

MUSINGS

Official Newsletter - BY MHAI

PC: Rohan Somkuwar

It's Not About You

BY RANJITHA RAJ

Learning to Free Yourself from Others' Perceptions

“Nothing others do is because of you.”

At first glance, this idea feels almost unbelievable. In our everyday lives—especially in relationships and friendships—we often assume that people’s actions are a direct response to us. A delayed reply feels like rejection. A harsh tone feels personal. Silence feels like distance.

But what if most of it... isn't about you at all?

The Invisible Filters We All Carry

Every person sees the world through their own lens—shaped by their past experiences, fears, expectations, and emotional patterns. When someone reacts, speaks, or behaves in a certain way, it is often a reflection of **their internal** world, not your worth or actions.

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Think of it like this:

Two people can experience the same situation and walk away with completely different interpretations. Why? Because they are not responding to reality—they are responding to their **perception** of reality.

A Simple Friendship Example

Imagine this:

You send a message to a close friend. Hours pass. No reply.

Your mind starts racing:

- “Did I say something wrong?”
- “Are they upset with me?”
- “Are they ignoring me?”

By the time they finally reply with, “**Sorry, long day at work!**”, you’ve already created a story filled with anxiety and self-doubt.

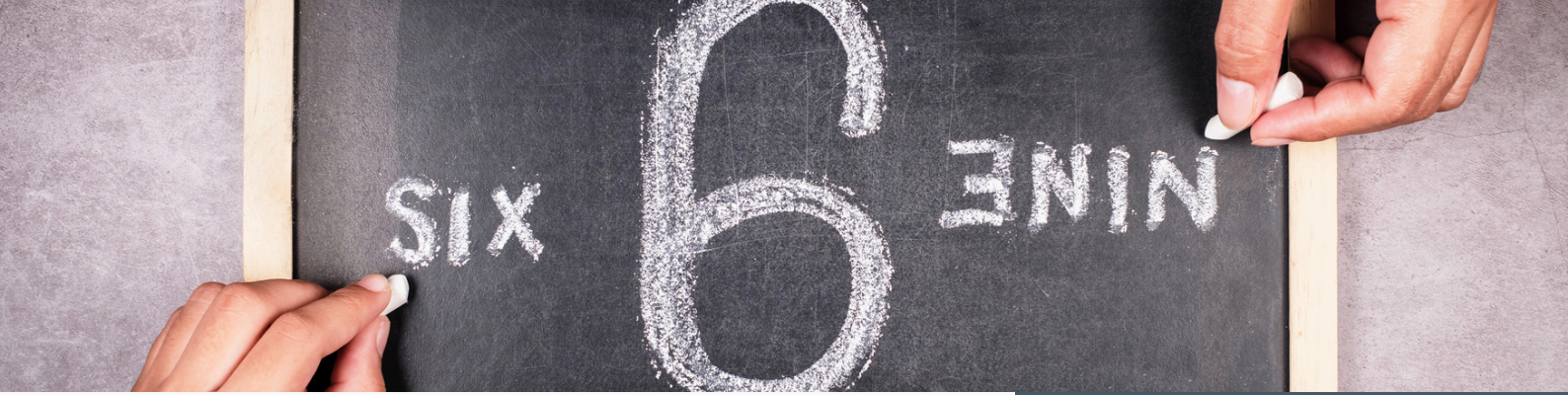
But the truth is—your friend’s delayed response had nothing to do with you. They were simply overwhelmed, tired, or distracted.

What caused the suffering wasn’t their behavior—it was the meaning you attached to it.

“People are not responding to reality—they are responding to their perception of reality.”

- RANJITHA RAJ





In Relationships: The Emotional Mirror

This becomes even more intense in romantic relationships.

Let's say your partner comes home irritated and distant. You may instantly feel:

- "They're losing interest."
- "I must have done something wrong."

But perhaps they had a difficult meeting, unresolved stress, or are battling something internally they haven't expressed yet.

When we personalize everything, we unintentionally carry emotional burdens that were never ours to begin with.

