



MUSINGS

Official Newsletter - BY MHAH

PC: Rohan Somkuwar

Becoming Infinite

BY RANJITHA RAJ

There's something profoundly human about our constant search for anchors — a place to belong, an identity to hold on to, and a destination to reach. We build homes not just with bricks, but with habits, relationships, beliefs, and stories about who we are. Yet, every once in a while, life reminds us that nothing we build is truly permanent.

The river doesn't stop after one bend. The sky doesn't draw boundaries. And perhaps, neither should we. To live fully is to keep moving — not necessarily in pace or direction, but in awareness. Growth is not about climbing higher; it's about expanding wider. It's the courage to let go of the familiar and step into the vast unknown within ourselves.

When we stop defining where we belong, we begin to belong everywhere. When we stop looking for endings, we begin to experience continuity — a quiet unfolding of life that doesn't demand closure. The truth is, every "home" we create — physical, emotional, or spiritual — is

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only a resting point. It gives comfort, but not completion. Comfort can easily become a cage when we mistake it for purpose. And so, perhaps, the real journey is to live with open hands — building, loving, learning, and then gently letting go.

To be infinite is not to escape the world, but to live in it without being confined by it. It's the state of being where you can carry silence in chaos, freedom in routine, and lightness even in pain.

There's beauty in not arriving — in remaining a seeker, a wanderer of the self.

Because the moment we say “this is the end,” we stop seeing how much more there is to discover — within and beyond.

So maybe, the invitation is simple yet profound:

Do not stop. Do not settle. Do not seek an ending.

Keep expanding.

Keep becoming.

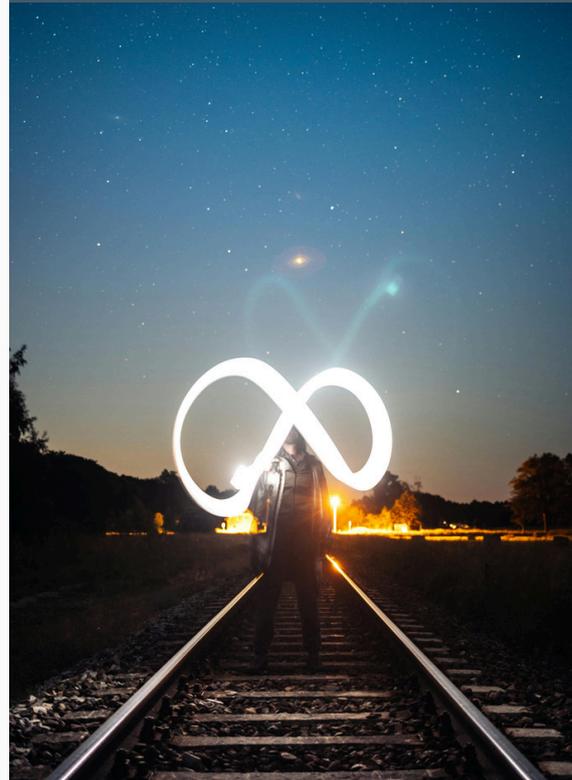
Be infinite.

— Inspired by Kuvempu's timeless lines:

“ಎಲ್ಲಿಯೂ ನಿಲ್ಲದಿರು, ಮನೆಯೆಂದು ಕಟ್ಟದಿರು, ಕೊನೆಯೆಂದು ಮುಟ್ಟದಿರು, ಓ ಅನಂತವಾಗಿರು, ಓ ನನ್ನ ಚೇತನ, ಆಗು ನೀ ಅನಿಕೇತನ.”

“To be infinite is not to escape the world, but to live in it without being confined by it.”

- RANJITHA RAJ





Stop Collecting Stamps — and Start Living Freely!

BY RANJITHA RAJ

Have you ever noticed how we sometimes hold on to small hurts or disappointments — just a little at a time — until one day, we suddenly **explode** or completely shut down?

