

MUSINGS

Official Newsletter - BY MHAI

PC: Rohan Somkuwar

When Love Becomes an Oxygen Cylinder

BY RANJITHA RAJ

In the depths of our relationships, it's not uncommon to hear people say things like, "I can't live without you," or "You're my everything." While these words are often spoken out of deep affection, they also reveal a subtle, and sometimes dangerous, dependency.

Over time, many of us unknowingly begin to treat our spouse or loved one like an **oxygen cylinder**—our sole source of survival, comfort, and emotional stability.

But love, when it becomes a dependency, stops being liberating. It begins to suffocate both people involved.

Why We Do It

From childhood, we are conditioned to seek safety and security from external sources—parents, friends, teachers. As adults, many of us naturally transfer this emotional dependency onto our partner.

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DEPENDENCY

The longing to be fully understood, cared for, and validated makes us cling, often unconsciously, to the one person we believe holds the key to our happiness.

In stressful times, especially, we may lean heavily on our loved one to “fix” our emotions, calm our storms, or simply be available at all times. This expectation can quietly grow into an emotional crutch.

How It Affects Them

When we make someone else responsible for our emotional well-being, we place a huge burden on them. They might begin to feel:

- **Overwhelmed** by the constant need to "show up" perfectly
- **Guilty** when they need space or time for themselves
- **Trapped** in a role they didn't consciously sign up for
- **Inadequate** if they're unable to soothe us or meet our growing needs

Over time, this dynamic can create silent resentment or emotional fatigue. Instead of nurturing closeness, it begins to erode connection.

“Relationships thrive when both people are breathing freely—not when one becomes the oxygen source for the other.”

- RANJITHA RAJ





How It Affects Us

The cost to ourselves is also profound:

- We lose touch with **our inner resources**—our ability to self-soothe, reflect, and grow independently.
- We become **emotionally fragile**, reacting strongly to their absence, mood, or lack of attention.
- Our sense of identity and self-worth becomes tangled in how they perceive or treat us.

We forget that love should enhance our lives—not become our only lifeline.

What Can We Do About It?

1. Build Emotional Awareness

Notice when you're feeling overly dependent. Ask yourself: Is this love, or is it fear? Learn to sit with uncomfortable emotions without immediately outsourcing them.

2. Reconnect with Yourself

Spend time doing things that bring you joy independently—reading, walking, writing, creating. The more fulfilled you are on your own, the more you'll bring to the relationship.

“Love, when it becomes a dependency, stops being liberating. It begins to suffocate both people involved.”

- RANJITHA RAJ





3. Foster Interdependence, Not Codependence

Healthy relationships involve mutual support—not one person carrying the weight for both. Practice open conversations where needs are expressed without pressure or guilt.

4. Explore Therapy or Journaling

Sometimes, deep emotional reliance stems from past wounds or unmet childhood needs. Talking to a counselor or journaling can help untangle those roots.

5. Offer, Don't Demand

Show love freely, and receive love with gratitude—not expectation. Let your presence be a gift, not a plea for reassurance.

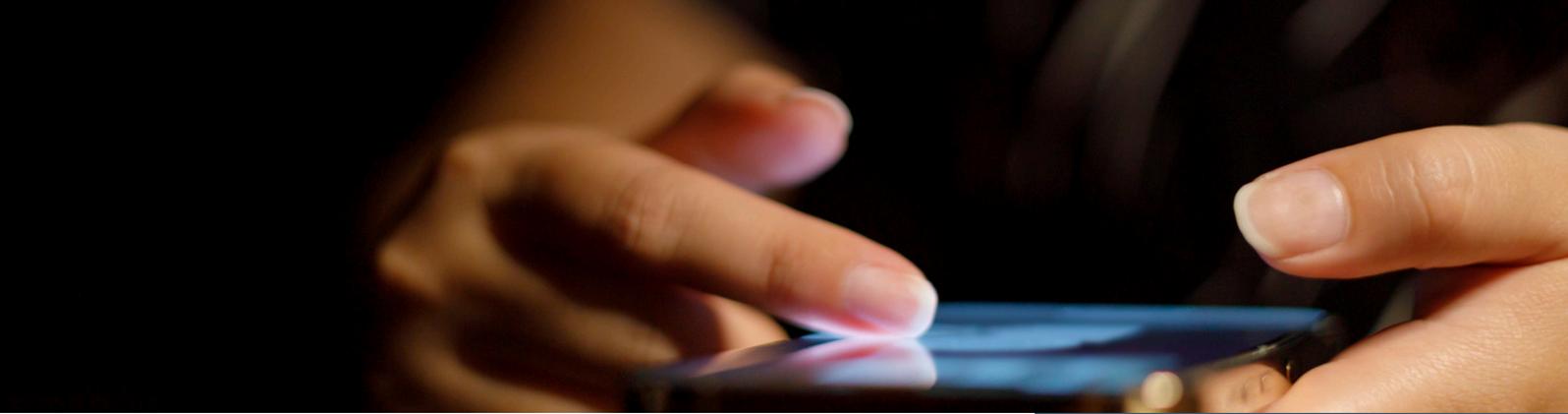
**“In love, let us
be connected
—but not
confined.”**

