



VOL. 4 ISSUE 8 AUGUST 2026



MUSINGS

Official Newsletter - BY MHAH

PC: Rohan Somkuwar

Sometimes, What We Need Is Not Advice

BY RANJITHA RAJ

“Don’t offer a lecture to a person who needs a hug.”

There are moments when people don’t need an explanation. They don’t need to be told what they **should have done**, how they **could have handled things better**, or what they **need to learn** from the situation.

Sometimes, they simply need someone to sit beside them and say, “**I’m here.**”

We often mistake helping for fixing.

When someone is hurting, our instinct may be to offer solutions. We tell them to be strong, look at the positive side, stop overthinking, move on, or learn from the experience. Sometimes, we even share our own stories to reassure them that things will eventually get better.

This issue:

Sometimes, What We Need Is Not Advice

PAGE 01 - 04

The Danger of Believing What We Want to Believe

PAGE 04 - 08

When Knowledge Expands, Judgement Softens

PAGE 09 - 12

ಅದೃಶ್ಯತೆ

PAGE 13

ಅದೃಷ್ಟ

PAGE 13

ಬುದ್ಧ

PAGE 13

September Events

PAGE 14

Past Event Highlights

PAGE 15 & 16

MHAH Services

PAGE 17

ADVICE

And while all of this may come from a good place, advice given at the wrong moment can feel like another burden.

Think about someone walking into your space carrying a heavy emotional load. They may already know what they **should** do. They may understand the situation logically. But at that moment, they may simply not have the emotional capacity to act on that understanding.

They may not need a lesson. They may need connection.

A hug, when welcome and appropriate, can communicate something that words sometimes cannot: **You don't have to carry this alone.**

This doesn't mean that advice, perspective, or difficult conversations are unimportant. There are times when we need to gently challenge someone, help them see another perspective, or support them in making healthier choices.

But **timing matters.**

Before asking, **"What can I teach this person?"** perhaps we can ask:

"A hug, when welcome and appropriate, can communicate something that words sometimes cannot."

- RANJITHA RAJ





“What does this person need from me right now?”

Maybe it is a listening ear.

Maybe it is silence.

Maybe it is a cup of tea and some company.

Maybe it is practical help.

Or maybe, simply, it is a hug.

There is a certain wisdom in knowing when to speak and when to simply stay.

As counsellors, friends, parents, partners, colleagues, and human beings, we don't always have to find the perfect words. We don't have to make someone's pain disappear.

Sometimes, **being present is the help.**

So, the next time someone comes to you hurting, pause before reaching for a lecture.

Listen first.

“There is a certain wisdom in knowing when to speak and when to simply stay.”

- RANJITHA RAJ





YESTERDAY

NOW

TOMORROW

Be present.

And if they need it, offer a little warmth
before offering a little wisdom.

Because not every difficult moment needs to
be fixed.

Some moments simply need to be held.

Seeds of Thought

BY RANJITHA RAJ

We often seek peace by changing everything around us.
But sometimes, peace begins when we stop fighting
what we cannot change
and learn to sit with what is.

The Danger of Believing What We Want to Believe

BY RANJITHA RAJ

How Bias Can Cloud Our Judgement and
Make Us Pay the Price

We often believe that bad judgement happens
because people are careless, naïve, or unable
to think clearly. But sometimes, intelligent

“Because not
every difficult
moment needs
to be fixed.
Some moments
simply need to
be held.”

- RANJITHA RAJ



BIAS

and sensible people make surprisingly poor decisions—not because they lack intelligence, but because of the way the human mind processes information.

Confirmation bias and cognitive biases can quietly influence how we judge people, situations, and decisions. And by the time we realise what happened, we may have lost money, trust, time, or even a relationship.

Consider a simple situation. Someone enters our life with a convincing story. They appear genuine, speak confidently, share a difficult past, or present themselves as someone who needs our understanding and support. Their story may contain enough truth to feel believable. We connect with it emotionally, and gradually, we begin to trust the person.

Then something doesn't quite add up.

Instead of questioning it, we explain it away.

"Maybe there is a reason."

"They have been through a lot."

"I don't think they would do something like that."

"Everyone deserves a second chance."

"Confirmation bias and cognitive biases can quietly influence how we judge people, situations, and decisions."

- RANJITHA RAJ





This is where bias can interfere with judgement.

Confirmation bias makes us notice information that supports what we already believe and overlook information that challenges it. If we have decided that someone is honest, every honest-looking behaviour becomes proof. Contradictions are dismissed as exceptions.

Other cognitive biases can add to this. The **halo effect** may make us assume that someone who is charming, successful, educated, generous, or articulate must also be trustworthy. The **anchoring effect** can make the first impression disproportionately powerful. And the **sunk-cost effect** can keep us committed even after warning signs appear: "I have already invested so much; I cannot walk away now."

