

Monthly Newsletter

ACHARYA BOARD

◆
29 May 2026



Mohanji's message

Good communication is when you don't judge others. You don't criticise others. You don't gauge others.

You can talk to people as you talk to yourself. You should also talk in the mirror and look at your face when you are angry, when you are upset, when you are loving. See in the mirror how you look and understand this is what the world is seeing.

Spend some time in front of a mirror and start talking. Imagine the mirror.

This brings awareness:

"Oh, this is how I am responding. This is how I'm reacting. This is how I'm talking. This is how I am hurting..."

The moment you realise that, you will be able to correct things much more easily.

On our path, the Raja Yoga path, silence holds great value.

Mohanji

In this newsletter
you can expect:

Mohanji's message

Acharya Board
Highlights

Know your Acharya:
Pooja Seth, Mohanji
Acharya

A video by Mohanji

Upcoming events

A message -
Newsletter team

Acharya Programs

ACT Foundation UK
Award





Acharya Board Highlights – Commitment and Collective Participation

- Mohanji’s Zoom meeting with Active Acharyas and Apprentice Acharyas gave much-needed clarity, direction, and fire to move forward with stronger commitment and purpose.

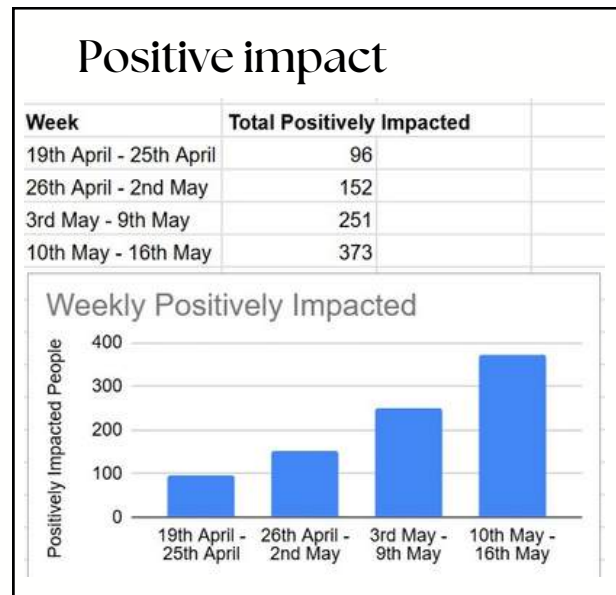
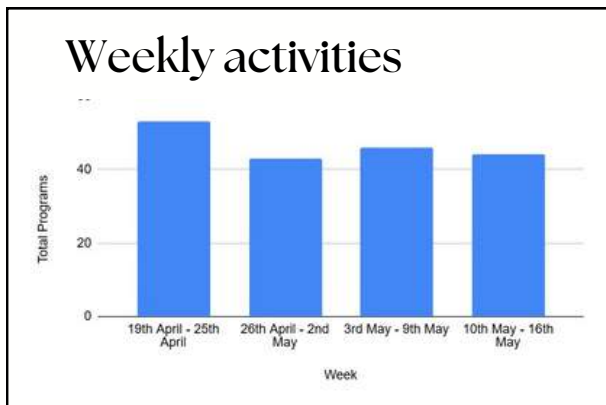
- The focus on local, in-person, consistent outreach was strengthened through Mohanji’s example of simple initiatives like “Yoga in the Park every Sunday”.

- The 4-Week Connection & Engagement Journey supported Acharyas and Apprentice Acharyas in identifying contacts, initiating conversations, and creating new outreach possibilities.

- The Transformation Room continued as a reflective space to integrate Mohanji’s teachings into daily life.

- The role of the Acharya Board was reinforced — to represent, support, and strengthen Acharyas and Apprentice Acharyas, and help take Mohanji’s teachings to people in a practical and understandable way.

As we move forward, let us continue to show up consistently, connect locally, support each other, and create real impact through Mohanji’s teachings.



Know your Acharya



Pooja Seth, Mohanji
Acharya

Hi everyone, my name is Pooja and here is a little about me — the thing I enjoy most is being alone. I have always enjoyed my own company. I love spending time with myself and never compromise on my me-time. At the same time, I am incredibly romantic. I love romance and probably watch or read far too many romantic books and movies. Some of my favourites are Notting Hill, While You Were Sleeping, Sense and Sensibility, Pride and Prejudice, and Persuasion. My most recent favourite has been Seeking Persephone. As you can probably tell, I absolutely love the Jane Austen era. There's a strong feeling within me that, in one of my previous lives, I lived in Britain during that period. Everything about it feels incredibly familiar.

I have only visited the UK once, but the moment I stepped into London, it felt less like discovering a new place and more like returning home. The high teas, the courtesy, the dancing, and the courtship — all of it feels strangely comforting to me.

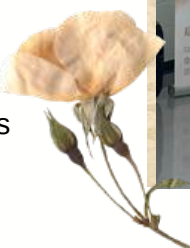
Nature and animals hold a very special place in my heart. Many weekends are spent near the water, surrounded by trees, or visiting animal sanctuaries. For the past three years, I've donated fruits and vegetables every month to a cow sanctuary. Whenever I get the chance, I also visit a donkey sanctuary. There's something deeply peaceful about being around animals, and I try to attend local events involving them whenever possible.