-RANJITHA RAJ

Relationships thrive when both people are breathing freely—not when one becomes the oxygen source for the other. Let's honour love not as a desperate gasp for air, but as a dance of two whole individuals choosing to walk together.

In love, let us be connected—but not confined.





Dopamine Drip

BY RANJITHA RAJ

Wake up, scroll — the cycle starts,
A reel, a like, a burst of hearts.
Not out of joy, not even need,
Just chasing hits we barely heed.

Coffee clicks, the toaster pops,
Notifications never stop.
We chase the thrill in every ping,
A modern-day conditioned ring.

No time to pause, no space to feel,
We numb the wounds we never heal.
A shot of sugar, meme or game,
It's pleasure dressed in hollow flame.

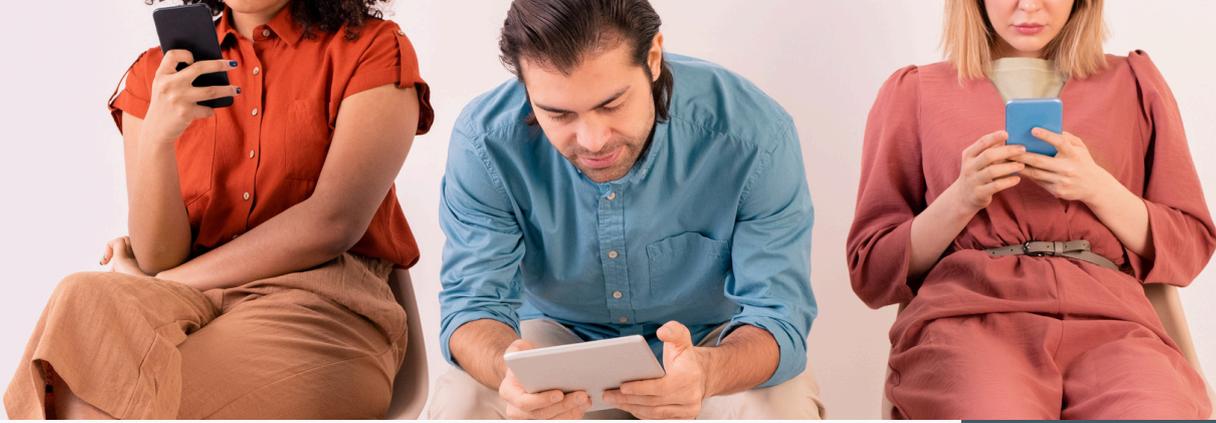
We binge, we scroll, we tap, we swipe,
Yet wonder why we're not quite right.
Dopamine, that crafty spark,
Lights us up but leaves us dark.

Once joy was found in skies and trees,
In silent walks, in evening breeze.
Now we scroll past sunsets too,
For newer highs, for something new.

“No time to
pause, no space
to feel,
We numb the
wounds we never
heal.”

- RANJITHA RAJ





We laugh but barely from the soul,
We're fragments chasing endless scroll.
Each click a fix, each buzz a chain,
A loop that only feeds the brain.

And when we stop, the silence stings,
We've trained our minds to flinch from wings
Of boredom, rest, or quiet thought—
A stillness that we never sought.

But if we dared to step away,
From screen-lit nights and wired days,
We'd find the joy in slowing down,
In living wide, not just around.

