



ಮೈತ್ರಿ

MYTHREE

An inhouse news bulletin of Mythri Foundation ®

ಮೈತ್ರಿ ಫೌಂಡೇಷನ್ ಪತ್ರಿಕೆ ಆಂತರಿಕ ಪ್ರಸಾರಕ್ಕಾಗಿ

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PANEL

PEOPLE

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NATURE

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ಬದುಕಿನ ಸಾರ್ಥಕತೆ



ಹುಟ್ಟು, ಬದುಕಿನ ಪ್ರಾರಂಭ. ಸಾವು ಅದರ ಅಂತ್ಯ. ಸಾವಿನಲ್ಲಿ ಬದುಕು ಅಂತ್ಯವಾದಾಗ ಒಂದು ಗುರುತನ್ನು ಮತ್ತು ವಿಶಿಷ್ಟ ವ್ಯಕ್ತಿತ್ವವನ್ನು ಹೊಂದಿದ್ದ ದೇಹ ತನ್ನ ಕೆಲಸ ನಿಲ್ಲಿಸುತ್ತದೆ. ಅದರೊಳಗಿದ್ದ ಆತ್ಮ ಬೇರೊಂದು ದೇಹವನ್ನು, ಮತ್ತೊಂದು ಬದುಕನ್ನು ಅರಸಿ ತನ್ನ ಪ್ರಯಾಣವನ್ನು ಮುಂದುವರಿಸುತ್ತದೆ. ಈ ಜನ್ಮ ಜನ್ಮಾಂತರಗಳ ಪ್ರಯಾಣ ಅಂತ್ಯವಾಗುವುದು ಅಂತಿಮವಾಗಿ ಮೋಕ್ಷ ಪಡೆದಾಗ.

ಇದು ಪೌರ್ವಾತ್ಯ ದೇಶಗಳಲ್ಲಿ ಧೃಢವಾಗಿ ನಂಬಿಕೊಂಡು ಬಂದ ಪರಂಪರೆ.

ವ್ಯಕ್ತಿ ಮರಣ ಹೊಂದಿದ ನಂತರವೂ ಅವರು ಮಾಡಿದ ಕೆಲಸಗಳು, ನಡೆಸಿದ ಜೀವನ ಶೈಲಿ, ಬಿಟ್ಟು ಹೋದ ನೆನಪುಗಳು ಉಳಿಯುತ್ತವೆ. ಕೆಲವು ಸ್ವಲ್ಪ ಸಮಯ. ಕೆಲವು ಧೀರ್ಘ ಕಾಲ.

ಮೈತ್ರಿ ಈ ರೀತಿ ನಮ್ಮ ಬದುಕಿನಲ್ಲಿ ಬಂದು, ಕೆಲವು ವರ್ಷಗಳು ನಮ್ಮೊಡನೆ ಇದ್ದು, ಏನು ಕಲಿಯಬೇಕು ಎನ್ನುವ ಗುರಿ ಇಟ್ಟುಕೊಂಡು ಬಂದಿದ್ದಳೋ, ಅದನ್ನು ಕಲಿತ ನಂತರ, ತನ್ನ ಮುಂದಿನ ಪಯಣಕ್ಕಾಗಿ ನಮ್ಮನ್ನು ಬಿಟ್ಟು ಹೊರಟಳು.