Why We Take Things Personally

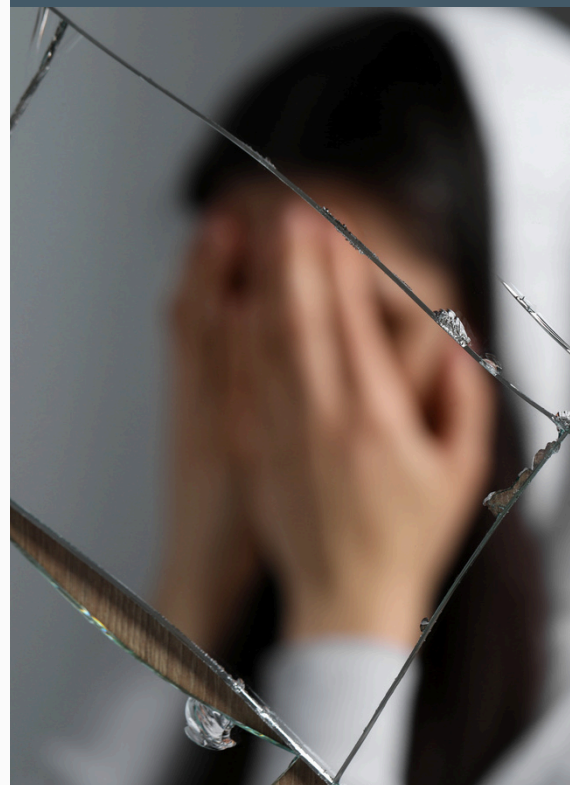
Taking things personally often comes from:

- A need for validation
- Fear of rejection
- Past experiences of being blamed or misunderstood
- Low emotional boundaries

When we don't have strong inner grounding, other people's moods, words, and actions begin to define how we feel about ourselves.

"When we personalize everything, we unintentionally carry emotional burdens that were never ours to begin with."

- RANJITHA RAJ





The Freedom of Not Personalizing

When you truly understand that others act from their own internal world, something powerful happens:

- You stop overthinking every small behavior
- You become less reactive
- You feel emotionally lighter
- You respond instead of reacting

It doesn't mean you ignore harmful behavior. It simply means you don't absorb it as a reflection of your worth.

A Shift in Perspective

Instead of asking:

“Why are they treating me like this?”

Try asking:

“What might they be going through?”

This small shift creates space—for empathy, clarity, and emotional balance.

Healthy Boundaries Still Matter

Not taking things personally doesn't mean tolerating disrespect. It means:

- Recognizing what belongs to you and what doesn't
- Responding with awareness instead of emotional overwhelm

“Not taking things personally doesn't mean tolerating disrespect.”

- RANJITHA RAJ





Setting boundaries without guilt

For example:

You can understand that someone is projecting their stress **and still choose** not to accept hurtful behavior.

Coming Back to Yourself

At its core, this idea is about reclaiming your emotional space.

You don't have to carry:

- Everyone's moods
- Everyone's expectations
- Everyone's perceptions

You only need to stay connected to your own truth.

A Gentle Reminder

People will misunderstand you.

People will project onto you.

People will act from their own fears and stories.

And that's okay.

Because not everything that happens around you is meant to define you.

