



# THE HEALING CIRCLE NEWSLETTER

JUNE 2021, ISSUE NO. 2

*A Circle of Healing Self, Family,  
Community and Mother Earth*

## Welcome to The Healing Circle!

A non-profit trust based in Bengaluru, India founded in 2010 with Creative School and Prajña Wisdom as the two units. Ours is a community space for those seeking conscious living, holistic health, education and parenting. A *Sangha* space bringing practical spiritual knowledge and wisdom into all areas of our life.

### CONTENTS

Founder's note	1
Seva Trips to Freedom Land	2
Staying Positive during a COVID challenge	5
Covid -19 Care with Integrated Homoeopathy	6
School update	7
Parijata/ SAC Update	8
Online courses	9
Fundraising	10
Freedom Land Update	11
1000 together	12
Peace Bench	13
Sacred Classroom	14
Sampark	15
Samagra Shikshana Karnataka	16
Play Day for Jasmines	17
Meeting by the Lakeside	17





Dear Sangha,  
Another school year comes to a close!  
We cannot express in words just how much gratitude we feel for a safe operation and closing amidst turbulent times. We are in deep gratitude to the seamless teamwork in our entire team and the wonderful cooperation and understanding from our children and parent community.  
Thank you!



Children from older Lotus through Cosmos could attend school in person for part of the year. Our little ones stayed online as per government orders. Ensuring the safety of our children and everyone else coming to school required solid team work and meticulous planning from many. Administrators, Teachers, Healers, Doctors and Staff working together as one team to ensure every detail was taken care of. Our wellbeing practices have never held as deep a meaning as they have during these times. Fire meditation ensured that everyone coming in and leaving our campus stayed safe. Breathing, Meditation, Affirmations, Acknowledging and releasing fears took on new relevance. Homeopathic preventive medicines and care were shared widely. The Sacred Classroom was adapted to the online medium with a lot of love and each teacher's unique creativity. We are deeply grateful to our kitchen team and staff for their amazing flexibility and readiness to change course as the situation demanded. We are profoundly grateful to our team that worked at Freedom Land caring and tending to make our next campus green and ready for our children. We are grateful to our construction crew who continue to work in the blazing sun assembling hand crafted bricks under the vast skies for more sustainable buildings. Our architect and designers and interns who work magic on the land building new dreams. The past months also gave us an opportunity to share our work with a sister school in Mangalore whose teachers trained with us in The Sacred Classroom. We were also given a wonderful opportunity to share our work with the State Project Director and key resource persons from all over Karnataka state. Much gratitude to our team for working seamlessly in each case.

While the past year certainly had many challenges, and we completely acknowledge them – one thing stayed steady. Faith and divine grace. It is sheer grace that flows through us all giving us the strength to cope and rise above every challenge working as one team. Thank you to the Divinity that has helped us during these times!

May Grace continue to guide and help us through the next few months as we tide the second COVID wave. Our team of healers and doctors continues to be available to help any of you wanting to reach out to us. We have been helping many families experiencing COVID challenges with Breathing to increase oxygen levels, Fire meditation, Counselling, Staying positive and in some cases helping with food and essentials. Thank you to our team of volunteers. If any of you would like to join us in helping others – please do contact us.

Stay healthy! Stay strong! Stay safe! Divine Love and Light guides and protects all of us for our highest good!

Loka Samastha Sukhino Bhavanthu,  
Ashok & Jayashree



# SEVA TRIPS TO FREEDOM LAND

- *Reshma Madhusudan*


This school year was a special one. As most of our work was mainly online, the need for connection went beyond just friends and teachers. It was a need to connect to Mother Earth and Father Sky that led students with parents' consent, to visit Freedom Land over December, January and February of this academic year.

Nature fixes everything. Many students who had not seen beyond the boundaries of their own apartments or home layouts, who had only met their peers on online forums, stepped and bounced on to the vast expanse at Freedom land. They were transformed, transfixed by the sunsets and sunrises and moved by the hills surrounding the land. The openness of Freedom land brought in abundance of positivity, lightness of spirit, and recharged lives, driving away looming fears of the pandemic that had stifled many hearts,

While some groups trekked up Makali Durga, the nearby government preserved nature site, others bushwhacked through uncharted terrain behind our land though three hills and three lakes. All woke up to glorious sunrises and all quietened away with soulful sunsets, fire meditations, chantings and gratitude by the comfort of their own tents. And those outdoorsy homes were pitched by the students' own semi-experienced and inexperienced hands - a collaborative mission to start each group's special bonding time.

