

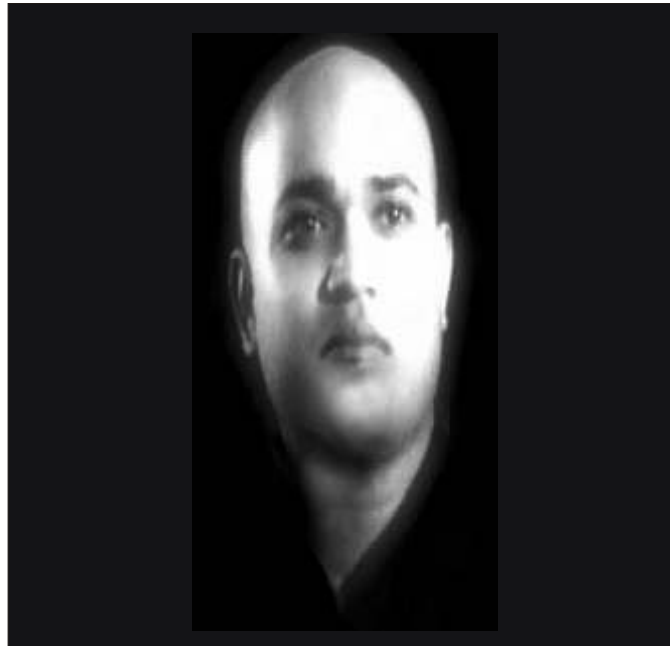
# **SOULBATH**

## **PEACE FOUNDATION**

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Soulbath Peace Education And Research Foundation

PRESENTS



THE

“RAJ BHOWMIK- BTS DREAM”

(BACK-TO-SOCIETY DREAM)

ANNUAL TRACK REPORT 2009-2010

From the desk of Raj Bhowmik

Dear all,

"I am touched by Soulbath Peace Foundation Volunteers who wholeheartedly gave their own Diwali, New Year, Christmas and Eid day celebrations, to make those days a special occasion for the people who needed it the most in society.

I know that the happiness all of you have gained inside you with this beautiful experience cannot be matched in words and will linger with you for a long time to come.

Remember that it always seems like a sacrifice to people who have yet to contribute a part of their time for society. It starts with the feeling of a sacrifice but by the time when you have finished the task, you will realize that in fact you have not given anything from your side, but only received from life some of its most precious gifts.

I call upon everyone to join the 'RB-BTS DREAM' walk with us for more life-enriching opportunities in the year 2010 and ahead.

I take this opportunity to thank and express deep gratitude from the bottom of my heart, to all my SPF Volunteers who have helped nurture and grow the 'RB-BTS DREAM'. You give me a reason to go on with my work. "

With Peace,

*Raj Bhowmik*

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## **ABOUT THE RAJ BHOWMIK-BTS DREAM**

### **SPF & NATIONAL ASSOCIATION FOR THE BLIND (NAB)**

SPF & DIWALI WITH CHILDREN AT CANCER INSTITUTE

SPF & ST. LOUIS INSTITUTE FOR THE DEAF AND BLIND

SPF & WOMEN'S REHABILITATION CENTRE

SPF & WORLD DISABILITY DAY

SPF & WORLD'S AIDS DAY

SPF & JOY OF CHRISTMAS WITH CANCER PATIENTS

SPF & OLD AGE HOME

SPF & GOVT. OF INDIA CENTRAL PRISON

## **ABOUT RAJ BHOWMIK**

## Soulbath Peace Foundation reaches out to NAB and MITRAJYOTHI



**NAB: The National Association for the Blind.**  
([www.nabindia.org](http://www.nabindia.org))

**MITRAJYOTHI: A Charitable Trust running rehabilitation centers for the Education, Training and Employment of persons with disability.** ([www.mitrajyothi.org](http://www.mitrajyothi.org))



Soulbath Peace Foundation was proud to be invited at the campuses of 2 prestigious institutions of India that work with the visually impaired – 'National Association for Blind', Karnataka Branch, and a circulating library for the visually impaired – 'Mitrajyothi'.

During the workshop at NAB, Raj Bhowmik's 'CORPORitual Values Of Living' (CVOL) audio Cds were provided to the organization and also given out to the participants during the personal interaction session.

This interaction was an opportunity where participants introspected on- "What is the essence of their self"; followed by a discussion about the emotions in humans, common to all and about dealing with them in today's lives.



Releasing all the toxic emotions by facing their deepest concerns and becoming aware of them and anchoring a new vibration based on individual experiences got the participants connected to their own selves. 'CVOL' was introduced here in the context followed by an active engagement in listening of the CD and connecting to Raj's aura and his message. This was followed by introspection on how one could use this CD and methodologies to carry forward in their everyday life.

As a part of Soulbath Peace Foundation's mission of reaching out with Raj Bhowmik's 'CVOL' message, and to help the visually impaired get the essence of the messages in the book, an audio recording of the book "CORPORitual", is now available in the in-house circulating library in Mitrajyothi as a new resource so that students can benefit. (Library image below)



Mitrajyothi, is a circulating library with an enrollment of 1200 students across Bangalore. They also run Medical transcription centers and vocational training for women.

## SOULBATH PEACE FOUNDATION celebrates Diwali with Children at Kidwai Cancer Institute, India



Soulbath Peace Foundation's unique offering to the world was connecting to 53 children and their parents at the Children's ward in the Kidwai Cancer Institute, Institute of Oncology, Bangalore.

SPF Volunteers from SAHHEAL, a division of Soulbath Peace Foundation, planned a happy day for the kids who ranged from 2 – 15 years. The children at the Kidwai Cancer Centre are inmates at the hospital staying there undergoing chemotherapy that usually lasts for about 3 – 4 months. These children were seen from various parts of India – West Bengal, Andra Pradesh, Tamil Nadu and mainly Karnataka.



What we experienced during our interactions were laughter, mischief, attention seeking but all was fair in this situation because everybody became children. Our activities planned included sharing in a personal space, lighting candles, conversations about things that we love doing and fun times, playing with toys, sharing badges and the finishing surprise chocolates.





This awareness that all of us want to seek sometimes in our lives through meditation and enquiry, by going to classes, by searching for the right books, tapes and masters can be truly experienced through the most powerful human aspects of love and compassion. This when truly shared, touches the other person and surely comes back to you in the same undiluted form of pure bliss – and this is true of all of us who experienced it at the Kidwai Cancer Hospital from our little angels who crossed our paths this Diwali.

As volunteers we said bye to each other but promised the kids to come back soon in a month. Some of them may stay on, some may pass away into another domain, some new faces may join in but what remains inside each one of us is truly smiles, laughter, naughtiness and innocence that each one touched our lives with. We feel more human now. As we returned home to our quiet zones to reflect there was nothing that we carried except smiles from angelic faces who gave us love. So much love and happiness that nothing in the world can substitute for.