Sometimes, we don't judge the person. We judge the story they have told us.

This is particularly dangerous when money is involved.

A person may present an attractive business opportunity, an urgent financial problem, a

"Sometimes, we don't judge the person. We judge the story they have told us."

- RANJITHA RAJ



DECISION

convincing investment plan, or a story that triggers our sympathy. Because we want to believe them, we unconsciously search for reasons to trust rather than reasons to verify.

And once money, emotion, or trust has been invested, accepting that we may have misjudged the person becomes difficult.

That is when regret begins.

"How did I not see it?"

"There were so many signs."

"Why didn't I listen when someone warned me?"

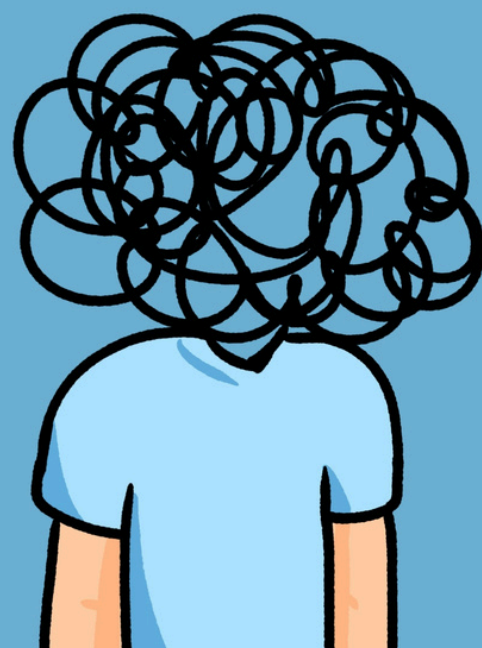
The uncomfortable truth is that red flags are often visible only in hindsight because, in the moment, our mind is busy protecting the belief we have already formed.

This does not mean we should become suspicious of everyone. Healthy judgement is not about mistrusting people. It is about learning to separate empathy from evidence, a good story from good character, and confidence from credibility.

Before trusting someone with our money,

"Once money, emotion, or trust has been invested, accepting that we may have misjudged the person becomes difficult."

-RANJITHA RAJ





decisions, or vulnerability, it helps to pause and ask:

What do I actually know about this person, and what am I simply believing?

Am I looking at evidence, or only at a convincing story?

What information would make me reconsider my judgement?

If I were emotionally uninvolved, would I see this situation differently?

Sometimes, the person in front of us is not who we imagined them to be. And sometimes, our greatest mistake is not that we failed to see the truth—it is that we saw the warning signs but found a story that allowed us not to believe them.

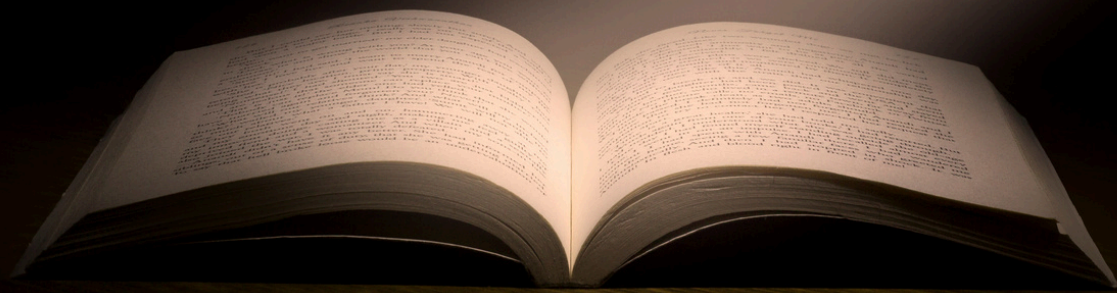
Good judgement is not about being cynical. It is about being curious enough to question our own assumptions.

Believe people—but verify. Listen to the story—but observe the behaviour. And most importantly, don't let the story become stronger than the evidence.

“Good judgement is not about being cynical. It is about being curious enough to question our own assumptions.”

-RANJITHA RAJ





Seeds of Thought

BY RANJITHA RAJ

We carry old versions of ourselves into new situations and wonder why nothing feels different.

Sometimes growth is simply allowing ourselves to become someone new.

When Knowledge Expands, Judgement Softens

BY RANJITHA RAJ

We often judge people quickly.

A person speaks harshly, and we call them rude. Someone withdraws from others, and we label them arrogant. A parent appears overly controlling, a colleague seems uncooperative, a student is constantly late, or a friend makes a choice we cannot understand—and almost immediately, we form an opinion.

But judgement often comes from a **limited perspective**.

