

It was a quiet evening when Spirit-U-All™ started. Introducing the space of aashwasan was an important journey for people to experience to go deeper and know the significance of the forum. During this session a vital thread that we all hold in our life was shared.

The question “What is hope to you?” was raised by the facilitator. The space created allowed people to open up and share their stories of hope at the most critical moments of one’s life. One participant shared that she feels hope only when she is cornered by life and sees no other possibility other than rising to the occasion. She feels hope when she lifts herself up. Another participant shared about her journey with her child with special needs. She recounts that she feels hope through the love for her son. For her hope and love are sides of the same coin and when one loves someone deeply, it is possible to experience hope in each and every situation of life with that person. Another participant shared that many people going through war and critical situations do not always feel hope. For him, being selfless and extending himself unconditionally to them and bringing happiness is hope. A 75 year old woman shared about her early years of marriage and how she lived a very bold life as young lady and touched the hearts many. It was encouraging to see inspiration and hope can spread like a wildfire.



Most of the people who attended shared their journey of hope and it was amazing to discover that hope has different colors in different people. For some, it was strength, for some it was love, for some it was trust in life, some others told it was acceptance, for some it was fearlessness and for some it was selflessness. This gave meaning to each person based on their unique life experiences.



Many shared that it’s the first time that they got unique perspectives about hope. At the end everyone could relate to the other person’s experience and felt inspired to look at life with hope. The facilitator summarized and brought out the fact that each person being alive is a hope factor. If one allows oneself to be in touch with their inner voice then life of hope can be a living reality. The journey of Spirit-U-All™ ended with a deep wish for each one to experience their inner selves and the ray of hope in their life. “Life of hope” was a turning point for many people who attended the event.

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