It was not just a visit for them to connect to all and nature, but also to ground and open our hearts to meaningful work that was not only for our sake - but for all who will live on the land. Each group worked on different projects on the land - that was their Bhumi Seva.

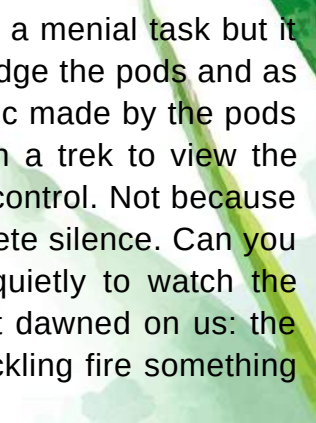




The Cosmos group, 16-18 year olds, built a peace bench and fire pit from first principles, made new planter beds ready and sowed new seeds for a rich vegetable harvest (that is upcoming!) The Ixora group, 14-16 year olds, with their strong hands and hearts, built a stone pathway around the watershed, harvested averekai (hyacinth beans), and helped with tree planting. The Sunflowers, 12-14 year olds, threshed toor dal (pigeon peas) in scorching heat, and continued the stone pathway work. The Lotus students, 10-12 year olds de-weeded and mulched the tree pits with areca nut husks. Many students gave a generous hand in the cooking needs that the staff rigorously engaged in. The mid-morning sun saw buttermilk and juice being gratefully scurried along the peacewalk for the teams to quench and keep up with all the seva.

Most kids were just content to have the physical activities and open air to breathe! They expressed that they had missed just breathing fresh air and staring at the night sky and stars due to the indoor lockdown routines practiced this year. Their hands and legs moved with their hearts and strengthened their spirits as they realized how much they had missed physical activities and working in vast expansive spaces. How much they appreciated their own bodies standing tall and growing with the grasses and trees. Gratitude was a constant signature!

Shobha Rao, a Sunflower teacher writes: We thought threshing would be a menial task but it turned out to be truly meditative. We beat the bushels with a stick to dislodge the pods and as we continued the process only the rhythmic movement and 'gal, gal' music made by the pods held us in a trance. Time flew by and soon it was time for us to go on a trek to view the sunset, it wasn't a long trek. but one that would take every ounce of self-control. Not because of a treacherous terrain but because we had to walk to the point in complete silence. Can you imagine a blush of boys and a giggle of girls walking to and sitting quietly to watch the sunset? Sitting atop the rocks, we gazed into the setting sun and then it dawned on us: the land had changed but so had we! And just as we settled around the crackling fire something whispered in the air and it said, "All we have is Space and Time."





Maitreyi Alex, a Lotus teacher adds: We did a 5kms trek to a hill nearby. During a 5 km trek to the hills nearby, seniors took care of their friends, helping them carry bottles, giving helping hands at the more difficult parts, and most importantly encouraging each other - all these moments made the experience so special. On our second night at the land, we walked the Peace Walk path post dinner. It was a beautiful experience walking in the night as the bright full moonlight guided our way. Walking silently, we were able to absorb and be present in the vast silent space around us.

Nikita Rao, an Orchid teacher reflects: Looking at and relating to the world through a screen has been hard on all of us. Overnight, children's playgrounds became reduced to the walls of their houses and they lost touch with some of their best teachers - play, friends and nature. Yet, Freedom land has been a gift - especially as a space for coming together, grounding, sharing, exploring and living in the company of nature. It was so heartening for us to see the excitement; the smiles, the unstoppable banter and laughter of friends seeing each other's faces after nearly a year! It took no time at all for children to let loose and be wholly present to each other and the land. We played, we learned, we meditated, we danced, we coloured, we cooked, we trekked, we worked, and we star gazed. It was two wholesome days of expansiveness, bonding and hearts filled with love.

What is most joyful and reassuring is listening to children often recollecting and reliving memories from our trip to freedom land.



# STAYING POSITIVE DURING A COVID CHALLENGE

Just sharing with you all - given the spread of COVID around - our centre has been offering online help for those who have tested positive and helping their recovery.

