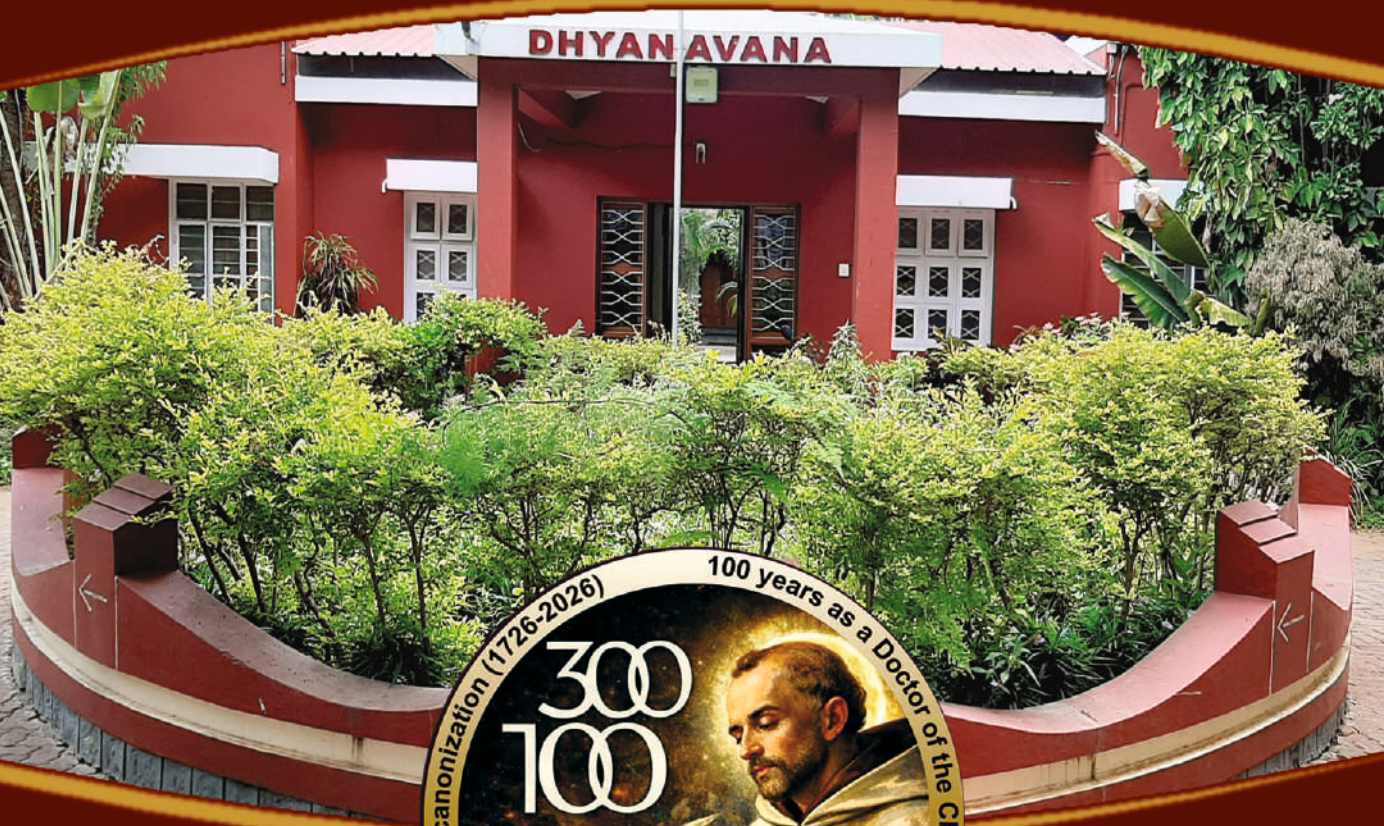


# DHYANAVANA

International Institute of Spirituality, Mysore



Volume 29  
**2025-2026**

**THE SOUL'S DEEPEST DESIRE - UNION WITH GOD**

visit our website to know more about us - [www.mountcarmelmiraroad.com](http://www.mountcarmelmiraroad.com)

With Best Wishes  
from  
**MOUNT CARMEL  
SCHOOL**  
MiraRoad, Thane



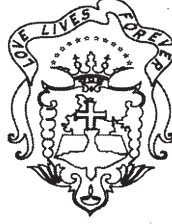
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Near St. Joseph Church, MiraRoad (E), Thane - 401107



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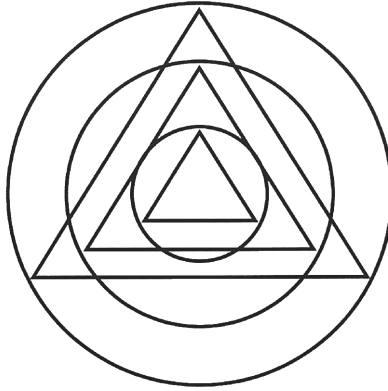
**DHYANAVANA**



# **DHYANAVANA**

**International Institute of Spirituality, Mysuru**

Associated to the Pontifical Institute of Spirituality 'Teresianum', Rome;  
and St Philomena's College (Autonomous) Mysuru



**2025-2026**  
**VOLUME 29**

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## *From the Editor's desk ...*

### *"The Soul's Deepest Vocation – Union with God"*

Why does man exist? This timeless question has engaged philosophers and theologians across cultures and centuries. Many have offered answers based on their own systems of thought. Yet Christian faith proposes a profoundly simple and transformative truth: human life finds its purpose in knowing and loving God. From our earliest catechism lessons, we learned that "God made me to know Him, to love Him, and to serve Him." This is not merely a statement of belief but the very foundation of human existence.



In Christian theology, human beings are created in the *Imago Dei* the image of God (Genesis 1:26–27). This divine imprint gives every person a unique dignity and an innate capacity for a living relationship with God. It is this relationship that leads us toward our ultimate destiny: union with Him. Union with God is the summum bonum, the highest good and final fulfillment of human life. It is the goal toward which every longing of the human heart is directed, even when we are not fully aware of it.

Throughout Christian history, mystics and spiritual writers have consistently affirmed that the soul's deepest vocation is this divine union. They teach that even in this earthly life, one can experience a foretaste of the eternal joy that awaits in heaven. The Carmelite tradition, especially through the wisdom of St. John of the Cross and Teresa of Ávila, emphasizes the profound truth that God dwells within the human soul. The spiritual journey, therefore, is not primarily outward but inward. It is a pilgrimage of the heart.

This year holds a special significance for the Carmelite family and for all who draw inspiration from the mystical heritage of the Church. We commemorate the 300th anniversary of the canonisation of St. John of the Cross and the 100th anniversary of his declaration as Doctor of the Church by Pope Pius XI. These jubilees invite us to rediscover his profound teaching and renew our commitment to the contemplative path he illuminated. His life and writings continue to guide

## DHYANAVANA

countless souls toward deeper intimacy with God, reminding us that the journey to union is marked by faith, love, purification, and hope.

In the writings of John of the Cross, the soul cries out, “Where have you hidden?” This longing expresses the deepest human desire for divine communion. Yet the saint reminds us that God is not distant. He is hidden in the innermost being of the soul. To find Him, we must seek Him with love. Prayer becomes both the path and the ascent—the climb toward the summit of Mount Carmel. Through contemplative prayer, purification, and surrender of self-will, the soul is gradually drawn into the mystery of God. Mystical contemplation, therefore, is not an escape from life but a living encounter with the living God.

We are ultimately destined to enjoy the eternal bliss of the Trinity in the beatific vision. Yet, even now, we are invited to taste that joy. This invitation calls us beyond superficial comfort and mediocrity. As St. Augustine of Hippo reminds us, “Our hearts are restless until they find rest in You.” True peace is found only in God.

At the DhyanaVana International Institute of Spirituality, we seek to nurture this journey of the heart. Our formation is not merely academic but deeply holistic. Here, young religious from diverse congregations, cultures, and traditions come together to grow in prayer, study, and community life. Intellectual rigor meets contemplative depth. Dialogue fosters mutual enrichment. Shared experiences inspire transformation. In this sacred space, future leaders are shaped with divine experience, wisdom, persistence, and a profound sense of mission.

This magazine offers a glimpse into the vibrant life of our community—our initiatives, achievements, shared moments, and the grace-filled experiences that shape us. It is a testimony to the living tradition of spiritual renewal that continues to guide and inspire.

May each of us rediscover our deepest calling: the call to union with God. For we are not made for comfort alone, but for communion. The promise of Scripture remains ever true: “If you seek Him, He will be found by you” (1 Chronicles 28:9). Our Lord assures us, “Seek and you will find” (Mt 7:7). God Himself is our greatest reward. When we have Him, we have everything.

May this sacred jubilee year inspire us to walk the inner path with renewed zeal, until we reach the summit of love and rest in the One who already dwells within us.

**Fr. Ajith Rodrigues, OCD**  
Dean of Studies

## *From the Director's*

It gives me immense joy to present this year's Annual Magazine of our Institute for Holistic Spirituality, centered on the profound and timeless theme inspired by the mystical writings and teachings of St. John of the Cross: *El deseo más profundo del alma: Unión con Dios* - "The Soul's Deepest Desire – Union with God."



In our age marked by restlessness, fragmentation, and the relentless pursuit of superficial fulfillment, the voice of St. John of the Cross echoes with remarkable clarity and urgency. He reminds us that beneath every human longing - whether for love, success, recognition, or peace - there lies a deeper, often unarticulated yearning: the desire for communion with the Infinite, the Supreme. The human soul, created by God and for God, finds its ultimate rest not in passing consolations but in transforming union with the Divine Beloved.

St. John of the Cross, especially in his masterpiece *The Dark Night of the Soul*, teaches us that the journey toward union is not always luminous or emotionally consoling. It often passes through purification, silence, surrender, and what he famously calls the "dark night." Yet, this darkness is not abandonment; it is a sacred space where God gently detaches the soul from lesser attachments so that it may be filled entirely with divine love. In this mystery, suffering becomes redemptive, emptiness becomes openness, and longing becomes the very path to fulfillment.

We understand "holistic spirituality" as the harmonious integration of body, mind, heart, relationships, and spirit in the light of God. The teaching of St. John of the Cross challenges us to go beyond external religiosity and psychological comfort toward authentic interior transformation. True union with God is not an escape from the world, but a deeper engagement with it - seeing reality through the eyes of love.

## DHYANAVANA

Union with God is not reserved for mystics in cloisters and monasteries. It is the vocation of every baptized person, every consecrated religious, and every seeker of truth. It unfolds in daily fidelity, contemplative prayer, loving service, and courageous self-giving. The more we allow God to purify our desires, the more we discover that our deepest desire has always been God Himself.

As we journey through the pages of this magazine, may we find inspiration, insight, and renewed hope. May the reflections, articles, and testimonies gathered here encourage us to listen more attentively to the silent longing within our own heart and may that longing lead us, step by step, into a deeper communion with the One who first loved us.

Let us continue to walk together as a community of believers and seekers - embracing silence, welcoming transformation, and trusting that even in the dark night, divine love is at work.

With prayerful wishes,

**Dr. Rathan N. Almeida, OCD**

Director



# DHYANAVANA

**Most Rev. Dr Francis Serrao SJ**  
Bishop of Mysore



**SANMAARGI**  
**MYSORE DIOCESAN BISHOP'S HOUSE**  
# 3845/M2, Nelson Mandela Road  
Rajamaarga, Near Highway Circle  
Bannimantap 'C' Layout

**Ref. No. :**

**Message**

**Date : .....**

One could not have perhaps chosen a better term to denote the sacred space of seclusion, solitude and silence, that shelters, shepherds and shapes scores of souls every year, into becoming contemplatives in action, by offering them a conducive, calm and contemplative climate, than "Dhyanavana", which is a veritable oasis of repentance, renewal and rejuvenation for those who are thirsting for the springs of living waters, right in the midst of the desert of noise and distraction that Mysore city has become.



"Dhyana" is more than mere meditation in the conventional sense. Rather, it is, what St Ignatius of Loyola calls, "praise, reverence and service of God", or, better still, "interior taste and relish". Dhyana is encountering, experiencing, being enchanted by and engrossed in the divine, leading to awe, amazement, adoration, attachment and abandonment. It is, as that superb and incomparable mistress of prayer, St Teresa of Avila would perhaps put it, "loving much". It is a systematic, slow and steady work of digging a well in the garden in search of underground springs that may water the garden of our soul so that there will be an abundance of flowers and fruits in the garden.

Garden! Forest! A placid, peaceful, and pleasant place of seclusion, silence and solitude! This is exactly what the word "vana" means. This is exactly what Dhyanavana claims to be. This is exactly what Sts Teresa of Avila and John of the Cross desired. It is to the eternal credit of the Carmelite Fathers that they have resolutely resisted the relentless rampage of unplanned urbanization that turns pristine pastures into concrete jungles, and have preserved, protected and

## DHYANAVANA

promoted for us all, a haven of harmony replete with verdant vitality and variety as a soothing salve for sore, solitary, sinful and sorrowing souls.

