

MUSINGS

Official Newsletter - BY MHAI

PC: Rohan Somkuwar

The Power of Silence

BY RANJITHA RAJ

"Sometimes the loudest answers are found in the quietest moments."

Silence is often underestimated in a world that glorifies constant noise, busyness, and endless conversations. But silence isn't just the absence of sound — it's a space where our inner voice becomes louder.

It's in silence that our intuition becomes strong. When the mind quiets down, the answers to our confusion start to rise naturally. The clarity we seek often doesn't come in the middle of a heated discussion or a busy day — it comes in those still moments where we simply pause and listen.

Here's a moment you might relate to — you're driving home after a long day, the radio off, the windows slightly open. No music, no calls, just the hum of the engine and the cool breeze brushing past. Somewhere between one red light and the next, you suddenly remember a

This issue:

The Power of Silence

PAGE 01 - 03

The Power of Words –
Building or Breaking
Relationships

PAGE 03 - 05

Smile Therapy – A
Silent Kind of Magic

PAGE 06 & 07

Oversharing

PAGE 08

Festivals

PAGE 09

October Events

PAGE 10

Past Event Highlights

PAGE 11

MHAI Services

PAGE 12



solution to a problem that's been nagging you for weeks. You weren't actively thinking about it, but the quiet space in your mind made room for the answer to slip in.

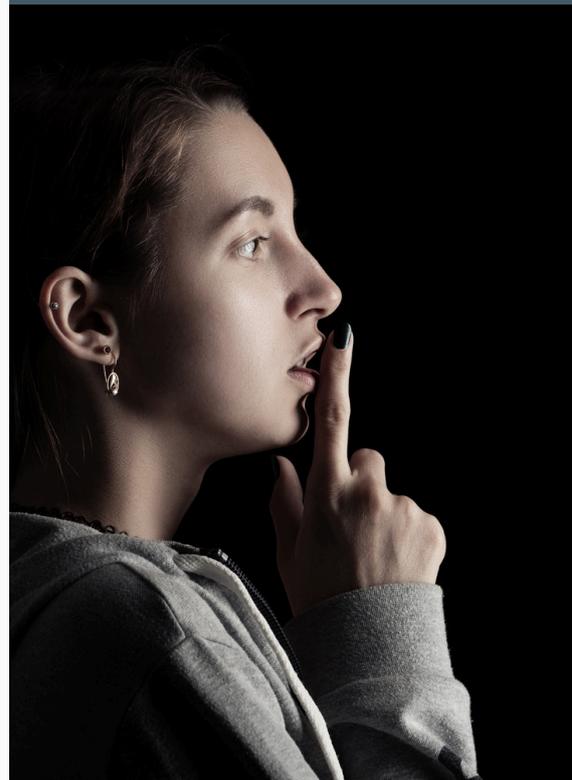
This is why some of our best ideas come when we least expect them — during a warm shower, while meditating, or even while sitting in stillness. These are moments where we aren't forcing our mind to think, yet creativity flows naturally. Our brain, no longer overloaded, can connect thoughts in new ways, leading to fresh ideas and clarity.

Silence can do many things for us:

- **Strengthens intuition** – The inner guidance we all have gets drowned in constant chatter. Silence helps us reconnect to it.
- **Brings emotional clarity** – Instead of reacting instantly, a silent pause lets our emotions settle so we respond, not react.
- **Reduces stress** – Even a few minutes of silence daily can lower our heart rate and calm the nervous system.
- **Deepens self-awareness** – Silence makes us aware of our patterns, fears, and dreams without outside influence.

“The clarity we seek often doesn't come in the middle of a heated discussion or a busy day — it comes in those still moments where we simply pause and listen.”

- RANJITHA RAJ





- **Opens creativity** – Many great ideas are born in moments of stillness, when the mind has room to wander freely.

In silence, we meet ourselves in our truest form — without masks, without distractions, without expectations. It's here that our deepest questions are answered, often in the simplest ways.

So, the next time you feel overwhelmed, confused, or emotionally drained, give yourself the gift of silence. Turn off the noise, close your eyes, and listen. **You may be surprised at how much wisdom you already hold inside you** — just waiting for the quiet to be heard.