Many families have taken our help in the initial stages itself and recovered fully. Usually the stress and shock of having COVID has been the hardest. This can be handled effectively with emotional healing. Home care is very much an option in many cases except serious ones.

I'm sharing this given the rampant shortage of hospital beds. We need to know that home care can help in many cases except very severe ones.

Our online care has provided

- 1) Breathing techniques for keeping oxygen levels high. We have helped with guided sessions online as well as self practice suggestions.
- 2) Releasing of anxiety and stress. Most panic due to having got COVID. We offer counselling and healing for this.
- 3) Fire meditations and chanting have helped stop any spread, heal the body.
- 4) Affirmations to help stay positive and bring in faith which greatly helps in recovery.
- 5) Meditations for energising. Visualisations of healing and safety.
- 6) Kashayams recipes to help the body.
- 7) Relaxation meditations to help with sleep.

So far we have helped around two dozen Covid patients online itself.

We all need to stay safe and know that possibilities exist outside of already stretched hospitals. Staying healthy and preventive health care can go a long way. Hospitals are very much needed for serious cases but much can be done at home itself.

We all have our inner doctor - our breath, the power of our mind and the choice of staying positive through challenging times.

We are grateful to divine blessings due to which this is possible.

Love and Light  
Jayashree and Kapila

# COVID -19 CARE WITH INTEGRATED HOMOEOPATHY

Over the last 15 months, immunity has become the new buzzword. The Covid-19 virus has moved the spotlight on the need to strengthen the protective mechanisms within us. Our innate and developed immunity is our best defense in the pandemic.

For ages, Homoeopathy has been on the forefront amongst medical sciences that promote and build inner immunity. Last year, homoeopathic remedies were distributed amongst lakhs of people for prevention. Many of those who availed of and continued taking these, either did not contract the infection or were affected mildly. Today also, the homoeopathic fraternity is deeply involved in treating Covid-19 cases.

Homoeopathy is useful for -

- Prevention
- Mild and moderate positive cases with or without symptoms
- Those with dipping oxygen levels and needing hospitalisation
- Those who are hospitalised
- Post Covid symptoms
- Vaccination - before & after to reduce its ill effects.

Homoeopathic medicines can continue alongside life saving measures and allopathy where needed.

We, at Prajna Integrated Homoeopathy Clinic are actively diagnosing and treating cases of Covid -19 for all of the above. As a team, we provide medical support, diet and nutritional guidance to the patient and his family as well as guide towards breathing and meditation practices that aid quicker and complete recovery. Counselling and regular follow ups with the family helps maintain equilibrium and support to the patient.

Early diagnosis and treatment beside regular lifestyle care is the key in successful Covid management.

Reach us at :

Dr. Prachi Karandikar - 9673140473

Dr. Tamanna Chellani - 9890634500

Dr. Deepa Menon - 96458 20232



# SCHOOL UPDATE

ONLINE CONTINUES ... AND PARTIAL REOPENING @ CREATIVE

– Rathy Nair



Keeping our work heart based, child centric and holistic, teachers and facilitators enabled rich engaging online learning spaces.

Highlight of the term was the partial reopening of the school from grade 6 upwards with clear guidelines from the education ministry. For us it means Senior Lotus upwards. For Lotus and Sunflower we started with two days a week while Ixora and Cosmos came in for five days.

We also had the opportunity to hear from Jasmine-Aster-Orchid parents on the effectiveness and balanced approaches Creative used in engaging the child online. Every lesson, every session was designed keeping the essence of the child in mind.

As a part of partial reopening we addressed the parent community on having a steady spiritual hygiene at home to help build the physical, intellectual, and emotional well-being of all, which further contributes to a strong self and community.

As a school, holistic healthcare practices were emphasized as a part of our safety protocol. With this pandemic, we as a holistic school recommended addressing any existing health issues or fear with simple well-being practices and transforming ourselves with love and prosperity consciousness. Daily breathing exercises, Meditation, Fire meditation, to build emotional wellness and spiritual hygiene were discussed with children and the same is practiced at school as a safety protocol along with the Govt regulated norms.