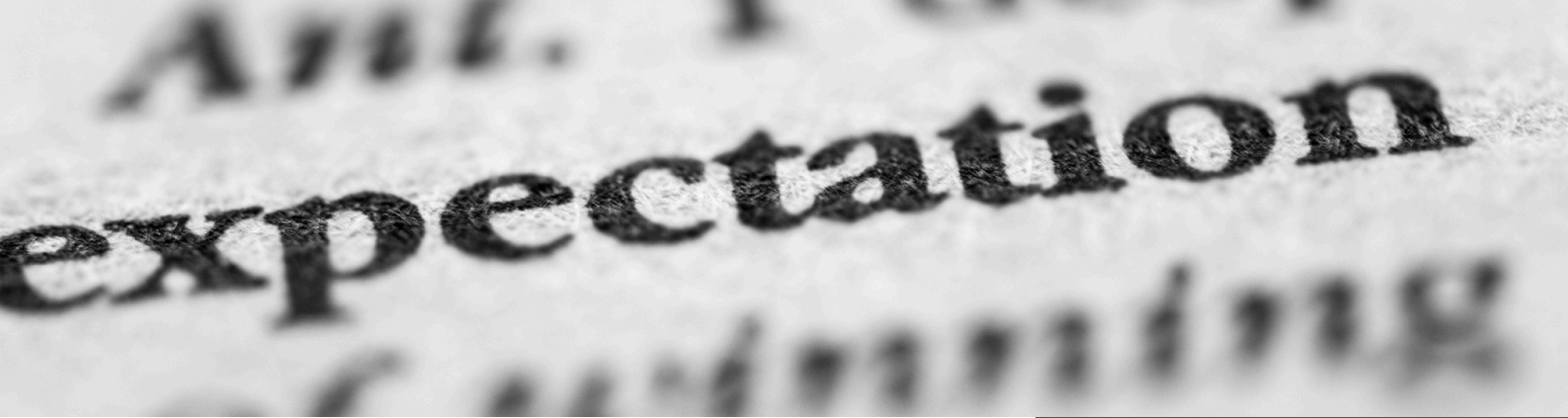
Sometimes, the greatest peace comes from quietly reminding yourself:

"This is not about me."

"Not everything that happens around you is meant to define you."

- RANJITHA RAJ





Expectations: The Illusion We Quietly Live In

BY RANJITHA RAJ

We often believe our disappointment comes from people, situations, or outcomes. But if we look closely, most of it begins much earlier—inside our own expectations.

Expectations are not the problem. In fact, they help us plan, hope, and move forward. The real challenge lies in **unrealistic expectations**—the silent illusions we carry without questioning.

We assume things will go a certain way.

We assume people will respond the way we would.

We assume effort will always be rewarded in the way we imagine.

And when reality doesn't match the script in our head, we feel hurt, confused, or even betrayed.

But the truth is—most of the time, we are not reacting to reality. We are reacting to the gap between reality and our expectation of it.

“When reality doesn't match the script in our head, we feel hurt, confused, or even betrayed.”

- RANJITHA RAJ





The Illusion We Live In

We don't always realize how much of our life is built on assumptions.

You send a heartfelt message and expect an equally warm reply.

You help someone and expect gratitude.

You work hard and expect immediate recognition.

None of these expectations are wrong—but they are **fragile**. Because they depend on factors outside our control.

And yet, we hold onto them as if they are promises.

This is where illusion begins.

We create a version of reality in our mind and start believing it is how things **should** be. Over time, this imagined version feels more real than reality itself.

A Relatable Example

Imagine planning a simple evening with a friend. In your mind, it's going to be meaningful—

“We create a version of reality in our mind and start believing it is how things should be.”

- RANJITHA RAJ





you'll talk deeply, laugh, feel connected.

But when you meet, they seem distracted, checking their phone, giving short responses.

Now, what hurts more?

Is it their behavior? Or the difference between what you **expected** and what actually happened?

Often, it's the latter.

If you had gone in without a fixed picture, you might have simply noticed, "They seem tired today."

But because you had already **emotionally invested in an imagined experience**, the moment feels like a letdown.

Why We Hold onto Unrealistic Expectations

1. **Control feels comforting**

Expectations give us a sense of predictability in an uncertain world.

2. **Projection of self**

We assume others think, feel, and behave like us.

3. **Emotional investment**

The more we care, the more we build scenarios in our mind.

**“Expectations
give us a sense
of
predictability
in an uncertain
world.”**

- RANJITHA RAJ





4. Social conditioning

Movies, social media, and stories subtly teach us how life “should” look.

The Cost of Living in Illusion

When expectations become rigid:

- We misunderstand people
- We feel unappreciated even when others are trying
- We create unnecessary conflict
- We carry silent resentment

And most importantly, we miss **what is actually happening**, because we are too busy comparing it with what we imagined.

Moving Towards Realistic Expectations

Managing expectations doesn't mean becoming pessimistic or emotionless. It means becoming **aware**.

