

A day started with uncertainty which unfolded the deepest reality of human life. Event started with a small group of people who gathered around to experience a journey of themselves. Forum started with very light discussion of each one's life till a turning point in sharing happened when one of the participants shared, "I feel overwhelmed and feel that if I share this outside, no one will understand me... I felt comfortable sharing here," and she broke into tears. A moment of silence dawned into everyone's heart and the entire group was with her in her pain. She felt that she could rely on this space to share her deep most confusion she was facing. She was seeking for clarity. From there the journey of sharing continued, and another participant who decided not to speak at the forum shared her fear of going through a life-threatening degenerative disease. Yet another participant who started by saying 'what i'm going to share may not be of any relevance,' brought old memories in another participant and made him think of his lost father and grieved for him...What each one shared was based on their life's situations but what each one connected to was the humanity that all of us carried. Each one felt supported by the other person through the pain that they shared and brought the space to a point of oneness.



The journey took everyone to a point where they didn't want to leave the space as all felt home and felt like one family...This forum reminded and lifted us to realize the power of humanity. It made everyone experience oneness in their own unique ways.

To know more or participate in the next event
email: spirit-u-all@aashwasan.com or call +919731301017/18