I congratulate and thank the Carmelite Fathers for their signal service to the Church in general and to the Diocese of Mysore in particular from this blazing furnace of contemplative prayer called Dhyanavana. May the light and the warmth of this flame spread wide in ever larger circles and ever increasing waves, till the burning desire of the Lord to see that the whole world is afire with God's love is realized.

31 January 2026



*Francis Serrao S.J.*  
✠ Francis Serrao S.J.  
Bishop of Mysore

0821 - 2443545 (0)

E-mail: [bishop@mysorediocese.com](mailto:bishop@mysorediocese.com) I [www.mysorediocese.com](http://www.mysorediocese.com)

# DHYANAVANA



CASA GENERALIZIA CARMELITANI SCALZI  
CORSO D'ITALIA, 38 - 00198 ROMA



Saint John  
of the Cross  
2026

## International Institute of Spirituality

DHYANAVANA - Mysore

At the end of this academic year 2025-2026, I would like to express my gratitude to our DHYANAVANA institute. Words are always inadequate to express my gratitude, appreciation and deep joy when it comes to work carried out in this garden of spirituality and training that is DHYANAVANA.

I am grateful to all the students who, since 1997, have benefited from the teaching, support, guidance and wisdom offered by this family home. I know that more than 5,000 students have passed through the institute in the various courses, classes and retreats, etc.

I would like to express in three words my closeness as a father and brother to all of you who are part of this institution: heartfelt thanks, much encouragement and a blessing to continue being a place of wisdom, of openness to the ever-fascinating truth of God, of the human being, of the meaning of life, of the experience of our mystics, of deep and contemplative prayer, of friendship with Jesus, a school of the Gospel and of theological life.

Thank you to all the teachers, animators and those of you who have responsibility, for your commitment and your tireless and caring dedication, attentive, close and friendly accompaniment to each of the students. As a reflection of God's closeness to each one. My recognition and pride in all of you.

Also to all those who, in a less visible and more hidden way, contribute to the maintenance of the house and the well-being of those who live in DHYANAVANA. Those who clean, cook, care for and prepare the small details.

To all of you, my gratitude, my closeness and my blessing. God is the only one who knows how to repay you as you deserve. To His Father's heart I entrust the life of each one of you.

**In grateful communion, I bless and embrace you all.**

**Rome, 22 February 2026**



*Miguel*



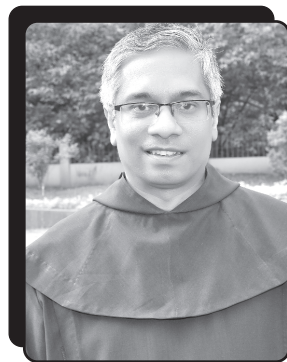
fr. Miguel Márquez Calle  
Superior General OCD



DISCALCED CARMELITES  
KARNATAKA-GOA PROVINCE

**19 February 2026**

Dhyonavana, International Institute of Spirituality, is at the threshold of completing another successful academic year, with the convocation to be held on 21 March, 2026. I join the community of friars and all the students, in thanking God for His steadfast love and blessings over the past 29 years.



The year 2026 stands before us as a profound moment of grace for the Carmelite Family. We commemorate two significant milestones connected to our Holy Father St John of the Cross: the third centenary of his canonization and the first centenary of his proclamation as Doctor of the Church. These anniversaries invite us not merely to remember a great Carmelite saint, theologian, and mystic, but to enter more deeply into the heart of his message and to ask ourselves a fundamental and searching question: What is the true and deepest desire of the human soul?

St John of the Cross gives a clear and uncompromising answer: the soul's deepest desire is union with God. Everything in his life, writings, and teaching revolves around this single truth. As a mystic, poet, reformer, and spiritual guide, St John shows us that union with God is not the fruit of intense activity, external success, or even spiritual enthusiasm alone. Rather, it is born through purification, surrender, silence, and love. The spiritual journey, as he presents it, unfolds through the purgative, illuminative, and unitive ways, each stage drawing the soul ever closer to complete transformation in God.

St Teresa Benedicta of the Cross (Edith Stein), the patroness of Dhyonavana, was greatly influenced by this mystic. When she made her religious profession on 21 April 1938, she had the words of St John of the Cross printed on her devotional picture: "Henceforth my only vocation is to love." Her final work, was a commentary on the writings of St John of the Cross and titled, the Science of the Cross, which developed the specifically Carmelite understanding of the depths of the soul, already of interest to Stein in her early work.

## DHYANAVANA

May this centenary celebration renew within us a deeper fidelity to this path, so that our lives - whether hidden or visible - may truly become living flames of love, burning quietly and faithfully for the Church and for the world.

I congratulate all the students who have attended the Diploma / Certificate Course in Spirituality. It is such a joy to witness the moment you step out, after this spiritual renewal programme at our Institute, to continue your mission in the Church and the world at large. On behalf of the Karnataka-Goa Province, I sincerely acknowledge the service and management by our three friars: Fr Rathan Almeida (Director), Fr Ajith Rodrigues (Dean) and Fr Nikesh D'Souza (Bursar), with the assistance of the domestic staff, especially Miss Lynn Fleury (office secretary), who have seen to the smooth functioning of the Institute and the courses, all through the year. May God bless you and be your reward.

*Fr. D. Souza*

Fr Silvestre D'Souza OCD  
Provincial Superior



## “The Soul’s Deepest Desire – Union with God”

**Dear Fr Director, Staff and Students,**

With deep gratitude to God and profound joy of spirit, I extend my heartfelt greetings to the Director, the dedicated staff, and the students of Dhyanaavana Spirituality Centre on the occasion of your Convocation Day and the release of this annual magazine. This sacred moment of reflection and thanksgiving becomes all the more meaningful as we, the Carmelite family, celebrate a year of exceptional grace: the third centenary of the Canonization of St. John of the Cross (1726) and the first centenary of his proclamation as Doctor of the Church (1926).



The chosen theme for this year, “The Soul’s Deepest Desire – Union with God,” strikes at the very heart of Christian spirituality and captures the essence of the mystical theology of St. John of the Cross. At its core, the human person is created with an infinite longing that no created reality can fully satisfy. As Saint Augustine so famously confessed, “Our hearts are restless until they rest in You, O Lord.” St. John of the Cross gives voice to this restlessness, interpreting it as the soul’s God-given hunger for communion with the Divine.

Union with God, as St. John teaches, is not a flight from reality but a transformation of one’s life. It is a journey of love, purification, and surrender. Through the imagery of the Dark Night, he reveals that God leads the soul beyond superficial consolations into a deeper faith, hope, and love. In biblical terms, this is the journey of Abraham leaving his homeland (Gen 12:1), Moses entering the cloud on Sinai (Ex 24:18), and the disciples learning to trust Christ even when the path leads to the Cross. The darkness is divine pedagogy, where God strips the soul of all that is not God so that it may be filled entirely with Him.

Dhyanaavana, as a spirituality centre, stands as a sacred space where this inner journey is encouraged, guided, and reverently accompanied. The quiet discipline of prayer, study, silence, and service practiced here echoes the invitation of Jesus Himself: “Abide in me, and I in you” (Jn 15:4). Formation in spirituality is not merely the acquisition of knowledge, but a gradual configuration of one’s life to Christ. In this

## DHYANAVANA

sense, Dhyanavana does not simply educate minds; it shapes hearts attuned to God's whisper.

I wish to sincerely appreciate the Director, whose vision and leadership nurture an environment rooted in the Carmelite charism; the staff, whose often unseen dedication sustains the daily rhythm of this house of prayer; and the students, whose courage to seek God deeply is a prophetic witness in a world distracted by noise and immediacy. Your collective commitment is a living testimony that the contemplative dimension of the Church is not a luxury, but a necessity.

St. John of the Cross reminds us that at the evening of life, we will be judged on love. Union with God is not an escape from the world's suffering but the wellspring from which authentic compassion flows. A soul united with God becomes a channel of peace, reconciliation, and hope. In today's wounded and fragmented world, such souls are urgently needed.

As this academic and spiritual year concludes, may the Blessed Virgin Mary, Our Lady of Mount Carmel, who pondered all things in her heart (Lk 2:19), accompany each member of Dhyanavana on the path toward deeper intimacy with her Son. May St. John of the Cross intercede for you that you may walk with courage through light and darkness alike, knowing that God alone suffices.

With prayerful best wishes and gratitude for your noble mission, I commend Dhyanavana to the grace of the Triune God, trusting that the flame of divine love kindled here will continue to illumine many souls on their journey toward perfect union with Him.

**With best Wishes**

**Fr Alphonse Britto OCD**  
Provincial Councillor



Mysore Diocesan Educational Society (Regd.)  
**St. Philomena's College (Autonomous)**  
Affiliated College of the University of Mysore  
Reaccredited by NAAC with 'B' in 3rd cycle



**Fr. Dr. Lourdu Prasad Joseph**

The Rector

frlourdurasad@gmail.com

## Message

On the blessed occasion of the third centenary of the canonization of St. John of the Cross and the first centenary of being declared the Doctor of the Church, it's a moment of grace for the Church especially to revisit his rich legacy of deep spirituality and mystical experience of God.

St. John of the Cross (1542-91) a Spanish mystic, helped to found the reformed or barefoot (Discalced) Carmelite Order. Among the reformed monks, there were two tendencies: Some only for strict austerity, no missionary work and the other less austerity and more missionary work. During his imprisonment that John wrote some of his best works such as: Ascent of the soul; The Obscure Night; The Spiritual Canticle and the Living Flame of Love. These consist of poems with commentaries, which instruct the soul on how to achieve union with God.

The Obscure Night is a treatise on how to reach perfection union with God. The poem, St. John says, refers to the path of perfection as a dark night for three reasons: the soul on this path must mortify its appetites, journey in faith, and receive God's communication. These reasons involve privation just as night involves a privation of light. These communications called as purgative contemplation that God infuses in the passive night of the spirit. Through these purifications, the soul reaches union with God, ridding itself of everything out of conformity with His will. In this union, he habitually employs all its faculties, appetites, operations, emotions to God, so that in its activity it resembles God; this union is called "the union of likeness."

The deepest desire of every soul is to seek union with God what our Hindu brethren believe as Ikya. As the Carmelite family celebrates the blessed occasion of the third centenary of the canonization of St. John of the Cross and the first centenary of being declared the Doctor of the Church, may this moment be a moment of grace for the Church especially to revisit his rich legacy of spirituality and mystical experience. Let the words of St. Augustine reverberate in the hearts of all who seek union with God - "Our Hearts are Restless O Lord Until they Rest in You".

