



Feelings Post

A Digital Newspaper

Special Feature

Let's Connect

CMD - EDITOR : Atul Shah SUB - EDITOR: Khyati Shah

Atlanta - USA, June 2026

LOVE IN ACTION

Gurudev Sri Sri Ravi Shankar at 70

Celebrating **45 Years** of The Art of Living's
Global Journey of Service, Peace & Human Values



Read online : www.feelingsmultimedia.com

PRIME NEWS

Gurudev Sri Sri Ravi Shankar and The Power of Love

The Art of Living Story

The parched earth received its first drops of rain and the smell of wet soil rose through the air. A procession carrying a deity from the local Shiva temple passed by the lane outside, the chanting of Vedic mantras drifting through the walls of the house.

On May 13, 1956, the family gathered in their home in Papanasam, a village in Tamil Nadu's Thanjavur district, waiting for the arrival of their first child. The summer heat had pressed down hard on the land and the men paced the central courtyard while the elder women moved in and out of the delivery room. As the men stepped out to bow to the deity, the little bundle of joy and light arrived.

"It's a boy," announced Alamelu Perima, the child's maternal aunt.

Nobody standing in that courtyard could have imagined what that squeal meant for the future of the world. But some seemed to sense this was no ordinary event. When the young mother (Vishalakshi Amma, as she was lovingly called) took little Ravi for blessings to the Shankaracharya, the sage looked at her and said: "You are blessed to be his mother."

From the age of four, the little boy was found absorbed in prayer. When adults asked what he prayed for, he answered without hesitation: "For everyone to be happy." Much to the bewilderment of his teacher, little Ravi could chant verses from the Bhagavad Gita with astonishing ease, right from the age of 4.

One afternoon, a priest from the lineage of the 18th-century saint-musician Muthuswami Dikshitar visited the city. Little Ravi was brought to receive blessings. The priest placed a bowl of objects before the child. The boy, without hesitation, picked up an emerald green Shivalinga and placed a silver serpent on top of it. The priest was ecstatic. The reason for the joy of



the saint was that he had predicted that anyone who picks up the Lingam would uphold dharma in this yuga. And for a long time, nobody had.

One day, Acharya Ratnananda sat in a park with his little son Ravi, watching other children play. Suddenly, Ravi turned to his father and said, with an understated certainty that startled those nearby, "People are waiting for me all over the world. I must go to them." Many years later, Acharya Ratnananda shared, "I knew

that the spirit within him was rising and expressing itself."

The calling to serve humanity at large stayed with him while he studied at Bengaluru's prestigious St. Joseph's College. He uniquely bridged the ancient and modern. Along with pursuing physics, he also had a deep understanding of the Vedic literature (Decades later, this perspective of balancing the ancient with the modern and scientific temperament shaped his work in multiple areas.)

Today, the world knows him as Gurudev Sri Sri Ravi Shankar, a renowned global spiritual master and foremost voice for peace whose avowed vision has been to see a stress-free and violence-free world and to see a smile on every face. Given his composure and strong, peaceful presence, he had always been one whose guidance people sought to solve their issues, both big and small, even in his school and college days.

THE REVELATION - Sudarshan Kriya, A Breathing Technique That Would Revolutionize Well-Being

While Gurudev had been teaching yoga and meditation for a while, he felt something was amiss. There was more to be done for people to relieve their miseries.



That something resolved itself in the winter of 1981, in Karnataka's Shimoga district. Gurudev went into silence for 10 days by the bank of the Bhadra River. Gurudev shares, “I was thinking about how we can bridge the gap between inner silence and the outer expression of life. During the silence, the Sudarshan Kriya came as an inspiration. Nature knows what to give and when to give. After I came out of the silence, I started teaching whatever I knew and people had great experiences. They felt clear from within.”