- **Hold expectations lightly**
It's okay to hope—but don't hold it as a certainty.
- **Separate effort from outcome**
You can control what you give, not how it is received.
- **Allow people to be different**
Not everyone will express care the way you do.

“We miss what is actually happening, because we are too busy comparing it with what we imagined.”

- RANJITHA RAJ



~~UN~~REALISTIC

- **Stay present**
Experience moments as they unfold, not as you planned them.
- **Communicate instead of assuming**
Clarity reduces disappointment.

A Gentle Shift

Instead of thinking:

“This should happen.”

Try:

“This may happen, and I’ll respond to whatever comes.”

That small shift moves you from illusion to awareness.

Final Thought

Life becomes lighter when we stop forcing it to match our expectations.

There is less resistance, less disappointment, and more acceptance.

Because peace is not found in life going exactly as planned— it is found in our ability to meet life as it truly is.

And maybe, just maybe, the moment we let go of illusion...

we begin to see reality more clearly—and respond to it more wisely.

“Experience moments as they unfold, not as you planned them.”

- RANJITHA RAJ





The Confusion That Hurts More Than the Pain

BY RANJITHA RAJ

We often misunderstand what “toxic” really means.

It is easy to label someone toxic when they are openly rude, dismissive, or hurtful all the time. In fact, those people are often easier to deal with. Their behavior is consistent. You see who they are. You know what to expect. And eventually, you find the clarity to walk away.

But the real confusion, the real emotional exhaustion, comes from a different kind of person.

The one who is kind... but only sometimes.

One day, they are warm, attentive, loving. They listen, they care, they show up in ways that make you feel safe and valued. In those moments, you feel lucky to have them. You hold on to those versions of them. You believe that this is who they truly are.

And then, without warning, something shifts.

“The real emotional exhaustion, comes from a different kind of person. The one who is kind... but only sometimes.”

- RANJITHA RAJ





Uncertainty

AHEAD

They become distant. Cold. Dismissive. Maybe even hurtful. The same person who once made you feel seen now makes you question your worth. The contrast is so sharp that it leaves you confused and unsettled.

You start asking yourself:

Which version is real?

This inconsistency is what creates deep emotional strain.

Because now, you are not just dealing with hurt — you are dealing with uncertainty.

You don't know whether to stay or leave. You don't know whether to trust what you experienced or what you are experiencing now. You don't know if things will go back to how they were... or if this is how they will always be.

And so, you wait.

You wait for the “good” version to return. You replay the beautiful moments in your head. You tell yourself, “It wasn't always like this.”

This is where the pain deepens — not because

“This
inconsistency is
what creates
deep emotional
strain.”

- RANJITHA RAJ





Good



Bad

the person is entirely bad, but because they are unpredictably good.

Intermittent kindness creates attachment in a way constant behavior never can. It keeps you hopeful. It keeps you invested. It keeps you staying longer than you probably should.

If someone was always unkind, the decision becomes clearer. Your mind aligns with your experience. You don't have to second-guess your reality.

But when someone is both your comfort and your confusion, your anchor and your anxiety — it becomes harder to walk away.

You are not just leaving a person. You are leaving the possibility of who they could be.

And that is what makes it painful.

It is important to understand that inconsistency in behavior is not something you can fix with more love, more patience, or more understanding. It is not your responsibility to stabilize someone else's unpredictability.

“When someone is both your comfort and your confusion, your anchor and your anxiety — it becomes harder to walk away.”

-RANJITHA RAJ



How do you

FEEL?



What you can do, however, is notice how you feel.

Not just in their best moments, but in the in-between ones.

Not just when they are kind, but when they are not.

Because relationships are not built on occasional goodness. They are built on emotional safety, reliability, and trust.

You deserve to know where you stand.
You deserve consistency, not confusion.
You deserve a love that doesn't make you question itself every other day.

Sometimes, the hardest relationships to leave are not the worst ones — but the ones that were **almost** good enough.

To Be Happy Is Easy, To Show we are Happy Is Difficult

BY RANJITHA RAJ

Recently, I came across a line in an interview that stayed with me: “To be happy is easy, but to show that we are happy is difficult.”