**With the assurance of my daily prayers**

## *Editorial Team*



**CHIEF EDITOR - REV. FR. AJITH RODRIGUES OCD**

**Team Members:**

**Srs Arul CSJ, Ebha, FC**

**Chaitanya HSS, Punam SJS**

**Savita CSJ**



**Group Photo of Batch 2025-2026**

# The Family Tree of **Dhyanaavana**

**SJS**

**PHJC**

**FC**

**SGN**

**JMJ**

**HCM**

**AHF**

**OCD**

**SAL**

**CSSH**

**CSJ**

**MSMHC**

**HSS**

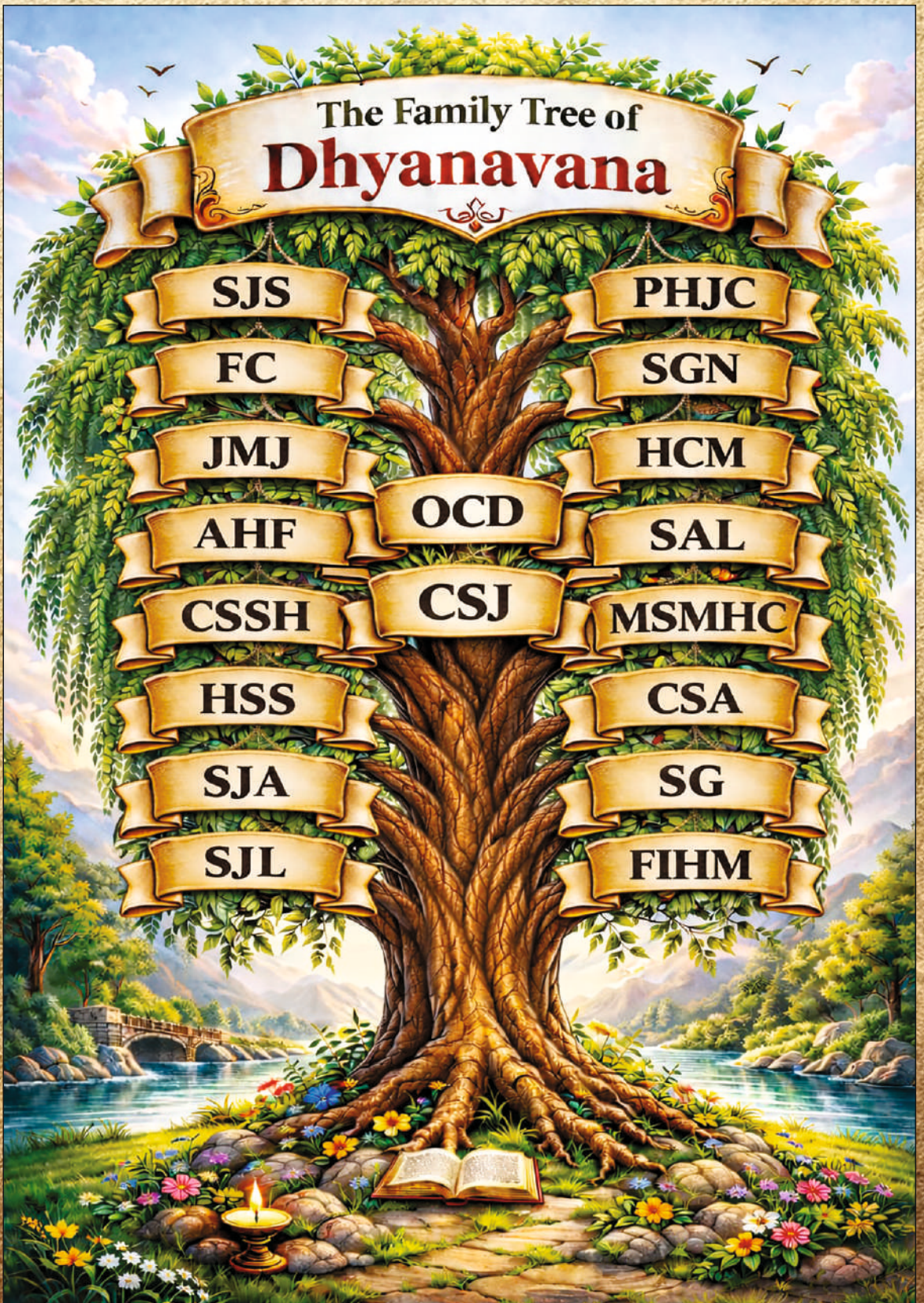
**CSA**

**SJA**

**SG**

**SJL**

**FIHM**



# BATCH 2025-2026

## *Residential Students*

### 9 MONTHS COURSE



Sr. Arul Mary, CSJ



Sr. Ebha, FC



Sr. Elisaba, SJS



Sr. Emelda Indwar, CSJ



Sr. Magrita, SJS



Sr. Pinky, CSJ



Sr. Pratima, CSJ



Sr. Prava, JMJ



Sr. Punam, SJS



Sr. Savita, CSJ



Sr. Sophia, AHF



Sr. Veronica, CSSH

### 6 MONTHS COURSE



Sr. Archana, HSS



Sr. Binodini, HSS



Sr. Chaitanya, HSS



Sr. Daisy, HSS

## 6 MONTHS COURSE



Sr. Kavitha, HSS



Sr. Reena, HSS



Sr. Rupeli, HSS



Sr. Salomi, HSS



Sr. Shashikala, HSS



Sr. Sobharani, HSS



Sr. Suchita, SJA



Sr. Thapaswini, HSS

## 4.5 MONTHS COURSE



Sr. Emelda, PHJC

## 3 MONTHS COURSE



Sr. Irene, SGN

## 2 MONTHS COURSE



Sr. Emerncia, SGN



Sr. Jessy HCM



Sr. Susanna, SAL

## 1 MONTH COURSE



Sr. Jesline SGN



Sr. Lincy Mathew MSMHC



Sr. Sirisha SGN

## 5 WEEKS COURSE



Sr. Selva FIHM

## 1 WEEK COURSE



Br. David Selvaraj, Montfort Brs.

## DAY - SCHOLARS



Sr. Geetha, CSA



Sr. Iswarya, CSA



Sr. Mani Kumari, CSA



Sr. Maria Rani, CSA



Sr. Mounika, CSA



Sr. Shirisha, CSA



Sr. Sonia, CSA



Sr. Sumalatha, CSA



Sr. Novice Mary  
Thanuja SJL



Sr. Novice T. Maria  
Franciska SJL



Sr. Alma Kiro SJL

# *With our Professors*



Fr. Adarsh



Fr. Archibald OCD



Fr. Deep Fernandes OCD



Fr. Gilbert SDB



Fr. Henry Stephen



Fr. Joseph Cyril OCD



Fr. Patrick SDB



Fr. Rathan OCD



Fr. Raymond Joseph



Fr. Richard D. OCD



Fr. Richard M. OCD



Fr. Roshan Monteiro OCD



Fr. Wilfred OCD



Sr. Anjali DM



Sr. Deva Priya, SMMI



Sr. Juliana UFS



Sr. Lily Chako SMMI



Sr. Virginia SAB

# Academic



Charism Presentation



Conferral of Academic honours



Conferral of Academic honours.



Conferral of Academic honours



Defence of Term Paper



In the class.



In the class



Semester Exam

# Birthday Celebration



Birthday - Fr. Ajith



Birthday - Fr. Rathan



Birthday Fr. Rathan



Birthday



Birthday



Birthday



Birthday



Fr. Nikesh - Ordination day

# Events / Activities



At Adoration



At the Eucharist



Cooking



Flower Decoration



Games



Gardening



Library & Computers

# Celebrations



Consecrated Day

Inauguration of the Course

Independence day



Renewal of vows

Assumption of BVM

Nativity of the BVM

Pre-Christmas



Teacher's day

Raksha Bandhan

Republic day

Republic day

# Contests-Institution Day



Dhyanaavana Institution Day



Dance Competition



Dance Competition.



Fashion show



Memory Test



Role play



Role play.



Poster Competition



Stone Collage

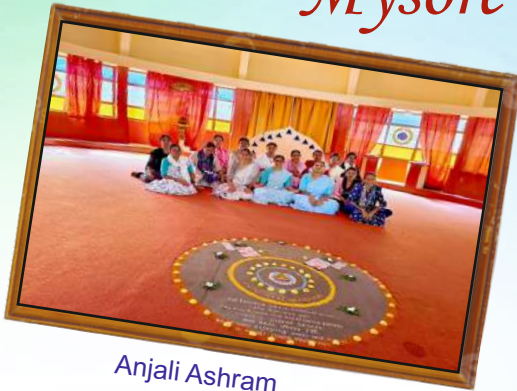


Poster Competition.

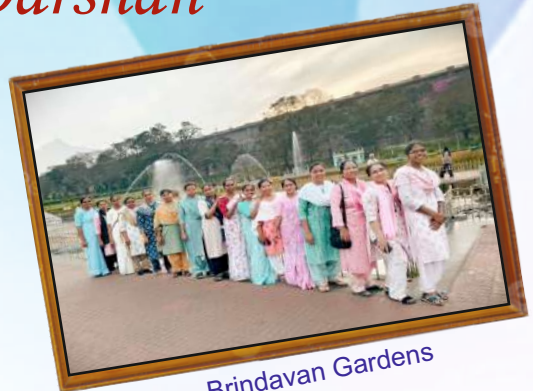


Champions

# Mysore Darshan



Anjali Ashram



Brindavan Gardens



Chamundi Hill



Shukavana



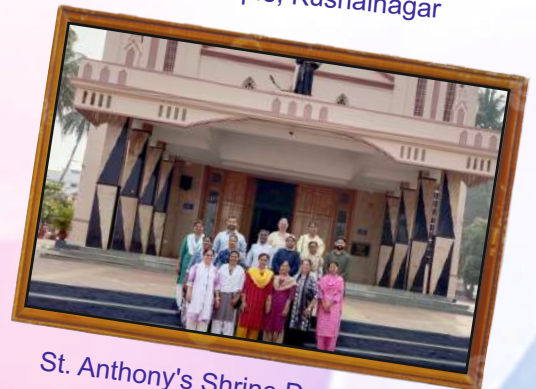
Shukavana



Golden Temple, Kushalnagar



St. Anthony's Shrine, Dornahalli



St. Anthony's Shrine Dornahalli

**ACADEMIC YEAR: 2025 – 2026  
STUDENT'S DEMOGRAPHICS AND INFORMATION**

<b>SL. NO.</b>	<b>Name of the Religious</b>	<b>Duration of the Course</b>	<b>Name and Abbreviation of the Congregation</b>	<b>Charism</b>
1	Sr. Arul Mary	9 Months	St. Joseph of Chambery (CSJ)	Double Total Union – (Union among ourselves and with others, all in Jesus and in God the Father.) To serve the poor and less privileged
2	Sr. Elisaba Topno	9 Months	Sant Joseph Sevika Sanstha (SJS)	To live the Paschal Mystery- glorify and honor God through the service of the weakest and the most suffering members. Double Total Union – (Union among ourselves and with others, all in Jesus and in God the Father.)
3	Sr. Ebha Anjali Kujur	9 Months	Daughters of the Cross (FC)	To serve the poor and less privileged
4	Sr. Emelda Indwar	9 Months	St. Joseph of Chambery (CSJ)	An ever- adaptable apostolic availability
5	Sr. Punam Kido	9 Months	Sant Joseph Sevika Sanstha (SJS)	Double Total Union – (Union among ourselves and with others, all in Jesus and in God the Father.)
6	Sr. Prava Lakra	9 Months	Congregation of Jesus Mary Joseph (JMJ)	To serve the poor and less privileged
7	Sr. Pratima Lakra	9 Months	St. Joseph of Chambery (CSJ)	Double Total Union – (Union among ourselves and with others, all in Jesus and in God the Father.)
8	Sr. Pinky Dhanwar	9 Months	St. Joseph of Chambery (CSJ)	Double Total Union – (Union among ourselves and with others, all in Jesus and in God the Father.)
9	Sr. Magrita Ekka	9 Months	Sant Joseph Sevika Sanstha (SJS)	To serve the poor and less privileged
10	Sr. Sophia Nayak	9 Months	Apostles of the Holy Family (AHF)	To care and to serve

# DHYANAVANA

11	Sr. Savita Banot	9 Months	St. Joseph of Chambery (CSJ)	Double Total Union – (Union among ourselves and with others, all in Jesus and in God the Father.)
12	Sr. Veronica Panna	9 Months	Cenacle Sisters of Sacred Heart (CSSH)	To strive towards one's own personal renewal and to work for the perennial renewal of the people of God especially the clergy, religious and laity, following Mary Queen of the Cenacle who gathered others in faith and love to continue Christ's Mission.
13	Sr. Archana	6 Months	Holy Spirit Sisters (HSS)	To live the Easter – Pentecost spirituality to bring Christ, God's incarnate love, to all and renew the Church for a spirit filled world so that "God may be all in all".
14	Sr. Binodini Singh	6 Months	Holy Spirit Sisters (HSS)	To live the Easter – Pentecost spirituality to bring Christ, God's incarnate love, to all and renew the Church for a spirit filled world so that "God may be all in all".
15	Sr. Bala Chaitanya	6 Months	Holy Spirit Sisters (HSS)	To live the Easter – Pentecost spirituality to bring Christ, God's incarnate love, to all and renew the Church for a spirit filled world so that "God may be all in all".
16	Sr. Kavitha	6 Months	Holy Spirit Sisters (HSS)	To live the Easter – Pentecost spirituality to bring Christ, God's incarnate love, to all and renew the Church for a spirit filled world so that "God may be all in all".
17	Sr. Mariya Daisy	6 Months	Holy Spirit Sisters (HSS)	To live the Easter – Pentecost spirituality to bring Christ, God's incarnate love, to all and renew the Church for a spirit filled world so that "God may be all in all".
18	Sr. Reena	6 Months	Holy Spirit Sisters (HSS)	To live the Easter – Pentecost spirituality to bring Christ, God's incarnate love, to all and renew the Church for a spirit filled world so that "God may be all in all".

19	Sr. Rupeli Singh	6 Months	Holy Spirit Sisters (HSS)	To live the Easter – Pentecost spirituality to bring Christ, God’s incarnate love, to all and renew the Church for a spirit filled world so that “God may be all in all”.
20	Sr. Tapaswini Nayak	6 Months	Holy Spirit Sisters (HSS)	To live the Easter – Pentecost spirituality to bring Christ, God’s incarnate love, to all and renew the Church for a spirit filled world so that “God may be all in all”.
21	Sr. Sobha Rani	6 Months	Holy Spirit Sisters (HSS)	To live the Easter – Pentecost spirituality to bring Christ, God’s incarnate love, to all and renew the Church for a spirit filled world so that “God may be all in all”.
22	Sr. Shashikala	6 Months	Holy Spirit Sisters (HSS)	To live the Easter – Pentecost spirituality to bring Christ, God’s incarnate love, to all and renew the Church for a spirit filled world so that “God may be all in all”.
23	Sr. Salomi	6 Months	Holy Spirit Sisters (HSS)	To live the Easter – Pentecost spirituality to bring Christ, God’s incarnate love, to all and renew the Church for a spirit filled world so that “God may be all in all”.
24	Sr. Mary Suchita	6 Months	Sisters of St. Joseph of the Apparition (SJA)	Mystery of the Incarnation.
25	Sr. Emelda	4 Months 4.5	Poor Handmaids of Jesus Christ (PHJC)	Thus “Urged by the serving love of God, the poor Handmaids of Jesus Christ serve the poor, sick and needy whenever and wherever there is a need.”
26	Sr. Irene	3 Months	Sisters of Good News (SGN)	Seeking the Glory of God through Evangelization.
27	Sr. Jessy	2 Months	Society of the Sisters of the Holy Cross (HCM)	Menzingen centered on living the mystery of the Christ death and resurrection which inspires, the holistic service to bring hope and new life and contribute to the transformation of the society through education, healthcare and other ministries adapting new challenges.