Staggered class times with social distancing along with fire, chanting and attention to healthy food; 'kashaya' and nutritious organic food brought in a lot of ease and joy for the physical classroom sessions. Outdoor classes, fitness and Ultimate helped the child to realign, reenergise themselves to stay abundant & healthy. It was heartwarming to see the children slowly easing into the physical classroom spaces, meeting friends and turning back into a group setting.

For the younger grades, as a part of bringing attention to having minimal screen time, teachers engaged children with library routines, handwork sessions and passion projects.

Student-teacher community is looking for the year end reflective portfolio time and also the gallery presentations, short plays, sharing of the learnings which are normally celebrated as a culmination of the year. It was indeed a rich year and hearing a child reflecting on their learning is making our hearts fill with gratitude and grace.

## PARIJATA/ SAC UPDATE

### - Shubha B N

Recently, the children of Parijata visited Freedom Land – the clean, green, serene space for our upcoming new campus. They trekked, mulched, planted trees & painted. A few Rotarians gifted the kids a much-enjoyed visit to the Planetarium. The children are also being trained in hand embroidery & stitching.

Veda Mohan is teaching them 'Voice and Presence'. Children are getting to experience it through roleplays, singing and poetry writing - empowering activities for our kids.

A meeting with the parents of the children in Parijata was held, where the parents learned how the children were cared for during COVID times; they were overwhelmed by this and expressed their desire to contribute to this space of growth. Warmth, affection & gratitude were the resonant feelings at this meeting.

Next academic year, we will be supporting 52 children and are an inclusive school that provides a platform for all to reach their highest potential and we want to stay so; we need your help in continuing to realize this.



IF YOU WISH TO SUPPORT  
THIS CAUSE, PLEASE  
CONTRIBUTE HERE -  
[HTTPS://RZP.IO/L/SUPPORTA-CHILD](https://RZP.IO/L/SUPPORTA-CHILD)



# ONLINE COURSES

– *Kapila Ramakrishnan*

Emotional Well-being online course helps people become aware of and manage their emotions, thereby leading to peace within themselves and harmonious relationships.

Participant Feedback:

"It has given me tools to handle my emotions better. The facilitators held the space beautifully and made me feel safe to be vulnerable."

Compassionate Communication online course equips people with the with self-understanding and skills to develop the ability to communicate with honesty and empathy, learn to respond rather than react and resolve conflicts.

Participant Feedback:

"I am a strong believer that if we are able to communicate our feelings in the right way, we will definitely get the desired result and strengthen relationships. This course gave me the key to it, which I was searching for a long time. My takeaway is, before communicating any matter, first understand my need, other's need and then communicate with compassion. I am practicing it and really it's creating a very positive impact on my life and mind."

21 Days Meditation and Wellness Practice was offered to the members of Kesari Foundation. Energy breathing exercises, meditation, grounding, aura energizing, affirmations and gratitude helped people connect to themselves and experience feelings of serenity and positivity.

"This Pandemic has triggered a few emotions and this course has been the right platform for me to understand the emotions I have been going through to handle it better."



"It was a wonderful experience in the 21 days of this daily wellbeing practice. This meditation has given me energy. Gratitude to Prajna Wisdom Centre and Kesari Foundation."

prajna  
WISDOM  
CENTRE



FOR MORE  
INFORMATION AND  
MAKING A  
CONTRIBUTION,  
PLEASE CLICK HERE  
([HTTPS://WWW.THEHEA  
LINGCIRCLE.IN/PROJEC  
TS](https://www.thehealingcircle.in/projects)).

## FUNDRAISING

### - Shamsundar S D

Fundraising - A journey to Abundance consciousness

*Consciousness is only possible through change; change is only possible through movement. Aldous Huxley*

We are all dealing with change, the current situation is also embedded with opportunities for a spurt in collective and individual consciousness. At The Healing Circle, we have embarked on the next phase of growth. One that promises to help us uncover and evolve in our journey to abundance and prosperity.

Our new campus at Kallukunte provides us a platform to imbibe, integrate and manifest a Conscious Community. A range of initiatives from Education, Healthcare, Afforestation, Waste Mgt, Water Conservation, Organic farming, Renewable energy, Skill development have taken shape. Resources in the form of knowledge, finance, technology and manpower are the needs of the hour.

Come join us in this movement towards building a conscious community. Support us by volunteering your time, donating towards causes and initiatives of the Trust.