The stage has been part of my life since childhood, mostly through dancing. Dancing was and is my first love. I don't get to dance very often anymore, but being trained in conscious dance gives me the chance to completely lose myself in it whenever the opportunity arises.

Although I was never formally trained, I've always been a good dancer. Once, after seeing me perform, someone asked whether I would teach their child. That's how I started teaching dance for a while, though I no longer do it now.

Beyond all of this, I love arts and crafts. Learning new creative skills excites me, and I try to involve myself in as many projects as possible. At one point, I learned how to do Mehndi on candles and spent quite some time making them before eventually moving on.

That has always been one of my flaws — once I learn something and give myself fully to it, I eventually lose interest. Perhaps that's also why I rarely regret the things I leave behind. By the time I walk away, I have already loved them completely.





Does God Really Decide Whom We Become

Mohanji explains the difference between God as a human concept and as pure consciousness, while exploring karma, patterns of desire, collective consciousness, and the forces that shape human life.

Upcoming events

29 May 2026 - 31 May 2026

Experience Harmony Festival with Mohanji

[FIND OUT MORE](#)



31 May 2026

Weekly Satsang with Mohanji – Live Online Q&A Series

[FIND OUT MORE](#)



04 July 2026 - 05 July 2026

Happiness Festival With Mohanji 2026

[FIND OUT MORE](#)



15 July 2026 - 19 July 2026

Experience Bosnian Pyramids with Mohanji 2026

[FIND OUT MORE](#)



18 August 2026 - 02 September 2026

Kailash with Mohanji 2026

[FIND OUT MORE](#)



04 September 2026 - 07 September 2026

Muktinath with Mohanji 2026

[FIND OUT MORE](#)



Acharya Programs

Celebrating the Magic of Ziro (Arunachal Pradesh, India)

Sreyashi Chakraborty, Swayamprobha Ganguly, Suveetha ganeshan, Sheetal salgaonkar

The first Mohanji foundation program in the state of Arunachal Pradesh in India was conducted. Through consecutive 3 days local community people, school children and army officers participated in a joyful retreat. Through visualization techniques, power of purity meditation, heartfelt sharing and conscious dancing, participants experienced deep cleansing and nourishment of their soul.



Breathe into Victory (Denton, Tx)

Laurie Ann Amodeo

Breathe into Victory is a weekly 45-minute to one-hour program at a local homeless shelter. The main focus is the IVM program. We practice a few short breathing exercises to support emotional self-regulation. Then we review the IVM concept for that week. Depending on the mood of the group, we end by sitting quietly for 10 minutes to soft, high-vibrational music or the Freedom meditation. You have to gauge the group who shows up that week, as there are many with attention deficit, emotional and mental issues.

Conscious Gapless Breathing (Kuala Lumpur)

Chai Lai Siong

The 1st Conscious Gapless Breathing in Mandarin was conducted in Kuala Lumpur, Malaysia, on 9th May. All participants were totally new to Mohanji and experienced CGB for the first time. Mohanji was briefly introduced to the participants, followed by an HSTY yogic exercise to start the process. Pranayama was also introduced; Kapalbhata and Nadi Shodhana were demonstrated and practised with participants, providing something to take home for their daily practice.



Serenity Circles (Bangalore, India)

Arpana Nazre

A heartfelt gathering where people came together in a safe, non-judgmental space to simply be themselves and connect. In a world with fewer real-life interactions, this circle reminded us of the power of community, inner stability, and emotional balance. From fun icebreakers to a calming gratitude meditation and a deeply engaging mandala art therapy session—every moment encouraged presence, connection, and letting go. It was especially beautiful to see teenagers open up, bond, and leave with joy and a sense of belonging.



**Rise and Shine
(North West England)**

Moushumi Patankar &
Shyama Jayaseelan

A perfect rhythm of nature and its blessings surrounded us throughout the day - lush greenery beneath our feet, a clear blue sky above, and the radiant sun shining upon us, igniting our chakras and keeping us beautifully aligned with nature.

On Saturday, 9th May 2026, fifteen like-minded souls came together in Lancaster to reconnect with themselves through this heartfelt gathering.



**A Beautiful Day for the
Earth(Portage MI, USA)**

Poonam Lohmor

ACT Foundation USA Michigan Walk-a-thon – A Beautiful Day for the Earth 🌱



Plant the Future Walk-a-thon was a wonderful success! Around 55–60 people of all ages came together in support of our Fruit Tree Plantation Drive Fundraiser. Before the walk, we had the honour of presenting certificates of appreciation to our kind sponsors: Apna Food Bazaar, World of Spices, Gurdwara Singh Sabha Kalamazoo, and Michelle Leonard for creating the beautiful event T-shirts. We are deeply grateful for your generosity and support.



ACT Foundation UK award



A very proud moment in the history of ACT Foundation UK in Woodley, South East England. The award was received by Moushumi Mohanji Acharya.

Mohanji says, "Awards are not personal accolades, but validations of the path of ahimsa (non-violence) and compassion."

Mohanji believes that such recognitions confirm that the mission to transform "humankind into kind humans" is on the right track.

We are deeply honoured to receive an award for the year 2026 from the Woodley Town Council, recognising our service and contribution to the

Woodley Community in South East England. The award was presented by Councillor Darren Smith, Town Mayor of Woodley. Our heartfelt gratitude goes to every ACT volunteer who works tirelessly to serve the community by giving their time, energy, resources, and love in abundance. This recognition belongs to each one of you.