28	Sr. Emerencia	2 Months	Sisters of Good News (SGN)	Seeking the Glory of God through Evangelization.
29	Sr. Susamma Nayak	2 Months	Society of the Sisters of St. Ann's of Luzern (SAL)	Live to reveal the merciful love of God.
30	Sr. Jeslin	1 Month	Sisters of Good News (SGN)	Seeking the Glory of God through Evangelization.
31	Sr. Shirisha	1 Month	Sisters of Good News (SGN)	Seeking the Glory of God through Evangelization.
32	Sr. Lincy Mathew	1 Month	Missionary Sisters of Mary Help of Christian (MSMHC)	To proclaim the Good News of God's love with burning apostolic zeal, particularly through education, evangelization and service to the marginalized.
33	Sr. Mariya Rani	Day Scholar (selected courses)	Catechist Sisters of St. Ann (CSA)	Spread the light of Christ
34	Sr. Iswarya	Day Scholar (selected courses)	Catechist Sisters of St. Ann (CSA)	Spread the light of Christ
35	Sr. Shirisha	Day Scholar (selected courses)	Catechist Sisters of St. Ann (CSA)	Spread the light of Christ
36	Sr. GeethaB	Day Scholar (selected courses)	Catechist Sisters of St. Ann (CSA)	Spread the light of Christ
37	Sr. Mounika	Day Scholar (selected courses)	Catechist Sisters of St. Ann (CSA)	Spread the light of Christ

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38	Sr. Sumalatha	Day Scholar (selected courses)	Catechist Sisters of St. Ann (CSA)	Spread the light of Christ
39	Sr. Sonia	Day Scholar (selected courses)	Catechist Sisters of St. Ann (CSA)	Spread the light of Christ
40	Sr. Manikumari	Day Scholar (selected courses)	Catechist Sisters of St. Ann (CSA)	Spread the light of Christ
41	Sr. Selva	5 Weeks	Franciscan sisters of the Immaculate Heart of Mary (FIHM)	The sanctification of Sisters for the sanctification of women
42	Br. A. David Selvaraj	1 Week	Congregation of Montfort brothers of St. Gabriel (SG)	To care and to serve – Education
43	Sr. Alma Kiro	1 Week	Congregation of Sisters of St. Joseph of Lyon (SJL)	Double Union Communion with God, Self and dear neighbour
44	T. Mariya Franciska (1 <sup>st</sup> year Novice)	1 Week		
45	S. Mary Thanuja (1 <sup>st</sup> year Novice)	1 Week		

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## ACADEMIC PROGRAMME 2026 – 2027

SEMESTER	SL.NO	DATES	SUBJECTS
<b>1<sup>st</sup> SEMESTER</b> ↑ <b>Prayer and Scripture</b> ↓	1.	June 21	Arrival
	2.	June 22 – 23	Orientation
	3.	June 24 – 26	Methodology of Scientific Paper
	4.	July 27	Animation to Life of Prayer
	5.	June 28 (Sun)	Inauguration of the course
	6.	June 29–July 3	Theology of Prayer
	7.	July 6 – 10	Fundamentals of Contemplative Prayer
	8.	July 13 – 17	Praying Psalms: <i>A Pathway to Divine Intimacy and Worship</i>
	9.	July 20 – 24	Encountering God in the Old Testament: <i>Spirituality of Promise and Fulfillment</i>
	10.	July 27– 31	Covenants and Kings: <i>The Spiritual Journey Through the Historical Books of the Bible</i>
	11.	Aug. 3 – 7	When Wise Speak: <i>The Spiritual Message of the Wisdom Books</i>
	12.	Aug. 10 – 14	Prayer and Liturgy: <i>The Heartbeat of Christian Spirituality</i>
	13.	Aug. 17 – 21	The Prophetic Heart: <i>Exploring the Spiritual Depth of the Biblical Prophets</i>
	14.	Aug. 24 – 28	The Way of Christ: <i>Discipleship and Spirituality in the Synoptic Gospels</i>
	15.	Aug. 31 – Sept. 4	Empowerment of Women: <i>Biblical Perspective</i>
	16.	Sept. 7 – 11	Pauline Epistles: <i>A Journey into Spiritual Depth and Theology</i>
	17.	Sept. 14– 18	“Encountering Jesus” – <i>A Journey from Seeing to Believing in John’s Gospel</i>
	18.	Sept. 20 (Sun)	Institution Day
	19.	Sept. 21 – 25	The Call to the Heights: <i>The Symbolism and Spirituality of Mountains</i>

<b>2<sup>nd</sup> SEMESTER</b> ↑ <b>Psychology and Spirituality</b> ↓	20.	Sept 28 - Oct. 2	AI and Media in Religious Context
	21.	Oct. 5 – 9	Emotional Healing and Formation
	22.	Oct. 12 – 16	Psycho-Spiritual Integration
	23.	Oct. 19 – 23	Counseling Skills and Human Wholeness in Formation
	24.	Oct. 26 – 30	Schools in Spirituality: <i>The Way of the Saints</i>
	25.	Nov. 2 – 6	Marian Spirituality: <i>A Journey of Faith and Devotion</i>
	26.	Nov. 9 – 13	Communion and Love: <i>The Trinity as the Source of Christian Spirituality</i>
	27.	Nov. 16 – 20	Catechetical Spirituality
	28.	Nov. 23 – 27	Contemplative Spirituality: <i>Awakening to God’s Presence</i>
	29.	Nov. 30 - Dec. 4	Ethics and Spirituality: <i>Living with Integrity</i>
	30.	Dec. 7 – 11	Sacramental Spirituality
	31.	Dec. 14 – 18	Comprehensive Exams
	32.	Dec. 19	Christmas Celebration
	33.	Dec. 20 – Jan. 3	Christmas Holidays

<b>3<sup>rd</sup> SEMESTER</b> ↑ <b>Consecrated Life, Mission and Evangelization</b> ↓	34.	Jan. 2 – 3	Arrival
	35.	Jan. – Feb.	Mission in Indian Context - Civil Code / Human Rights
	36.	Jan. 4 – 8	Christ: Unique and Universal Savior
	37.	Jan. 11 – 15	Canonical Aspects of Religious Life
	38.	Jan. 18 – 22	Human Resource Development and Communication
	39.	Jan. 25 – 29	Growing in Consecrated Life - <i>Revisiting</i>
	40.	Feb. 1 – 5	Religious Formation in the Modern World
	41.	Feb. 8 – 12	Theology of Evangelization
	42.	Feb. 15 – 19	Spiritual Direction and Discernment: <i>Companions on the Way</i>
	43.	Feb. 22– 26	Spirituality of the Vatican II
	44.	March 1 – 5	Comprehensive Exams
	45.	March 8 – 12	Retreat
	46.	March 15–19	Preparation for Convocation / Defending Thesis
	47.	March 20	Convocation
	48.	March 21	Thanksgiving Day
49.	March 22	Departure	

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## A JOURNEY THROUGH TIME BATCH 29: 2025-2026 JUNE 2025

**30.06.2025 :** Indeed it was an occasion of celebration and gratefulness as we inaugurated the new academic year 2025-2026. The day began with the Solemn Eucharistic celebration and the lighting the lamp. Rev. Dr. Alphonse Britto, OCD, the Counselor in-charge for Spirituality was the main celebrant. He began his sermon welcoming everyone to Dhyanavana and mentioned the purpose of this spirituality course - to mold oneself for the greater glory of God. He also reflected about religious life reminding us that it is a life of fullness and a spirit- filled life. He also gave some examples of prophets and saints highlighting how they walked according to God's will and received life of fullness. Rev. Dr. Rathan N. Almeida, OCD, the Director of our Institute, Rev. Fr. Ajith Rodrigues, OCD, the Dean of Studies, Rev. Fr. Nikesh D'Souza, OCD, the Administrator and Rev. Fr. Jeevan Tauro OCD, were the concelebrants. Catechist sisters from our neighboring communities, the day-scholars also joined the inaugural mass. Fr. Rathan welcomed everyone in the refectory, and our classes began from today, led by Rev. Fr. Jeevan Tauro OCD on the topic "Methodology of Prayer." In the evening 3 sisters from St. Joseph's of Chambery arrived Dhyanavana for the course.

## JULY 2025

**01.07.**

**05.07.2025 :** The weekly class was based on the topic of "**Methodology of Prayer**" led by Rev. Fr. Jeevan Tauro OCD. He taught us the purpose of praying the divine office and how we can make it more creative and joyfully praise God. He also taught us how to sing and recite the Hymns, Psalms, and Canticles. He also covered topics like: Lauds and the Pascal mystery and the Magnificat of Mary as used in the Vespers. Overall, the classes were very effective.

07.07.

11.07.2025 : Classes on “**Fundamentals of Contemplative Prayer**” began led by Rev.Fr. Oswald Crasta, OCD. He shared his rich experiences about prayer life and this helped us to deepen our love for God and to build a strong relationship with the divine. We also learnt the art of meditation.

13.07.2025 : Today Fr. Rathan led a session for us, reminding us about our rules and responsibilities for better functioning, and of the purpose of being in this institute. We later discussed about the upcoming feast of Our Lady of Mount Carmel.

14.07.

18.07.2025 : The next class held was on the topic “**Praying Psalms: A pathway to divine intimacy and worship,**” guided by Fr. Sandeep, OCD. We were all driven by his way of teaching and explaining the purpose of praying Psalms, and how these have been guided by the Spirit and how they have come into this present form of a text.

15.07.2025 : Today the paternal grandmother of Fr. Nikesh passed away. Fr. Nikesh went home for her funeral ceremony and we all prayed for the repose of her soul.

16.07.2025 : We had a grand celebration on the occasion of the solemnity of “Our Lady of Mount Carmel.” This evening was marked by a festive mass, the chapel being beautifully decorated. The day ended with recreation and a cultural program, bringing a sense of unity and fellowship.

19.07.2025 : Today we had a short pilgrimage to Infant Jesus Shrine at Pushpashrama, brief yet profoundly meaningful. The warm welcome of the Pushpashrama fathers and brothers enveloped us, their hospitality extending to a comforting cup of tea shared within the hall of their Philosophate. Guiding us through the Shrine’s wonders, Fr. Wilson D’Costa, OCD unveiled its rich architecture and the historical significance. We also explored the beautiful campus, including the garden and live-stock.

21.07.

25.07.2025 : Our studies continued on the topic “**The Pentateuch: Encountering God in Old Testament,**” taught by Fr. Prasanna

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Kumar OCD. This session helped us to deepen our understanding of Scripture. He covered topic like: the Origin of the Bible, general introduction, the formation of Bible History, structure of the Pentateuch etc. We were also joined by the Catechist Sisters of St. Ann.

**27.07.2025 :** We had one-day recollection program today. The theme of recollection was Call to be Prophet like Elijah, talk given by Fr. Ajith, our Dean of studies. We ended our recollection with the holy mass in the evening, presided over by Fr. Ajith.

**28.07.**

**01.08.2025 :** Our classes continued on the topic “**Covenants and Kings,**” the spiritual journey through the historical books of the Bible. Dr. Raymond guided us in knowing the covenant and reign of kings through different times of history. His teaching helped us to see the mighty works of God, His promises and salvation for the humankind.

### AUGUST 2025

**03.08.2025 :** We warmly welcomed Sr. Arul Mary, CSJ and Sr. Emilda PHJC who arrived at Dhyanavana today to join us for the spiritual course.

**04.08.2025 :** On the feast of St. John Mary Vianney, we had a diocesan-level gathering of the religious at St. Philomena’s College Auditorium, Mysore. The entire day was filled with meaningful and spiritually enriching programs. The celebration began with a prayer service, followed by a welcoming ceremony, an input session and group discussions. After a joyful lunch fellowship, the afternoon featured cultural programs, adoration, and the Sacrament of Reconciliation. The day concluded with a solemn Holy Mass, presided over by Archbishop Bernard Moras, the Apostolic Administration of the Diocese of Mysore.

**05.08.**

**08.08.2025 :** This week we had classes on the topic “**Wisdom Literature**” conducted by Fr. Adarsh. His teaching helped us to know the true meaning of wisdom and insights found in the seven books of Wisdom Literature. The sessions were very effective and inspiring.