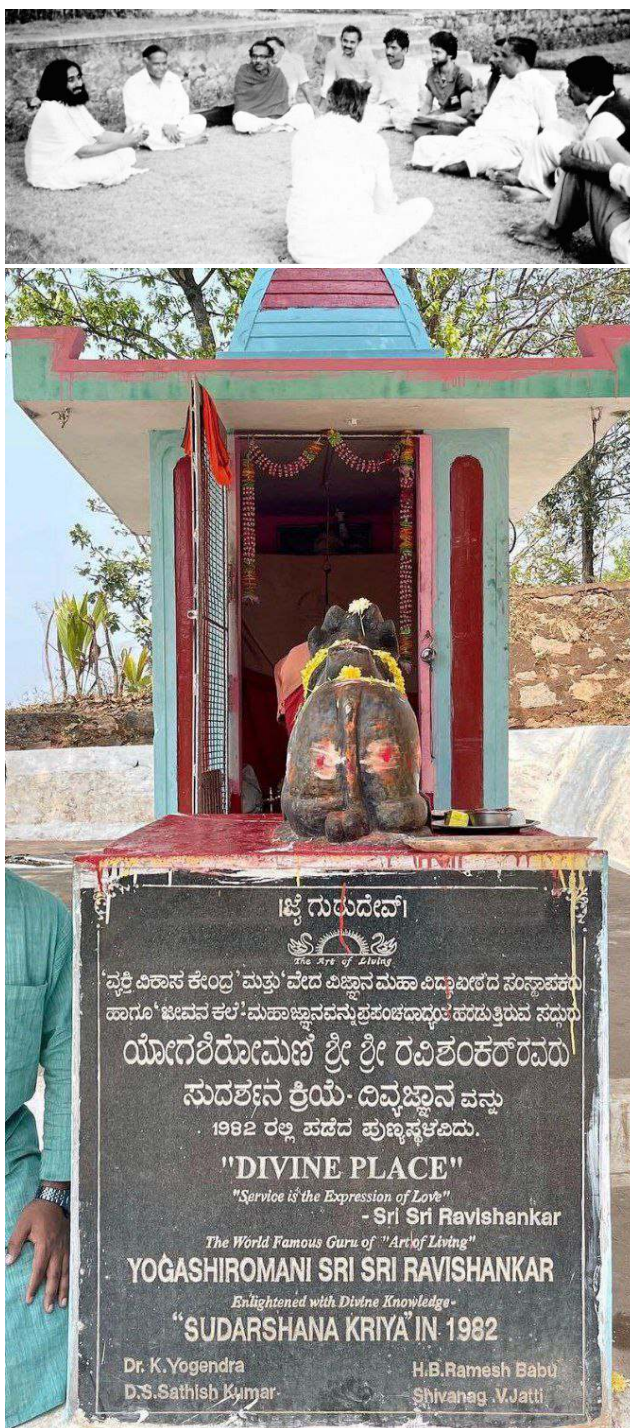
Gurudev started teaching Sudarshan Kriya, a really powerful breathing technique that cleanses stress toxins on a cellular level, to small groups of people, often a mix of doctors and engineers. People who would come in with questions, doubts, stress, or curiosity would leave with a smile, a lighter heart, and a mind feeling renewed spiritually, mentally, and physically. They would end up sharing their experience with their friends, family and coworkers. You could compare it to coming out of a theatre after watching a remarkable film and wanting to tell everyone else about it. The movement that has touched over a billion lives grew purely through word of mouth. People driven by their conviction, inspired by their own healing, went on to share this transformational wisdom with others around them. And so one of the largest movements for spreading happiness grew. Some got relief in their chronic illnesses, others found their mental health steadier, yet others found their spiritual calling here; many others found a path of bliss, service and joy. And some found help in illnesses that had no cure in modern medicine.

“When allopathy to homeopathy, nothing worked, Sudarshan Kriya did”, shares 33-year-old Chand, who battled psoriasis for over a decade—a painful autoimmune condition with no known permanent cure. Characterised by rapid skin cell buildup, psoriasis often causes redness, flaking, itching, and white, scaly lesions. Over time, the visible symptoms began to affect his confidence, emotional well-being and social interactions.

Having tried everything else, he enrolled in the Art of Living's Happiness Program, where he learned Sudarshan Kriya, some pranayamas, meditation and gained some spiritual insights that brought clarity and ease.

“In just 45 days, 90% of the condition had been healed, and the lesions had begun to disappear,” says Chand.

Sudarshan Kriya eventually became a cornerstone of all the programs of The Art of Living, the organisation Gurudev founded.



Holding the Frame: The Origins of The Art of Living

Back in the early 80s, having experienced Gurudev's teachings and how they helped people feel deeply calmer, more stable and positive, many distinguished members of the civil society advised Gurudev, “while the picture is beautiful, you need a frame to hold this picture.” They nudged him to formalize his teachings and this knowledge into an organizational framework.

The formation of its trust reflected a rare yet harmonious meeting of sharp intellect and deep faith. Among its first trustees were former Chief Justice of India Justice P. N. Bhagwati, alongside Justice V. R. Krishna Iyer. One was known to be deeply spiritual, the other an avowed rationalist. Yet both were drawn to Gurudev's vision and agreed to serve as founding trustees.

As a spiritual teacher, Gurudev revitalized ancient traditions of yoga and meditation and designed programs accessible to modern life at a time.

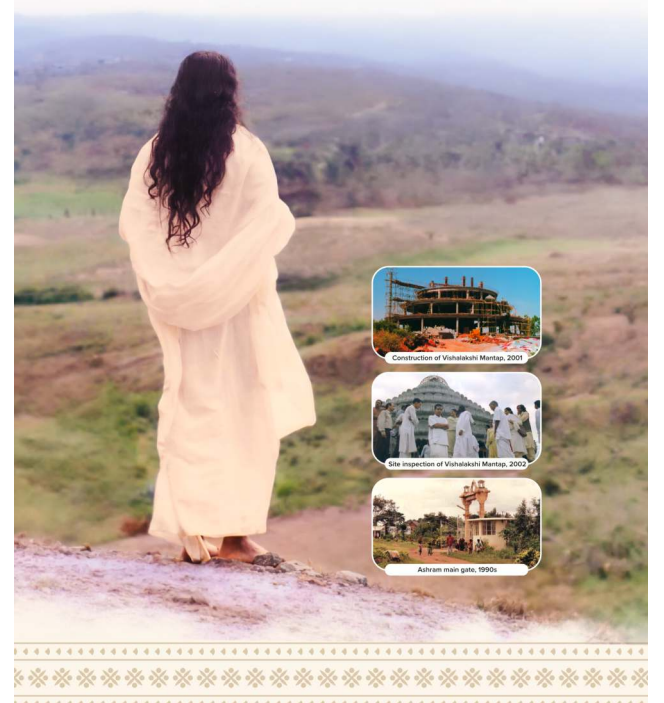
Forty-five years later, Sudarshan Kriya has touched a billion lives across 182 countries, reaching all walks of life. From children and corporate executives, astronauts at NASA and children and women in conflict zones, to farmers and film stars, to prisoners, returning soldiers, and victims of post-traumatic stress.

