We are officially in the month of Love!

And though February brings with it an air of romance, roses, candies and all things cupid... a time when the air is cool and the hearts warm up to each other...not many are aware that this is also the month which takes its name from the Latin word *Februarius* meaning to ‘purify’ or ‘expiate.’

In ancient Rome, *Februarius* was the "Month of Purification" and great festivities were held to re-establish the empire's focus on righteous living. Cool, isn’t it?

So, while you confess your love to your near and dear ones, shower them with gifts galore, I propose to you that you first love yourself, purify what you need to and expiate all that hinders your way forward. And when you do that you will also find that you can love better than before. I can bet you my life that you will find a difference!

Sages with ancient wisdom have said that the Body is purified by water, Ego by tears, Intellect is purified by knowledge and the Soul is purified with love. It is only when you look at things with soulful & wholesome love that you get to experience true Joy & Peace, which are higher expressions of Love.

I am deep into change-work & alternative healing modalities, and the more I explore these, the more convinced I am that each of us is capable of living a life of bliss. All that we need is to detox our minds and direct our vital energies to work for our wellbeing.

And whilst I leave you now to ponder over the thought and to read what we have fondly put together in this newsletter; I wish that life loves you in all its grandiose ways and that you equally love it back with a huge huge smile.

Let Love Prevail!!!