This idea is inspired by a concept called ‘**Stamp Collecting**’ from the book *Born to Win*. Even though I haven’t read the book myself, the idea stayed with me when someone shared it recently — and I found it so relatable.

Now, this isn’t about the hobby of collecting postal stamps — this one’s emotional.

Imagine every time someone says something that hurts you, ignores you, or disappoints you, you mentally “collect” it — like a stamp. You don’t throw it away, you just tuck it somewhere in your emotional wallet thinking, “**It’s fine. I’ll deal with it later.**”

But over days, weeks, or even years, these emotional stamps start to pile up. One day, something small — like a friend forgetting to call

“When someone hurts you, ignores you, or disappoints you, you mentally “collect” it — like a stamp. You don’t throw it away, you just tuck it somewhere in your emotional wallet.”

- RANJITHA RAJ





you back — triggers a full-blown outburst. You cash in all those “stamps” at once, surprising even yourself.

Sound familiar? We all do it sometimes.

An Example

Let’s take Asha.

At work, Asha often feels her ideas are ignored in meetings. She smiles it off, tells herself it’s not a big deal, and keeps working. A week later, her manager forgets to include her name in a project email — again, she stays quiet but feels the sting.

By the end of the month, a colleague makes a light joke about her being “too emotional.”

Boom ✨ — Asha suddenly breaks down or snaps, not just at that colleague, but at everyone.

What really happened?

She wasn’t reacting to one incident — she was reacting to months of unspoken feelings she’d been collecting.

“Every unspoken hurt is like an unprocessed letter — it piles up until your emotional mailbox is overflowing.”

- RANJITHA RAJ





Why We Collect Stamps

We do it because it feels easier in the moment. We don't want to create conflict, appear "too sensitive," or we simply don't know how to express what we feel.

But every unspoken hurt is like an unprocessed letter — it piles up until your emotional mailbox is overflowing.

How to Stop Collecting

1. Recognize your stamps.

Notice when you say "I'm fine" but actually feel hurt, disappointed, or angry.

2. Express early.

Share how you feel — calmly, clearly, and soon after the event. "When you didn't acknowledge my work, I felt unseen."

3. Forgive and release.

Sometimes, the person might not understand — and that's okay. The goal is to release **your** emotional baggage, not to win the argument.

4. Check your pattern.

Are you holding on to similar types of "stamps"? Maybe from family, colleagues, or friends? Awareness helps you break the cycle.

"Let's choose freedom over emotional clutter — because we're all born to win, not to collect stamps we never needed."

- RANJITHA RAJ





The Freedom in Letting Go

Life feels lighter when you stop collecting stamps. Conversations become cleaner, relationships more honest, and your emotions flow naturally instead of building up pressure.

Next time something upsets you, pause and ask:

“Do I want to collect a stamp or clear it right now?”

Let’s choose freedom over emotional clutter — because we’re all **born to win**, not to collect stamps we never needed.

How is Life

BY ABHISHEK KUMAR

How is life?

How can it be?

What do you mean — it’s just ordinary?

Life can be many things —
long or short,
tough or soft —
but never ordinary.

“Life can be
many things —
long or short,
tough or soft

—
but never
ordinary.”

- ABHISHEK KUMAR





How could it be?
With every breath you take
there's so much to seek,
to see,
to feel,
to simply be.

If life's a book,
every dawn is a pen —
and there's still so much story left to tell.

If it feels like a rat race,
like getting lobotomized has been normalized,
looped again and again —
remember:
even in the same song,
a new note sometimes hums along.

Maybe that's the cue,

There's a rhythm in the routine too.

There's always a moment that excites
you —
that glitters in your eyes,
pulls you from bed,
and turn on your light.

“With every
breath you take
there's so much
to seek,
to see,
to feel,
to simply be.”

- ABHISHEK KUMAR





Life can be tough,
can make you numb,
can raise a trail of questions that never seem to
end —
the purpose of life,
the wrongs and rights,
the endless conspiracies,
the hidden archives.

And yet —
it's thrilling.

We've come this far because we are curious,
because we dare to ask.