SOULBATH PEACE FOUNDATION VOLUNTEER TEAM SPEAK

"How I wish I had the power to take away all the pain that lies hidden in their angelic smiles. Their laughter generates a divine feeling that touches your soul. Their level of being is far more superior than that of mine. Today I got in touch with that part of my heart that isn't felt too often. I am always so caught up in my day to day issues that I fail to look at the world from a different perspective. I learnt that if god has blessed me with all my organs functioning the way it should ,then I still have a long way to go and a lot to learn in this lifetime. There was a divine light that was gleaming from each of their eyes. They are my true heroes and I salute them."



-Sadvi (Student I Year, B.E, Bangalore)

"We saw a different side to life today. A life we don't know about . We got away from our mundane , cribbing ,complaining world and spent time with gods own children. My daughter Sadvi, me and Dr. Shantu, went to Kidwai Institute of Oncology Centre -Children's Block. These children have a lesson to teach us. Pain and suffering have done nothing to diminish their enthusiasm, their playfulness, their love and joy. That is why, they are gods own children,who we were so fortunate to meet today. They enjoyed introducing themselves to us, watching 'Tom and Jerry' ,fighting over the badges we gave them, making drawings for us and finally bidding us goodbye,each with a chocolate in hand. The time we spent there today was happy and satisfying both for the children and us. There was no better way to celebrate DIWALI."



-Mrs. Smitha Jayanth - SAHHEAL Healing Consultant, Bangalore

"Unfathomable awareness about your deeper true self, your life's goal, your unique ability and your highest potential can be revealed, only if you are able to look deep inside yourself." - Raj Bhowmik

# SOULBATH PEACE FOUNDATION PRESENTS - A CORPORitual WORKSHOP - AN OFFERING TO St. Louis Institute for the Deaf and Blind



Soulbath Peace Foundation organized a CORPORitual workshop for hostel students at St. Louis Institute for the Deaf and Blind for visually impaired students of grade X and XII.

This NGO helps the physically challenged people to face the world by imparting them education, both formal and vocational. It also has set up a computer training programme for all the students to make them self dependent.

The workshop began by a soul touching music performance by Shanmugan, Chandru & Bilal as part of the music band at school.

This was followed by an engaging session to help students follow their dreams based on the CORPORitual value – "Manifest Your Purpose of Existence".



(Name: Chandru (Picture with violin)  
Heart's aspiration: Wants to become a music director)

Chandru who plays violin wants to become a music director some day and is optimistic. Discussions focused on optimism and following one's heart v/s merely having a goal. This workshop saw students share experiences from their lives about their fears and expectations from themselves & the community at large.



(Raj Bhowmik's CORPORitual in Braille script)

Soulbath Peace Foundation also distributed an exclusive Braille copy of 'CORPORitual', by Raj Bhowmik, to the library for the benefit of the visually impaired students.

# SOULBATH PEACE FOUNDATION IN COLLABORATION WITH THE BANYAN Chennai on Nov 7th, 2009



(The Banyan is a Trust registered in 1993. Adaikalam (Tamil for 'home'), is a reputed care and rehabilitation centre for over hundreds of women who call Adaikalam home, finding it a safe, comforting place where their wounds are healed.)

This is one of the most memorable experiences that volunteers from Soulbath Peace Foundation carry within themselves – Interaction with The Banyan family, Chennai on Nov 7th, 2009.

Amidst thunder and constant downpour of rain, flooding in the streets of Chennai, love also showered that knew no boundaries – It was a day memorable that even words cannot express.

We had 2 group interactions at The Banyan – firstly with the trainers connecting the root emotions to healing trauma and illness in the lives of the inmates and secondly with the inmates themselves. Trainers who attended the session were psychologists, MSW volunteers, occupational therapist and well wishers of The Banyan family.



We had 35 inmates interacting primarily in Tamil in the workshop. There were no boundaries of recognizing human needs – a humble acceptance from both ends is all that was the language.

“RAJ BHOWMIK- BTS DREAM” TRACK YEAR 2009

Using the medium of Art as Therapy, expressions that depicted fragmentations, inspirations & dreams were captured through the essence of colours.

Fears of “I don't know to draw” were broken away by “I now know” with a Hi 5 and a captivating smile from Usha, one of the inmates who also helped in the collaborative activity taking an initiative towards the end.



Soulbath Peace Foundation also helped in organizing an evening meal for the family of 260 at The Banyan that was sponsored by Ms. A. Amudhavalli (Professor and Head, Dept. of Information Science, University of Madras). Adyar Bakery, one of the finest bakers and confectioners in Chennai since 1952, helped us in organizing the menu and food for the inmates.



flow back into our lives again to help us discover our true essence – the label of who we are as a soul. How true when Raj Bhowmik says in one of his quotes-  
"The spring will go, the fog will appear, and the green in the tree will not remain. But who can take away what 'Is'." - Raj Bhowmik

The rains stopped, our lives returned to normal. But the power of the moment that we from SoulBath Peace Foundation experienced cannot be described and is what it "is" deep inside, etched in the history pages of our lives. We thank Raj Bhowmik from the bottom of our hearts for making such wonderful opportunities like these available to experience in this lifetime!

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### SOULBATH PEACE FOUNDATION VOLUNTEER TEAM SPEAK

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"I learnt through the huge experience at The Banyan that at a deeper level one has to have a larger goal in mind and know what it feels like at the end. Sometimes our paths are blocked by obstacles, sometimes we are in unknown lands but at all times the key to every situation is always Spinning Inward – it is all about trusting and just going along following one's dream. It does not matter what happens but as Raj Bhowmik mentions in his book 'CORPORitual', – The stage automatically gets created when we are ready to sing our soul song aloud. My experience of even going to the event, interactions and arranging for it was like a Divine master piece plan where I just could only be the Master's stroke – not knowing where it would be lead – but surely following and being the stroke would evolve Life's finest painting – Love that is larger, purer, all encompassing - the whole of humanity."



Dr. Shantu - SAHHEAL Healing Consultant & Head SAHHEAL Learning Studios, India.

"Though I have done some social work before all that is nothing when compared to the work done at Banyan. What stuck me in the first place there was the atmosphere and the friendliness of the people there. No masks there.... they were so genuine and I was so happy to be there that day. Here I was sitting and complaining about the things in my own life, that are nothing when compared to what these people are going through. When I came back after spending a couple of hours with these women I remember, I



really could not find words to express what I was feeling at that time, my heart was heavy and at the same time light and I felt happy and sad at the same time. It stuck me that day that maybe all that these women want is a bit of affection and love and that is what they need not diamonds and gold a hug and a kiss makes a lot of difference. when I came back I was filled with a determination to do something for these women and I will always do my best to help them."

(In the picture - Ramaa & little Giri)



We went back carrying loads of smiles that were unconditional, that showed us another perspective of life – It was acceptance. Most of the inmates were extremely cooperative, friendly, some sad, some teary but they all had human tales to tell. Our participants had tales of experiences to share where they were lost in life till they found shelter, love and care at The Banyan. There was harmony, understanding and fun during our interaction.