“ಅವಳು ಹುಟ್ಟಿದಾಗಿನ ಸಂಭ್ರಮ, ಅವಳನ್ನು ಬೆಳೆಸುವಲ್ಲಿ ನಾವು ಅನುಭವಿಸಿದ ಖುಷಿ, ಆತಂಕ ಹಾಗೂ ಭಯ, ಅವಳ ಸಾಧನೆಗಳು ತಂದ ಹರುಷ, ಅವಳ ಭಾವಭಂಗಿ, ಬಿಟ್ಟು ಹೋದ ಮಧುರ ನೆನಪುಗಳು, ಮರೆಯಲಾಗದ ಅವಳ ಮುಗುಳ್ಳಗೆ, ಭರವಸೆ ಮೂಡಿಸುವ ಧ್ವನಿಯಲ್ಲಿ ಅವಳು ಹೇಳುತ್ತಿದ್ದ ಸಮಾಧಾನ, ಸಮಸ್ಯೆಗಳು ಎದುರಾದಾಗ ಅದನ್ನು ಬಗೆಹರಿಸಲು ಮಾಡುತ್ತಿದ್ದ ಪ್ರಯತ್ನಗಳು, ಕರ್ತವ್ಯಕ್ಕೆ ಕೊಡುತ್ತಿದ್ದ ಆದ್ಯತೆ, ಕುಟುಂಬದೊಂದಿಗಿನ ಸೌಹಾರ್ದತೆ” (ಆಗಾಗ ಆಗುತ್ತಿದ್ದ ಏರುಪೇರುಗಳನ್ನೂ ಮನದಲ್ಲಿ ಸವಿಯುತ್ತ) – ಇವೆಲ್ಲವೂ ಅವಳ ನೆನಪುಗಳನ್ನು ಜೀವಂತವಾಗಿಟ್ಟಿವೆ.

ಅವಳು ನಮ್ಮನ್ನು ಕುರಿತು ಹೊಂದಿದ್ದ ಕನಸುಗಳು ಹಾಗೂ ಬಯಸಿದ್ದ ರೀತಿಯಲ್ಲಿ ಬದುಕನ್ನು ಮುಂದುವರಿಸಿಕೊಂಡು ಹೋಗುವ ಮೂಲಕ, ಅವಳ ಆಯ್ಕೆಯ ಕ್ಷೇತ್ರದಲ್ಲಿ ಕಾಣಿಕೆ ಮುಂದುವರಿಸಿಕೊಂಡು ಹೋಗುವುದರ ಮೂಲಕ, ಪ್ರೀತಿಯ ಅದಮ್ಯ ಶಕ್ತಿಯ ಸಂದೇಶವನ್ನು ಪಸರಿಸುತ್ತ ಹೋಗುವುದು, ಪ್ರಸಕ್ತ ಬದುಕಿನಲ್ಲಿ ಉಳಿದಿರುವ ಸಮಯದ ಗುರಿ ನಮ್ಮದು.

ನಮ್ಮ ಜೊತೆ ಕೈ ಜೋಡಿಸುತ್ತಿರುವ ಎಲ್ಲ ಸಹೃದಯಿಗಳಿಗೆ ಹೃದಯಪೂರ್ವಕ ನಮನಗಳು.

ಶ್ರೀಮತಿ.ಎನ್. ಸುಶೀಲಮ್ಮ



Born on 15th Feb 1990 in Mysore, within a few minutes after her arrival, she was carrying a smiling face when the nurse brought her to present to me, the keenly waiting father! Another expectant father who took a look of the new born remarked, **"Oh! A Smiling Baby!"** This tag remained etched on her persona till the very end. After initial experiment with schooling in Gopalaswamy Shishuvihara, her formal education started at CKC Convent. For the little one, getting up early to catch the vehicle, adjust with bullying co-passengers was tiresome indeed. After lengthy discussions at home, we preferred her happiness to the reputation of the School and shifted her to the newly opened Mahaveer Vidya Mandir near home. She not only enjoyed the new environment but also learnt plenty there, including Karate, in which she earned a black belt. ***She was a darling of her teachers.*** For High School, she joined reputed Marimallappas and when she was in 10th, she landed in Bengaluru. After her PU from Vijaya Composite College, she joined St Joseph's College for B.Sc. in Ecology & Environmental Sciences. After graduating from here, she migrated to Pondicherry to complete her Masters from Pondicherry in her pet subject.

The gap of 8 years between her elder sister, (now Dr.) Jyotsna created a deep bonding between the two and for her sister was the Champion of Knowledge! No other version she would accept! The experiences Jyotsna and I used to share attracted her for trekking. Would like to quote an interesting anecdote here. When she was around six, a trekking was arranged for Chamundi Hills. "It is only in the City, take me for trekking", she demanded. "Even to walk two kilometers, you want to rest, want to be carried a few times. Who will carry you at the trekking". I raised an objection? That evening when I had some shopping, she accompanied me. After returning home, she confronted me saying, "Did I not keep pace with you today all through? Did I rest? Did I ask you to carry me? Take me for trekking", she commanded! **She had proved her ability.** I had to oblige.