Dragging your body through Monday blues —
remember:
even the sun falls and rises,
yet never turns blue.

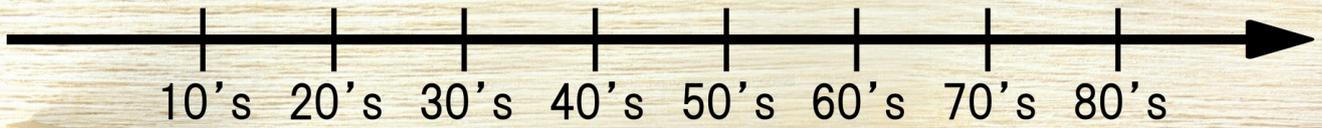
Need a break?
What — from life?
Let go of the steering,
ease off the gas,
don't slam the brakes —
you'll find your straight.

“But until the
brain is **brain**ing,
until something's
turning —
constructive or
destructive —
**life can never be
boring.**”

- ABHISHEK KUMAR



Life Planning



In traffic,
in lectures,
between deadlines and calls —
there's always a moment
where you spam a smile.
Capture that frame.

Maybe it's fiction,
maybe a fluke,
maybe a glimpse
of what's to come —
a subtle lure.

It all gets backbreaking,
it all sounds cliché —
been said before,
will be said again,
eloquently,
in different ways.

But what's not been said,
I'll say it now:
you can dig as deep as you want,
keep carving that hole in the ground —
but the Earth is round.
You'll find your way around.
That's the charm
of life being cliché.

**“You can dig as deep
as you want,
keep carving that
hole in the ground —
but the Earth is
round.
You'll find your way
around.”**

- ABHISHEK KUMAR





I'm not your regular "be happy" preacher —
I'm just another soul,
a little corrupted,
a little unsure.

But until the brain is braining,
until something's turning —
constructive or destructive —
life can never be boring.

No need for grit,
no need to fight —
to live,
we don't have to try.

Ease a bit.
Loosen your grip.
Excitement can be sad —
no need to fake a smile.

Human emotions are rich,
and so is this ride.
You don't need to be famous,
you don't need to be grand.

If you dare to dream —
lend it your hand.
Go make it real.
That's what makes it life.

**"If you dare to
dream —
lend it your hand.
Go make it real.
That's what
makes it life."**

- ABHISHEK KUMAR





The Lies We Tell Ourselves

BY RANJITHA RAJ

We've all done it — whispered half-truths to our hearts just to make life feel a little lighter, safer, or more bearable. “I’m fine.” “It doesn’t matter.” “I don’t care anymore.” These tiny sentences often sound harmless, even empowering. But beneath them lie stories of avoidance, fear, and longing — the quiet **lies we tell ourselves**.

Sometimes, these lies are our mind’s way of protecting us. They create a cushion between what **is** and what we’re not yet ready to face. The breakup that still hurts, the job that’s slowly draining us, the friendship that has changed — we convince ourselves it’s all okay, when deep down, a part of us knows it’s not.

Psychologically, these self-deceptions serve as defense mechanisms — tools our brain uses to reduce discomfort and maintain self-image. For instance, denial helps us stay functional in painful situations; rationalization helps us justify our choices; and projection lets us place blame outside ourselves to avoid guilt.

“Lies create a cushion between what is and what we’re not yet ready to face.”

- RANJITHA RAJ





But when these become habitual, they create a distorted version of reality — one where growth is paused and healing delayed.

Truth, on the other hand, isn't always pleasant. It can feel raw, heavy, and confronting. But it is also profoundly freeing. When we begin to see our own patterns — the excuses, the “shoulds,” the stories we keep repeating — we move closer to authenticity.

