



EVENT HIGHLIGHTS

Spirit – U – All™ When Are We?

The hot summer day of 15th April saw the artistic space of Lahe Lahe shine with some inquisitive faces, who came to attend Spirit-U-All, "When are We". Beating the heat, manoeuvring through the lazy traffic of the Saturday morning, participants walked in to be part of the forum as it resonated with their inner questions they shared later.

Starting the forum with an introduction to Aashwasan, Aashwasan Practitioners, the facilitators of the day, set the space for an unconditional and open sharing. Right from the first moment, the session became a platform for people to open up and share their deepest emotions. The facilitator led by example. One by one, people opened up to their emotions, and shared about their anxieties, pain and struggle. There was uninhibited flow of experiences of people in the space as if they trusted everyone there. Some shared. Some asked questions. Some connected silently to the space of sharing. "I didn't share as didn't feel like, but I got all the answers that I was looking for", said a young participant. "I would like to come regularly to these forums", said a participant who is looking forward to finding freedom from all his anxieties. "I look forward to resolving my anxieties and fears, and find clarity and direction in my business", "I have been a person who never gives up hope, however last 8 years have been very difficult and don't know how to overcome it", "Today when I am listening to others' pain, I feel my pain is not that big; it is definitely manageable" - shared the participants. Someone's inner joy brought tears, another person's deep

sadness brought silence, someone's expression brought courage in another person, and someone's sharing of hope through Aashwasan brought hope to another heart. The chain of experiences flowed from one person to another. It felt as if that space came into being just to let people experience their inner self, their inner reality and in that find hope.

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