# FREEDOM LAND UPDATE

- *Jayashree Ashok*

## Farm school

Farm school is the first of the many school buildings getting ready for us. We are excitedly watching the progress. The front of the Farm school has a view of Ujjina Betta. Right next to the main Farm School building is a multi-purpose large hall - cool and breezy even in the summer heat.

Farm School is envisioned as a space for community living with built in living facilities and classrooms. This promises to be a cozy space with separate sleeping areas for boys and girls. The farm school is very spacious and can easily accommodate any COVID regulations specified by the government. The terrace has lovely views of the surrounding mountains.

We hope to consecrate the Farm School premises on Aug 15th Indian Independence Day and Sri Aurobindo's birthday. Looking forward to it! Please bless this effort and wish us all the best!!







If you wish to  
support this cause,  
please contribute  
here -  
<https://rzp.io/l/bhutmiseva>



## 1000 TOGETHER - *Naveen Chhabria*

The past few months have seen us take care of the 8000 odd trees on Freedom Land. The work has entailed mulching the pits, setting up drip systems, staking the trees, and unwavering dedicated watering by our team on the land.

As we go into the summer, we are being extra vigilant and taking all measures to ensure steady care-taking of the trees on the land. During this period, we have begun working towards planting 4000 trees in the months ahead of us.

To go with the reforestation efforts, we had a rich harvest of 408 kgs of Tur Dal, 27 kgs of Avarekai, and lots of veggies and greens from our natural farming areas. We also harvested tomatoes, potatoes, brinjal, cluster beans, various gourds and even mangoes from our land. Our children could eat some of this before the school year completed.

We look forward to the months ahead of us and your support along the way.





## PEACEBENCH

- *Aparajita Dutta*

The idea of a peace bench is to bring people together. This year a couple of us had an amazing opportunity to get to design the peace benches for our new campus, with Martin, the school architect. Working with Martin, was an eye opener. I realised that design is more than just building an aesthetic, it's about problem solving with keeping an aesthetic sense in mind. We came up with multiple design concepts and were super excited to start the construction process on the land.

Once we were on the field, the initial design that we went with completely changed. As it was our first time doing this, we misjudged the size of allocated space. So, we ended up creating another design on spot, and started construction with the help of masonry and our friends.

We were able to finish the peace bench in a span of four days. It was very exciting to build the bench, as we got to see the structure come to life, from a sketch to a full functioning bench!





# SACRED CLASSROOM

- *Sithara K*

## **Creative School and Prajna Vidya**

Works with Early Learning Centre and Centre for Advanced Learning, Mangalore

Vijay Moras and Sonia Moras, Trustees of Centre for Advanced Learning (CFAL) - a private training institution in Mangalore attended our very first Prajna Vidya Leadership Development Program Sacred Vision between 23rd and 25th November 2020 at Creative School. This is an immersive extended program spanning three years with focus on multiple aspects of leadership development intended to actively contribute to the birth and growth of a school based on the Creative School model.

**The Sacred Classroom and Life & Living Foundational Programme**, a retreat took place between 5th and 9th Jan 2021 for the leaders and the teacher team of Early Learning Centre (ELC) - a unit of CFAL, a progressive and innovative pre-primary and primary school in Mangalore. 12 participants from Mangalore were joined by 13 members from Creative School and the Prajna units. This was an intensely transforming residential program. Every participant walked out of the retreat feeling inspired and empowered as a teacher.

“I Appreciate’,  
Friendship Bridge,  
Mandala coloring,  
Breathwork sessions  
have aided and given  
me more time to  
appreciate and bind the  
team together. The  
Affirmations, Gratitude  
helps the team be  
happy, focused and  
more productive with  
their tasks.’

- Vijay Moras, Trustee  
CFAL

‘Since the session at  
Creative, I feel a verve  
for life, curiosity and  
expansiveness that was  
so prevalent within me  
when I was a child. My  
reconnection to the magic  
and wonder of childhood  
and my belief that  
anything is possible is a  
strong driving pulse,  
filling me with Joy! This  
feeling is very much like  
returning home from a  
long journey to my true  
self and true power.’