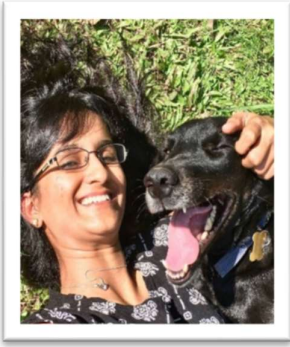
This was the beginning. So many challenges were thrown at her, she proved her mettle in each of these situations. Without being a mother, she showed maternal affection, without marrying and having her own establishment, she showed how she would run a home! The kind of interest she took in building and in ensuring facilities for our comfortable living in our own home was astounding. **For the sick in hospital, she was the excellent nurse.** She had her fears, but never shirked to face the situation if the need arose. She relished conducting camps for children and later when the children accosted her, she beamed with pride! **She was a great problem solver.** Countless people she had helped, unknown to us. Only when some of the recipients paid homage to her, we realized it. Photography and Video recording were also her passion. What I really miss is her skill in making videos, the way she would react or respond, encouraging me to speak on. Her responses were kind of reassuring and confidence building.

Her passion for animals was imbibed from her sister. Rescuing street dogs, cats, squirrels, eaglet, the list is endless! Once when I was conducting a camp in Raichur, someone said a snake was sighted. Immediately I asked, "Where is Mythri". I was afraid she would either catch it or try to drive it. She was not to be seen! When I came out of the building, there she was, **holding the snake in her hand and explaining about it to children!** It was non-poisonous, of course, yet! *I noticed the snake trying mock bite. Then, she left it outside the Compound. "You know there are so many children here. That is why I had to rescue it and leave it outside" was her justification.*

Another interesting anecdote is associated with Tiger Census. She took part in it and one experienced and one raw participant were grouped. It was her first time, so, she was grouped with an experienced boy. Both were tracking pug marks. At the corner, they took a turn, only to see a Tiger staring at them! Neither of them had an idea what to do! The Tiger looked at them for a few seconds and went away! "How important it is to perform your duty under any circumstances is a lesson I learnt from You", she would often tell her mother. **Understanding from the other person's perspective was a lesson she picked up from me, she would say.** "You have given us good education, taught us values. Nothing more we expect from you. Travelling is your passion, both of you enjoy travelling around", she would advise us!

The enchanting voice, the charming smile and her keenness to help are missed but remain in our memory. Hepatic Adenoma was the "cause" that ended her life in current birth. *Our interactions with Cosmic World through messages we get have made us firmly believe that she has taken birth sometime in the fourth week of January, 2019, mostly as a first born and as a girl child.* When she was born, we rejoiced. We had no idea then about what pain her kin in previous birth would have suffered at her leaving that mortal body. Now when she left us in the present birth, to give fresh joy to a new family, we are experiencing both our pain and their joy together.

We keep blessing her and her new parents. **Mythri lives on.**
(A proud father recollects his life his daughter)



Passionate about **A**nimals **N**ature **E**cology and **L**ove
To create a Well Balanced Society involving above elements,

PANEL

Attending a Camp after her 10th Standard was the turning point in the life of Mythri. Chose to study Ecology and Environmental Science. After her Masters in the subject, joined the Wild Life Conservation Society to work as Media & Communications Manager under the guidance of Dr. Ullas Karanth.

She trekked through various forests in the country. Took part in a Research project in Silent Valley where she had to climb trees hundreds of feet tall, observe nests atop, make notes. *She was always scared while climbing down, but never hesitated to climb the Trees again,* says her then guide!

Enchanting people with her beautiful smile, charming with a sweet and pleasant voice, providing solace to the needy, ever duty conscious, having taken recently to writing and the way she danced on seeing her articles published in several periodicals- there are myriad memories that Mythri has left.