In our lives today we are all carrying multitasking labels that make us play many different people with different roles. Our interaction from the lives of people at The Banyan helped us experience that when our perceptions in life become still – absolutely standstill – the doors to love and acceptance alone can make Existence

# Soulbath Peace Foundation ON 'World Disability Day' - Dec' 3rd, 2009, Mumbai



"Discovering Oneness in Existence with Soulbath Peace Foundation"

It is World Disability Day on Dec 3rd, celebrated & marked around the world. To celebrate this day with unique individuals in our lives who now have a special place in our hearts, volunteers from SPF (Soulbath Peace Foundation) reached Om Creations, Mumbai. Om Creations is a non profit organization that helps create products that are specially made by empowered women who are mentally challenged from different walks of life.



"RAJ BHOWMIK- BTS DREAM" TRACK YEAR 2009

Om Creations is located in a lush green, quiet & secluded place in Mumbai. As SPF Volunteers, we walked through the campus carrying loads of materials for our interaction as we were welcomed by warm smiles & helping hands to lead us to the space. Our interactions with friends at Om had already begun. The participants were extremely social, wanting to be beside us to lead the group & so we began talking & working through flowers. Creativity knew no bounds as we saw the participants wanting to be in special collaborative groups to communicate their thoughts. Each group had volumes of hidden emotions to speak but what remained common is their style & similar words that excited them all – companionship, friends & partners. This reflects a lot about the synthesis that happens inside each of our minds & still at a base level we are the same.



Listening to one another & cheering as each group added on their views about life from this context became the foundation to lead into a deeper introspection space. Our objective was to understand & gift them the uniqueness of Raj Bhowmik's message of 'CORPORitual Values of Living' & primarily "Meeting Yourself in Silence". "Peace is Silence" as Monica uttered was a loud statement that broke the silence & helped us reach a deeper resonance within. It was a revelation to us as we saw how true & pure they were with very little conditioning & their innocence that sparkled through their eyes, their warm hugs & their ways of connecting to the world. At one point my awareness went into myself where I had read that "Being like a child" was the simplest way to tap that inner space in each person!

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## SOULBATH PEACE FOUNDATION VOLUNTEER TEAM SPEAK

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Friends at Om through this interaction made it more aware that though they were living life through that same essence life was harmonious, balanced & it was the most easiest to be that way. We learnt how to make bags with their help & learned the complex processes of fine-motor skills that went along with creating these specially designed bags.

In our world today we have classes of abled, specially abled & maybe dis-abled & a special day that we recognize to celebrate their essence. But our interaction at



Om only made us more aware that we are all the same at our deepest centres & each one in our world is specially abled or disabled. The only difference being their ways of connecting & expressing to the world are different. But aren't we all different as individuals having our own unique essence.

The more we are conditioned – the more there is accountability in "I" am telling "You" but the biggest take away from Om that day was "WE" are all "One". "We feel a lot of love....& we show it to the world by being who we are- simple as we are"



An experience of being a SPF Volunteer – By Shubha Godbole



Women from Om Creation were in the age group of 18 to 50+, with Downs Syndrome & other forms of mental retardation. At first I was very apprehensive as to what is it that we can do with this group. Definitely more of cognitive therapy or the like was out of question because I wasn't sure how much each would grasp. Some may but most won't. It was my first workshop so with all these question marks in my mind , I went along to Om Creation.

We started with introductions and that was the first step in ice-breaking. The girls/women were very friendly, at times shy and at times wanting to put the best foot forward. Most of them or rather all of them understood Gujarati. So I could reach out to them in their language and the comfort level was immediately achieved. We did some group activities like flower Rangoli, where all got involved and enjoyed themselves. We asked them to draw. Their drawing spoke volumes.

The only language they understand is that of love...a holding of the hand, a hug, a pat on the back, a touch, a smile of appreciation is all that they want. That is the only thing that each one of them sought...albeit in very unspoken words...

Even after the workshop ended, though I was feeling good about what we had done, the full impact of our work was to come to me only later...3 days later.

On December 4, 2009, 3 days after our workshop, I was at SPJ Sadhana high schools' Annual day fun fair function. SPJ Sadhana High School and Om Creation are closely related. In fact the women at Om Creation are pass outs from Sadhana High School. It is a school for children with special needs. I had volunteered to help their vocational section in baking and handling the cake stall for the two day event. On that day I was at the stall with my friend and two children from the school. Just then Om Creation's bus arrived with these women from the workshop for the fun fair. These women entered the gate and the moment they saw me, they flocked to me, smiling and laughing and hugging. My friend who was with me at the stall was amazed at their reaction. "Wow", she said. "They are so happy to see you...they almost look at you as if you are God". That is when the full impact hit me, of what we have achieved with our workshop in terms of touching these women somewhere deeper than their conscious understanding.

-Shubha Godbole  
SAHHEAL Healing Consultant, Mumbai

# Soulbath Peace Foundation reaches out to HIV+ individuals ON WORLD'S AIDS DAY -2009

In collaboration with Deep Griha Society and Sahara Aalhad Centre for residential care & Rehabilitation, Pune, Maharashtra



## Deep Griha Society, Pune

"Empowerment of the marginalised through capacity building and sustainable rural and urban development programmes"

### "Living with HIV"

On the occasion of World AIDS Day, Soulbath Peace Foundation reached out to 55 individuals from Deep Griha Society and Sahara Aalhad Centre for residential care & Rehabilitation in Pune, Maharashtra. The focus of the workshop was to address the stigma attached to the endemic and build the immune system of the body tapping the power of the sub conscious mind. Medium of communication was Hindi.

(Faces are covered to protect the identity of HIV + participants)



This workshop saw participants as young as 15 years to about 70 years of HIV+ individuals including men and women. Participants were from slums and also included members from the middle class strata who were isolated after dejection from their families.

During the session SPF Volunteer lead Dr. Shantu, emphasized on the fact that PLHIV face a lot of stigma and discrimination from others. But before dealing with others, every PLHIV needs to stop discriminating against themselves from within.

They need to understand that they can live with HIV with the help proper nutrition and medicines and support from friends and family. SPF Volunteer Shubha, described in detail how stress affects the human body. She shared information on ways to reduce stress and taking control of one's life.



(Faces are covered to protect the identity of HIV + participants)

Below is what few of the participants felt:-

While Sheetal innocently fought the HIV+ status keeping in mind her new born child, at the end of the workshop, she acknowledges consciously stepping into an aware and hopeful zone of living life with more awareness in her 9th year of the infection status.

- "My parents are no more. I got the infection from someone who is also no more and today I could get in touch with him. It was like removing a big burden from my shoulders. All this while I outwardly looked happy but inwardly there was fear and restlessness that has reduced a great deal now!"

- "There was a lot of fear before the workshop but now I know I have a choice. We do not need to fight AIDS. We have to understand and win our people with love and acceptance beginning with ourselves."

- "Oh, you are also positive? HIV+ ? Is that why you are talking to us?" was the first impression from participants bringing out the stereotype that exists in society bringing out the sense of divide.



(Soul Yoga Meditation in progress. Note: Faces are covered to protect the identity of HIV + participants)

A Feedback from Mr. Avinash, Team Leader of DISHA (Integrated Service for HIV & AIDS), Pune -

Mr. Avinash has been with DISHA for 18 years and has the following experience after the Soulbath Peace Foundation's interaction with the HIV+ individuals.