THE ASHRAM That Grew from Bare Red Hillocks

The Art of Living International Center, a pristine sprawling green heaven today, was only a stretch of barren red hillocks in the early 80's. It was about 21 kilometres down on Kanakapura Road from the city of Bangalore. It now has a number of meditation halls, winding forest paths, 600 species of flowering plants and 137 varieties of birds.

It all started with Gurudev driving out in his father's white Ambassador car with him to look for land to build a center where people could come find solace.

What was once barren land on the outskirts of Bengaluru has transformed into a lush spiritual oasis—the Art of Living Ashram



Bhanumathi Narasimhan, or Bhanu Didi as she is endearingly called, who is Gurudev's sister, has described the moment. Gurudev stepped out of the car, walked toward the hillocks, took a few steps on the barren earth, sat down, and closed his eyes. After a few minutes, he opened his eyes and said: "This is it. This is where the Ashram will be."



There was no water. There was little shade. The handful of early volunteers were mostly devotees from the US and Europe who spent their holidays there doing seva, and their most important task each day was carrying water for more than a kilometre to nurture young saplings.

Gurudev says, "Ashram means 'without effort or toil'. So when you come to the ashram, you are effortlessly able to drop all the mental baggage, fears and insecurities you have carried with you."

Today, more than 2,500 ashram residents serve across 72 departments catering to millions of visitors who come to the ashram every year to find solace, meaning and inner joy. With the same spirit of service and enthusiasm, volunteers continue to do their work across continents, with ashrams in Germany, the United States, Canada, and Poland, each one offering seekers a place to leave their burdens behind. When thousands of Ukrainian refugees were displaced by war, the Taraska Ashram in Poland opened its doors, offering not just food and shelter but structured trauma-relief programs for the invisible wounds that displacement left behind. That's just

one of many occasions when Art of Living centers turned into relief centers when natural disasters like earthquakes and flash floods struck in Gujarat, Punjab, Himachal Pradesh, Jammu and Kashmir, West Bengal or when a tsunami struck in the south of India or the earthquake in Haiti or several severe cyclones across the world.

Bringing Peace In The Heart of Conflicts

Tejasvi Surya, Member of Parliament from South Bengaluru, put it succinctly when he said during the 45-year celebrations of The Art of Living last month, "The Art of Living, under Gurudev's guidance, has gone to places where armies have hesitated to go. And they have gone there with the mantra of peace and have brought reconciliation and hope to places where even the greatest of world leaders had completely taken their hands off."

Case in point: in 2007, Gurudev became the first Indian spiritual leader officially invited by the Iraqi government. Iraq had spent decades in conflict and an entire generation had grown up amidst violence, displacement, and fear. Former Iraqi Prime Minister Nouri Al-Maliki put the significance of the visit in these words,

"There are big powers that have big might, but they are not able to unite the hearts and minds of people. This work can be done only by a spiritual leader."

Gurudev arrived and immediately refused to remain behind the heavily guarded walls of Baghdad's Green Zone (safe zone). "I have not come here to sit safely in a hotel," he said. "I have come to give the message of peace to each and every person." He met political leaders, tribal elders, religious scholars, and ordinary citizens. In a small mosque one afternoon, a man came forward holding a carpet. He explained that he had dreamt of meeting a holy man, had not known when it would happen, and had carried the carpet with him every day for months, waiting. The carpet-maker handed it over as a gift, his dream finally realised. A senior Iraqi Red Crescent official described what Gurudev's visits meant to his country: "Until now, we have known only the art of dying. You have brought into Iraqi life the art of living."

Not just in the Middle East but also elsewhere in South America, Gurudev was called upon for his wisdom, neutrality and intent of peacebuilding to resolve a conflict that had raged on for half a century. In Colombia, where 53 years of armed conflict between FARC and the government had claimed more than 250,000 lives, Gurudev held multiple rounds of discussion in Havana in 2015 with FARC leaders, encouraging them to adopt the Gandhian principles of non-violence. In those crucial meetings, Gurudev also made the senior FARC members meditate for a few minutes. On July 6, 2015, FARC announced a unilateral ceasefire. Former FARC leader Ivan Marquez acknowledged the influence of Gurudev's teachings in that decision. FARC commander Pastor Alape handed Gurudev two stones as a



gesture of trust- one to be blessed and returned so that his people could feel Gurudev's presence, the other for Gurudev to keep as a symbol of protection for his city. "I have only seen wooden and stone figures of saints before," Alape said. "But today I stand before a living saint."

On September 26, 2016, the Colombian Government and FARC signed their historic peace agreement. Former President Juan Manuel Santos wrote to Gurudev, "Thank you for everything you have done for the peace process. Your spiritual guidance is so important and I will be grateful forever."



In Kashmir, The Art of Living has worked since 1984 to heal wounded and divided hearts in a valley that has been carrying the unimaginable weight of disquiet, conflict, and violence. The first Youth Leadership Training Program in Doda in January 2003 brought together more than 1,200 youth, many of whom had otherwise been drawn toward militancy. One former militant said, "I was taught to use guns and spread terror. But after meeting Gurudev and doing the courses, I realised we had chosen the wrong path. Now we want to spread love and non-violence in Kashmir." Over the years, Gurudev met political leaders, army officials, Sufi leaders, academics, and ordinary citizens across the valley. Gurudev would sit across the table with people who deeply disagreed with one another and, in his inimitable way, make

conversations and consensus possible. Today, The Art of Living continues to do what it has been doing for so many years in the valley-working in the state prisons, working with farmers, working with the youth and empowering them with vocational training, soft skills and community leadership.

