

One unassuming afternoon with a faint weather and a somber mood! One by one, participants of Spirit-U-All™ arrived at Nalanda Center. Spirit-U-All™ started at the scheduled time and suddenly the mood, feel and emotions took a detour and brought a calm and piousness to the whole space. It felt as if everybody knows what is going to be happen and a deep knowing prevailed in the atmosphere.

Facilitators lay bare the facts of the forum and it was open to participants for their turn to bring into the space their unique life questions. It started with each person sharing his/her experience of the unique space and journey of Aashwasan, which later on slid into a little deeper aspects of each one's feelings and pain. Yet again another level of depth happened when they all shared about the relation with themselves and TRUST emerged as one common pain that resides in every heart - painful moments where they could not hold back their trust due to the hurt they went through and the walls they created around them to protect themselves from not hurting again. It was astonishing to see that even in the group of strangers, we can still openly share and express our life's deep most pain. Because at some point when we converge on the connect with nature, we never feel alone.

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

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