

MUSINGS

Official Newsletter - BY MHAI

PC: Rohan Somkuwar

Why Is Self-Awareness So Rare?

BY RANJITHA RAJ

Most of us struggle — but we don't always recognize that we are struggling.

We may feel tired, irritable, disconnected, or overwhelmed. Yet we continue with our routines, responsibilities, and roles without pausing to ask, “What is happening within me?” Often, by the time we acknowledge our distress, it has already reached a crisis point.

Why does this happen?

Many of us were never taught emotional literacy. We were encouraged to focus on performance, productivity, and meeting expectations. Rarely were we guided to name our feelings, sit with discomfort, or understand our inner world. Without the language to identify what we feel, our struggles remain unclear and unattended.

This issue:

Why Is Self-Awareness So Rare?

PAGE 01 - 03

ಸಾಧಕರು

PAGE 03

ಮತ

PAGE 03

Why Do We Rush to Give Solutions Instead of Listening?

PAGE 04 - 09

ಸತ್ಯ

PAGE 09

ಕನ್ನಡಿ

PAGE 10

FAILURE

PAGE 10 - 12

March Events

PAGE 13

Past Event Highlights

PAGE 14 - 15

MHAI Services

PAGE 16



We also live in a culture that glorifies busyness. Slowing down can feel uncomfortable. Silence can feel unfamiliar. So we distract ourselves — with work, social media, commitments, or even by taking care of others — instead of turning inward.

Avoidance feels easier in the short term. When we acknowledge a problem, it may require us to set boundaries, make difficult decisions, or confront uncomfortable truths. So we tell ourselves, “It’s manageable,” or “I’ll deal with it later.” Meanwhile, the pressure quietly builds.

Self-awareness asks for courage. It asks us to pause, reflect, and take responsibility for our emotional well-being. It is not something we automatically possess; it is something we consciously practice.

When we begin checking in with ourselves regularly —

What am I feeling?

What do I need right now?

What is draining me?

— crises can slowly become conversations, and breakdowns can gently turn into breakthroughs.

“Without the language to identify what we feel, our struggles remain unclear and unattended.”

- RANJITHA RAJ





Self-awareness is not a luxury. It is a form of preventive care.

And maybe the shift begins when we learn to ask ourselves, honestly and kindly, “How am I, really?”

ಸಾಧಕರು

BY BALASUBRAHMANYA ICHE

ಇರುಳುಕಂಡ ಬಾವಿಗೆ
ಹಗಲುಬಿದ್ದರು;
ನಕ್ಷತ್ರಗಳಬೆಳಕಿನಲ್ಲಿ
ನಡೆದಾಡುವ
ಸಾಧಕರಕಣ್ಣುಗಳು
ಸೂರ್ಯನಬೆಳಕಿಗೆ
ಕುರುಡಾಗಿದ್ದವು.

ಮತ

BY BALASUBRAHMANYA ICHE

ಮೋಡದಿಂದಜಾರಿದ
ಮೊದಲಕೆಲವು ಹನಿಗಳು
ಮಣ್ಣಿನಲ್ಲಿಹುಟ್ಟಿಸಿದ
ವಾಸನೆಯನ್ನು
ನಂತರಬಂದ ಸಾವಿರಾರು ಹನಿಗಳು
ಅಳಿಸಿಹಾಕಿದವು

“Self-awareness
is not a luxury. It
is a form of
preventive care.”

- RANJITHA RAJ





Why Do We Rush to Give Solutions Instead of Listening?

BY RANJITHA RAJ

Have you noticed this?

Someone shares a problem.

Before they finish speaking, we begin:

“You should...”

“Why don’t you just...”

“If I were you...”

We jump into solutions.

But rarely do we pause and simply listen.

Why does this happen?

1. Discomfort With Pain

As humans, we are not very comfortable sitting with emotional discomfort — especially someone else’s. When a friend shares sadness, confusion, or anxiety, it activates something within us. We feel restless. Helpless. Sometimes even anxious.

Giving advice reduces our discomfort.

“Many of us
were raised to
believe that
helping means
fixing.”

- RANJITHA RAJ





It makes us feel useful. In control. Capable.

Listening, on the other hand, requires us to stay in uncertainty.

And uncertainty feels uncomfortable.

2. We Confuse Fixing With Caring

Many of us were raised to believe that helping means fixing.

If someone falls, we lift them.

If something breaks, we repair it.

If there is a problem, we solve it.

So when someone shares emotional pain, we apply the same logic.

But emotions are not broken objects.

They don't always need fixing.

They need witnessing.

Sometimes caring is not about solving.

It is about saying, "I am here."

3. Advice Makes Us Feel Powerful

There is also something subtle at play — power.

“Sometimes caring is not about solving. It is about saying, “I am here.”

- RANJITHA RAJ





When we give advice, we move into the “knower” position.

We become the one who understands, who guides, who directs.

Listening places us differently.

It asks us to respect the other person’s inner wisdom.

To trust that they may already know the answer.

Listening requires humility.

4. We Are Not Taught How to Listen

In schools, we are taught how to speak.

How to debate.

How to argue.

How to present.

But rarely are we taught how to listen deeply.

Deep listening means:

- Not interrupting.
- Not preparing a response while the other person is talking.
- Not comparing their story to ours.
- Not rushing to close the conversation.

“When we give advice, we move into the “knower” position.”

- RANJITHA RAJ





It means allowing silence.
And silence can feel long.

5. Most People Don't Want Advice — They Want Validation

Often, when someone shares a problem, they are not asking:

“What should I do?”

They are asking:

“Does what I feel make sense?”