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**11.08.2025 :** Today, Sr. Kochuteresia Thomas, Holy Spirit sister, the Vice Provincial, arrived to Dhyanavana to visit her sisters here, attending the spiritual course. As well as Sr. Laura CSSH arrived to visit Sr. Veronica and stayed with us for a night.

**11.08.**

**16.08.2025 :** We had very informative sessions on the topic “**Prayer and Liturgy**” led by Dr. Joseph Marie, the Director of the Pastoral Centre, Mysore. His teaching helped us to know more about the liturgy and it offered us a deeper understanding of the liturgical celebrations, guiding us how to celebrate it with greater reverence.

**14.08.2025 :** Fr. Rathan Almeida left for Bangalore to conduct a 3-day conference for Cluny sisters in their Provincialate on the theme – Growing in Godliness and Spiritual Maturity.

**15.08.2025 :** We had a grand celebration on the occasion of the Solemnity of assumption of the Blessed Virgin Mary and Independence Day. We had a solemn Holy Eucharist in the morning and soon after the mass we moved to the portico of our Institute for hoisting of our national flag. As part of the festivities, sisters marched, sang a patriotic song, and a speech delivered by Sr. Savita, while Fr. Ajith Rodrigues delivered an inspiring speech on the significance of the national flag. In the evening, we enjoyed for a vibrant and colorful program presented by the sisters.

**17.08.2025 :** We had contemplative Sunday, a day dedicated to recollection, silence and prayer. All sisters embraced this time to reflect about their call in order to deepen their spirituality. Fr. Rathan Almeida, our Director gave us some inputs on Growth in Spirituality.

**18.08.**

**22.08.2025 :** This week we had sessions on the topic “**Prophetic Heart**” taught by Dr. Henry Stephen. His teaching helped us to know about the life and role of prophets. Through these classes we gained inspiration to live our lives as the prophets lived, and be the true follower of Christ. This week Fr. Rathan, our Director was lecturing in Dhyana Sadhana on Eschatology.

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- 20.08.2025 :** Today, Fr. Nikesh, Fr. Rathan, and Fr. Ajith presented their Carmelite Charism through power point presentation and some videos. Their presentation was very creative and we all enjoyed it, coming to know their life and mission.
- 23.08.2025 :** Today Sr. Cecilia and Sr. Pratima, Helpers of Mount Rosary Congregation from Mangalore visited our institution to make their annual retreat, which was preached by Fr. Rathan. We, the sisters, had poster making competition today conducted by Fr. Ajith.
- 25.08**
- 29.08.2025 :** We had a special week with classes on “**Discipleship and Spirituality**” in the Synoptic Gospels, guided by Rev. Fr. Roshan, OCD. His deep insights on the topic made the lessons truly inspiring, helping everyone appreciate the rich message within the Synoptic Gospels.
- 26.08.2025 :** Today we had memory test. All the students were actively involved in this interesting competition.
- 27.08.2025 :** Today we had throw-ball competition. In the evening Sr. Suchita presented the charism of her Congregation through a power point presentation. It was indeed very informative and was well appreciated.
- 31.08.2025 :** We warmly welcomed Sr. Susanna SAL, who joined us for one month course.

### SEPTEMBER 2025

- 01.09.2025 :** We warmly welcomed Sr. Lincy MSMHC who joined us for one month course.
- 01.09.**
- 05.09.2025 :** We had a wonderful and enriching week attending a series of classes on “**Women in the Scriptures**” conducted by Dr. Virginia Rajakumari, SAB. These sessions provided us with deep insights into the significant and inspiring roles that women played throughout the Scriptures. Through thoughtful discussions and reflections, we learned how these women contributed to the faith journey and history in powerful and meaningful ways.

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**01.09.**

**12.09.2025 :** Fr. Rathan was a visiting Professor for two weeks in Prabodhana, Pallotine Theologate, to lecture on '**Theology of Eucharist.**'

**02.09.2025 :** Today, we held Role play competition based on the theme 'Pilgrims of Hope,' where students performed with creativity and conviction, delivering strong messages of hope.

**03.09.2025 :** Today Sr. Irene and Sr. Emerncia presented the charism of their Congregation of the Sister of Good News (SGN) through the PowerPoint presentation and displayed videos.

**04.09.2025 :** An essay writing competition was held today on the thought-provoking topic "In Their Shoes: Allegations against Nuns" encouraging students to reflect deeply and express their perspectives with clarity and sensitivity.

**06.09.2025 :** Today we had Picture Perfect Caption competition and Teachers' day celebration. In the evening we gathered for a meaningful prayer service, offering our heartfelt gratitude to our fathers who dedicate their time and energy in shaping our life. The service created a peaceful and reflective atmosphere, reminding us of the deep spiritual and moral role teachers play in our lives. Adding to the joy of the occasion, the sisters organized a colorful and delightful cultural program. Through songs, dances, and skits, they beautifully conveyed messages of love, respect, and admiration for teachers. Their efforts brought smiles to everyone's faces and made the celebration truly memorable.

**08.09.2025 :** We gathered in joyful unity to celebrate both the Nativity of Our Blessed Mother and the vibrant festival Onam, embracing the grace of Mary and the spirit of harvest. A meaningful prayer service followed with prayers offered in multiple languages for different intentions. The celebration ended with a delicious vegetarian meal served on banana leaves. In the evening we attended the parish church to solemnly celebrate the Nativity of the Blessed Virgin Mary.

**09.09.2025 :** Today we warmly welcomed Sr. Sirisha SGN who joined us for one month course.

09.09

**13.09.2025 :** We had inspiring classes on “**Pauline Spirituality**” with Fr. Patrick, SDB. His teachings helped us understand how St. Paul’s faith and dedication can guide us to live stronger lives in Jesus. The sessions encouraged us to deepen our relationship with Christ, rely on His strength in our daily journey of faith, and to be true missionaries like St. Paul.

**10.09.2025 :** Today, the Holy Spirit Sisters presented their Charism through a creative combination of PowerPoint presentations, videos, dance, and a skit.

**15.09.2025 :** We had both, solo and group singing competitions, where all the participants performed exceptionally well.

15.09.

**19.09.2025 :** We had the privilege of attending classes on “**Johannine Spirituality**” led by Rev. Dr. Richard D'Souza, OCD. Through his profound and insightful teaching, we were able to explore in depth the boundless love of God and the rich theological themes woven throughout the Gospel of St. John. As the beloved apostle of Christ, St. John’s writings reveal a unique and intimate understanding of Jesus’ mission and divine nature. These sessions not only deepened our appreciation of God’s love but also inspired us to live more fully in the light of the Gospel’s message.

**17.09.2025 :** Today, we held a vibrant group fashion show competition, where students showcased traditional attire from different cultures and regions. The event was a joyful celebration of diversity and heritage, as each participant proudly represented a unique tradition, highlighting the richness of global cultures through colorful costumes, confident walks, and meaningful presentations.

**18.09.2025 :** Today, we had a group dance competition where all the groups performed in a very creative and impressive way.

**20.09.2025 :** Today, the institute came alive with vibrant energy and enthusiastic spirit as all the students groups showcased a marvelous and colorful cultural program in celebration of Institution Day. The evening was filled with lively performances, creative displays, and a strong sense

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of unity and joy. Fr. Rathan OCD, the Director of the Institute, graced the occasion and commended the students for their dedication, hard work, and outstanding efforts in bringing the event to life. He expressed his heartfelt appreciation for the spirit of collaboration and excellence displayed by all. The celebration concluded with a grand prize distribution ceremony, honoring the talents and achievements of students across various fields. The event was a true testament to the vibrancy and potential of the student-community.

**21.09.2025 :** Today, we visited the convent of “The Little Sisters of the Poor, who organized a fundraising program by setting up variety of stalls. All of us volunteered to support and assist them in their efforts. And today we warmly welcomed Sr. Maria A.C., Sr. Roopa Marina HMR and Sr. Jyoti SCC who came to make their retreat guided by Fr. Rathan. The mother of Fr. Rathan also arrived to spend a few days with us.

**22.09.**

**26.09.2025 :** We had a week on “**Mountain Spirituality**” led by Rev. Dr. Deva Priya, SMMI. During the class the professor guided us to deeply understand the meaning, nature, and sacredness of mountains in a spiritual context. She explained how mountains have long been places of encounter with God, symbolizing strength, refuge, and spiritual elevation. We learned that mountains not only nourish our souls but also support our overall well-being, offering a powerful metaphor for our faith journey and personal growth. This session helped us appreciate the profound role that mountains play in meeting both our spiritual and everyday needs.

**25.09.2025 :** During our visit to Mysore today evening, we were mesmerized by the beautiful and imaginative Dasara light decorations.

**27.09.2025 :** Fr. Rathan left for Bangalore as he was invited to present a paper in Bangalore, Carmelaram CRI unit on the next day, the 28th of September. After the presentation, he left for Mangalore as he had to lecture in Ryshivana for a week (29.09 – 03.10.2025) on **Christ – the Cosmic Savior**.

**28.09.2025 :** Today our community observed the monthly recollection, a grace-

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filled time of silence prayer and reflection. It was a moment to renew our hearts and deepen our communion with the Lord. And we also welcomed Sr. Maria Jyothi FMM, today as she begins her one week retreat in our institute.

**29.09.2025 :** Today our community received Sr. Jessy Ansu, CSST who has come to make her spiritual retreat for the coming week and Sr. Jessy, Holy Cross, who joined us for the course for three months.

**29.09.**

**03.10.2025 :** This week, we had insightful sessions led by Rev. Fr. Joseph Cyril, OCD on the use of **AI and Media in a Religious Context**. He introduced us to various apps and social media tools, explaining their importance in spreading the message of faith. We also learned how to use cameras, take photos and videos, and edit them effectively. The sessions were both practical and inspiring, showing us how technology can serve our mission and charism.

### OCTOBER 2025

**04.10.2025 :** Today we lovingly said goodbye to Sr. Irene, Sr. Emerncia, and Sr. Sirisha SGN. We appreciated their presence among us, and they too shared their heartfelt thanks for the support they received. We pray that God may always bless and guide them in their future.

**05.10.2025 :** Today, we joyfully celebrated the birthday of Rev. Fr. Ajith, the Dean of Studies. In the evening, we gathered for a meaningful prayer service, offering our prayers and good wishes for him. The sisters also presented a colourful and lively program, making the celebration even more special and memorable. We thank God for the gift of his life and pray for continued guidance and blessings in his mission. Today Sisters of St. Peter Claver- Sr. Aruna and Sr. Sushila arrived for a one-week retreat.

**06.10**

**10.10.2025 :** We were blessed with a truly enriching week in the company of Dr. Lilly Chacko, SMMI, a religious sister of the Salesian Missionaries of Mary Immaculate. With great wisdom and simplicity, she guided us into a deeper journey of self-discovery, helping us recognize one another and ourselves as beloved creations of God and reflections of

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His perfect love. Through her insightful sessions on “**Emotional Healing and Formation**,” we learned how to embrace our emotions, grow in inner freedom, and strengthen our relationships with God and others. Her presence and teachings touched our hearts and has left a lasting impact on our spiritual and personal growth.

**07.10.2025 :** Today, we all went to St. Philomena’s Cathedral to attend the installation ceremony of our new bishop, Rev. Dr. Francis Serrao, SJ. It was a joyful and memorable celebration for all of us as we witnessed a graceful event.

**08.10.2025 :** Today, the Sisters of St. Joseph of Chambery and the Sisters of St. Joseph Sevika Sanstha beautifully presented their Charism through a Power Point Presentation. It was very interesting and inspiring to learn about their mission, spirituality, and the good works they carry out in the Church and society.

**13.10**

**17.10.2025 :** We were blessed to begin a new course this week titled “**Psycho-Spiritual Integration**” by Rev. Fr. Jovel Oliver, OCD. Through his insightful sessions, we learned how to connect our inner emotions with our spiritual journey. The course guided us to face our deeper issues with faith and understanding, leading us toward healing, transformation, and maturity. It was a rich and valuable learning experience.

**14.10.2025 :** The Sisters of St. Joseph of Chambery joyfully celebrated their Foundation Day, together with the OCD Fathers who marked the feast of St. Teresa of Avila. The celebration began with a solemn and meaningful Holy Eucharist, thanking God for the gift of their founders and Charisms. In the refectory, the community came together in a spirit of joy and gratitude, offering heartfelt congratulations, warm wishes, and prayers for their continued mission of love and service in the Church.

**15.10.2025 :** Today, Sr. Sophia and Sr. Veronica beautifully presented their Charism through a Power Point Presentation and a video display, which helped us gain a deeper understanding of their spirituality and their selfless service to the people of God.

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**19.10.2025 :** Today, our community observed a day of ‘Silence and Recollection.’ The recollection talk was given by Rev. Fr. Nikesh, OCD. On the same day, Sr. Bindhu SSPC, Sr. Mary Sangeeta SND, and Sr. Lourde Mary SND arrived to begin their annual retreat under the guidance of Rev. Fr. Nikesh.