Serving a billion people

Gurudev says, "When the heart opens up, you cannot but serve." And this simple principle explains how the movement has grown from a small group to a billion people. More than 1,20,000 children today receive education in 1,356 Art of Living free schools across 22 states.



More than 3 million farmers across 24 states have been trained in natural farming. Seventy-five rivers and streams are being rejuvenated across India, conserving 174 billion litres of water and benefiting over 3.45 crore people.



Over 8,00,000 prison inmates in 65 countries have experienced the Prison Programme. Over 100 million trees have been planted across 36 countries.

Behind one of those numbers is the story of Marco, an inmate in a Belgian prison who arrived at one of the lowest points a human life can reach: depressed, aggressive, suicidal, numbing himself with narcotics, certain that he deserved every bit of the darkness he was living in. Then he found the Prison Program. "I can't possibly describe in a few words what I felt," he wrote in a letter later. "Belongingness, tears of joy, love, and happiness overwhelmed me." He was transferred to a wing housing the prison's most dangerous inmates, and instead of retreating, he sought to inspire change within himself and those around him. Volunteers across the world sent over 400 cards and letters in response. Through those letters and phone calls and visits, he found love, and on June 1, 2011, inside the walls of a Belgian prison, Marco and his partner exchanged marriage vows. He was allowed ten guests. His first invitation went to Gurudev.

The cold corridors that had been witnesses to crime and loneliness filled that afternoon with smiles, tears, and celebration. Gurudev sent his blessings.



Taking Meditation To The World

Projected as exoticism or dismissed as something fringe, meditation remained confined to a 'cult' label for a long time in the West. In the early 1980s, when conversations of inner science were barely audible in mainstream





discourse, Gurudev embarked on a journey that would eventually shift the world's relationship with meditation. Four decades later, that journey has led to a moment of historic recognition: the United Nations declaring December 21 as World Meditation Day. To mark this historic occasion, Gurudev was invited to guide a live, global meditation and deliver the keynote address on "Meditation for Global Peace and Harmony" at the United Nations Headquarters in New York. It is rare for a spiritual movement to ripple across continents with this kind of cultural, scientific and institutional acceptance. Yet that is exactly what unfolded.

For over four decades, Gurudev had been placing meditation at the centre of ordinary daily life for millions of people across the world. In 2012, 150,000 people had meditated together in Buenos Aires in one of the world's largest meditative gatherings. The 'I Meditate' Africa movement, now in its thirteenth year, brings people across all 54 African nations together regularly in a shared moment of peace.

Closer to home, in March this year, Gurudev toured Gujarat for five days, travelling and bringing together lakhs of seekers on an inward journey with meditation, wisdom, and the joy of satsang. Seekers took back home precious memories, knowledge, depth, and a light heart in the presence of the Master.

Gurudev tirelessly travels across 40 countries, taking along the wisdom of meditation and yoga. During one of the satsangs in Vasad, Gurudev shared, "Bhagwan Krishna carries the responsibility of the whole world, yet he wears a colourful peacock feather



crown so lightly that it never appears as a burden. One can hold the responsibility of the entire world and remain smiling and light. Know that your burdens and responsibilities are not yours alone to carry. Someone else is helping you."

The Art of Living's 45 Years in Gujarat: One Among 28 States

"Today, while bombs are being dropped everywhere on earth to destroy life, you all have created a different type of bomb that will save lives for many years to come," said Gurudev while addressing people gathered at Sardar Vallabhbhai Patel Institute of Technology (SVIT), Vasad, in 2024.

The bombs Gurudev referred to were the 2,50,000 seed balls made by 5,000 participants in 1 hour at an Art of Living event named 'Seed the Earth', a feat that found a place in the World Book of Records, UK. The event promised a major reforestation effort



for a greener, more biodiverse future, with seeds including a variety of native plants, such as amla, drumstick, teakwood, arjun, marigold, sitaphal (custard apple), jamfal (guava) and asana (bija), among others.



The event was emblematic of the larger movement Gurudev has inspired across Gujarat over the last four-and-a-half decades, where spirituality has increasingly translated into collective social action. From prison reform, disaster relief, and stress-relief programs to training in natural farming, environmental campaigns, youth leadership and holistic education for marginalised communities, The Art of Living's work in Gujarat has emerged as one of the strongest examples of how inner transformation can create tangible and lasting change in society.

The Art of Living's Natural Farming program has brought back thousands of farmers from the brink of despair. They had long reeled under severe chemical dependence on fertilisers and pesticides; they were also forced to buy seeds from seed companies at regular intervals due to a lack of seed banks. All of these factors left the soil depleted, created health risks for the farmer, high costs and lower output, left a trail of painful economic loss and debt.

To counter these interrelated issues, Gurudev guided the natural farming initiative that promoted chemical-free, near-zero-cost agricultural practices, soil regeneration and natural pest management to negotiate rising input costs, declining soil health and climate-related challenges.

"If farmers of a country are happy and prosperous, then people of that country will be happy too," says Gurudev.

"Switching to natural farming saved us nearly ₹5 lakh annually, the

money that would have otherwise gone towards fertilisers and pesticides," shares Pruthvi, a former software engineer who started natural farming on his family's 25-acre land in Navsari, Gujarat.



Gurudev believes that inner peace alone can bring outer peace. Gujarat was among the earliest states where this idea found expression through sustained grassroots work. Over the years, the Art of Living programs in the state have addressed emotional well-being, social harmony, environmental sustainability, and community leadership by equipping individuals with tools to manage stress, anger, anxiety and hopelessness.