“Sometimes, the hardest relationships to leave are not the worst ones — but the ones that were almost good enough.”

- RANJITHA RAJ





At first, it sounded simple. But the more I sat with it, the more truth I began to see in it.

Happiness, in its purest form, is often quiet, simple, and deeply personal. It doesn't demand an audience. It doesn't ask for validation. It just exists.

But the moment we try to show happiness, it becomes something else—something performative, something curated.

Think about a very relatable example.

You can sit at home, eat a simple meal of rice and dal, maybe with your family or even alone, and feel completely content. The food is warm, comforting, and familiar. There's no rush, no pressure. You eat slowly, maybe even with gratitude. That is real happiness—unfiltered and effortless.

Now compare this with how we often try to **show** happiness.

We go to a fancy restaurant. The table is filled with colorful dishes—five or six varieties, each more aesthetic than the other. Before anyone

“The moment we try to show happiness, it becomes something else—something performative, something curated.”

- RANJITHA RAJ





touches the food, phones come out. Pictures are taken from different angles. Adjust the lighting. Retake the photo. Post it. Wait for likes. Respond to comments.

And by the time we actually sit down to eat, the food is cold.

Somewhere between capturing the moment and sharing it, we lost the moment itself.

This is the difference.

Being happy is about experience.
Showing happiness is about presentation.

And presentation requires effort—planning, appearance, approval.

In today's world, especially with social media, happiness has almost become a performance. We feel the need to prove that we are happy. That we are living well. That we are enjoying life. But in doing so, we unknowingly distance ourselves from the very feeling we are trying to display.

Real happiness doesn't always look impressive.

“Being happy is about experience. Showing happiness is about presentation.”

- RANJITHA RAJ





It can be:

- A quiet cup of tea after a long day
- A conversation that makes you feel understood
- Sitting in silence without feeling lonely
- Watching the rain without needing to post about it

These moments don't always make it to our stories or feeds. But they stay with us much longer than any "perfect" picture.

The irony is—when we are truly happy, we often don't feel the need to show it.

And when we are trying too hard to show it, we might actually be chasing it.

This doesn't mean sharing joy is wrong. It's beautiful to celebrate life and express happiness. But the intention matters. **Are we sharing because we feel full? Or are we trying to feel full by showing it?**

Happiness was never meant to be an exhibition. It was meant to be an experience.

So maybe the next time you find yourself pausing a moment just to capture it, ask yourself gently—

"Happiness was never meant to be an exhibition. It was meant to be an experience."

- RANJITHA RAJ





Do I want to remember this, or do I want others to see it?

And if possible, choose to live it first.

Because in the end, a simple plate of rice and dal, eaten with presence, will always feel more fulfilling than a table full of untouched perfection.

That is where happiness quietly lives.

When Practicality Becomes Insensitivity

BY RANJITHA RAJ

We often admire people who are “practical.” They are decisive, solution-oriented, and seemingly unaffected by emotional turbulence. In a fast-paced world, this trait is not just appreciated—it is rewarded. But somewhere along the way, practicality can quietly slip into something else: insensitivity.

And when that happens, it doesn’t just affect others—it reshapes relationships in ways we don’t always notice immediately.