**21.10**

**24.10.2025 :** We had a wonderful week as our classes continued on the topic “**Counseling Skills and Human Wholeness,**” led by Dr. Juliana Pinto UFS. Her insightful teaching helped us to know and understand ourselves better and gain valuable knowledge about the art of counseling.

**27.10.2025 :** Our dear Director, Rev. Fr. Rathan Almeida OCD, left for Abu Dhabi (UAE) where he continues to collaborate with the Apostolic Vicariate of Southern Arabia. We wished him all the very best in his ministry, conferences, and official responsibilities.

**27.10**

**31.10.2025 :** We had a marvelous and enriching week of classes conducted by Rev. Dr. Wilfred Rodrigues OCD, the Dean of Pushpashrama, Institute for Philosophy and Religion, on the topic “**Schools of Spirituality.**” He enlightened us on the various spiritualities within the Church, revealed through the lives of the Saints who founded them. These spiritual traditions truly form the rich spiritual heritage of our Catholic Church.

**29.10.2025 :** Today Sr. Susana SAL shared the Charism of her congregation through a captivating Power Point Presentation and inspiring videos. The visuals and heartfelt narration offered a glimpse into their spirituality, their tireless work in the Church and society. As she completed her two-months course, Sr. Susana expressed her heartfelt gratitude for the love and profound support she received from the Dhyanavana Institute. Rev. Fr. Ajith Rodrigues, the Dean of Studies, thanked her on behalf of the community for her dedication and collaboration with the Institute.

## NOVEMBER 2025

**03-11**

**07.11.2025 :** During the course of the week, we were privileged to embark on a meaningful spiritual journey with our Blessed Mother, guided with dedication by Rev. Dr. Anjali Therese DM (Daughters of Mary). Her insightful sessions on “**Marian Spirituality**” profoundly enriched the community, helping us to deepen our love, devotion, and reverence for our Heavenly Mother.

**06.11.2025 :** Today we were delighted to welcome Rev. Fr. Frank Sharma, OCD, from Canada, along with Rev. Fr. Alphonse Britto, the Councilor for Spirituality, who visited us.

**09.11.2025 :** We joined the Mission Sunday celebration in Pushpashrama, which began with the Holy Eucharist. Later, all the sisters actively participated in the various programs and games conducted, joyfully experiencing the spirit and bliss of missionary activities.

**10.11**

**14.11.2025 :** The classes on “**Trinity and Spirituality**” led by Rev. Fr. Ajith Rodrigues OCD, Dean of our Institute proved to be a profound blessing for our community. His deep insights and clear explanations opened new horizons of understanding, helping us to contemplate more intimately the mystery of the Triune God. Through his thoughtful guidance, we were drawn into a richer experience of divine communion, strengthening our spiritual life and deepening our union with the Father, the Son, and the Holy Spirit.

**10.11.2025 :** Today, Sr. Theresa and Novice A. Jenila, (USS) Ursuline Sisters of St. Jerome in Somasca arrived to commence their weeklong retreat, guided by Rev. Fr. Nikesh D’Souza OCD.

**11.11.2025 :** We were truly blessed to welcome Rev. Fr. Marco Chiesa OCD (Postulator General) and Rev. Fr. Pius James D’Souza OCD, the General Councilor, whose gracious presence enriched our community with warmth, inspiration, and spiritual encouragement

**12.11.2025 :** Today Sr. Emelda PHJC (Poor Handmaid of Jesus Christ) presented the Charism of her congregation through Power Point Presentation and through video.

## DHYANAVANA

**17.11.2025 :** We were pleased to welcome Fr. Ajith's cousin sister, who arrived today and spent two nights with us.

**17.11**

**21.11.2025 :** We consider it a great blessing to have received the insightful classes of Rev. Dr. Gilbert Choondal SDB (Salesians of Don Bosco). His teachings on "**Catechetical Spirituality**" gifted us with a well-grounded structure and an inspiring, systematic approach to nurturing Christian education.

**23.11.2025 :** We were pleased to welcome Sr. Mary Felicia SND (Sisters of Notre Dame), who arrived to enter into her retreat and embrace a time of quiet reflection and grace.

**24.11.2025 :** Today, Sr. Greta OCV (Order of Consecrated Virgin) arrived for retreat and stayed for a week.

**24.11**

**28.11.2025 :** Classes on "**Contemplative Spirituality**" conducted by Rev. Fr. Deep Fernandes OCD, helped us to enter more deeply into the spirit of contemplation and it also strengthened our inner life of prayer.

**30.11.2025 :** Today we held a meaningful prayer service to mark the beginning of Advent, a time of preparing our hearts for the Lord's coming. We also started our 'Secret Christmas Friend' activity, which brought a sense of joy, excitement, and community spirit among us.

**31.11.2025 :** As we began the First Sunday of Advent, we truly experienced a contemplative day dedicated to recollection and prayer. Rev. Fr. Ajith OCD gave an inspiring talk on the meaning of Advent.

## DECEMBER 2025

**01.12**

**05.12.2025 :** The classes on "**Ethics and Spirituality**" conducted by Dr. Archibald Gonsalves OCD, were deeply meaningful and enriching. The course helped us understand that spirituality is not limited to religious practices but is reflected in our daily way of living. Through thoughtful guidance and reflection, Fr. Archie enabled us to discover our spirituality through ethical choices, relationships, and everyday actions. These classes encouraged personal growth by integrating ethics with lived spirituality.

## **DHYANAVANA**

- 04.12.2025** : Today Holy Spirit Sisters, Sr. Kavita, Sr. Salomi, and Sr. Daisy, successfully defended their thesis.
- 05.12.2025** : Sr. Shobharani and Sr. Thapaswini presented and defended their thesis.
- 08.12.2025** : Fr. Rathan Almeida, our director returned to the Institute from the Abu Dhabi mission and we extended him a warm welcome.
- 08.12**
- 12.12.2025** : We had inspiring sessions on “**Sacramental Spirituality**” led by Dr. Rathan Almeida OCD. His explanations deepened our understanding of the sacraments and strengthened our faith experience. It invited us for a meaningful celebration and active participation in the sacramental life of the Church.
- 09.12.2025** : Thesis defended by Holy Spirit sisters - Sr. Binodini, Sr. Rupeli, Sr. Chaitanya, Sr. Shashikala; Sr. Emelda PHJC presented her book review.
- 10.12.2025** : Today marked the joyful celebration of the birthday of our Director, Rev. Fr. Rathan Almeida, OCD. The afternoon was blessed with a solemn Holy Eucharistic celebration. In the evening, a meaningful prayer service was held, followed by a colourful cultural programme presented by the sisters. Guest Fathers from different communities participated in the celebration and we all shared a fellowship meal, making the occasion a moment of unity and gratitude.
- 12.12.2025** : Sr. Jessy left Dhyanavana today after completing three months with us. Rev. Fr. Rathan expressed heartfelt gratitude for her presence, dedication, and kindness during her stay over here.
- 13.12.2025** : Today, Sr. Emelda PHJC, after completing six months course, returned to her community. Rev. Fr. Ajith, Dean of Studies, expressed his gratitude to her for her humility and valuable service to the Institute. On the same day, Sr. Archana, HSS, successfully defended her thesis.
- 15.12.2025** : Today, we began our comprehensive exams which lasted for three days.
- 16.12.2025** : Brothers from Pushpashrama came to our community for carol singing, spreading the joy of Christmas.

## DHYANAVANA

**18.12.2025 :** Today, the community enjoyed a refreshing outing to some historical places in Mysore. The journey included visits to the serene Chamundi Hill/Temple, the exciting Sukavana (birds' sanctuary), and the beautifully illuminated Brindavan Gardens. Each place offered its own charm and significance, making the outing an enriching and memorable experience.

**19.12.2025 :** Sr. Reena HSS, successfully defended her thesis on this day.

**20.12.2025 :** The Holy Spirit sisters were awarded certificates upon the successful completion of their six-months course and were congratulated for their achievement. We also had the joy of participating in the CRI Christmas celebration at the Catholic Center, Mysore. In the evening, our institute celebrated Christmas, beginning with a meaningful prayer service. The programme continued with a joyful activity in which we introduced our Christmas Friends through mimicking, creating an atmosphere of fun and laughter. The celebration concluded with the distribution of gifts and the sharing of delicious Christmas dinner.

**21.12.2025 :** The Sisters began their journey for the Christmas holidays. They departed from the community with gratitude and joy, carrying with them the spirit of Christmas as they proceeded to their respective destinations.

### JANUARY 2026

**03.01.2026 :** The sisters returned from Christmas holiday break, to commence the third semester.

**04.01.2026 :** The feast of the Infant Jesus was celebrated with great devotion at the Infant Jesus Shrine, Pushpashrama. After the Holy Mass at 5.00 pm we all joined the procession, and the celebration concluded with a joyful festive meal.

**05.01.2026 :** Sr. Prathibha, DSS (Dina Servana Sabha-Servants of the Poor), arrived at Dhyanaavana to make her retreat and stayed with us for a week.

**05.01**

**09.01.2026 :** This week was truly blessed by the enriching classes of Rev. Dr. Rathan OCD on "Christology". Through his insightful teachings,

## DHYANAVANA

we were led into a deeper understanding of the person and mission of Jesus Christ. The sessions inspired us to reflect sincerely on our own faith journey and challenged us to examine how our thoughts, attitudes and actions contribute to the growth of the Kingdom of God in our daily lives and ministry.

**09.01.2026 :** Today we enjoyed visiting Mysore Exhibition, where we explored various stalls and displays, gaining new experiences and discovering many new places of interest. The visit was both enjoyable and enriching, adding joy and freshness to our day.

**12.01**

**16.01.2026 :** We were privileged to attend the classes of Rev. Dr. Sunil Kumar D'Souza on "**Canon Law for Religious**". Through his clear and systematic teaching, he helped us gain a better understanding of the legal and spiritual framework of religious life. His classes offered valuable guidance and structure, enabling us to understand and appreciate the rights, responsibilities, and disciplines that support a faithful and committed living of our vocation within the Church.

**19.01**

**23.01.2026 :** This week was enriched by the empowering sessions of Rev. Fr. Joy Francis, OCD, on "**Human Resource Development and Communication**". Through his dynamic and insightful lectures, we were invited to journey inward, to discover our hidden potentials, and to shape ourselves with greater awareness and confidence. The sessions inspired us to grow personally and communally, motivating us to become the best and most authentic version of ourselves.

**21.01.2026 :** Today Sr. Ebha FC, and Sr. Prabha JMJ, presented the Charism of their respective congregations through Power Point Presentations and videos.

**25.01.2026 :** We had a wonderful day of prayer and recollection, enriched by a talk given by Rev. Fr. Ajith Rodrigues, OCD.

**26.01**

**30.01.2026 :** This week was illumined by the enriching sessions of Rev. Fr. Richard Menezes, OCD, on the theme "**Growing in Consecrated Life**." Through his inspiring insights, we were gently led into a journey of

## DHYANAVANA

self-discovery and inner renewal, helping us to pause, reflect, and re-orient our lives more deeply toward the call and mission of our consecrated vocation.

### FEBRUARY 2026

**01.02.2026 :** Dhyanaavana, in collaboration with Mysore CRI, organized Fr. Nemezio Alzola Memorial Lectures combined with the Consecrated Day at Pushpasharma Auditorium. The program began with the Holy Eucharist at the grotto presided over by Most Rev. Dr. Francis Serrao, SJ, the Bishop of Mysore, followed by a candle procession to the Infant Jesus Shrine. After the mass, a welcome ceremony and an inspiring talk on the topic “Dilexi te and Detachment in St. John of the Cross” were held in the auditorium and the celebration concluded with a joyful fellowship lunch.

**02.02.2026 :** We celebrated the feast of the Presentation of the Lord with devotion. The celebration included the blessing of candles in the parlour, after which we moved in a solemn procession towards the chapel. Br. David Selvaraj SG joined us for one week course.

**02.02**

**06.02.2026 :** This week, we had classes on “**Religious Formation**” guided by Rev. Fr. Lancy, OCD. He explained the challenges of religious formation today such as distractions, lack of commitment, and difficulties in community life, and suggested practical solutions rooted in prayer, discipline, and personal responsibility. The sessions were relevant and enriching, encouraging deeper commitment and inner growth.

**08.02.2026 :** Today, we were glad to welcome the SJS Sisters who had come to Bangalore for Convocation Program at St. Peter’s. These sisters came here to visit the Sevika Sisters (SJS) studying at Dhyanaavana and stayed with us for one night.

**09.02**

**13.02.2026 :** We had a meaningful week of classes on the “**Theology of Evangelization**” by Rev. Dr. P. V. Antony, Diocese of Bellary. The sessions were interesting and encouraging and these sessions will really help us to grow as sincere and enthusiastic missionaries.

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**10.02.2026 :** Today Sr. Selva (Anthoniammal), FIHM arrived Dhyanavana to join us for the 5 week course.