Gurudev says, "Inside every culprit is a victim crying for help; once the victim is healed, the culprit disappears." This belief drives Gurudev's extraordinary work in the world's most notorious prisons, transforming the lives of over 800,000 prisoners.

For example, in Gujarat, The Art of Living's Prison Programs have helped thousands of inmates of Lajpore Central Jail, Surat alone, access an inner peace they had never experienced before, a blossoming that carried the possibility of a new beginning. The program has also created a ripple effect within the prison, where trained inmates motivate others, making prison management easier and fostering a culture of peace and cooperation.

One of the inmates in Gujarat jails had committed 6 murders, and the Art of Living teachers were warned against going near him. But they approached him and asked him to try some breathing techniques that could help him feel calmer and better emotionally.

Though he refused at first, the teachers nudged him gently to do it together. Soon after he started

practising the Sudarshan Kriya, the jail staff noticed that he had become much calmer than before. Yet another inmate was in jail for committing 25 robberies. He was able to let go of grudges and a sense of wrongdoing with the Sudarshan Kriya practice. On bail, he is today a successful milk trader in Karnataka. Another inmate, serving a sentence for 27 murders, has been deeply moved by Gurudev's total acceptance and continues to practice meditation every day. He is currently practising natural farming in Uttar Pradesh.



Given Gujarat's deep-rooted culture of service, entrepreneurship and community participation, it is perhaps unsurprising that many of Gurudev's ideas around sustainable living and human values found strong resonance in the state. From villages to institutions, individuals have discovered tools within to navigate challenges that impede their overall growth.

As The Art of Living completes 45 years, Gujarat continues to reflect how meditation and human values can

move beyond the individual to shape communities, institutions and ecosystems. The changes may begin within the mind, but over time, they become visible as sustainable and inclusive social development.

The Cultural Renaissance

Guided by Gurudev's vision to nurture a One World Family, The Art of Living has so far organized four World Culture Festivals that brought over 70 lakh people together across Bengaluru in 2006, Berlin in 2011, Delhi in 2016, and Washington DC in 2023. There is something that happens when humanity gathers in such immensity and diversity in one place. A sudden realisation of being part of something far bigger than everyday life dawns, a sense of belongingness that people carry home long after the event. Gujarat gave that feeling a particularly vivid expression at WCF Delhi, where



over 1,500 Garba dancers from the state brought colour and rhythm to an event attended by 3.7 million people from 155 countries.

The Art of Living celebrates 45 years of service to humanity

“When the resolve is clear and the work is done in the spirit of service, every effort bears fruit,” spoke the Prime Minister of India, Shri Narendra Modi, on 10th May, 2026, during his visit to The Art of Living International Center in the month-long celebration of the 45th anniversary of the Art of Living. His words captured the journey of one of the largest volunteer-driven movements dedicated to humanitarian service, spiritual wisdom and inner peace, under the guidance of Gurudev, who recently turned 70, a lifetime “lived wholly in service of others,” as described by the Governor of Manipur, Shri Ajay Kumar Bhalla.

Hon. Prime Minister’s words seemed like a perfect manifestation of a historic speech Gurudev made at the United Nations, where Gurudev said, “I have this crazy idea to see a world without violence. This may appear Utopian, but we need to dream, and we will get there.” And today, over a billion people have rallied behind that call for peace.

countless lives across the world. Maharashtra Chief Minister Devendra Fadnavis called Gurudev “India's biggest spiritual ambassador to the world.”

The celebrations also reflected the remarkable diversity of people who have found meaning in Gurudev's work over the decades. For industrialist Ashok Hinduja, Gurudev's influence extended into the world of leadership and enterprise. Recalling Gurudev’s interactions with the Hinduja Group's global CEOs twenty-five years ago, he noted: “Gurudev's insights on leadership and management continue to shape my organisation's journey even today”.



National Award-winning actor Vikrant Massey, who is set to portray Gurudev on screen, shared a deeply personal sentiment: "I am grateful to

belonging they experienced at the ashram.

Among them, H. H. Maharani Sahib Raseshwari Rajalakshmi ji of Jaisalmer described her visit as "an out of the world experience," while H. H. Yuvraj Janmejyay Raj Singh ji remarked that the practices offered at the ashram felt "very calm and relaxing," adding that amid the distractions of modern life, it was "a really fun, cool and peaceful experience." Their voices, emerging from vastly different worlds of business, culture, spirituality and public life, pointed towards a shared experience that transcended profession or status: a sense of connection, belonging, and the possibility of inner peace.

In all, 678 distinguished visitors arrived across the month, including the Hon. Prime Minister, the Hon. Vice President, five Union Cabinet Ministers, six Chief Ministers, four Ministers of State, nine Governors, twenty-eight of the country's leading industrialists, celebrated film personalities, and members of royal families, and lakhs of Art of Living volunteers and devotees from around the world.

But what drew so many people to Gurudev? The answer is reflected in what the superstar Rajnikanth said with the simplicity of someone speaking from genuine feeling: "When I sat beside Gurudev, not a single person even looked at me. They were all so focused on him. That is the power of spirituality. Stardom comes and goes. But spiritual stardom is supreme."