Mythri Foundation was launched by Prof. K. Raghothama Rao, who guided her on choosing Ecology and Environmental Science, on Feb 17, 2018, in Bengaluru. It was registered as a Family Trust under Karnataka Government (Regn No JPN 4 00360-2017-18 CD No JPND510/19.3.2018), to carry out activities in the field she was passionate about.

PANEL- People, Animals, Nature, Ecology and Love- the themes Mythri Foundation would be addressing. Power of Love Sessions are being held from April 2018 on the lines of thoughts she had been sharing a month before she left us for her next life. These Sessions cover various issues that help people discover their inner Self and cope with various situations in Life.

We donated her eyes, which, we are informed, help six people get vision, thanks to the progress in technology. Though we were ready to donate any other part of her body to help some needy, existence of hepatic adenoma prevented this.

Mythri Lives.

Brightness of her smile shines for ever.
Deeds she performed have left a lasting impact.

Dr.S.Jyotna



“ಜಂತುನಾಂ ನರಜನ್ಮ ದುರ್ಲಭಂ” ಎಂಬ ಸೂಕ್ತಿಯಂತೆ ನರಜನ್ಮವು ಅತ್ಯಂತ ದುರ್ಲಭ ಹಾಗೂ ಶ್ರೇಷ್ಠವಾದದ್ದೂ ಆಗಿದೆ. ಅಪರೂಪದ ಜನ್ಮ ಸಿಕ್ಕಿದಮೇಲೆ, ನಾವು ಅದನ್ನು ಸಾರ್ಥಕ ಪಡಿಸಿಕೊಳ್ಳಬೇಕು.



ದಿನಾಂಕ 7, ನವೆಂಬರ್ 2017ರಂದು ಪ್ರಜಾವಾಣಿ ಪತ್ರಿಕೆಯಲ್ಲಿ, ವೈಲ್ಡ್ ಲೈಫ್ ಕನ್ಸರ್ವೇಷನ್ ಸೊಸೈಟಿಯವರ ಕಾರ್ಯಕ್ರಮತೆಯ ಬಗ್ಗೆ ಬರೆದ ಅಂಕಣ **“ಅರಣ್ಯರೋದನಕ್ಕೆ ಕಿವಿಯಾದವರು”** – ಇದು ಬಹುಶಃ ಮೈತ್ರಿ ಜೀವನದಲ್ಲೊಂದು ಮೈಲುಗಲ್ಲು. ವಯಸ್ಸು ಇಪ್ಪತ್ತೆಂಟೇ ಆದರೂ ಆಲೋಚನೆಗಳು, ಅವಳಲ್ಲಿದ್ದ ಪರಿಸರ ಕಾಳಜಿ, ಸಾಮಾಜಿಕ ಕಳಕಳಿ, ಪ್ರಾಣಿಗಳನ್ನು ಪ್ರೀತಿಸಿದ ಪರಿ, ಅವಳು ಮರೆದ ಮಾನವೀಯತೆ ಮತ್ತು ಅವಳಲ್ಲಿದ್ದ ವಿಭಿನ್ನತೆ ಇವೆಲ್ಲವೂ, ನಿಜಕ್ಕೂ ಇಂದಿನ ಯುವಪೀಳಿಗೆಗೆ ಒಂದು ಆದರ್ಶ ವ್ಯಕ್ತಿತ್ವವೇ ಸರಿ. ಸಹಜವಾಗೇ ಅವಳಲ್ಲಿದ್ದ ವಿನಮ್ರತೆ, ಆ ಮುದ್ದಾದ ಮುಗ್ಧನಗುವಿಗೆ, ನನ್ನಂತೆಯೇ ಹಲವಾರು ಅಭಿಮಾನಿಗಳ ಜೊತೆ ಮೂಕ ಪ್ರಾಣಿಗಳೂ ಕೂಡಾ ಸೋತವೆ ಆ ಅದಮ್ಯ ಸೆಳೆತಕ್ಕೆ.