The Power of Words – Building or Breaking Relationships

BY RANJITHA RAJ

I've often felt that words are like seeds — once they're out in the world, they grow. Sometimes into beautiful flowers, and sometimes into stubborn weeds. And once they've taken root, you can't always take them back.

“In silence, we meet ourselves in our truest form — without masks, without distractions, without expectations.”

- RANJITHA RAJ





In relationships, whether with a partner, friend, family member, or colleague, words hold the power to build bridges or burn them. It's not just **what** we say, but how we say it that makes all the difference.

We all have moments when frustration or hurt makes us speak without thinking. Maybe we intend to be “honest,” but in that moment, our tone carries more sharpness than truth. And suddenly, the other person hears judgment instead of care.

For example, imagine coming home after a long day and saying to your partner, “**You never help around the house.**” The words “never” and “you” instantly sound like blame. The other person’s guard goes up. But if you said, “**It’s been a long day for me, and having your help would mean a lot,**” the message is the same, but the tone is softer. It invites connection instead of conflict.

Tone is like the wrapping paper around our words. Even a good message can feel like an attack if wrapped in sarcasm or impatience. And even difficult truths can be received with love if spoken with sensitivity.

“It’s not just what we say, but how we say it that makes all the difference.”

-RANJITHA RAJ





Being sensitive doesn't mean walking on eggshells. It means pausing to think — “How will my words land on the other person's heart?” Sometimes it's not about winning an argument or proving a point, but about preserving the connection.

I've learned that in relationships, people may forget the exact words you said, but they will always remember how you made them feel. If we can choose words that heal instead of hurt, and speak them in a way that makes the other person feel safe, we give our relationships a chance to grow stronger every day.

Because in the end, words are powerful — and when used with care, they can be the very thing that keeps love alive.

A single careless sentence can break what years of love have built — but a single kind word can rebuild what you thought was lost forever.

“Sometimes it's not about winning an argument or proving a point, but about preserving the connection.”

- RANJITHA RAJ





Smile Therapy – A Silent Kind of Magic

BY RANJITHA RAJ

Sometimes, the smallest curve on our face can turn someone's whole day around.

We've always believed that a smile is more than just an expression — it's a little piece of energy we pass on to the world.

There have been days when we've walked into a room feeling ordinary, only to have someone's face light up because of a smile we offered without much thought. They've told us, "Your smile made my day." And every time we hear that, we're reminded — *it's not our smile that's magical, it's what a smile does.*

Smiles are strange that way. They sneak past walls we build around ourselves. They soften edges. They turn strangers into friends. They don't demand anything in return, yet they give so much without us even noticing.

Sometimes, we think about the moments when someone's smile saved us. Like the delivery guy who handed over our order after a long day,

"It's not our smile that's magical, it's what a smile does."

- RANJITHA RAJ





smiling as if the world had only kindness to offer. Or a loved one's smile — the kind that makes us feel, without a word, that everything is going to be okay. A smile like that is pure warmth. Then there's a little child's grin, given for no reason at all. It's as if those smiles were tiny reminders from the universe: We're okay. Life's still beautiful.

That's what I call **smile therapy** — a kind of healing that doesn't need medicine, only presence.

I've realised, the easiest way to share it is to stop holding back. Even if we're having a tough day, even if we don't know the person in front of us, smile anyway. We never know whose heavy heart might feel a little lighter because of it.

Maybe we can't solve every problem in the world. But we can send out these small waves of joy — one smile at a time. And who knows? That smile we give today might be the one someone remembers for a lifetime.

Because in the language of the heart, a smile is always the perfect reply.

“In the language of the heart, a smile is always the perfect reply.”

- RANJITHA RAJ





Oversharing

BY RANJITHA RAJ

Be cautious where your secrets roam,
Sharing with those who may not be your own.
Too much revealed to those untrue,
Can turn your trust into a tool they'll use.

Unconcerned ears may twist and bend,
Your private thoughts they might offend.
Protect your heart and what you say,
Not all are kind in how they play.

Yet sharing with those who truly care,
Who hold your trust with love and flair,
Is not a risk but a bond so true,
With loved ones who wish the best for you.