The fix we seek is not out there,
It's in the breath, the present air.
Not every spark must light a fire—
Sometimes peace is what we truly desire.

They Spoke To Me

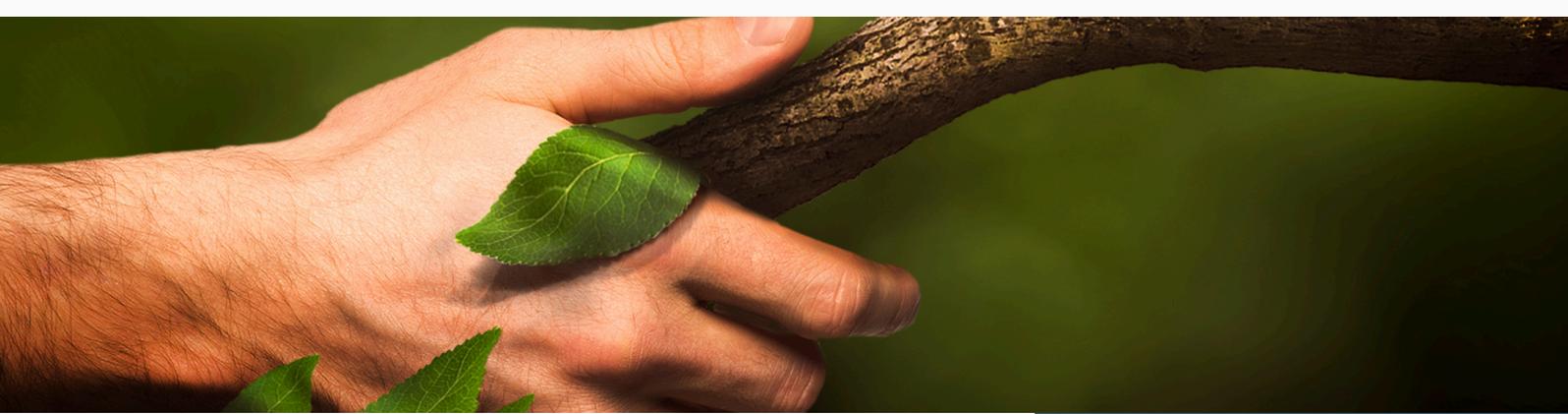
BY SOWMYA UDUPA

I sat and stared. It was just another morning—no
different from yesterday. The beautiful trees, the
vibrant green, the birds singing their usual tunes.
On most days, I'd look at this view and

“The fix we
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It's in the
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- RANJITHA RAJ





immediately begin planning—crafting to-do lists, creating time tables, wondering how I could make something of the day, how I could **produce** something even from this beauty.

But this time, I just sat and let myself **be**. My mind began to wander, and for once, I didn't rein it in.

That's when I realized how tightly I usually grip my thoughts—how I force them into something useful, something logical, something grounded in reality. But my mind doesn't always want to be practical. It wants to dream. It longs to build stories, to drift into other worlds. And here I was, locking it up in the prison of so-called **productive thinking**.

There's a quiet romance in building stories. A freedom. A forgotten kind of play. As I let my thoughts drift, a memory floated up—me, as a child, sitting on a tree branch, or the terrace, or the balcony, talking. Talking to the breeze. To the trees. As if they were my best friends.

And just then, a breeze brushed past me,

“I stopped
doing, started
being—and the
world
whispered
back.”

- SOWMYA UDUPA





rustling the trees around. I looked up at their gentle swaying—and something stirred deep within. I whispered, *Oh, I used to talk to you. I haven't in so long. I'm so sorry.*

And believe me—they responded. The trees swayed with unmistakable joy. I felt it in the rhythm of their movement, in the soft, crisp murmur of their leaves. It was as if they were gently, lovingly reprimanding me for forgetting them. And in that moment, the connection returned—pure, childlike, whole. The same deep sense of belonging and safety I'd once known.

All those years of feeling like I didn't quite fit in—of being *too* different, *too* sensitive, *too* strange—began to dissolve. The heavy sense of disconnection I had carried for so long quietly lifted. And for the first time in a long time, I felt a gentle recognition of my true self. And I *loved* her.