ಸರಿಸುಮಾರು 40 ವರ್ಷಗಳಿಂದ ನಮ್ಮ ಕುಟುಂಬಕ್ಕೂ ಶ್ರೀಯುತ ಶ್ರೀನಾಗೇಶ್ ಅವರ ಕುಟುಂಬಕ್ಕೂ ಒಡನಾಟವಿದೆ. ಶ್ರೀನಾಗೇಶ್ ಅವರು ಕುಟುಂಬದ ಮುಖ್ಯಸ್ಥ. **“Professor of Happiness”** tag line ಹೊಂದಿರುವ ಇವರು, ಆಪ್ತ ಸಮಾಲೋಚಕರು, ವಿಜ್ಞಾನದಲ್ಲಿ ಪದವೀದರರು, ಮನೋ ವಿಜ್ಞಾನ ತಿಳಿದವರು, ಜೀವನದ ಬಗ್ಗೆ ಪ್ರಾಯೋಗಿಕ ವಿಧಾನವನ್ನು ಪಾಲಿಸುವವರು, ಬರಹಗಾರರು, ಶಿಕ್ಷಕರು ಹಾಗೂ ಮೈತ್ರಿ ಘಂಡೇಶನ್ನಿನ ಅಧ್ಯಕ್ಷರು. ಇವರ ಧರ್ಮಪತ್ನಿ ಸುಶೀಲಮ್ಮನವರು ಕೂಡಾ, ವೃತ್ತಿಯಲ್ಲಿ ಶಿಕ್ಷಕಿ. ಸದಾ ಮಂದಸ್ಥಿತೆ ಹಾಗೂ ಸಹೃದಯಿ. ಪತಿ ಮತ್ತು ಮಕ್ಕಳ ಆದರ್ಶಗಳಿಗೆ ಹಾಗೂ ಅವರ ವಿಶೇಷ ಚಟುವಟಿಕೆಗಳಿಗೆ ನಿರಂತರ ಸಹಕಾರ ನೀಡುತ್ತಾ, ಪ್ರಸ್ತುತ ಮೈತ್ರಿ ಘಂಡೇಶನ್ನಿನ, **“Power of Love”** ಎಂಬ ಮಾಸಿಕ ಕಾರ್ಯಕ್ರಮಗಳಲ್ಲಿ ತಮ್ಮನ್ನು ಸಕ್ರಿಯವಾಗಿ ತೊಡಗಿಸಿಕೊಂಡಿದ್ದಾರೆ. ಮೈತ್ರಿಯ ದೈಹಿಕ ಅಗಲಿಕೆಯನ್ನು ಎದೆಗೊತ್ತಿಕೊಂಡು, ಅವಳು ಜೀವಂತವಾಗಿ ಉಳಿಸಿರುವ ಆದರ್ಶಗಳನ್ನು ಮುನ್ನಡೆಸೋಕೆ ಮುಂದಾಗಿದ್ದಾರೆ. ಇನ್ನು, ಮೈತ್ರಿಯ ಅಕ್ಕ ಡಾ.ಜ್ಯೋತ್ಸನ, ಇವರು ದಂತ ವೈದ್ಯಕೀಯ ಶಾಸ್ತ್ರದಲ್ಲಿ ಸ್ನಾತಕೋತ್ತರ ಪದವೀದರ. ಡಾಕ್ಟರ್ ಆದರೂ, ಶಿಕ್ಷಕಿಯಾಗುವುದು ಇವರ ಆಯ್ಕೆ. ಸುಸ್ಥಿರ ಜೀವನದ ಪದ್ಧತಿಯ ಪರಿಪಾಲಕಿ. ಇವರು ತನ್ನ ತಂಗಿಯನ್ನು ದೈಹಿಕವಾಗಿ ಕಳೆದುಕೊಂಡ ಅನಿವಾರ್ಯತೆ ಮತ್ತು ತಂದೆತಾಯಿಯರ ದುಸ್ಥಿತಿ, ಹಾಗೇ ಕ್ರಮೇಣವಾಗಿ ಕುಟುಂಬಸ್ಥರಲ್ಲಿ ಕಂಡ ಚೇತರಿಕೆ, ಎಲ್ಲವನ್ನೂ ಸವಿಸ್ಥಾರವಾಗಿ ಅಂಕಣ ರೂಪದಲ್ಲಿ **“How to escape from death”** ಪುಸ್ತಕದಲ್ಲಿ, ತಮ್ಮ ತಂದೆಯವರ ಜೊತೆ ಕೈಜೋಡಿಸಿದ್ದಾರೆ. ಇವರ ಪತಿ ಶ್ರೀರಂಗ ಅವರು, ಮಿತಭಾಷಿಯಾದರೂ, ಪತ್ನಿಯ ಹಾಗೂ ಮಾವನವರ ಸೃಜನಾತ್ಮಕ ಚಟುವಟಿಕೆಗಳಲ್ಲಿ ಸಹೃದಯದಿಂದ ಭಾಗವಹಿಸಿ ಸಹಕಾರ ನೀಡುತ್ತಿದ್ದಾರೆ. ಇನ್ನು ಮಕ್ಕಳಾದ ಪುಟಾಣಿ ಪರೀಕ್ಷಿತ್ ಮತ್ತು ಪುಟ್ಟಿ ಶ್ರೀಗೌರಿಯಿಂದ, ಮನೆಯ ಮನದಂಗಳದಲ್ಲಿ ಒಲವಿನ ಚಿಲುಮೆಯಾಗಿದೆ. ಈ ಹಸನ್ಮುಖ ಕುಟುಂಬದ ಸದಸ್ಯರೆಲ್ಲಾ, ಋಷಿಋಷಿಯಾಗಿ ಹೊಸ ಹೊಸ ಜಾಗಗಳಿಗೆ ಪ್ರವಾಸ ಹೋಗುವ ಅಭ್ಯಾಸವಿಟ್ಟುಕೊಂಡು, ತರುವಾಯ ಆ ಅನುಭವಗಳನ್ನು ಎಲ್ಲರ ಬಳಿ ಹಂಚಿಕೊಳ್ಳುತ್ತಾರೆ. **ಒಟ್ಟಿನಲ್ಲಿ ಹೇಳುವುದಾದರೆ, ಈ ಕುಟುಂಬದೊಟ್ಟಿಗಿನ ಒಡನಾಟ, ಇವರನ್ನು ಮೊದಲಸಲ ಭೇಟಿಯಾದವರಿಗೂ ಒಂದು ಆತ್ಮೀಯತೆಯ ಪುಳಕವುಂಟುಮಾಡುವುದಂತು ಖಚಿತ.**