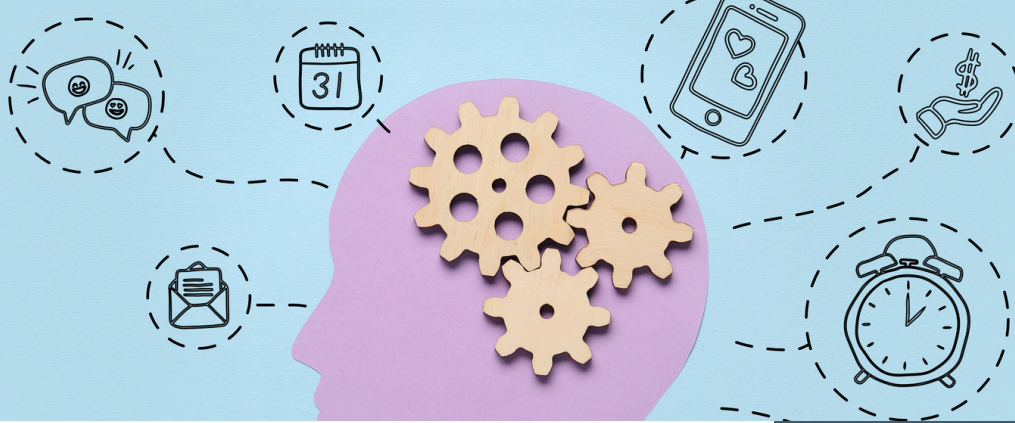
The Comfort of Practical Thinking

For many, being practical is a coping mechanism. It helps them navigate uncertainty, avoid emotional overwhelm, and maintain control. When faced with

“For many, being practical is a coping mechanism. It helps them navigate uncertainty, avoid emotional overwhelm, and maintain control.”

- RANJITHA RAJ





a problem, they instinctively move toward fixing it rather than feeling it.

For example, when a friend shares heartbreak, a practical response might be:

“Move on. There are better people out there.”

From their perspective, this is helpful. It’s efficient. It cuts through pain and points toward a solution.

But what they miss is this: the person sharing isn’t always looking for a solution. They are looking to be seen.

When Efficiency Overrides Empathy

The gap between intention and impact is where insensitivity begins.

A highly practical person may:

- Dismiss emotional expression as “overreacting”
- Offer solutions instead of listening
- Avoid engaging with uncomfortable feelings
- Prioritize logic over emotional validation

While this approach may protect them from emotional strain, it can leave others feeling:

- Invalidated

“The person sharing isn’t always looking for a solution. They are looking to be seen.”

- RANJITHA RAJ





- Unheard
- Emotionally disconnected

Over time, this creates an invisible distance in relationships.

Why Some People Become This Way

Insensitivity is rarely intentional. It often has roots:

1. Emotional Conditioning

Some people grow up in environments where emotions were discouraged or dismissed. They learn early that practicality is safer than vulnerability.

2. Survival Mechanism

For those who have faced instability or trauma, practicality becomes a shield. Feeling less means hurting less.

3. Fear of Helplessness

Emotions don't always have solutions. For someone who values control, this can be deeply uncomfortable. So they retreat into logic.

4. Misunderstanding Strength

Many equate emotional detachment with strength. They believe that staying “unaffected” is a sign of maturity.

“Many equate emotional detachment with strength. They believe that staying “unaffected” is a sign of maturity.”

- RANJITHA RAJ





The Hidden Impact on Others

While practicality may help the individual function, it can quietly harm those around them.

Imagine sharing your struggles and being met with advice instead of understanding. Or expressing joy and receiving a neutral, analytical response. Over time, you may stop sharing altogether.

This is how relationships begin to fade—not through conflict, but through emotional absence.

People don't just need solutions. They need connection.

The Balance Between Head and Heart

Being practical is not the problem. The problem arises when practicality replaces empathy.

A more balanced response could look like:

- “That sounds really hard. Do you want to talk about it?”
- “I’m here with you. We can figure it out together.”

Notice—this doesn't reject practicality. It simply delays it. It allows space for emotion first.

“Relationships begin to fade—not through conflict, but through emotional absence.”

- RANJITHA RAJ





A Gentle Reflection

If you find yourself leaning toward practicality, ask:

- Am I listening to understand, or to respond?
- Am I making space for the other person's experience?
- Am I offering solutions too quickly?

And if you're on the receiving end of such behavior, remember:

Their insensitivity may not be about you—it may be about what they've learned to survive.

In the End

Practicality can build a life.
But empathy builds relationships.

And without relationships, even the most efficient life can feel quietly empty.

Why Solutions Don't Work

BY RANJITHA RAJ

We often take pride in being problem-solvers. Someone shares a struggle, and almost instantly, we respond with advice:

“Why don't you just...”

“You should try...”

“The solution is simple...”

“Without relationships, even the most efficient life can feel quietly empty.”