The scale of what had grown from a small initiative in 1981 was not lost on the country's leaders. While inaugurating the Dhyan Mandir, a splendid meditation hall at the ashram, Prime Minister Shri Narendra Modi compared The Art of Living to a vast banyan tree whose branches now touch

play the role of a personality who is my guide, my home, my Gurudev." Bhagavad Katha vachak Indresh Upadhyay reflected on the universal appeal of Gurudev's wisdom, while members of Rajasthan's royal families spoke of being moved by the atmosphere of peace, service and





The celebrations also carried a dimension that reflected one of Gurudev's deepest and most consistent commitments, the protection and revival of India's artistic and cultural traditions, particularly those that are slowly fading from public memory. This found expression in BHAHV 2026: The Expressions Summit, a five-day cultural gathering held within the Ashram that brought together leading dancers, musicians, theatre practitioners, visual artists and scholars. Rooted in texts such as the Bhagavad Gita and the Natyashastra, BHAHV moved beyond performance into deeper explorations of the spiritual and philosophical foundations of Indian art itself, placing rare and classical traditions at the centre of a living contemporary conversation rather than confining them to archival memory.

Gujarat's own Kinjal Dave brought Garba to the summit's stage, her performance radiating the vibrant folk spirit of the state with an energy that turned the space into something closer to a celebration than a concert, blending devotion, rhythm and joy in a way that reminded the audience of what these traditions were always meant to carry.



Among the many moments that defined the month-long celebration, one stood apart for the questions it left behind. Over 11,000 children who are part of The Art of Living Intuition Process came together for a striking exploration into focus, perception, and emotional balance. Children participated in blindfold reading, memory exercises, and sensory demonstrations with an ease that left educators, scientists and parents visibly intrigued and the most arresting moment came when 50 children cycled blindfolded through the curves and bends of the Ashram roads with complete confidence. Nitya Patel from Gujarat, one of the participants, described what had changed: "After practising the Intuition Process, I remain calm in every situation, and I know what decisions to take at the right time. I also used to struggle with Mathematics, but now, even without my teacher telling me the formula, I can understand it and solve the problem."



The demonstrations also captivated elite athletes, including Indian boxer Nupur Sheoran, a five-time national champion and 2025 World Boxing Cup gold medallist, who was fascinated by the potential of intuition in sport. "I want to know when my opponent is going to punch... I am

also innocent. I want to learn that! That was magic!" she said after interacting with Intuition Process teachers.

At a time when adolescent stress and digital distraction are increasingly common, the event left behind one larger question: what else might the human mind be capable of when distraction reduces and awareness expands?

The Journey Continues

Every large movement in history can be traced back to a single moment of clarity. The Art of Living began that way, in silence, beside a river, in 1982. What has grown from that silence since then is, by any measure, extraordinary. But perhaps the most remarkable thing about these 45 years is not the scale of what has been built but each life that breathes easier, each farmer who came back from the brink of losing all hope, each youth who found a reason to live and come out of depression and loneliness, each prison inmate who found freedom within the bars, each child who can tap into their intuitive potential, a discovery set to revolutionize education as we know it, each mother and homemaker who now knows she is much more than who she thought she was and who she thought she could do, each entrepreneur who knows how to dive into the endless reservoir of energy and positivity to see their dreams come true. That is what 45 years of The Art of Living has given the world. A movement for belongingness and peace.





INTERNATIONAL MEDIA HOUSE

FEELINGS
MULTIMEDIA LIMITED
Connecting India to the world...

FOLLOW US ON



Email : info@feelingsmultimedia.com

Website : www.feelingsmultimedia.com

Awards

Movies

Event

Realty

Finance

Export

Travel

૨૯ વર્ષ, ૫૫ દેશો, ૪૦ લાખથી વધુ વાચકો સારું વાંચન એ આત્માનો ખોરાક છે

ફીલિંગ્સ મેગેઝિનની વિશેષતાઓ

- સકારાત્મક, રસપ્રદ, સચોટ માહિતીસભર અને ગુણવત્તાયુક્ત લેખોનો ખજાનો
- રાષ્ટ્રીય, આંતરરાષ્ટ્રીય અને વિવિધ મહત્વપૂર્ણ ઇવેન્ટ્સની જાણકારી
- ઉત્કૃષ્ટ લેખકોની ટીમ સાથે દરેક અંક લાઇફટાઇમ કલેક્ટર એડિશન
- ફેમિલીમાં દરેક જણ વાંચી શકે અને જ્ઞાન સમૃદ્ધ કરી શકે



Subscription Offer

1 Year Subscription
INDIA
₹ 1100



Subscription Offer

1 Year Subscription
ABROAD
US \$100

ચાલો, જાણીએ દિગ્ગજ મહાનુભાવોની 'ફીલિંગ્સ'...

અમારા પ્રેરણાસ્ત્રોત...

વડાધ્યક્ષ શ્રી નરેન્દ્ર મોદી, ભારત
અનન્ય ધર્મના આગેવાનોને એકત્રીત કરીને
એક સાથે એકબીજાની સાથે સમીપતા
અને સહકારના સંદેશો આપવાનો પ્રયત્ન
આપણે કરીએ છીએ. તેની ઉત્તરે સમગ્ર
માટે હાર્દિક શુભકામના.



વિશ્વ વંદનીય 'પૂ. પ્રમુખ સ્વામી
શ્રી' શ્રીમદ્ ભગવાત ગીતાના આગેવાનો
એકત્રીત કરીને એક સાથે એકબીજાની
સાથે સમીપતા અને સહકારના સંદેશો
આપવાનો પ્રયત્ન આપણે કરીએ છીએ.
તેની ઉત્તરે સમગ્ર માટે હાર્દિક શુભકામના.



Amitabh Bachchan
Hearty congratulations to
Feelings Magazine for covering
wonderful stories.