"Today I attended the Positive Living session and I liked this very much. First time I saw my clients become very happy while the session was going on. They were comfortable and boldly speaking. It was a participatory approach. The session was not boring but a very happy session. The meditation was very powerful and even I have never done it before. Today I am very

happy that I saw my clients faces light up. I am thinking that those who have not attended this session today have missed something worthwhile."



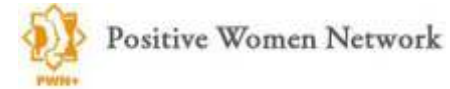
Our learning:

A quote by Raj Bhowmik reminds us -

*"Whenever you shake hands, be aware to shake hands as a human being; and not as a label."*

We hugged and laughed.... all carrying the labels of being humans... recognizing that needs were the same... our minds and hearts wanted the same love and understood the same language as everyone else in the room.

## SOULBATH PEACE FOUNDATION &



### ON OCCASION OF WORLD AIDS DAY CHENNAI, December 03, 2009

On Dec 3rd, 2009, Soulbath Peace Foundation was invited to work with 70 women from the Positive Women's Network at the Tamil Nadu AIDS Control society. These women belonged to two vitally important sectors contributing to the impact of the AIDS endemic



\* Widow women who are positive

\* Women who are unsupported by their families and are tested positive.

It is startling to discover that in our country we have 2 million people who are infected with the HIV and 5000 are registered who are infected in Chennai city alone. Of these numbers, 38% in India are women and nationally the number of children infected with HIV is not known.



(Faces are covered to protect the identity of HIV + participants)

Usually the sources of HIV infection in these women are 86% from single partners and 14% from other routes.

"Are we still sleeping?" How safe do we normal people think we are? HIV is knocking next door!! Gone are the days that we considered this infection only in a particular class and in "those people" Our interactions with women and children

have been through normal human stories and sad stories which carry huge emotional turmoil of fear, guilt, shame, betrayal and rejection.

"Are you also positive?" startled us when we found everybody unconsciously relating to the word HIV + negatively in their minds forgetting that being positive is also a way of life.



(Faces are covered to protect the identity of HIV + participants)

So where are we in the evolution story? How long can we go ahead denying that this is only the government's job of catering to this sector and only the activists working in tandem with this population?

SPF aligning to its essence of helping individuals discover the peace centre, worked with these economically weaker widow women community in Chennai through the Positive Women's Network. The workshop catered to understanding stereotypes of the infected and the "other safe people". The medium of communication was Tamil.

Innocent questions in the minds of mothers of "How do we reveal our status?"

"What will my son think about me when he grows up?"

"I have not seen my grand child for many years now and I am aware he loves me. But his Mom has taken him away after knowing my status."

These are emotions expressed by most of the participants with tears and heavy hearts, wanting to live life like anyone else – a life feeling accepted from a loved one and not feeling that they are wrong.

These are MOMs who are infected in the 86% category. The big guilt of "being portrayed bad" in the eyes of children kills them even before fear creeping in their bodies tears open the immune system causing a breakdown and an entry into opportunistic infections.



*"I was wondering why you were asking us these questions. Now I already feel empowered as I am answering them aloud through this interaction." felt a participant.*

Choice of fighting HIV versus acceptance of the condition and doing something about it from this moment formed the theme of the experience. Emotions included that "I now know it is in my hands" and "I feel more human".

The scenario for the participants are contracting the infection through the husband and usually passing that to the child. They look extremely normal except that they are victims of weight loss, cough and cold.

Some kids question – "Why do I have to take the multi vitamin tablets and not my brother?" Due to the fear and guilt that mothers carry of being asked "the question", -they are tight in their expressions and the child is confused and tries to find answers with half baked facts from his environment.

We were reminded of a quote from Raj Bhowmik's diary-

*"I have learned that love & compassion, not time, heals all wounds."*

The interaction found voices of emotions in counselors of the PWN group. The counselors though mentally strong felt a deep connect to their inner being that got an expression after a meditation that found a high cathartic response.



(Soul Yoga Meditation in progress. Note: Faces are covered to protect the identity of HIV + participants)

The workshop focused on connecting to the peace within and creating a new self that was empowered, strengthened and had a will to live because they were ready to give to themselves and to their children from a safe and secure space inside.



In this world of HIV where the woman is a guardian of compassion just like other families, her shoulders are weighed down with stories of betrayal and fear as she is now answerable to her children. Every question asked by a child is innocent but when we are weighed down, our responses confuse the young minds. The interactions helped mothers accept and move beyond their HIV+ status and create a space for themselves from within in the community.



(Faces are covered to protect the identity of HIV + participants)

This work will be followed up by a 'Train The Trainers program' on an ongoing basis through Soul bath Peace Foundation in collaboration with Tamil Nadu AIDS Control Society & Positive Women's Network.

Interview with the Project Coordinator after the workshop:

SPF VOLUNTEER: How did the participants respond after the workshop? How

has this experiences been perceived in their lives?

PWN PROJECT CO-ORDINATOR:

Usually at Positive Women's Network, we invite support groups and doctors who give us primarily information based on facts. This is the first time through Soul bath Peace Foundation that women ever experienced an emotional front and hope for their HIV+ status.

People have been living with no hope that is always reinforced with fear of rejection from their families, loved ones and society for us. After the workshop, we went back with abundant rejuvenation and a confidence to live life normally. Why do we also have the right to live? So far in all the counseling sessions that were organized, men and women were placed together in the sessions. Our women are shy. But we could connect to you because you are also a woman and you understand us. If we had got this a few years back this would have been very useful.

After the meditations we were more at peace with ourselves.

SPF VOLUNTEER: How has this affected your life personally?

PWN PROJECT CO-ORDINATOR:

Personally I have been living with HIV for 20 years now. Through the workshop I realized that there is nothing to feel bad because HIV is just another condition like cancer and I can choose to live like a normal person. We are also human. This condition does not stop us from leading human lives. I can take care of my kids. I hope we can put the past behind and move on.

SPF VOLUNTEER: What were the emotions experienced at the workshop?

PWN PROJECT CO-ORDINATOR:

Since most women are widows, once they are diagnosed they need to be dependent on someone or the other and become a burden. If Soul bath Peace Foundation came three years back, it would have helped us discover ourselves then. Today, the women felt a sense of freedom when they went back. They could see a goal and a will to live life.

SPF VOLUNTEER: How did the mothers feel at the end of the workshop?

PWN PROJECT CO-ORDINATOR:

Earlier we beat up our kids and blamed them for our existing and being alive. They felt that they have a will now. They feel a huge sense of peace and strength and-

SOULBATH PEACE FOUNDATION  
ON WORLD AIDS DAY



their upbringing from this essence. They now want to be there for their kids.

----- End of interview -----

(Below in the picture: Kaushalya with Raj Bhowmik's book, 'CORPORitual')



Who is Kaushalya?

*-A beacon of hope for millions*

Her husband had died of AIDS in 1995, just seven months after their marriage. She was 19, and tested positive for HIV soon after. Like thousands of other uneducated and economically-dependent women, Kaushalya was blamed for her husband's death and thrown out of the family home in Namakkal, Tamil Nadu.