Here are some gentle reflections to explore:

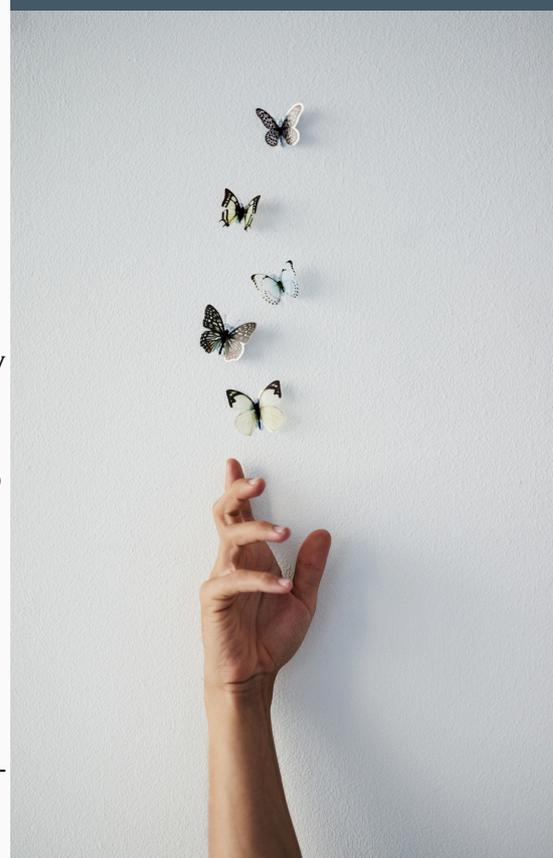
- What am I pretending not to feel?
- What story do I keep repeating to make myself feel safe?
- What truth am I afraid might change my life if I admit it?

Facing our inner lies doesn't mean blaming ourselves. It means meeting ourselves with honesty and compassion. It's about saying, “Yes, I told myself this story to survive — and now I'm ready to see beyond it.”

Growth begins not when we find all the answers, but when we stop running from the truth. The lies we tell ourselves may have once been protection — but the truth we embrace becomes liberation.

“Facing our inner lies doesn't mean blaming ourselves. It means meeting ourselves with honesty and compassion.”

- RANJITHA RAJ





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DECEMBER 2025 Events

BY MHAI

1. Support Group Meet ONLINE

Date: 22-Dec-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: 22-Dec-2025, Monday

Time: 7 PM to 8 PM

Hosted by MHAI

3. Expressions - Mental Health Annual Even

Location : MHAI

Date: 10th & 11th January 2026, Saturday & Sunday

Time : 10:30AM - 5:30PM



To Register:
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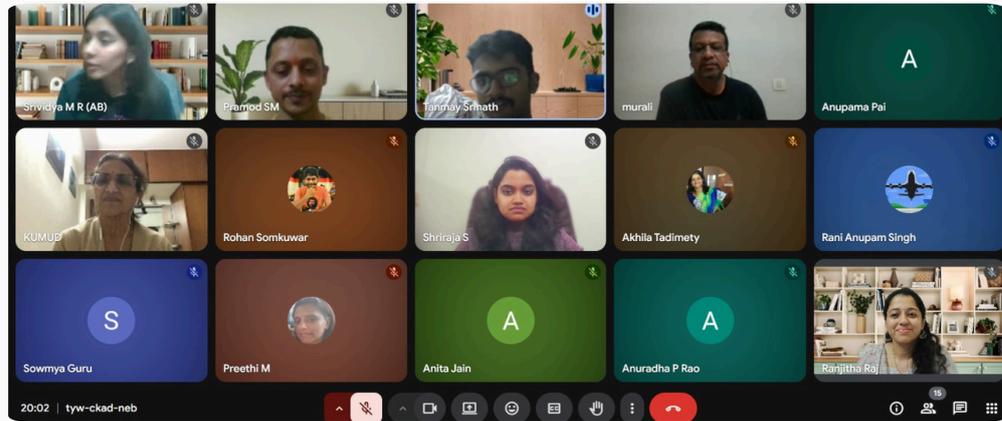


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PAST EVENT HIGHLIGHTS

MHAI - CREATING HEALTHY MINDS

SUPPORT GROUP & HUMAN BOOKS EVENT - MHAI



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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..**

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