- RANJITHA RAJ





SOLUTION

But more often than not, it doesn't land.

Not because the solution is wrong—
but because **the person is not ready to receive it.**

The Missing Step: Emotional Safety

When someone is overwhelmed—whether by anxiety, fear, hurt, or confusion—their mind is not in a place to process logic.

From a psychological lens, when a person is anxious, their brain is operating from a **threat response mode.**

In this state:

- They are scanning for safety, not solutions
- They are feeling, not analyzing
- They need connection, not correction

Until they feel emotionally safe,
advice feels like pressure, not support.

From Anxiety to Safety

Before solutions can be heard, something else must happen first:

Regulation → Connection → Openness → Solution

You cannot skip steps.

To move someone from anxiety to safety:

- **Listen without interrupting**
- **Validate their feelings** (“That sounds really overwhelming...”)

“When someone is overwhelmed—whether by anxiety, fear, hurt, or confusion—their mind is not in a place to process logic.”

- RANJITHA RAJ





- Be present, not problem-focused
- Hold space without rushing to fix

In counselling, this is what builds rapport and trust.

In everyday relationships, this is what builds emotional intimacy.

Why Timing Matters More Than Wisdom

Even the best advice, given too early, can:

- Feel dismissive
- Make the person feel unheard
- Increase resistance
- Shut down vulnerability

But the same advice, given after emotional grounding, can:

- Feel supportive
- Be deeply impactful
- Lead to real change

It's not just what you say—it's when and how you say it.

A Simple Relatable Example

A friend comes to you saying, "I feel like I'm failing at everything."

A quick response might be:

"You just need better time management."

"It's not just what you say—it's when and how you say it."

- RANJITHA RAJ





But what they hear is:

“You’re not doing enough.”

Now imagine this instead:

“That sounds really heavy. Want to tell me what’s been going on?”

As they talk, they begin to calm down.

They feel seen. Heard. Less alone.

Only then, later, you might gently ask:

“Do you want to explore what might help?”

Now, the same advice has a place to land.

The Role of a Counsellor (and a Conscious Human)

The goal is not to be the fastest problem-solver.

The goal is to be a **safe space first**.

Because:

- People open up when they feel safe
- People reflect when they feel understood
- People change when they feel ready

A Line to Remember

“Don’t rush to fix what hasn’t felt safe enough to be fully expressed.”

“The goal is not to be the fastest problem-solver. The goal is to be a safe space first.”

- RANJITHA RAJ





PC: Rohan Somkuwar

JUNE 2026 EVENTS

BY MHAI

1. Support Group Meet ONLINE

Date: 22-June-2026, Monday

Time: 6 PM to 7 PM

Topic: "Toxic Relationships: When Walking Away Feels Harder Than Staying"

Hosted by MHAI

2. Human Books ONLINE

Date: 22-June-2026, Monday

Time: 7 PM to 8 PM

Hosted by MHAI

3. Diploma in Mental Health & Counseling Skills

Facilitated By: MHAI

Mode : Online

Date: 7th July 2026 - 7th Jan 2027

Days: Tuesdays & Thursdays

Duration: 6 Months

Time : 2 hrs, Twice a week,

Age Group: 18+ Yrs

To Register:
www.mhai.in

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DIPLOMA IN MENTAL HEALTH & COUNSELING SKILLS

Course Highlights:

- Foundations of Mental Health
- Understanding Emotions & Behaviour
- Counseling Techniques
- Crisis Management Essentials
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Starts on : 7 JUL 2026
Duration: 6 months
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PAST EVENT HIGHLIGHTS

MHAI - CREATING HEALTHY MINDS

Basic Life Support and First Aid Training Session by Dr Nishant Sabale @ MHAI, Diploma in Life Skills by MHAI, Suicide Prevention Skills Workshop by MHAI