“Am I overreacting?”

“Can you see me?”

Validation does not mean agreement.

It simply means acknowledging their emotional experience.

“I can understand why you feel that way.”

“That sounds really hard.”

“It makes sense that you're confused.”

These responses soothe the nervous system far more than quick solutions.

“Validation
does not
mean
agreement.”

- RANJITHA RAJ



FIX



IT!

The Difference Between Listening and Fixing

Listening says:

- “Tell me more.”
- “I want to understand.”
- “I am here.”

Fixing says:

- “Here’s what you should do.”
- “This is not a big deal.”
- “Just move on.”

One builds connection.

The other sometimes builds distance.

When Is Advice Helpful?

Advice is not wrong.

But timing matters.

After someone feels heard, understood, and emotionally settled, they may naturally ask:

“What do you think I should do?”

That is the moment advice becomes collaborative — not imposed.

“Advice is not
wrong.
But timing
matters.”

- RANJITHA RAJ



LET'S TALK

A Gentle Shift

The next time someone shares a problem, pause.

Before offering a solution, ask:

“Do you want me to just listen, or would you like suggestions?”

This simple question changes everything.

Because listening is not passive.

It is one of the most powerful acts of emotional care.

Sometimes the greatest support we can offer is not answers — but presence.

ಸತ್ಯ

BY BALASUBRAHMANYA ICHE

ಅಕ್ಕನತಲೆಯಲ್ಲೊಂದು

ಬೆಳ್ಳಿಕೂದಲು

ಅಕ್ಕಕಿತ್ತೆಸೆದಳು

ಮರುದಿನ - ಎರಡು

ಅಕ್ಕಕಿತ್ತೆಸೆದಳು

ಮರುದಿನ - ನಾಲ್ಕು

ಅಕ್ಕಕಿತ್ತೆಸೆದಳು - ಕನ್ನಡಿಯನ್ನು.

“Sometimes the greatest support we can offer is not answers —but presence.”

- RANJITHA RAJ





ಕನ್ನಡಿ

BY BALASUBRAHMANYA ICHE

ಬಾವಿಯೊಳಗಿನಕಪ್ಪೆಯ
ಕಥೆಯನ್ನುಓದಿ
ಮರುಕಪಟ್ಟಮನುಷ್ಯನನ್ನು
ನೋಡಿದಕಪ್ಪೆ
ನಕ್ಕು
ಪುನಃಬಾವಿಯೊಳಗೆ
ಸೇರಿಕೊಂಡಿತು.

FAILURE

BY APARNA (REVATHI BALAKRISHNAN)

My expected outcome, crystal clear.
Oh my Goodness, failure!
Makes me shiver in fear,
Anxiety, as per expectations, unable to deliver.

A knot in the gut,
A feeling of rut,
The whole world feels shut.

Hope fades,
Sadness in all shades,
Does it matter? I dreamed for decades.

A sense of futility,
Soaked in fragility,

“Giving
advice
reduces our
discomfort.”

- RANJITHA RAJ





All roads feel closed,
In shame my head bowed.

I tried in vain,
Just to feel so much pain.

I beat myself black & blue,
And many other a hue.

I play the game of blame
Kindness for myself goes up in a flame

I fail to be curious to see,
What I am feeling and let me be,
Though I know just this enquiry
Will probably release me.

To another it may seem a little thing,
To me my world is in a terrible swing,
In a pool of anger with myself I whirl,
It feels like the end of the world.

A sense of futility,
A feeling of fragility.

In my head I know,
Expectations I need not sow,

“Listening is not
passive.
It is one of the
most powerful
acts of emotional
care.”

- RANJITHA RAJ





To trust in the process,
Enjoying the journey is progress.

To live in the moment,
Beyond all pressure & sentiment.

And there is learning at every corner,
Still in guilt I hover,

Still my heart aches,
As my hope fades.

Proverbs I know,
But, the pain will not go.
If only life had no hurdles,
Or I could bind them with a girdle!

I probably need to let it be,
For it may pass through me,
Change how I perceive,
And how I failure receive,
And gently revive dreams & hope in me,
And the courage to stand up
And never give up!

**“Emotions are not
broken objects.
They don’t always
need fixing.
They need
witnessing.”**

- RANJITHA RAJ





PC: Rohan Somkuwar

MARCH 2026 EVENTS

BY MHAI

1. Certificate Course in Suicide Prevention Skills

Mode : Online

Days : 6:00 PM – 8:30 PM

Date: 13th & 14th March 2026 (Fri & Sat)

Age Group: 18yrs and above

2. Who Am I?

Facilitated By: Bidhan Roy

Location : MHAI

Time : 10 AM- 5:30 PM(Both days)

Days : 2 Days

Date: 21st Mar, Sat - 22nd Mar 2026, Sun

Age Group: 16+ Yrs

Energy Exchange : INR 6,000

3. Support Group Meet ONLINE

Date: 23-Mar-2026, Monday

Time: 6 PM to 7 PM

Topic: “What I Wish Schools Taught Us About Life”

Hosted by MHAI

4. Human Books ONLINE

Date: 23-Mar-2026, Monday

Time: 7 PM to 8 PM

Hosted by MHAI

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

TAI CHI EASY & TAI CHI - QI GONG FACILITATOR WORKSHOP

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



PC: Rohan Somkuwar

PAST EVENT HIGHLIGHTS

MHAI - CREATING HEALTHY MINDS

SUPPORT GROUP & HUMAN BOOKS SESSION, SUICIDE PREVENTION SKILLS WORKSHOP - MHAI



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



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