ಮೈತ್ರಿ, ನಮ್ಮ ಮನೆಮನದ ಪ್ರೀತಿಯ ಮುದ್ದು ಮಗು 😊. ನೀ ಪುಣ್ಯವಂತೆ, ಬಲು ಭಾಗ್ಯವಂತೆ. ತಂದೆಯವರ ನಿರಂತರ ಪ್ರೋತ್ಸಾಹ, ತಾಯಿಯವರ ತುಂಬುಮನದ ಹಾರೈಕೆ, ಅಕ್ಕನಿಂದ ವಾತ್ಸಲ್ಯಭರಿತ ಅಕ್ಕರೆ, ಭಾವ'ನ ಸತ್ಸಂಗ, ತುಂಟತನದಿಂದ ಸದಾ ನಿನ್ನ ಬರುವಿಕೆಗೆ-ಇರುವಿಕೆಗೆ ಹಾತೊರೆಯುತ್ತಿದ್ದ ಪುಟ್ಟ ಪರೀಕ್ಷಿತ್ ಮತ್ತು ಪುಟ್ಟಜ್ಜಿ ಶ್ರೀಗೌರಿಯ ಸಾನಿಧ್ಯ..ಈ ಎಲ್ಲ ಸುಖವನ್ನು ಪಡೆದ ನೀನೇ ಧನ್ಯಳು. ಪರ್ಯಾಯವಾಗಿ, ನಿನ್ನ ನಗು, ಒಡನಾಟ, ಮಾತಿನ ಚಟಾಕಿ, ವಿಭಿನ್ನ ಆಲೋಚನೆಗಳು, ಪರಿಸರ ಪ್ರೇಮ, ಪ್ರಾಣಿಪಕ್ಷಿಗಳ ಮೇಲಿದ್ದ ಕಾಳಜಿ.. ಇವೆಲ್ಲವೂ ನಿನ್ನ ಇರುವಿಕೆಯನ್ನು ಸದಾ ಮನದಲ್ಲಿ ಜೀವಂತವಿಡುತ್ತದೆ. ನಿನ್ನ ದೈಹಿಕ ಅಗಲಿಕೆಯೇ Mythri Foundation ಗೆ ನಾಂದಿಯಾಯಿತು. ನಿನ್ನ ಸತ್ಕಾರ್ಯಗಳನ್ನು ಸ್ಮರಿಸುವ, ಹಾಗೆಯೇ ಅವುಗಳನ್ನು ಮುಂದುವರೆಸುವುದಕ್ಕೆ ಬುನಾದಿಯಾಗಿದೆ.