પૂ.પા.શ્રી વજરાધિકારી મહોદયશ્રી
'ફીલિંગ્સ' મેગેઝિન પોતાના અદ્ભુત-
અદ્ભુત સંસ્કાર, વિશ્વ, પ્રામાણિકતા,
સચોટતા અને સાચી વાતોનો અંશરૂપ
કાર્ય છે. સમગ્ર માટે તે એક અસંખ્ય
ભેદ છે. તેમાં પ્રકાશિત થતા વિશ્વ વિચારો
સંતોષ તથા આનંદ આપનાર છે.



પૂર્ણ મોહનભાઈ
સાચી પાઠશાળાની સાથે એક સાથે એકબીજાની
સાથે સમીપતા અને સહકારના સંદેશો
આપવાનો પ્રયત્ન આપણે કરીએ છીએ.
તેની ઉત્તરે સમગ્ર માટે હાર્દિક શુભકામના.



પ.પૂ. દ્વારેશભાઈ મહારાજ
ભગવાત ગીતાના આગેવાનોને એકત્રીત કરીને
એક સાથે એકબીજાની સાથે સમીપતા
અને સહકારના સંદેશો આપવાનો પ્રયત્ન
આપણે કરીએ છીએ. તેની ઉત્તરે સમગ્ર
માટે હાર્દિક શુભકામના.



પ.પૂ. ધીરજીભાઈ મ.સા.
ગુણવત્તા અને સચોટતા સાથે
આપણે એક સાથે એકબીજાની સાથે
સમીપતા અને સહકારના સંદેશો આપવાનો
પ્રયત્ન આપણે કરીએ છીએ. તેની ઉત્તરે
સમગ્ર માટે હાર્દિક શુભકામના.



રાષ્ટ્રવંદ્ય પૂર્ણ સુરેશ્વર શ્રી નામુનિ મ.સા.
હિલ હોય તેને જ હિલ થાય ફીલિંગ્સ
પરિવારની પ્રગતિ...સુખ પ્રાપ્તિ અને
પ્રસાદના વાગે એ જ શુભકામના.



પ.પૂ. ધીરજીભાઈ મ.સા.
ગુણવત્તા અને સચોટતા સાથે
આપણે એક સાથે એકબીજાની સાથે
સમીપતા અને સહકારના સંદેશો આપવાનો
પ્રયત્ન આપણે કરીએ છીએ. તેની ઉત્તરે
સમગ્ર માટે હાર્દિક શુભકામના.



પ.પૂ. નમણ સમગ્ર
ફીલિંગ્સ તેની પ્રગતિ સાથે
સમગ્ર માટે હાર્દિક શુભકામના.



સામાજિક-આર્થિક અને માનસિક સમસ્યાઓથી ઘેરાયેલા વ્યક્તિઓને સહાયારો પૂરું પાડવું

'ફીલિંગ્સ ફાઉન્ડેશન'

'ફીલિંગ્સ' ફાઉન્ડેશન ચલુદાન, અન્નદાન, ઓર્ગન ડોનેશન
તેમજ શાકાહારી ભોજનના પ્રચાર-પ્રસાર માટે અવિરતપણે અનેક
લોકોના જીવનમાં અજવાળું પાથરવાનું કાર્ય કરે છે.



જે મનોદિવ્યાંગ બાળકો ઘરની
બહાર ન નીકળી શકતા હોય તેવા
અશક્ત કે અસમર્થ બાળકો માટે હવે
ફીલિંગ્સ ફાઉન્ડેશન દ્વારા તાલીમી
નિષ્ણાંતો તેઓના ઘરે પહોંચી
જરૂરી તાલીમ પુરી પાડશે.

તાજેતરમાં વિશ્વના અનેક દેશો મોંઘવારીનો
સામનો કરી રહ્યા છે ત્યારે ભારતમાં પણ
મોંઘવારી અને બેરોજગારીના કારણે અનેક
પરિવારોની સ્થિતિ ખરાબ થઈ છે. ઘણા
લોકો આર્થિક, સામાજિક, માનસિક
સમસ્યાઓથી ઘેરાઈ ગયા છે. જ્યારે તેમની
સમસ્યાનો કોઈ ઉકેલ નજરે ન પડતાં, હતાશા
અસહ્ય બનતાં, જીવલેણ પગલાં ભરી દઈ
પરિવારજનોને પણ મુશ્કેલીમાં મુકતા હોય છે.

આવી મૂંઝવણભરી સમસ્યાના
ઉકેલ માટે તથા મદદ પૂરી પાડવાનું કામ
'ફીલિંગ્સ' પબ્લિકેશન દ્વારા પ્રેરિત 'ફીલિંગ્સ
ફાઉન્ડેશન'ના સ્થાપક પ્રમુખ શ્રી અતુલભાઈ
શાહના નેતૃત્વ અને માર્ગદર્શન હેઠળ તેમની
ટીમ કરી રહી છે.

'ફીલિંગ્સ' મેગેઝિનનું વિશ્વમાં
પપથી વધુ દેશોમાં નેટવર્ક હોવાથી 'ફીલિંગ્સ
ફાઉન્ડેશન'ના બેનર હેઠળ નોકરીની
જરૂરિયાત હોય તેવા લોકોને ફીલિંગ્સ તેના
બિઝનેસ નેટવર્કની મદદથી કોઈપણ પ્રકારના
ક્ષેત્રમાં નોકરી કરવા ઈચ્છતા યુવક-
યુવતીઓને તેમના ક્ષેત્રિક્ષેત્રને અનુરૂપ
નોકરી શોધી આપવામાં સહાય કરે છે.