I didn't feel like an outsider anymore. I didn't feel odd or misplaced. Instead, something soft and powerful bloomed within me—a deep love for who I am.

“The moment I spoke to the trees again, I heard my own voice return.”

- SOWMYA UDUPA





And then I **heard** it—not with my ears, but somewhere deeper. A voice in the wind:
You will always be accepted by us. We missed you. You are not strange. You are different—and you belong here, with us. Not out there.

My thoughts whispered gently, and I heard them clearly for the first time: **It doesn't matter. You are you**

A warmth spread through me like an embrace. A soft, unseen hug that wrapped itself around the hollow places in my heart.

I began to speak again—sharing my fears, my doubts. And with every whisper of wind, every subtle shift in their branches, it felt like they were listening. Responding. In the rhythm of their sway, I saw expressions—soft nods of understanding, gentle reassurance, quiet companionship. I don't know how to explain it.

But suddenly, I didn't feel alone.
I felt... home.

And then I heard it—not in words, but in the tender rhythm of my own thoughts:

**“In the end,
it doesn't
matter. What
matters is—
you are you.”**

- SOWMYA UDUPA





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**“In today’s fast-
paced, hyper-
connected life,
we often use
these senses not
to connect, but to
escape.”**

- RANJITHA RAJ

Sensory Overload: Are We Losing Touch With Our Senses?

BY RANJITHA RAJ

We were born with five powerful tools to
experience the world — sight, sound, touch,
taste, and smell. But in today’s fast-paced,
hyper-connected life, we often use these
senses not to connect, but to escape. And in
the process, we’re slowly numbing them.

Let’s take a closer look at how each sense is
being overused or misused in modern life —
and what we can do about it.





👁️ Sight: The Screen Strain

Our eyes were meant to take in the vastness of the sky, the subtle changes in nature, and the emotions in another person's face. But now, the average person spends more than 7 hours a day looking at screens. Phones, laptops, TVs — even while eating, we're scrolling. We don't look at things anymore; we look through them.

Ever noticed how your eyes feel dry or strained after a day online? Or how you don't remember the color of the sky you walked under this morning? That's visual fatigue — a sign we're seeing too much, but noticing too little.

👂 Sound: Constant Noise, Rare Silence

We wake up to alarms, play music while showering, take calls while commuting, and fall asleep to the TV or podcasts. Silence, once a natural part of life, now feels awkward or even threatening. But our minds weren't built for this non-stop stream of sound.

This constant input means we rarely listen — we just hear. We miss the tone in a loved

“Visual fatigue — a sign we're seeing too much, but noticing too little.”

- RANJITHA RAJ





one's voice, the rustle of leaves, or the rhythm of our own breath.

👏 Touch: Disconnected From Feeling

We tap, type, swipe. Our fingers are always busy, but rarely feeling. When was the last time you really felt the softness of your clothes, the warmth of a cup of tea, or the comfort of a hug?

In many ways, physical touch has become limited or digital — emojis instead of embraces. Yet our skin is the largest sense organ we have, designed to ground us in the present. But we've become numb.

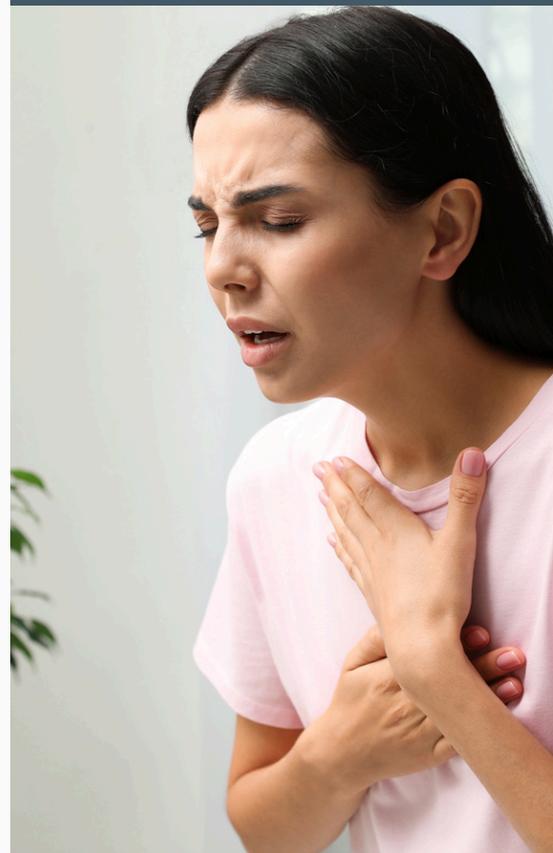
👃 Smell: Masked and Manufactured

The scent of rain, of freshly baked bread, or even the familiar smell of home — these are powerful emotional triggers. But now, we're constantly surrounded by synthetic smells — air fresheners, perfumes, cleaning agents — that overwhelm the natural ones.