ಶ್ಲಾಘನೀಯ ನಿನ್ನ ಬದುಕು, ನಮ್ಮೊಳಗೊಳಗೇ ಜೀವಿಸುತ್ತಿರುವ ಮಧುರ ಮೈತ್ರಿಗೆ, ಅವಳೇ.. ಈ ಜೀವನ್ಮುಕ್ತಿಗೆ ನನ್ನದೊಂದು ಆತ್ಮೀಯ ಆಲಿಂಗನ
ಪೂರ್ಣಿಮ ಪ್ರದೀಪ್



PATH TO PROGRESS

6

Knowledge is of two types, Superior and Inferior. Whatever knowledge we gain through reading Vedas, Upanishads, etc belong to Inferior Type. Superior type is knowing One Self. This sentence from an Upanishad describes the Path to Progress.

First five sessions of the Power of Love Meetings held by Mythri Foundation focused on the basics of this Self Discovery.

WHO ARE YOU?

WHAT IS THE PURPOSE OF YOUR EXISTENCE?

WHAT DO YOU WANT TO BE?

WHEN YOU SHOULD START WORKING ON WHAT YOU WANT TO BE?

HOW TO ASSERT "THIS IS ME"?

We are born for a purpose. According to *Karma Siddhantha*, our present birth is continuation of our past life.

- Improving upon our learnings from previous birth,
 - finding means to overcome our shortcomings in our earlier births,
 - Repaying debts we accrued earlier and
 - Continuing our journey towards the Final Salvation
- are the tasks we have to undertake.

This helps avoid blame people or circumstances or impediments we have to cope with. They are placed in our life to teach us something, to empower us in certain areas and strengthen us within to work for the ultimate goal our Soul has in its journey. People enter our life at the opportune moment and exit once the purpose is served. Practising a philosophical detachment helps cope with bereavements, focusing on lessons learnt helps cope with end in relationships. Not allowing the circumstances to overpower us or the impediments to prevent our progress is the key to success.

Success does not mean reaching the desired end result. It is identifying and making best use of whatever resources you have and harness creativity when the resources do not suffice and working with determination that define success. Where light is not visible, when walking appears impossible, seeking some counselling assistance dissolves the mist of uncertainty and the cloud of fear. Path would become visible. Counselling help should be considered in this backdrop instead of feeling it is a stigma!

Mythri Foundation is available to extend this help. Just mail or make a phone call! (Visit www.mythreefoundation.org for further details)

ಮೈತ್ರಿ MYTHREE

This news bulletin will provide information about activities carried out by Mythri Foundation ®. Besides it will feature insight into overcoming inner struggles to enable having a proper foresight into one's future. Counselling, Training, Guidance on issues concerning Parenting and Marital Life are also available. Further information may be obtained by visiting www.mythreefoundation.org. Follow Mythri Foundation on Facebook page.

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