**11.02.2026 :** Today Sr. Savita CSJ successfully defended her thesis.

**12.02.2026 :** We were blessed by the visit of Archbishop Buti Joseph Tihagale OMI, Archbishop Emeritus of Johannesburg, South Africa. He too was happy to address us.

**14.02.2026 :** Before the beginning of Lent, we spent some joyful moments together with fun and relaxation. Today, we enjoyed a grill party, which gave us an opportunity to share laughter and strengthen our bonds with each other.

**15.02.2026 :** Today, Sr. Florine Mathias SJT and Sr. Philomena Joseph FHIC arrived for the renewal course. Courses were organized by Frs. Rathan and Ajith. They will remain with us till our retreat. Sr. Saritha Monteiro HMR arrived for a one-week retreat.

**16.02**

**20.02.2026 :** We had enriching classes on “**Spiritual Guidance and Discernment**” conducted by Rev. Fr. Ajith Rodrigues OCD. Through these sessions, we were helped to understand the importance of spiritual guidance in recognizing God’s will, making mature decisions, and growing in self-awareness. Father emphasized discernment as a prayerful process that involves listening to God, reflecting on inner movements, and seeking clarity with the help of a guide. The classes were practical and insightful, encouraging us to journey with greater freedom, responsibility, and trust in God.

**21.02.2026 :** Fr. Rathan left for Karwar and from there to Andhra for some meetings related to the Commission for Theology and Doctrine. On this day we also had the joy of having a new water softener installed.

**23.02**

**27.02.2026 :** This week, we had informative classes on “**Vatican II**” conducted by Rev. Fr. Nikesh D'Souza OCD. Through these sessions, we were introduced to the vision and significance of the Second Vatican Council, its key documents, and its impact on the life of the Church today. Father explained how Vatican II called the Church to renewal, active participation of the faithful, openness to the modern world,

## DHYANAVANA

and deeper commitment to mission. The classes helped us better understand the spirit of *aggiornamento* and its relevance for our faith and religious life today. 1 sister - Sr. Alma Kiro and 2 novices -T. Maria Franciska and Mary Thanuja from the Congregation of Sisters of St. Joseph of Lyon (SJL) joined this week for the classes.

**23.02**

**27.02.2026 :** This week all the remaining sisters defended their thesis in the evening after supper. (Srs. Magrita SJS, Sr. Emelda CSJ, Sr. Sophia AHF, Sr. Elisaba SJS, Sr. Pinky CSJ, Sr. Punam SJS, Sr. Ebha FC, Sr. Arul Mary CSJ, Sr. Pratima CSJ, Sr. Prava JMJ and Sr. Veronica CSSH). It was nice to see the fruit of their hard work and commitment. The defense was organized under the guidance of the Dean and the Moderator. All of them fared well.

**26.02.2026 :** 3 Bethany sisters - Sr. Meena, Sr. Bertina, and Sr. Prashanthi arrived Dhyanavana for retreat. Retreat was preached by our Dean Fr. Ajith. The retreat began this evening and ended on the 6th of March.

**28.02.2026 :** Fr. Rathan returned back to Dhyanavana after organizing and attending all the meetings in Karwar, Goa and Andhra.

### MARCH 2026

**02.03**

**06.03.2026 :** This week was an extremely tensed week as we had our second semester comprehensive exams. We had to brush up with all the subjects that were taught throughout this academic year 2025-2026. During our preparation we tried to recall all that we had studied in different lectures.

**03.03**

**05.03.2026 :** During these days the sound system of our class room was upgraded. We now have new speakers, new cables, amplifier and a very good mixer. Besides we also purchased a new Smart Board of 86” Now our class room is well equipped with modern technology. Thanks to our Dhyanavana Fathers for this beautiful gesture.

08.03

**13.03.2026 :** We entered into our annual retreat with the Vespers. Rev. Fr. Ivan D'Souza, OCD, Professor at Pushpashrama was the preacher. He helped us to go deeper within ourselves and to discover the presence of God within us. We spent meaningful time with the Lord and allowed the Holy Spirit to guide our lives, our thoughts and our actions. We pray that the Holy Spirit may continue to guide us, strengthen our vocation and help us to become authentic disciples of Christ. Fr. Shiju, a guest priest also joined the retreat along with 4 other sisters.

14.03.

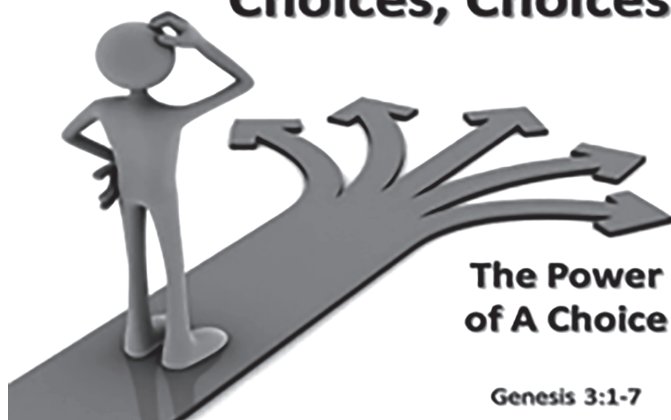
**20.03.2026 :** We started preparing for our Convocation Day. Sisters were seen busy in practising Dance, preparing and finalizing the script for the Masters of Ceremony, arranging the hall, decorating the backdrop etc. We also had a couple of practises and everybody was excited about the upcoming program.

**21.03.2026 :** All roads were leading to Dhyonavana as we celebrated the "Convocation Day." Most Rev. Dr. Francis Serrao, SJ delivered the Convocation Address on the theme "**The Soul's Deepest Desire – Union with God.**" This theme from St. John of the Cross coincides with the third Centenary Celebration of the Canonization of St. John of the Cross and first Centenary Celebration after declaring him as the Doctor of the Church. The Bishop also conferred the certificates to the students. Rev. Fr. Silvestre D'Souza, OCD, the Provincial and the President of the Institute delivered the Presidential address and released the Annual Magazine. Rev. Fr. Alphonse Britto, OCD, Councilor in-charge for Spirituality was the Chief Guest. After a wonderful performance which also consisted of a Prayer Dance by our day Scholars (CSA sisters) and a Folk dance by our inmates, the program ended with Dhyonavana Anthem and we all moved to the refectory for a sumptuous meal.

**22.03.2026 :** From today onwards sisters started moving out of Dhyonavana to their respective assigned destinations / communities. There were mixed feelings seen on their faces as they left the Institute. However, the happy memories they experienced here will definitely encourage them and keep them moving forward in the days and years to come.

## THE CHOICES THAT TRANSFORM YOU

“Choices, Choices”



**Choose to love, not hate:** for love is the river that softens stone and heals the unseen wounds of the world.

**Choose to smile, not frown:** for a simple smile can rise like morning light over a weary heart. Choose to build, not destroy: to build is to echo the

Creator; to destroy is to forget His breath is in you.

**Choose to persevere, not quit:** the Lord often hides His miracles on the far side of endurance.

**Choose to praise, not gossip:** let your tongue become an instrument of grace, not a spark that sets the forest aflame.

**Choose to heal, not wound:** every kindness becomes a quiet gospel, preached without words.

**Choose to give, not grasp:** open hands resemble heaven more than clenched fists ever could.

**Choose to hope, not despair:** hope is the lantern the Spirit keeps burning even in the deepest night.

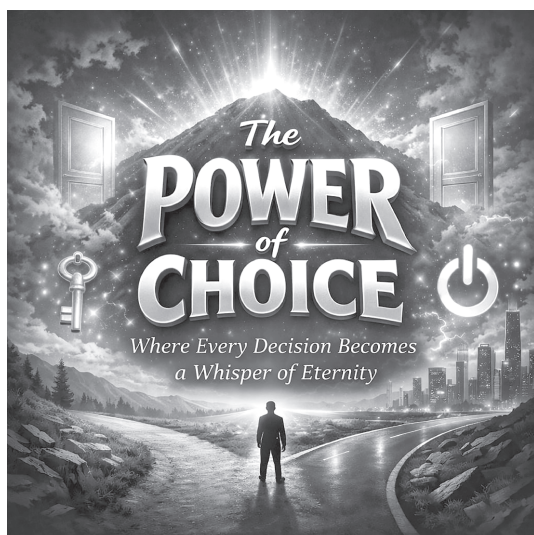
**Choose to forgive, not curse:** forgiveness is the door through which the prisoner walks free and discovers that the prisoner was themselves.

Every choice you make is a brush stroke upon the painting of your life – a painting God Himself has stretched across time. Paint it with courage. Paint it with wonder. Paint it with the colors of the Spirit. Your future is shaped not by chance but by the holy inclination of your will toward God. So, choose boldly, choose beautifully, and choose the life that awakens your soul and draws you into His light.

Sr. Binodini HSS

## THE POWER OF CHOICE

Where Every Decision Becomes a Whisper of Eternity



Sometimes an entire lifetime turns on a breath, a quiet pause, a sacred stillness where the heart leans toward God. In a world rushing past its own boundaries, we forget this holy truth: the Lord has placed before you the gift of choice, a flame of freedom lit by His own hand. Though you may not command the winds around you, you may choose the posture of your soul, the voice you follow, and the path you dare to walk.

Even the smallest “yes”, soft as a leaf falling, can open the door to a new dawn.

Scripture tells us that the great movements of heaven often begin with the gentle turning of a heart:

- Adam and Eve stood between desire and obedience (**Gen. 3:1–7**).
- Joshua called the people to choose whom they would serve (**Joshua 24:14–15**).
- Ruth clung to Naomi, choosing covenant over comfort (**Ruth 1:14–17**).
- David stepped toward Goliath, choosing courage over fear (**1 Samuel 17**).
- Mary bowed her head and chose surrender: “Let it be unto me” (**Luke 1:38**).
- And Christ Himself chose the cross, a love deeper than death (**Phil. 2:8**).

One choice can echo through generations. For many today, that same tender “yes” becomes the beginning of a calling – a life of prayer, service, and surrender. Never measure the strength of a choice by its size; the smallest seed can move mountains when planted in faith.

**Sr. Binodini, HSS**

### THE NATURE OF LOVE IN PERSONAL EXPERIENCE

Love, in personal Experience, often reveals itself not as a single feeling, but as spectrum of emotions and Actions. As core, Love is a connection something that binds me to another person, a place, or even an Ideas. In moments of Joy, Love feels effortless Laughter shared with friends, the warmth of family gatherings, or the thrill of discovering someone who understands me deeply. Yet, Love is also tested in hardship, caring for someone in their struggles, forgiving, mistakes, or choosing patience when it would be easier to walk away. These experiences show that Love is more than affection; it is commitment, selflessness and sometimes quiet endurance.

Personal experience teaches that Love is transformative. It shapes Identity, influences choices, and expands ones capacity for empathy. Through Love, one learns vulnerability, the courage to trust, and the resilience to heal when hurt. Ultimately, the nature of Love on my personal experience is very complex. It is fragile and enduring, emotional and practical, deeply personal yet universally shared. It is in the ordinary gestures, listening, supporting, showing kindness, that Love proves itself most out genetically.

S.R. REENA, HSS

### TREE

Like a tree that bends, but does not break,  
Through storm, and wind, new roots I make.  
Each fall becomes rise again  
Each scars a mark of where I've been.  
The fire burns, yes I remain-stronger for the ash and rain.  
Hope is my breath, courage my art -Resilience lives within my heart.  
In shadows deep where worries dwell, a silent warrior casts a spell.  
The weight of burdens, a heavy load, is carried bravely down the road.  
For every struggle and every tear, a stronger self will soon appear, in every storm, a  
New beginning starts, with strength that mends our broken parts.

-Sr. Susanna Nayak, SAL

## A JUMBLED BIBLE STORY

1. The woman conceived and bore a son; and when she saw that he was a fine baby, she hid him three months.
2. For this child I prayed; and the Lord has granted me the petition that I made to him.”
3. Now he was ruddy, with beautiful eyes and handsome.
4. But the hair of his head began to grow again.
5. His hair got caught in the oak tree.
6. When they looked up, they saw no one except Jesus alone.
7. The spirit of the LORD came upon him, and he blew a trumpet; and his followers were gathered after him.
8. When the trumpets sounded, the army shouted, and at the sound of the trumpet, when the men gave a loud shout, the wall collapsed.
9. “As for these things which you see, the days will come when not one stone will be left upon another that will not be thrown down.”
10. There was an earthquake, but the LORD was not in the earthquake.
11. He said; “Immediately after the distress of those days ‘the sun will be darkened, and the moon will not give its light; the stars will fall from the sky, and the heavenly bodies will be shaken.’
12. When the disciples heard this, they fell on their faces and were terrified.