Alone and terrified, she nevertheless refused to give up, and started to work for a group involved in AIDS advocacy and prevention, giving support to other HIV positive women. Now 32, **Kaushalya heads India's Positive Women's Network**. She speaks about women's rights and HIV at international fora.

What makes her a hero is that she did not let a social stigma browbeat her into submission. By fighting back, she gave hope to millions of women like her. Just for the record, an estimated 2.5 million people live with HIV in India, of whom 39 per cent are women.

**Soulbath Peace Foundation salutes her, -A true hero in real life!**

SOULBATH PEACE FOUNDATION VOLUNTEER TEAM SPEAK

My experiences when I met the AIDS infected at the AIDS Society on the 4th of December is not something I can actually put in words. When I was told that we would be meeting women, who have contracted HIV, and the ones from the lower income group, my first question like the French Queen, who asked "Will the poor understand the exquisite emotion like love?", I wondered if they will be able to understand the secret of life. I always thought you needed intelligence, education and of course a great family background to understand it.... How wrong could I have been.



When the meditation part began, that was revelation for me. There were tears of pain and guilt, and so much that came out, and the room was charged. I saw a few eyes that sparkled, some still with tears....some with hope, and all them filled with love for themselves. I realised that not all things have to be understood, some

things are just felt, and that moment I felt..... grateful that I could witness so much of love.

**.-Sheeba Radhamohan, SAHHEAL Healing Consultant,  
Asst. Vice President- Br. Head Axis Bank**

A WORKSHOP FOR HIV+ CHILDREN & HIV+ MOTHERS



Why does my Mom keep falling ill? What is HIV?

Infected HIV+ children of infected mothers from the age group of 8 – 16 were part of this interaction. Soulbath Peace Foundation had an exclusive reach out initiative for young minds to question all that they wanted to ask about being HIV+ and what it meant for them and their families to live the HIV+ status.



Some children were worried for their mothers falling ill and visiting a special "drop in centre" for their treatment. They were confused as they cannot talk about this HIV status that is uncommon and is a taboo.

SPF reached out through the language of children using peer interaction to understand that language of love was a common expression though some children were shy and in a state of denial to even see what the status meant. This was more common in the teenage years especially for boys. Children were sensitized to the different routes for the infection and the need to live and feel normally at school and other environments.



## SOULBATH PEACE FOUNDATION CELEBRATES



### THE JOY OF CHRISTMAS WITH TERMINALLY ILL CANCER PATIENTS DECEMBER 2009, India.

CARE – through transition of LIFE

Some mothers were a part of the interaction and a separate discussion with them focused on parenting issues. "My child does not want to go to school. I don't know why?"

Usually in this segment, children are seeing their parents being affected by infections and weak bodies that create a sense of insecurity and hinders normal happy upbringing. Mothers were sensitized to their thoughts of being positive on the minds of their children and shown a roadmap to the world of the child. We often view the lives of the child through adult glasses. As a result, we have a more confused child who behaves like an adult and is dysfunctional with poor self esteem and belief in the nurturing way of life.

Fact note: The number of children infected with the HIV+ status is unknown as the mother to child infection is common in the womb and rates are extremely high.



In the eyes that stared back, there was fear of acceptance and love, thinking if we would smile back, half hidden smiles in the faces that should otherwise beam...indeed life will carry on....but leaving behind are footsteps with the children on our walk together, understanding that yes, we all have to carry on to another world ...each one his way...but living a life like that at every moment was a choice

that we have ...from now....when we accept ourselves as mother and parents.....our children begin to smile with more freedom...freedom to be humans ...freedom to express that they are normal and that they love to play as others....freedom to be accepted to become airhostesses and doctors....freedom to dream...a dream!



SPF, "RAJ BHOWMIK-BTS DREAM" Volunteers celebrated Christmas in 2009, with patients at 'Karunashraya' – A hospice for terminally ill cancer patients at Bangalore. Karunashraya means an Abode of Peace – At a time when cure ends, one needs a space for care. This is the philosophy at Karunashraya where care is provided absolutely free in this calm and serene environment.

Our Founder, Raj Bhowmik says - "My whole effort is to bring a new consciousness to people's lives. A consciousness with which they will decide to put a new found awareness in every step that they take in whatever they do in life. These steps multiplied will lead the way towards the beginning of a new era filled with love, joy and peace for oneself and for the global society."

Under the guidance of Raj Bhowmik, SPF's philosophy has always been to affirm Life - that is conscious & aware. To take this forward in a place where care & hope

begins when cure ends, SPF reached out to make the transition on this special day to brighten up for the patients and their families by silent yet intense & engaging interactions.



We saw about 35 patients in the different wards, had conversations with them that drew their attention back towards living a life that was normal...normal, hopeful emotionally ...and something that they are now more hopeful about. It was beautiful to see a human side in Meena Kumari (patient) who aspired for a haircut & also participated in giving hope towards a discussion that drew her attention.

Thaiyamma today lives in the ward, not visited by her family and cries every time she thinks about them but was happy as she saw her new- found son in SPF Volunteer -Udai, and wanted to have a cake cutting ceremony to celebrate it.



When pain is unbearable, one begins to behave like a child- seeking attention. Here in terminally ill cancer patients this pain is indeed unbearable. Yet amidst this, it was beautiful to see that if that part in the individual is addressed by helping them make their bed, or being with them or just talking to them about simple things, their faces would light up & it would be brighter around.

These are memories that are cherished by us because they are intense moments – some of silence, some laughter, some hope and above all to look forward in life together from here.

In life when we are “busy” living life, we create an environment around us where we become indispensable in the roles that we play. At Karunashraya, since death is knocking so close there were some who had deeply accepted their state and others yet fighting to understand that we come as puppets to play our role. The “Chief Referee” will blow the whistle and when, that we do not know. But at all times, accepting any situation in life and playing the essence well for ourselves-

and others remains etched in our hearts from this experience. We all come from a Source that is the same and on the Earth we have a rent to pay. Some of us are aware that this rent is for everybody's existence and some do pay it without fail. But some people forget that this Earth is a journey through transition and hold on and hold back. Letting go and leaving the situation becomes tough when the 'Chief Referee' blows the whistle. And then there is pain... a pain that manifests as disease.... pain that is unbearable.

So what can we do Now? Just as what Raj Bhowmik says, 'To understand, respect & accept that this is a transition. We need to play our best shots in this game of Life – to let go and flow....Life is a journey....there are no destinations....there are only milestones on our path telling us where we are headed.' So many miss seeing! So many miss being aware!



(The Caregivers & SPF Volunteer's at Karunashraya)

Karunashraya reminded us all about a big milestone of death and how this can be crossed through dignity, respect, grace and above all Love. I will end this article with one of my favorite poem by Raj Bhowmik-

***The Rain and the Thunderstorm,  
Are here to 'come'  
You and Me,  
Are here to 'go'***

***In this intrinsic flow  
Kept alive by the Almighty,  
I vow to thee-  
In all the births  
Wherever thou should be,  
With all the Rains and all the Thunderstorms  
I will without fail,  
Bring myself to thee.  
Because wherever thou art-  
That is my rain home to me.***

(KARUNASHRAYA is a center for the care of the terminally ill cancer patients. The Bangalore Hospice Trust is a joint project of - The Indian Cancer Society & The Rotary Club of Bangalore, Indiranagar.)

