

A quaint afternoon saw people from varied backgrounds gather at the special forum of Spirit-U-All™, conducted by Aashwasan on 27th June, 2015 at Times Foundation. Sharing their unique reasons to be at the space of Spirit-u-All™, a few shared that they are in the forum to know more about life and see what this forum could give them. A few wanted to know how to get work-life balance, address health issues etc. Some just didn't know what to ask for or expect, yet a strange sense of connect brought them to the forum.

Setting the platform for the evening, the facilitator introduced the experience of Aashwasan and the significance of the forum, and threw open the platform for deeper contemplations and articulations. The forum opened up one of the most significant aspects of life - Trust. Deliberations evolved to such a level where everybody resonated with what the other person narrated.



One of the participants shared his journey of life and mentioned that he could never share like this before even with his closest friends and family of so many years. Traveling from trust to love and to the spirals of the mind, it was a unique journey where one could witness how a space can evolve into a shape of its own when not meddled with human mind. People allowed themselves to get the experience of sharing and not be misled by the chatter of the mind. As the forum came to an end, many left with a deep relief in their hearts, as if they unburdened their life's problems all at once. A few left perplexed - Is it really possible that one could just feel good but not understand why?



**To know more or participate in the next event**

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