We see a moment, not the whole story. We see behaviour, but rarely the experiences, fears, beliefs, circumstances, and struggles that sit behind it. We interpret what we see through our

“Judgement often comes from a limited perspective.”

- RANJITHA RAJ





own experiences and assumptions. What appears obvious to us may look very different when viewed through another person's eyes.

This is where **knowledge can change judgement into understanding.**

Knowledge does not necessarily mean knowing every detail about another person's life. It means being willing to learn before concluding. It means asking, “**What might I not know?**” instead of immediately deciding, “**I know why they are like this.**”

Consider someone who is quiet in a group. One person may see them as unfriendly. Another may understand that they are anxious in social situations. Someone who appears impatient may be carrying immense stress. A person who repeatedly makes what seem like poor choices may be responding to circumstances we know nothing about.

The more we learn, the more complex people become.

Knowledge teaches us that behaviour rarely exists in isolation. Our upbringing, relationships, culture, personality, past experiences, fears, environment,

“**Knowledge
can change
judgement into
understanding.**”

”

- RANJITHA RAJ





and current circumstances all influence the way we think and behave. Understanding these layers does not mean excusing harmful behaviour. Rather, it helps us respond with greater wisdom and fairness.

This is especially important in human relationships and in the helping professions. When we approach someone with a fixed judgement, we stop being curious. We listen only to confirm what we already believe. But when we approach with curiosity, we create space for the person to be understood.

Perhaps the real shift is from “Why are you like this?” to “What has shaped you to become this way?”

From “What is wrong with you?” to “What might you be going through?”

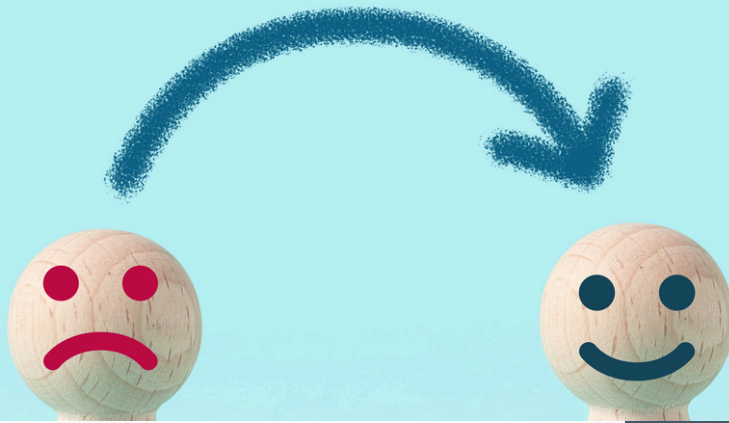
From “I know what happened.” to “There may be more to this than I can see.”

Knowledge does not make us incapable of judgement. We are human, and our minds naturally make quick interpretations. But

“When we approach someone with a fixed judgement, we stop being curious.”

- RANJITHA RAJ





awareness allows us to pause before turning an interpretation into a conclusion.

Sometimes, the wisest response is simply to recognise the limits of our own perspective.

We do not need to agree with everyone. We do not need to accept every behaviour. We can have boundaries and still choose understanding over condemnation.

Because the more we learn about people, the less simple they become.

And perhaps that is the gift of knowledge—not that it gives us more reasons to judge, but that it gives us **more reasons to understand**.

Judgement sees a moment. Knowledge looks for the story behind it.

Seeds of Thought

A little thought to pause with, reflect on, and perhaps carry with you.

BY RANJITHA RAJ

**Not every silence means distance.
Not every smile means happiness.
People carry entire worlds within them
that we may never get to see.**

“The wisest response is simply to recognise the limits of our own perspective.”

- RANJITHA RAJ





ಆದ್ಯತೆ

BY BALASUBRAHMANYA ICHE

ರಸ್ತೆಯಲ್ಲಿ
ಕೆಂಪು ಸಿಗ್ನಲ್‌ನ್ನು
ಮುರಿಯುವಾಗ ಇದ್ದ ಉತ್ಸಾಹ
ಆಫೀಸಿನ ಲಿಫ್ಟಿನ ಬಟನ್ನು ಒತ್ತುವಾಗ
ಇರಲಿಲ್ಲ .

ಅದೃಷ್ಟ

BY BALASUBRAHMANYA ICHE

ಒಂದೇ ಸಲ ತಟ್ಟಿದ ಸದ್ದು ಕೇಳಿ
ಬಾಗಿಲು ತೆರೆದಾಗ
ದುರದೃಷ್ಟವು
ಎರಡನೇ ಬಾರಿ ತಟ್ಟಲು
ಕೈ ಎತ್ತಿ ನಿಂತದ್ದು
ಕಾಣಿಸಿತು

ಬುದ್ಧ

BY BALASUBRAHMANYA ICHE

ಇಪ್ಪತ್ತೊಂದನೇ ಶತಮಾನದ ಬುದ್ಧ
ಸಾವಿಲ್ಲದ ಮನೆಯ ಸಾಸಿವೆಯ ಬದಲು
whatsapp ಸ್ಟೇಟಸ್ ಶೂರರ ಮನೆಯ
ಕನ್ನಡಿ ತರಲು ಹೇಳಿದ

“Judgement sees
a moment.
Knowledge looks
for the story
behind it.”