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## SOULBATH PEACE FOUNDATION VOLUNTEER TEAM SPEAK

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Dr. Shantu, (SAHHEAL Healing Consultant & HEAD, SAHHEAL Learning Studios, INDIA.)

My experience at Karunashraya on Christmas was indeed very special. It was very different being with someone I didn't know, to strike this beautiful conversation about herself, participating with her in her living that life in her way and then seeing her respond from an empowered position about the same pain that she was finding it difficult to bear. This was my experience with Latha. She taught me so much about my own self that even words cannot describe. Seeing all of us bonding together as SAHHEAL Healing Consultants doing our best jobs and feeling a difference in their own existence after a meaningful conversation to see their understanding of life change made me feel humble about Life. Life, our biggest teacher & has innumerable ways to help us learn our lesson and reach our goal. I am thankful to Existence, to allow me to be with so many of my fellow beings and play a direct role in their life ; to learn something about my own self. This experience makes me more loving towards others and myself.

Sumati (SAHHEAL Healing Consultant, SALON OWNER, Hair & image Specialist, Bangalore)

All that everyone needs is love, care and attention through our loving words, smile & touch. What I understand is that everyone wants joy. No one wants to be in Pain & they want to live longer to complete everything they are thinking of (or dreaming). They believe that death is painful. They are not aware that they have been here for a long time and there is in some a complete denial of the disease. As a SAHHEAL Healing Consultant, we could make them understand that death is not painful. We only shift bodies and it can be painless. I would want to visit this place regularly and do some work silently. It would surely help our friends here to accept and move towards a peaceful and silent death that is empowering.

Vijaya (SAHHEAL Healing Consultant, Asst. Professor in Clinical research)

This was my first visit as a SAHHEAL Healing Consultant that really touched my heart's depths. I could meet many people but got in touch with a couple of them. I spent some time with them and understood their life stories. I could really see that in their entire life story, the role they were playing was enormous but their own existence was nowhere. They identify themselves with their children and their family but no identity to their inner self. The learning was enormous "People even in deepest pain and at a point where life is ending are still entangled in bondage, but fail to find love which they have always sought for. Just by being there, sharing a smile, giving a hug, listening to them we can make a difference because that's all one needs in the deepest pain & end stages of life. The simplest action of being compassionate and giving love can touch many lives & make a difference.

Udaiy (SAHHEAL Healing Consultant, Project Manager, IBM)

Life if taken as an object is the same filled with emotions at any stage of life. The true needs of the dominating emotions at the present needs to be addressed to bring happiness & calm in the mind. Every emotion needs to be attended with love and true understanding in the form of feelings & attention at the basic level. Life and death are at its place; mind and its present feeling are at its place wanting to be addressed. There is a lot of pain and sadness in the minds of patients and their family members. All these can and need to be addressed with love and understood by keeping the Death at its place. All their emotions need attention, love and understanding.

# SOULBATH PEACE FOUNDATION

## Visits Arvind Foundation

### On

## World Disability Day 2009



**(Soulbath Peace Foundation Volunteers & Arvind Foundation Team)**

Every year, Dec 3rd is usually celebrated across the world as World Disability Day. Soulbath Peace Foundation Volunteers shared special moments with children and staff at Arvind Foundation, Chennai.

SPF interacted with children at the K.K. Nagar centre of Arvind Foundation understanding the needs of the community of special children and having a special body – mind – spirit session with the Mrs. Sudha (founder) and the Mrs. Lakshmi (principal) from the perspectives of the lives of special children.

Arvind Foundation has centres in Kodaikanal and Porur mainly catering to the special children in the economically weaker sections of the society. Their philosophy of teaching aligns with the Steiner school philosophy believing in slow pedagogy working through various senses and sensitization and awareness through the body.

# YEAR 2010

## SOULBATH PEACE FOUNDATION FULFILLING THE 'RAJ BHOWMIK-BTS DREAM' CHAPTER 'OLD AGE HOME'

CELEBRATING A HAPPY NEW YEAR with  
**NAVA CHAITANYA - Home for the aged**  
01 JANUARY 2010



Soulbath Peace Foundation invites members of communities who would want to support us and help Arvind Foundation to develop as a growing body catering to the economically weaker sectors through funding or any other forms of contributions to make life worthwhile for these children.



You can write to us at - [mail@rajbhowmik.com](mailto:mail@rajbhowmik.com)



### Awakening into a New Consciousness with the New Year

Soulbath Peace Foundation Volunteers visited Nava Chaitanya, an old age home in the outskirts of Bangalore in the early morning hours of January 1, 2010. Our objective was to spend this new beautiful day with people and reach out deep inside their lives.

We saw 31 pairs of eyes –Some in deep trance – counting their breaths, some eagerly waiting to talk to us, some with hope that someone from their family has come, some greeting & being their with you & others staring blank at your face with no sense of recognition.



There were exchanges beyond language. It was communication through a touch, a smile, a hug and a greeting. This was enough for many to begin a conversation & accept us in their worlds. Our old friends, some kept repeating sentences, some



were very quiet & yet their eyes had a legacy to tell and their wrinkled skin – tireless stories of human endeavours to share. Some are from families where the family is not in a position to support their condition, for some they have no one of their own but they have one common story to share – It is the story and the

conquests of their legacy that they have walked & left a mark; for some there is no one to share but a moment of going back to it got the glow back into their eyes.



I have often heard Raj Bhowmik always remind everybody that each one of us has a rent to pay to Existence – One to the Planet and second to our Parents. In this fast paced life that we are leading, we are looking at quick fix convenient situations. However, the hands that brought us up always had the best intentions for our well being. But somewhere in life we are

so over powered by circumstances we forget what we are best at – to smile and value That Love that has brought us into this world.

Love doesn't ask for much...

Soulbath Peace Foundation Volunteers extended themselves humbly to take a big gift for themselves from this interaction – Life has to flow and it will carry on. When we hold back to the past with resentment our Now becomes contaminated & toxic.



(Old Age Home Caregivers and Soulbath Peace Foundation Volunteers)

Just like what Raj Bhowmik says, *"If we are ever to create a hatred free world, then pumping in a harmonious balance into the lifeline of the Earth will only reflect this resultant energy"*. 'THEY' at Nava Chaitanya, and many more through our existence have pumped in expectations, "I have done so much & now no body is here to take care of me". But in the here and the now, YOU, ME and our generation in the NOW can change this trend by "accepting ourselves & making ourselves sustainable within". This will then extend to our environment & our NOW & Future will carry the CORPORitual essence of "Manifesting our Purpose of Existence", for which we are truly here!!

"Nava Chaitanya" means "New Consciousness". We are grateful to Life to have given us this new essence on this special day that has surely penetrated deep down. 2010 is the beginning of a New Era that waits to unfold & our experience here with this consciousness is only a small step on the road to traverse.

