

I was carrying on with my life focusing only on my own existence and those of my loved ones

Workshop : Rising Point

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I was carrying on with my life focusing only on my own existence and those of my loved ones. I was blissfully unaware of how my actions were affecting others and how its' repercussions were coming back to me, catching me unaware. Rising Point helped me understand my relation with the Universe and with all my fellow beings, thereby making me "think before I act" and "respond instead of react"! A big THANKS to my facilitator for introducing me to a new and amazing world and for helping me bring about greater clarity and meaning to my struggling existence ! **Pratiksha Srikar**