- Purnima Prabhu, ELC  
Administrator



# SAMPARK

- Radha Ghanagam

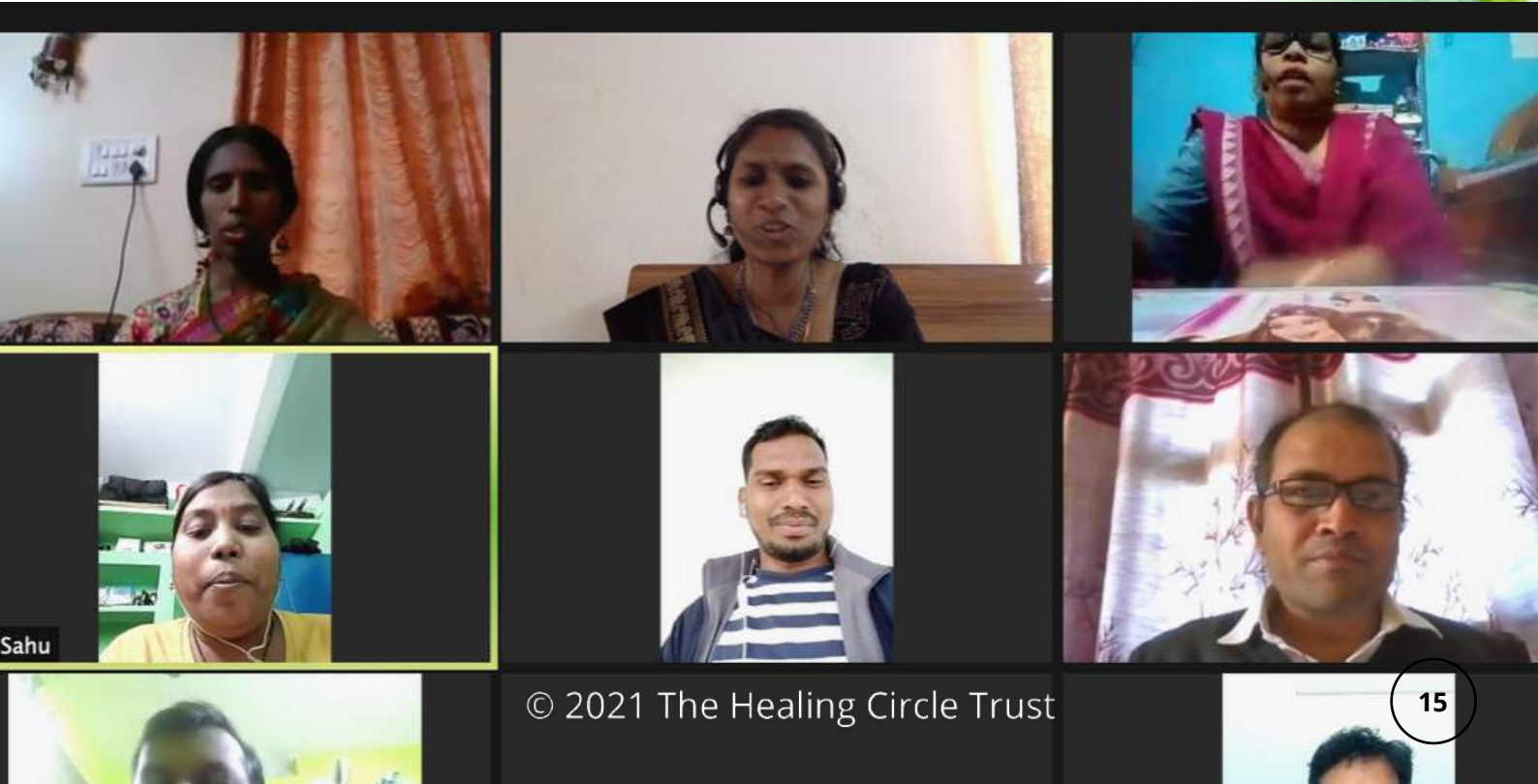
In January 2020, the Odisha State Education Department invited Prajna Vidya to host a program on Teacher Inspiration and Inner Well-being. The program for 300 Administrators, Principals and Teachers in Bhubaneswar was well received as evidenced by the success stories shared by them. Given the pandemic scenario, we felt it was the right time to help participants apply their learning and emerge stronger from the challenges. Thus was born Sampark: a Post-training Webinar Series (October 2020-January 2021).