- RANJITHA RAJ





PC: Rohan Somkuwar

SEPTEMBER 2026 EVENTS

BY MHAI

1. Support Group Meet ONLINE

Date: 28-Sep-2026, Monday

Time: 6 PM to 7 PM

Topic: "The Value of Ordinary Things?"

Hosted by MHAI

2. Human Books ONLINE

Date: 28-Sep-2026, Monday

Time: 7 PM to 8 PM

Hosted by MHAI

3. Decoding Your Patterns Workshop

Facilitated By: Sreedhar Mandyam

Mode : Online

Date: 4th Sep 2026, Friday

Time : 5pm - 7:30pm

Age Group: 18+ Yrs

Cost: 2,500/-

4. Qi Gong and Tai Chi Workshop

Date: 26th Sep 2026 , Saturday

Time: 10 AM - 5:30 PM

Language: English

Classroom Training Venue: MHAI

Facilitated By: Pramod Shenthar

Age Group: 18yrs+

5. Qi Gong and Tai Chi Facilitator Workshop

Date: 26th & 27th Sep 2026 , Saturday & Sunday

Time: 10 AM - 5:30 PM

Language: English

Classroom Training Venue: MHAI

Facilitated By: Pramod Shenthar

Age Group: 18yrs+

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

SOUND HEALING SESSION @ 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

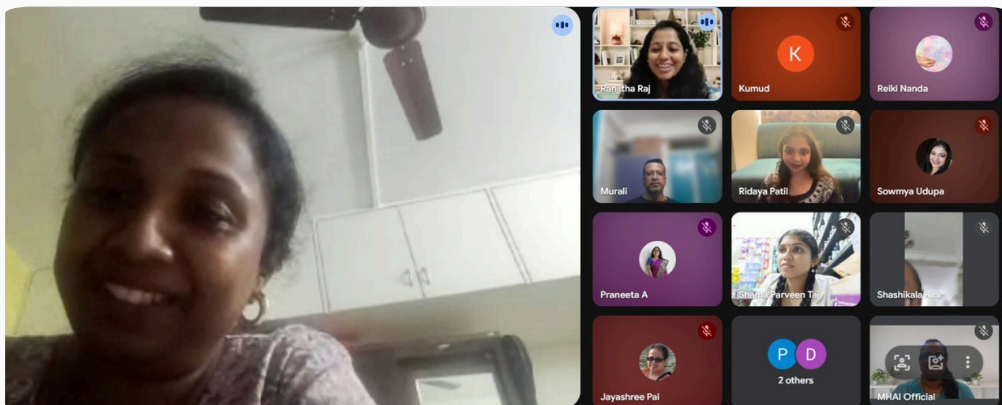
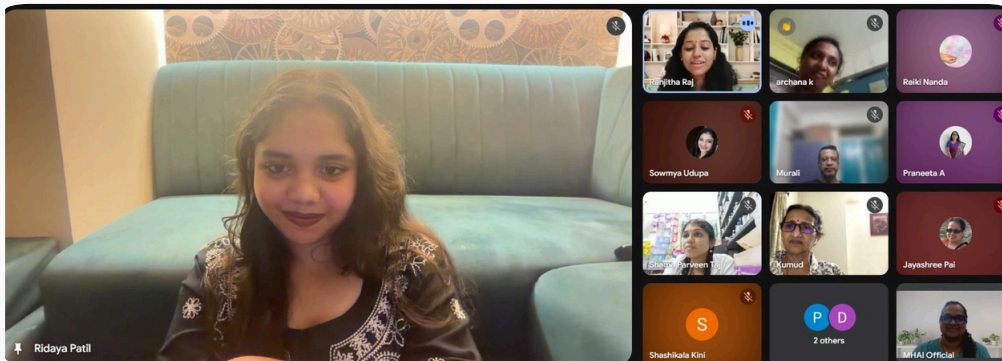


PC: Rohan Somkuwar

PAST EVENT HIGHLIGHTS

MHAI - CREATING HEALTHY MINDS

SUPPORT GROUP & HUMAN BOOKS SESSION AND SESSION ON NUTRITION AND MENTAL HEALTH AND SESSION ON COUNSELLING LGBTQI+ COMMUNITY



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@MHA.I.IN
+91 9880651010

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



PC: Rohan Somkuwar