We don't breathe in nature anymore. We spray over it.

“We don't breathe in nature anymore. We spray over it.”

- RANJITHA RAJ





Taste: Overstimulation and Mindless Eating

Fast food, processed snacks, sugary drinks — our taste buds are constantly hit with strong, artificial flavors. We eat while watching, scrolling, or rushing. Rarely do we eat to savor.

Eating used to be a ritual. Now it's a task — or worse, a distraction from our emotions.

Reconnecting: One Sense at a Time

What if we started using our senses more intentionally?

- Look up from your phone and notice the colors around you.
- Take a 5-minute silence break and just listen.
- Run your fingers over different textures mindfully.
- Step outside and take a deep breath without a mask of fragrance.
- Eat one meal without distraction, truly tasting each bite.

Our senses are gifts. They were never meant to be bombarded — but experienced, savored, and honored. By reconnecting with them, we reconnect with life itself.

“Our senses are gifts. They were never meant to be bombarded — but experienced, savored, and honored.”

- RANJITHA RAJ





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AUGUST 2025 Events

BY MHAI

1. Foundation of Eco Therapy - Level 1

Facilitated By: Ranjitha Raj

Location: MHAI Open Hall

Starting Date: 24th July 2025

Duration: 50 hours

2. The Sound Mind - In-person

Date: 3-Aug-2025

Sunday

Time: 10 AM to 5 PM

Hosted by MHAI

Venue: Jedla, Foothills of Coorg

Fee: ₹2,000/- (Transportation, accommodation, and food not included in the cost)

3. Support Group Meet ONLINE

Date: 25-Aug-2025, Monday

Time: 6 PM to 7 PM

Topic: "They Said Be Strong — But Never Said How?"

Hosted by MHAI

4. Human Books ONLINE

Date: 25-Aug-2025, Monday

Time: 7 PM to 8 PM

Hosted by MHAI

To Register:
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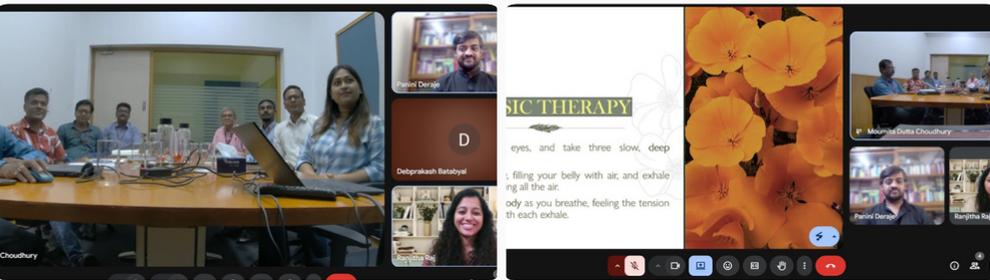


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PAST EVENT HIGHLIGHTS

MHAI - CREATING HEALTHY MINDS

CORPORATE TRAINING (FOR DLF LEADERSHIP TEAM) - MENTAL HEALTH SKILLS - JULY 2025 | STUDENT INTERNSHIPS AT MHAI



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PAST EVENT HIGHLIGHTS

MHAI - CREATING HEALTHY MINDS

HUMAN BOOKS MEET AND MANN-THANN BY MHAI



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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/Shinrin Yoku (Forest Bathing)**
- **Emotional Counselling**
- **Mentoring and Internships (Teens and Adults)**
- **Mental Health Awareness Programs**
- **Harmony/Mann-Thann - The Journey Within - Outdoor Workshops**
- **Kaadu Harate - Expressive Art Therapy (EAT)**

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