

# HEART of matter

This is a series of reflective conversations that dwell on holistic living, wellness, history, philosophy, literature, art and culture. Presented by InKo Centre as quarterly editions, in association with partner organisations, these direct and inspirational conversations will focus on lived experience rather than theoretical abstractions.

We invite you to explore what lies at the heart of matter, what matters most and why.

Join AVIS and Vaani in conversation with our special guests who share their extraordinary life stories of grit, courage and determination.

6.00 pm on Saturday, 18 March 2017, at InKo Centre.

## HEART of matter

In Edition Six of Heart of Matter – Happiness Conversations, we have three guests who have learnt to cope with Life, despite their own upheavals, largely debilitated by abuse, either self-inflicted or imposed. And yet, three life journeys that are incredible for the courage and grit they radiate.

How do you cope with abuse? Can the resultant trauma be even articulated let alone redressed? How then do you pick up the threads of your life, move on and, most importantly regain equanimity and stay centred?

**Sharada Vijay** suffered physical and emotional abuse at the hands of her boyfriend for over 6 years. Then when she mustered the courage to break away from this torturous relationship and marry a man of her parents' choice, that marriage failed for lack of compatibility. The boyfriend resurfaced to threaten and blackmail her. Sharada finally decided to face her fears and her tormentor. She conquered her depression by immersing herself in writing which was her passion. She is now a well-known writer! Hers is a story of grit, of letting go to find meaning and happiness.

**Arun Oliver** suffered several emotional setbacks as his father's once expansive business empire went bankrupt. Thinking that marriage will heal him, he went into an alliance arranged by his family. But he soon started harassing his wife asking her to arrange start-up capital for a new business from her father. His fragile emotional state further drove him to alcohol abuse. Even as he struggled to kick the habit, his spendthrift nature resulted in running his decade-old trading enterprise to the ground. When he went into rehab and came out sober, he was besieged by guilt and grief. He is now emerging from the shadows, picking himself up to carry on his life's journey with courage and purpose.

**SG's** beautiful marriage was rocked by the abusive relationship that his parents had with his wife's parents. Soon, the daily internecine fights between the parents began to tell on the young couple. Unable to bear the stress, SG's wife committed suicide. Her parents had SG booked for abetment of murder. He ended up serving time in jail. Coming out, SG fought a lonely battle to redeem himself. Still emotionally drained by the turn his life took, SG, who is an accomplished Investment Advisor, is learning to let go of his grief and make a new beginning.

Three stories of stoicism in the face of life-numbing situations. But also, three examples of the invincibility of the human spirit that does not stop believing that there is light, at the end of what may seem, an endless dark tunnel. Come, join us for Edition Six of Heart of Matter – Happiness Conversations, on Saturday, March 18, 2017, at InKo Centre. As our guests share their life journeys, they are sure to help us reflect on the opportunities that each of us have to be happy, *despite* our circumstances.

### About the Curators - Vaani Anand & AVIS Viswanathan

Vaani and AVIS are Life Coaches and Happiness Curators. AVIS has also written a Book, "Fall Like A Rose Petal", in which he shares the spiritual lessons of happiness and contentment that he and his family have learnt from living through a bankruptcy - braving fear and pennilessness. Vaani and AVIS will be in conversation with our special guests, while sharing their learnings from Life on happiness.

\* As we do not have parking facilities at our premises, we request all guests to disembark at the gate and call for their vehicles as required, after the programme. Thank you for your understanding.