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SOULBATH PEACE FOUNDATION VOLUNTEER TEAM SPEAK  
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I reached there by 11.45am whole SPF Volunteer group was already there. We met with the people who are staying there and despite the pain they are happy and contented. The place is so neat and clean and well maintained it has a pleasant feel staff is taking such good care of them and making all the efforts to put smile on their faces. The staff is very nice caring and courteous in fact they gave us Obbatu to eat. Hats off to them for taking care of the place and people. It was a very good experience overall though it was short people felt good to talk to us. I am glad that i had not missed it. Good beginning for New Year.

- Mamta Hemrajani (SAHHEAL Healing Consultant)



I wanted to participate as a volunteer in Soul Bath Peace Foundation's visit to the old age on 1st Jan 2010 for 2 reasons-

1) A great way to know about life and suffering, old people undergo 2) A good way to begin 2010

Well, we got those answers and much more. When we hugged an Alzheimer patient who did not know that his wife had passed a few weeks ago even though both of them were staying together, we felt an current passing through us, felt a deep connection between us. The joy both Smitha and I felt when a Telugu speaking old lady, abandoned by her family, blessed not only us but our entire family

cannot be explained in words, when we sat next to a kidney ailment patient who has been undergoing dialysis twice a week and held her hands, when we spoke to old, frail, bedridden ladies, felt so peaceful, as though time stood standstill allowing us to savour the moment, also deep and disturbing thoughts began to arise as to "WHY" should they have to undergo this torture? How can their own children abandon them? Why is life unfair to them? We could not figure out those issues, but on the other hand the way in which the old age home is managed and the nurses taking care of them, felt that this world is a beautiful place to live and it has lot of good people. We decided that we need to go there more often.

Though we can go on and on, we wish to end this by telling you what stirred in our hearts for both, my wife Smitha, and I-

a) We have been caught up in mundane life, never thought about what old people undergo b) How selfish are we in pursuing our materialistic goals and turning a blind eye to the other side of life c) We only want to think about happiness and , suffering ,other side of the coin of life goes unseen and by looking at that side today, felt a deep sense of gratitude to life, universe, 'that we got to be a part Soul Bath Peace Foundation to experience the joy of giving, joy of 'being'. Our love and peace to all.

- Smitha (SAHHEAL Healing Consultant)

- Jayanth (President, F & G Café Coffee Day, Bangalore)

It was a beautiful beginning to the new year waking up to a purpose. A purpose of reaching out and sharing joy. In an old age home there is obviously pain, being abandoned by the family, a sense of rejection, a feeling of being unwanted and worthless, helpless and a constant need for love, care and attention. Yet they are hopeful and expect and long for visits especially from the family. The biggest essence for me was understanding the beauty of hope and gratitude. When one door closes another opens in the form of some noble souls running this institution. The lesson of gratitude was a takeaway by the expression by some inmates for the institution and the nurses. The sincere appreciation was profound. It is truly touching to be able to express gratitude and appreciation even when one is bitter and angry with the twist that life has taken at this age. They still are grateful for the rainbow in the sunset of their lives. Lastly, though we went to share and give joy, the truth is that we did receive more that we gave.



- Robbert Allenn (SAHHEAL Healing Consultant, Human Resource professional)

"RAJ BHOWMIK- BTS DREAM" TRACK YEAR 2009

"Let go the feelings, emotions, thoughts of times else it will accumulate pain and the life becomes a journey of pain. Responsibilities cannot be associated with returns. Company, being compassionate,



true attention is the priceless gifts that one can give to the needy. Mind can feel thorny in the middle of garden if it stops looking at the beauty/good around it".

- Mr. Uday Vallabhu (SAHHEAL Healing Consultant, Project Manager, IBM)

"The ultimate objective of life is happiness and it cannot be achieved until we make the inner self happy. We

are too much entangled in the relationships with which we start identifying ourselves, losing our own identity. Life can be made merrier just by being compassionate and giving without expecting returns"

- Mrs. Vijaya Vallabhu (SAHHEAL Healing Consultant, Associate Professor Clinical Research



In the old age home, I noticed was that most of the people were well educated and they were working & dynamic. There were teachers and people in police departments with good jobs. I learned that they have been responsible parents towards their children and their family. One common thing that everybody spoke was what they have done unconditionally towards their family for their entire life. And may be this is the reason that they were so busy in life that they did not find time to take care of themselves. Their world was their family and they were not a part of that world. And this could have led to their sickness today. Their children today are well settled. They are feeling miserable not because of their sickness but it is mainly because they are not with their children. There is so much sadness & helplessness in them, that even in this beautiful environment, the healing inside is very slow. There is also a sense of fear of death and not having their loved ones around. Probably if they were with children and family this would not have happened. Accepting the now is important so that death being a transition is easy. The universe is teaching us a lesson of detachment through situations like this from our loved ones. One or the other day we all would have to go. If at that time we are not ready we will make it painful. If we learn our lesson now, transition becomes

easy. When we experience this process, this is a life-long learning and this will stay with me forever. I know when my loved ones are not around with me, I will obviously look back to this moment for learning. I thank Soul Bath Peace Foundation for giving me this opportunity. As a single parent in this point where I am not with my loved ones except for my daughter, every time I have felt sad I have felt alone but now I am not looking at life like that. I embrace this experience and the feeling of being taking care of by the Universe at all times. When I get old, I know I would be grateful to every moment spent. We often spend our time creating a possibility for the future may happen ...I will live now in this moment.....At least I have this much to learn and to be really happy

Sumati (SAHHEAL Healing Consultant, Salon Owner, Hair & Beauty Specialist - SPRING Salon, Bangalore)

# SOULBATH PEACE FOUNDATION

On Pongal & Sankranti occasion  
-A visit to Bangalore Central Prison  
JANUARY 2010



(SPF TEAM & KARNATAKA GOVT. SENIOR OFFICIALS)

(SPF mention a special thanks to all the government officials & Government of Karnataka who supported us to make this possible.)

## A New Birth-Moving Beyond – From Fear to Compassion

Pongal & Sankranti are festivals of harvest. It begins with clearing the clutter & reaping the harvest. This symbolic interaction to the Bangalore Central Prison on this auspicious day began our work of sowing the seeds of hope & an inner passion to be useful in life.



Bangalore Central Prison – Even in the wildest thoughts, one can only have a single image – Locked, trapped, fearful, cheat or criminals. As part of the 'RAJ BHOWMIK – BTS DREAM', the Soulbath Peace Foundation Volunteers reached the prison only to discover that life was different inside. It is a community that needs assistance because inside each of the 160 inmates we met today – were mothers who have not met their children for about 5 years, were

wives who have been rejected by their husbands, were young children who were being brought up seeing their mothers in white saree as uniform and of a new born – coming into the world inside the prison.

Here are women who could not find a lawyer - majority of them have no idea about why they are in the prison. The story brings tears to anyone – when our interactions only taught us that some women have their entire family in the prison because no body could defend them.

As we walked in being stamped at the gates, we realized that our stamps were washable. But our inmate friends complained that their stamps were permanent – of being a prisoner in Bangalore Central Prison. Understanding and surveying the place in advance as SPF volunteers walked in to the "school – our venue" , we were welcomed with 160 hostile angry looks, sarcastic smiles, some hidden, some unwilling & some very stern. This has been their home and the part of themselves that has walked into their home has been their worst shameful part that they probably want to bury.



