI, Retro Revival by Thanthi Tharangi



Holistic Health Training at Accolades Sports and Badminton Academy, Bangalore



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Training at Fitwel Tools and Forging Pvt.Ltd, Holistic Health Training at Yellapura, Tumkur



HOLISTIC HEALTH TRAINING AT ARIVU VIDYA SAMSTHE, MYSORE



TES - Skilling Internship for Teens by Ranjitha Raj Avoiding Guilt Trips and Traps By Sreedhar Mandyam , Soft Skills Training at Novonordisk

For Information:

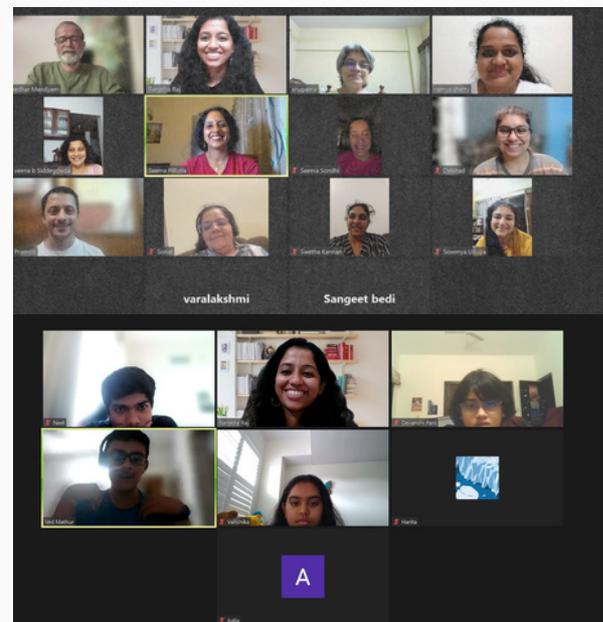
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MHAI Services

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**

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