EXPRESSIONS - POETRY BOOK

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

📖 Grab your copy today:

Amazon:

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

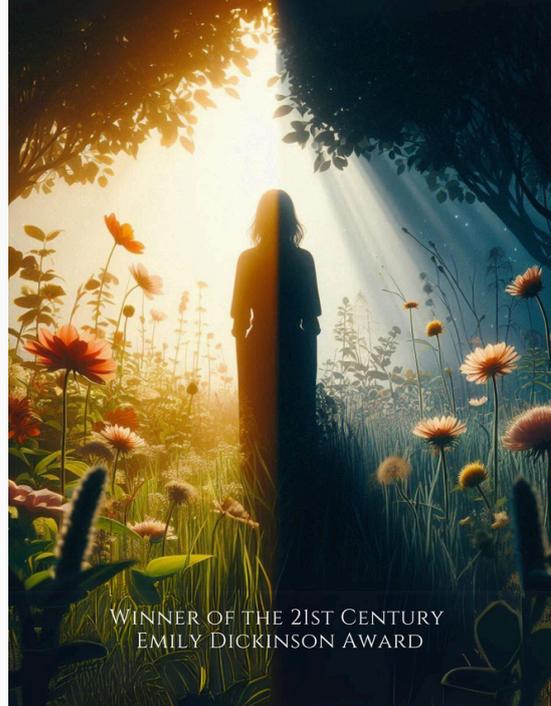
Flipkart:

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

Let it speak to your soul!

RANJITHA RAJ

EXPRESSIONS



WINNER OF THE 21ST CENTURY
EMILY DICKINSON AWARD



Festivals: A Boost for the Heart and Mind

BY RANJITHA RAJ

Festivals are not just days on the calendar—they are moments that touch the heart and lift the mind. They remind us to pause, breathe, and reconnect—with our loved ones, our traditions, and even with ourselves. Sharing laughter, music, food, and rituals creates a sense of belonging and warmth, easing stress and loneliness.

These celebrations are gentle reminders that joy can be found in simple moments, gratitude can transform ordinary days, and togetherness can strengthen our resilience. Taking time to celebrate is not just a cultural practice—it's an act of self-care, nourishing our mental, emotional, and social well-being.

This festive season, let's embrace every smile, every gathering, and every tradition with an open heart. May these moments of celebration bring peace, joy, and a renewed sense of connection to yourself and those around you.

“Festivals are not just days on the calendar —they are moments that touch the heart and lift the mind.”

- RANJITHA RAJ





PC: Rohan Somkuwar

OCTOBER 2025 Events

BY MHAI

1. Support Group Meet ONLINE

Date: 27-Oct-2025, Monday

Time: 6 PM to 7 PM

Topic: “You Look So Normal — What Do You Mean You’re Not Okay?”

Hosted by MHAI

2. Human Books ONLINE

Date: 27-Oct-2025, Monday

Time: 7 PM to 8 PM

Hosted by MHAI

3.The Open Canvas

Facilitated By: Ranjitha Raj & Ramya Shetty

Location : MHAI

Date: 15th November 2025, Saturday

Time : 10AM - 5:30PM

To Register:
www.mhai.in

INFO@MHAI.IN
+91 9880651010

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



PC: Rohan Somkuwar



PC: Rohan Somkuwar

PAST EVENT HIGHLIGHTS

MHAI - CREATING HEALTHY MINDS

The Sound Mind for Ayurvedic Doctors, Jedla -Coorg



PC: Rohan Somkuwar

For
Information:

www.mhai.in

INFO@MHA.I.N
+91 9880651010

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

CONVERSATIONS FOR CONNECTIONS
FREE MONTHLY TALKS ON MENTAL HEALTH AND PERSONAL GROWTH

15 SEP 2025,
5 TO 7 PM

Topic: Vision in Action- Crafting Goals That Stick

Speaker: Ranjitha Raj

OPEN ONLY BY INVITATION

ONLINE ON ZOOM

DPC
BLUE NILE
www.darwinpsychologycentre.com
www.bluenilecounselling.com

Talk at Darwin Psychology Center
Topic: Vision in Action - Crafting Goals that Stick by Ranjitha Raj



PC: Rohan Somkuwar

MHAI Services

CREATING HEALTHY MINDS

- **Diploma in Life Skills**
- **Diploma in Mental Health and Counselling Skills**
- **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)/The Sound Mind - Sound Healing and more..**

For Information:
www.mhai.in

INFO@MHAI.IN
+91 9880651010

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



PC: Rohan Somkuwar