'ફીલિંગ્સ ફાઉન્ડેશન' ચલુદાન
તેમજ શાકાહારી ભોજનના પ્રચાર-પ્રસાર
કરી પોતાનું સામાજિક ઉત્તરદાયીત્વ એક
સેવાભાવી સંસ્થાને અનુરૂપ નિભાવવાનું
ઉત્કૃષ્ટ કાર્ય કરે છે. એક અદ્ભુત પ્રમાણે દેશમાં
૫૦ લાખથી વધારે અંધજનો તેમના
જીવનમાં પ્રકાશ રેલાય તેની રાહ બેઠે રહ્યાં
છે. આ ફાઉન્ડેશન વિવિધ માધ્યમોનો સહારો

લઈને લોકોને એ હકીકતથી વાકેફ કરે છે કે
કુવિમ રીતે ન બનાવી શકાતી કે લાખો રૂપિયા
આપવા છતાં ન મળતી આંખો, મુન્યુબાદ
શરીર સાથે બળી બચ છે કે દટાઈ બચ છે.
તેના બદલે મુન્યુ બાદ બે તે દાન કરવામાં
આવે તો બીજી નેત્રહીન વ્યક્તિના
અંધકારમય જીવનમાં પ્રકાશ પાથરી શકાય
છે! નેત્રદાન માટેના આ પ્રયાસોને સફળતા
મહાન અભિનેતા અમિતાભ બચ્ચને પણ
બિરદાવ્યા છે.



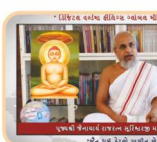
માનસિક વિકલાંગ બાળકોના
પેરન્ટસને તેમના ભવિષ્યની ચિંતા
ખૂબ સતાવતી હોય છે. તેઓ જ્યારે
ઘણા નહીં હોય ત્યારે તેમના
બાળકોની દેખરેખ અને સાચવણી
કોણ કરશે? 'ફીલિંગ્સ ફાઉન્ડેશન'
દિવ્યાંગ તેમજ માનસિક અસ્થિર
વ્યક્તિઓ માટે એક વિશેષ કેમ્પસ
ઊભું કરવાનું આયોજન કરી રહ્યાં છે
જેથી કરીને દિવ્યાંગ વ્યક્તિઓને
રહેવા-જમવાની તથા સારવારની એક
ઉત્તમ વ્યવસ્થા થઈ શકે.

મોર્ટિંગ અને પ્રમોશનની આ
દુનિયામાં માંસાહાર વધુ પોષણવાળો હોવાનો
ભ્રામક પ્રચાર કરવામાં આવે છે જેના કારણે
આજે જીવહત્યાનું પ્રમાણ ખૂબ જ વધી રહ્યું
છે. ત્યારે લોકોને શાકાહાર અને પ્રકૃતિ તરફ
વાળવા માટે 'ફીલિંગ્સ ફાઉન્ડેશન'
શાકાહારની હિમાયત કરનારા, વિશ્વના
અગ્રણીઓના વિચારોને 'રનકશિકા'
પુસ્તિકા દ્વારા લોકો સુધી પહોંચાડે છે.

વિશ્વવ્યાપી નેટવર્ક હોવાથી દેશ-
વિદેશમાં લગ્ન માટે યોગ્યપાત્રની પસંદગી
કરવામાં પણ ફીલિંગ્સ મદદરૂપ થઈ શકે છે.
આપનો બાયોડેટા ફીલિંગ્સ કાર્યાલય પર
મોકલી શકો છો.

મિત્રો, શુભેચ્છકો અને સૌ માટે
પરમાર્થે ઉપયોગી થવાની ભાવનાવાળા તેમજ
સંબંધીઓનો પ્રોત્સાહક સહયોગ મેળવવામાં
નસીબવંતા શ્રી અતુલભાઈ શાહ આ કાર્યને
પ્રતિષ્ઠા હાંસલ કરવાના સાધનરૂપ માનવાના
બદલે સેવાભાવે સહજ પરમાર્થરૂપે કરે છે.
તેઓનો જીવનમંત્ર છે કે સમાજે આપણને
ઘણું આપ્યું છે ત્યારે સમાજને ઉપયોગી
બનવાની ભાવનાથી તેઓ 'ફીલિંગ્સ
ફાઉન્ડેશન'ના માધ્યમથી મદદરૂપ થઈ શકે છે.
વધુ માહિતી માટે આપ 'ફીલિંગ્સ
ફાઉન્ડેશન'નો નીચેના નંબર પર સંપર્ક કરી
શકો છો.

Helpline
Whatsapp No : +91-98253 28488
feelingsfoundation2010@gmail.com



જેમાં તમને તમારા મોબાઈલ કે કોમ્પ્યુટરના સ્ક્રીન પર મળશે
વિશ્વભરની અવનવી માહિતી, અનેક વિશિષ્ટ મહાનુભાવોની મુલાકાતો અને તે સિવાય ઘણુંબધું...

FOLLOW US ON

આજે જ સબસ્ક્રાઈબ કરો ફીલિંગ્સ ગ્લોબલ મીડિયા
@feelingsglobalmedia



Let's Connect

Advertise in the Next Edition of
Feelings Post

Reach Your Target Audience

Budget friendly pricing

Your Ad. Your Story. Their Impact.

Contact us now to promote your business effectively!

Khyati Shah
+1 (404) 952-5304
feelingspost@feelingsmultimedia.com
connect.feelingspost@gmail.com /
info@feelingsmultimedia.com

Join WhatsApp

Follow us: FeelingsPostUSA

Great Exposure
Get noticed by the right audience

Creative Ad Design
Visually appealing. Impactful results.

Engaging Content
Stories that connect and convert.