To get through them was a challenge but love and compassion have always paved the path to anything in the world. Their day comprises of working for about 2 – 3 hours and the rest of the day is just spent chit chatting, going to the school & sleeping.



Our interactions with the inmates focused on establishing a platform where they realized that they were only in Bangalore Central prison but who could escape the mind – life prison. We understood & sailed through the process of identifying that if we are trapped in our minds with a thought, it is like an old tape that merely repeats itself.

But is this a new concept? Whatever we feed the mind grows and gives fruits. But the situation here was feeding more pain, more shame & more anger. At the slightest given opportunity they were ready to leave everything to be back with their families. But some were deserted-alone - & some would not be accepted. "How can I get my daughter married?," said a mother " The whole Taluk knows about this. I am ashamed & feeling guilty."

So what can possibly break this?



An acceptance within oneself that things can change. A hope within oneself that there lies another path. This essence lead to the empowering process of transformation and we went beyond barriers. It was most heartening to see how women opened their hearts and silently let their tears flow. The powerful CORPORitual Values of Living – predominantly "Meeting yourself in Silence" and "Forgive and Bury the Past" gave them a new ray of hope – a hope to accept what "IS", to move in the 'NOW' – so that we give the world a better part of our self. The forgiveness saw only tears & love.....At the end what remained were heart beats that were more compassionate to themselves & ready to see the world through new glasses.



We heard from our friends inside the prison their stories of change & transformation. Vasanti has been in the prison shared her experiences being in the prison now for about 10 years – positive, an aura of transformation for other inmates said "Amma- Give us work. We want to work. We are ready to get trained in anything". Some have left their homes as far as Kolkata & Orissa & are here in the prison today. They are worried about their loved ones & wanted us to carry back messages to ministers, their brothers & society at large. The stories are never ending but we carried a simple & powerful message.

It was a message that the new era has already begun. It could only be created when this new consciousness is made aware within inside each one of us as our founder, Raj Bhowmik says, and I quote:

*"My whole effort is to bring a new consciousness to people's lives. A consciousness with which they will decide to put a new found awareness in every step that they take in whatever they do in life. These steps multiplied will lead the way towards the beginning of a new era filled with love, joy and peace for oneself and for the global society."*

These are new times and surely the chanting has to be according to our times. So what and how we repeat to ourselves is what we create around us as manifestation. So through our interaction this message went inside strongly anchored within each one of them that awareness is the only key – and it is something that we can choose at every minute.



\*Picture 1: Inspector Anand Reddy, Dr. Rajani P (Prison Psychiatrist), Mr. Lakshminarayana, T.H. (Superintendent of Central Prison) + SPF Volunteers

\*Picture 2: Mr. Lakshminarayana, T.H. Superintendent of Central Prison + SPF Volunteers

\*Picture 3: I.G. Bipin Gopalkrishna (Addl. Director of Police And Inspector General of Prisons with Raj Bhowmik's book 'CORPORitual'.

The prison authorities were extremely encouraging for a project with the inmates. A sustainable way of living life that would keep them engaged and make them feel valued for their times spent in another University of life – The Prison. As we walked out of the places – my memories went back to the way this prison journey began and we realized that there was so much more to be done as Raj says,

"Don't worry and fret fainthearted,  
The chances have just begun,  
For the best jobs haven't been started,  
And the best work hasn't been done."

Surely our best work is unfolding. And getting here to this platform we would like to thank all the government officials & Government of Karnataka whom we interacted along our journey to make this beautiful beginning. Our gift to mankind would be that with this new found hope & from a completely changed perspective, our friends from the prison could make life worthwhile- living a life of dignity with peace, respect & love that is every individual's birthright. If we know it belongs to us....we accept it...but if we think it is denied – we fight to get it back. Most of the stories today taught us to move beyond this feeling of "I am denied." and having to fight in life. But in reality it only teaches us to the lesson of moving on & letting go for the best work that unfolds itself.



Soulbath Peace Foundation also offered snacks during this interaction that were sponsored by two families- Mr. and Mrs. Hareendran (Singapore Airlines, Bangalore) & Mr. And Mrs. Ashim Sarawgi (Chartered Accountant, Entrepreneur, Guwahati)

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## SOULBATH PEACE FOUNDATION VOLUNTEER TEAM SPEAK

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This is one of the very good experiences as a Soul bath Peace Foundation Volunteer. We started off with almost 160 prison inmates. I could sense a deep restlessness inside their minds. They were made to assemble in a room and were very restless. I could sense some kind of masking on their faces as they were laughing to just mask their anger. They had a deep feeling of rejection. As we moved on in the workshop, a few of them left and the ones who remained after the experience had a catharsis that was wonderful. Many brought their feelings out, they could find peace deep down in themselves. The realization in the entire process is that all of us are children deep down with different feelings

of rejection, pain, hurt & helplessness. A right source and a helping thought is all needed to make the difference.

I am very thankful to Soul bath Peace Foundation for this platform providing us this experience through which I had this chance of learning. As said by Raj Bhowmik, just by being compassionate to oneself we can make a change in the world – The essence of the CORPORitual values of life. I could sense it in this work as they really make world a different place.

- Vijaya Vallabh (SAHHEAL Healing Consultant, Associate Professor Clinical Research)

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I never thought that I could ever come like this to the prison. But somehow I was deeply inspired to come here. When I met the women inside and met them eye to eye, I began to understand the depth of the inside story – the real world of the women whom the world outside called criminals – the ones who create an unpleasant feeling in the society. I am a little disturbed and a bit withdrawn seeing their pain, anger and sadness being a woman myself. I feel it is very necessary to bring the change in their lives who are ready for that. Yes they need to bury the past and bring themselves in the now to spread their love to their families as well as the rest of the world.

- H. Vijaya (Political Journalist & writer, Raj Bhowmik BTS Dream Volunteer)

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The experience that I got from the visit was that I had my own things of the jail that only those who have committed the crime would be there, but after I had interactions with them, did I know that people who haven't done anything were also there in the jail. Committing a crime or blunder is not a great deal, but that tag changes your whole life on how the whole society sees you. Your friends and relatives look at you in a totally different way. You are not respected, not wanted by your near & dear ones, even though you wouldn't have done anything wrong. It is always better to think within or to talk within before being out of control for that one second. It is not only the matter of the person's character who has committed any crime, it is his whole family. People or the society looks

upon them in a very different way. They don't know the background as to why did the person commit that crime, they just are ready to pass on comments and other things. It was a heart touching session that happened when I saw few inmates crying. For a second I started cursing God, but I know even He can't do anything. It was just that moment of anger that had led them here. They just have to accept for what they have done and let go all the things and have peace from within. They should talk to their inner self on a regular basis so that they know who they are and their capabilities.

- Harish Kumar (SAHHEAL Healing Consultant, Fitness trainer, Soft skills Trainer)

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COMING SOON ...

"THE RAJ BHOWMIK- BTS DREAM TRACK YEAR 2010"