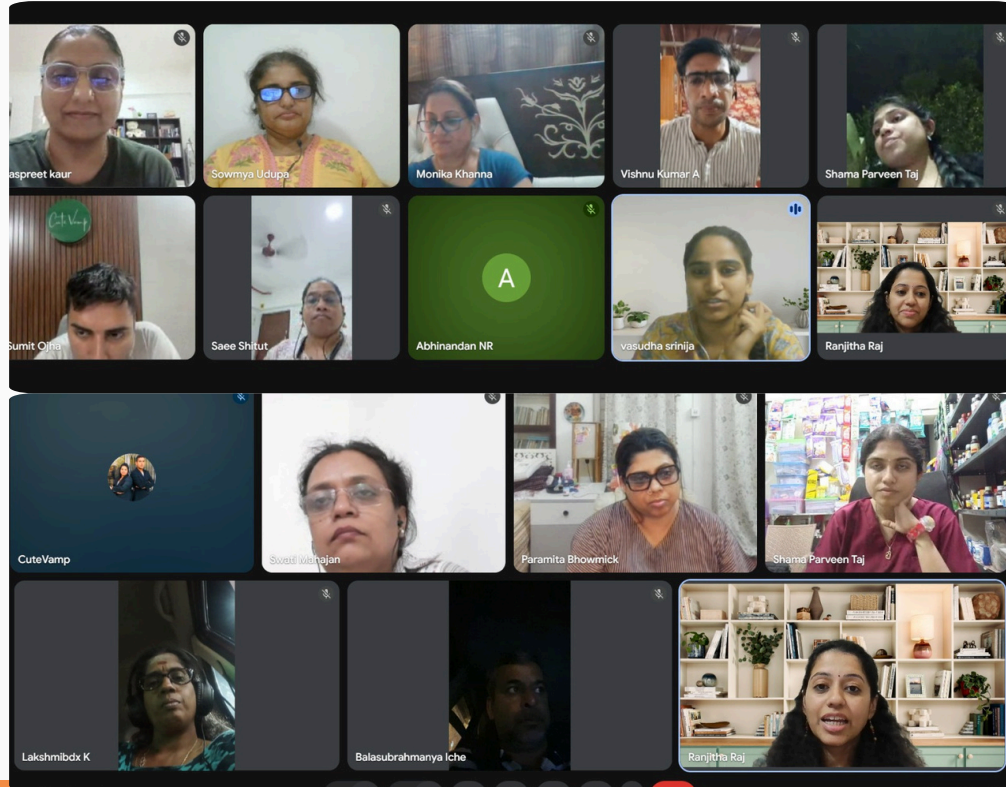


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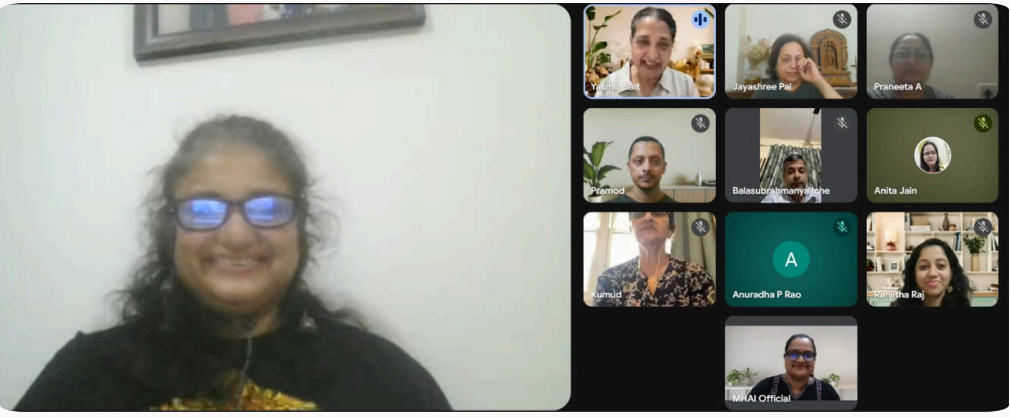


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PAST EVENT HIGHLIGHTS

MHAI - CREATING HEALTHY MINDS

Emotional Literacy Session at Arivu Vidhya Samsthe by MHAI SUPPORT GROUP & HUMAN BOOKS SESSION



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CREATING HEALTHY MINDS

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- **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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