Feedback from the State Administrative Leadership:

- Shri Lingraj Panda, SPD OAVS

“Creative School and Prajna Vidya’s programs are unique as they first focus on self-care and overall well-being of the Teacher leading to self-transformation and empowerment, which in turn empowers each child towards growth and self-esteem through holistic learning.”

And so we continue our journey of empowering teachers to empower students, families and communities through our work at Creative School and Prajna Vidya.



# SAMAGRA SHIKSHANA KARNATAKA

## - Shubha B N

In the month of March, Prajna Vidya, Creative school was invited by Nali Kali State Advisory Committee Meeting at Samagra Shikshana Karnataka to present our Life and Living kit and the module. We were the only school invited by the department. This high committee meeting headed by SPD Deepa Cholan was aimed at looking at revamping the Nali Kali Primary curriculum. Jayashree Ashok presented our Life and Living programme. We helped all the high committee members to play and experience Self Expression card game for a few minutes. The Committee decided to invite us again for the next level of meeting headed by SPD, SSK with all high committee members, resource persons and the teachers who work on the Learning outcomes of Teaching.

We got an opportunity to again present our Life and Living module. This time we made it more experiential for the participants. Each one of them connected to each activity and responded well. This made them understand how these activities can be integrated into classrooms across subjects without having to keep a separate time. They will be adding learning outcomes of our L and L activities into Nali Kali curriculum. Next level of meeting will be this month. We are looking forward to work with the government to reach millions of children.

If you wish to  
support this cause,  
please contribute  
here -

<https://pages.razorpay.com/prajna>





## PLAY DAY FOR JASMINES

- *Prabha Dhanpal*

Play day was a day of immense joy for all of us. Children were thrilled to connect with peers and teachers. Even those who had only seen us through the small screens had lots to share. They treasured their collection of seeds, flowers and leaves after the nature walk. They bonded with each other playing games and taking turns to serve snacks. It was a home away from home experience for both children and teachers. We relived the moments of warmth and were overcome by the fragrance of the Jasmines – an absolute delight !!!

## MEETING BY THE LAKESIDE

- *Anupama Surendran*

The field trip to Kalkere lake was a refreshing change for all of us, a truly cherished time that brought us all together amidst Covid blues. It was absolutely joyful to connect with every child in person and hear a lot of interesting stories from them. For some, it was the first meeting with their aunts and peers. Children were in high spirits and it was endearing to watch them open up beautifully, befriending many children and having fun.

The day began with children doing the Mandala by the fire in silence. After a dose of 'kashayam', we walked to the lake followed by a visit to the nearby Shiva temple. It was the occasion of Shivaratri and the temple premises reverberated with our dear children chanting 'Om Namah Shivaya'.

The children relished the yummy crunchy bhelpuri, the refreshing fruits and juice served after the picnic. This trip had definitely left all of us asking for more of such get-togethers.

# LIFE & LIVING KIT

*"A kit for the development of the whole child"*

Wondering how to engage children? Here is a kit that gives you the opportunity to bond with your child and understand them better. A great gift you can give for your family.

## Benefits for Children:

Self awareness, Self responsibility, Emotional intelligence, Improves listening, Positive thinking, Social skills, Self approval and acknowledgement, Self esteem, Self expression, Comprehension, Language development, Overall Wellbeing

## Call us to know more

Kaviya

+91 9080234396

[www.prajnavidya.org](http://www.prajnavidya.org)



35

Games  
and Activities



## ADVERTISE WITH US

Would you like to use this space to promote your brand or service? Connect with us,

[donations@thehealingcircle.in](mailto:donations@thehealingcircle.in)  
Sunil Raghavan  
+91 98800 18953





# REACH US

To know about our upcoming programs,  
please contact us at

info@thecreativeschool.in  
+91 78999 17211



## **The Healing Circle**

[www.thehealingcircle.in](http://www.thehealingcircle.in)

## **Creative School**

[www.thecreativeschool.in](http://www.thecreativeschool.in)

## **Prajña Wisdom Centre**

[www.prajnawisdomcentre.in](http://www.prajnawisdomcentre.in)

## **Prajña Vidya**

[www.prajnavidya.org](http://www.prajnavidya.org)

## **The Sacred Classroom**

[www.sacredclassroom.org](http://www.sacredclassroom.org)