### Answers

1. Exodus 2:2, 2. 1 Samuel 1:27, 3. 1 Samuel, 16:12, 4. Judges 16: 22. 5. 2 Samuel 18:9,  
6. Mt. 17:8, 7. Judges 6: 34., 8. Joshua 6:20, 9. Lk. 21: 6, 10. 1 Kings 19:11–12

-Sr. Savita Banot CSJ



## THE GIFT OF FRIENDSHIP IN MY LIFE

Friendship is one of the deepest desires of the human heart. Everyone longs for someone who listens, understands, and loves them. But beyond all human friendships there is a greater and more perfect one, the friendship with God. His friendship gives me peace and strength in my daily life. I trust in God that He is not distant or silent but He is always with me. And He desires to be close to me, to walk with me, speak to me, and share in my joys and sorrows. Jesus says I do not call you servants any longer but I have called you friends (John 15:15). These words reveal the heart of God. He invites me into a real relationship with Him based not on fear, but on love and friendship.

In my daily life, I experience God's friendship in many simple ways, when I pray in the quiet of the morning; I feel His gentle presence guiding thoughts and filling my heart with peace. When I face challenges, I turn to him as my faithful friend and share everything with Him. In moments of joy, I thank Him, knowing that every good thing comes from His loving hand, God's friendship is constant, it comforts me when I am weak and strengthens me when I am tired.

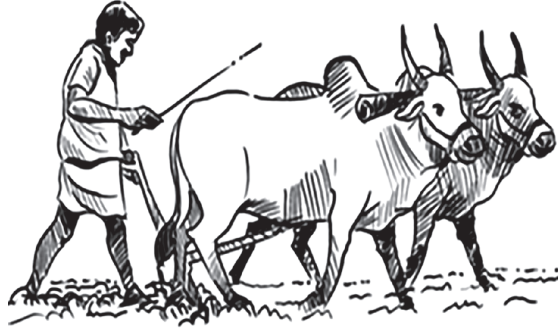
Being a friend of God means listening to Him and trusting his plan for my life. Friendship with God requires openness and communication through prayer and reflection. When I follow His commandments and live according to His will, I feel a deeper closeness with Him- not through grand actions, but through small acts of love, kindness, and faith in daily life.

God's friendship teaches me how to be a better friend to others. When I experience His unconditional love, I am inspired to love and care for the people around me. My friendship with God guides my thoughts, my actions, and my journey. When friends support one another and share their spiritual experiences, friendships become stronger and rooted in faith. The gift of friendship reminds me that I am never alone God walks with me, strengthens me, and invites me to grow in love and trust each day.

**-Sr. Emelda Indwar CSJ**

# ☞ DHYANAVANA ☞

## WORK OF OUR FARMERS



Salutation to all who read this reflection on innovation,  
A story of transformation and creative cultivation.  
Our national occupation is the noble work of cultivation,  
Rooted deep in tradition, lived out with dedication.

It is our motivation, our daily action, our mission's foundation,  
Carried forward by the present generation with quiet determination.  
They place aside their personal ambition,  
To continue this effort with steady submission.

It forms an impression, gives inspiration, shapes our nation's situation,  
Spreading far and wide like gentle circulation.  
It becomes both sensation and celebration,  
A harvest of joy after long preparation.

Through participation and sincere dedication,  
Each one fulfils their entrusted portion  
With devotion and concentration,  
May our efforts bloom into a brighter nation.

- Sr. Archana HSS

# DHYANAVANA

## WHO AM I ?

A Prophetic Riddle.....

1. My Name -Yahweh, which means "Salvation".
2. I am the Weeping Prophet?
3. I proclaim the message of the Holy Spirit.
4. I have been commanded to marry a prostitute.
5. As a prophet, I advocate for repentance and new life.
6. I remember the role of a farmer or a common villager.
7. My prophecies directly address the fall of Ninevah.
8. I boldly declare five woes against evil.
9. I am the great grandson of King Hezekiah.
10. My ministry was impactful, thought it lasted only four months.
11. I witnessed eight powerful visions.
12. I stand as a crucible bridge between the Old Testament and the New Testament.

**Answers:** 1. Isaiah, 2. Jeremiah, 3. Ezekiel, 4. Hosea, 5. Joel,  
6. Amos, 7. Jonah, 8. Habakkuk, 9. Zephaniah, 10. Haggai,  
11. Zechariah, 12. Malachi

-Sr. Tapaswini HSS

### CHRIST IN EVERY PROFESSION: A SCRIPT OF DIVINE ROLE

Jesus as good shepherd.  
(Jn 10:11)



Jesus as potter.  
(Rom 9:21)



Jesus as divine artist.  
(Jn 1:3)



Jesus as Author.  
(Jn 8:6-8)



Jesus as Teacher.  
(Jn 7:16)



Jesus as Police.  
(Is 11:4)



Jesus as Doctor.  
(Mt 4:23)



Jesus as Chef.  
(Jn 21:9, 13)



Jesus as musician.  
(Mt 26:30)



Whatever you do, work at it with all your heart, as working for the Lord, not for human masters. It is the Lord Christ you are serving. (Colossians 3:23-24) Go forward, then, in the certainty that your hidden life of prayer and community is the most powerful force imaginable for revealing Christ in Every Profession. See Jesus the Shepherd who calls you by name, the Potter who shapes you with love all the same. The Artist who paints every sunrise you see. The Healer who touches the wounds no one knew, the Teacher who guides you in all that you do. the Chef by the sea, the Musician who sings over your heart tenderly. The Author who writes every chapter with grace Jesus is with you in every life-place. In every rhythm, in all that you live, His love is the song He continues to give.

Sr. Chaitaniya.HSS

# DHYANAVANA

## BLOOM WHERE YOU ARE PLANTED



I did not choose this soil, yet here I stand,  
In garden both foreign and familiar, with roots  
stretching into Mystery.

The Sun does not always shine,  
And the rain feels unkind, but even here, Life  
strives in the hidden places.

To bloom where I am planted,  
Is to trust the Gardener's wisdom,

To open my heart to strangers as brothers,  
To let kindness be my fragrance,  
To let service be my color,  
To let faith be the water that sustains me.

For a flower does not ask where it will grow. It simply turns towards the light. And so  
will I, Blooming here.

- Sr. Mary Suchita Xess SJA

## DON'T READ

7H3 717L3 CL34RLY 54Y5 D0N'7 R34D, 8U7 Y0U'R3 571LL  
C0N71NU1NG 70 R34D. 7H47 5H0W5 Y0UR CUR10517Y 480U7 WH47'S  
7H3R3. Y0U'R3 571LL 1GN0R1NG 7H3 717L3. Y0U'R3 7H1NK1NG, 'L37 M3  
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8U7 Y0UR 8R41N JU57 R34D5 17 4U70M471C4LLY. 4C7U4LLY, 17  
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Sr. Archana HSS

## LIVING A HOLY LIFE IN TODAY'S WORLD

### LIVING A HOLY LIFE IN TODAY'S WORLD



In today's world, I often find myself surrounded by noise, endless choices, and many pressures that make it difficult to live according to my faith. There are moments when I feel distracted or uncertain, times when I struggle to remain firm in what is right. Yet in these moments, I am reminded that

holiness is not about being perfect. Holiness is about staying close to God and choosing Him daily, even though small acts of love and faithfulness.

I have come to understand that holiness begins in the heart. When I take time for prayer, silence, and reflection, I experience a deeper peace and a stronger connection with God. Reading the Word of God gives me guidance when I feel confused, and the sacraments especially the Eucharist and Reconciliation renew my spirit and remind me of God's mercy. These moments show me that holiness is not something I achieve on my own; it is the work of God within me when I allow Him to enter my life.

Living a holy life in today's society is not simple. The world often promotes values that distract from God materialism, self-importance, pride, and constant comparison. At times, I fear being judged or misunderstood for living my faith openly. But when I reflect on the life of Jesus, who faced challenges, rejection, and temptation yet remained faithful to the Father, I draw courage to stand firm in what is true and good. I believe that holiness is found not only in great deeds but also in the simple, everyday acts of kindness, honesty, and compassion. There are times when I fail, when I fall short of what God desires for me. However, instead of giving up, I try to rise again with hope. I trust that God never abandons me. His grace stronger than my weakness, and His love continually invites me to begin anew. Every day becomes an opportunity to choose holiness once more. I realize now that holiness is not a final goal or a

## DHYANAVANA

destination. It is a journey daily commitment to follow Christ with humility, faith, and love. As I strive to walk with God, I believe He can transform my heart and use me as an instrument of His peace. Through His grace, I can bring light where there is darkness, hope where there is fear, and love where there is need. Holiness is not only about allowing God to change me; it is also about allowing Him to touch the world through me. With His guidance, I can live a meaningful and joyful life, even amid the challenges of today's world.

-By Sr. Rupeli Singh HSS

### BIBLICAL FIGURES CROSSWORD Word Search

D	A	N	I	E	L	T	A	B	L	E	Y
P	A	U	L	I	E	N	C	E	E	A	A
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E	N	E	I	D	O	U	R	T	E	S	A
R	K	E	A	D	S	U	S	E	J	E	H
B	B	L	D	V	L	E	A	S	C	G	A
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K	U	H	W	H	O	L	N	T	E	T	W
E	L	I	Z	A	B	E	T	H	U	W	Y

**ABRAHAM, DAVID, MOSES  
DANIEL, SMSON, NOAH,  
ADAM, EVE  
RUTH, ESTHER**

**JESUS, PAUL, LUKE,  
ELIZABETH,  
MARY,PETER, JOHN,  
ELIJAH**

- Sr. Salomi HSS

## BEYOND MY LIMITS, HIS STRENGTH BEGINS

**1. You say:** "It's impossible."

**God says:** "All things are possible." (*Matthew 19:26*)

**2. You say:** "I'm too tired."

**God says:** "I will give you rest." (*Matthew 11:28*)

**3. You say:** "I can't go on."

**God says:** "My grace is sufficient for you." (*2 Corinthians 12:9*)

**4. You say:** "I can't forgive myself."

**God says:** "I forgive you." (*Romans 8:1*)

**5. You say:** "I'm afraid."

**God says:** "I have not given you a spirit of fear." (*2 Timothy 1:7*)

**6. You say:** "I can't do it."

**God says:** "You can do all things." (*Philippians 4:13*)

**7. You say:** "I'm not able."

**God says:** "I am able." (*2 Corinthians 9:8*)

**8. You say:** "It's not worth it."

**God says:** "It will be worth it." (*Romans 8:18*)

**9. You say:** "I feel alone."

**God says:** "I will be with you." (*Isaiah 41:10*)

**10. You say:** "I can't change."

**God says:** "I will help you." (*Isaiah 41:13*)

**11. You say:** "I'm confused."

**God says:** "I will guide you." (*Psalms 32:8*)

**12. You say:** "I feel weak."

**Says:** "I will strengthen you." (*Isaiah 40:29*)

**13. You say:** "I'm frustrated."

**God says:** "Cast all your cares on me." (*1 Peter 5:7*)

Sr. Shashikala HSS

## DAD'S LITTLE PRINCESS

---

You held my hand when I was small  
and became the strength I leaned on as I grew.  
You caught me every time life made me stumble  
and taught me how to rise with courage and grace.

You protected me without noise,  
loved me without conditions,  
and showed me what true strength looks like—  
steady, patient, and gentle.

Through every scraped knee, every broken moment,  
you were the one who fixed it all  
with a hug, a smile, or a quiet word  
that told me everything would be okay.  
I never felt alone, because you were always right here.

Dad, your love is one of the greatest gifts God ever gave me—  
a glimpse of what true love looks like on earth.  
But even this beautiful love points me to something greater:  
the love of Jesus, who holds me even when the world lets go,  
who lifts me up not just when I stumble,  
but even when I fall deeply and lose my way.

Your love has boundaries because you're human,  
but Jesus' love has no limits.  
You protect me as much as you can  
Jesus protects my soul.

## ☪ DHYANAVANA ☪

You guide my steps  
Jesus guides my life.  
You gave me the courage to grow  
Jesus gives me the grace to become who I'm meant to be.

Still, Dad, your love was the first place  
I ever learned what love feels like.  
If earthly love can be this strong,  
how much more must Jesus love me  
with a love deeper, wider, and everlasting.

Not just today, but all my days,  
I will carry your love in my heart.  
I'll love you more than words will ever be able to say.  
Forever proud to be your daughter,  
forever grateful for everything you are.

Whatever is best in me, Dad...  
was shaped and made by you.  
You may not be a king to the world,  
but to me  
I will always be your little girl,  
your princess,  
and you will always be my hero.



Dad, I love you-more than you'll ever know.

- Sr. Kavita, HSS

## JUMBLLED BIBLE CONVERSATION

(Read more... Learn more...)

Once there was a man in the land of Uz... that man was blameless and upright, one who feared God and turned away from evil.1 He married a very beautiful and God-fearing woman, the daughter of Hilkiah.2 In all the land, there were no women as beautiful as his daughters. She let him fall asleep on her lap and called men.3 “Perhaps he is asleep and must be awakened.” 4 He got up, ate, and drank.5 She said, “Sir, give me that water.”6 He said, “Stop drinking only water, but have a little wine for the sake of your stomach and your frequent illnesses.”7 When they finished breakfast, he said... “Do you love me more than all these?”8 She said, “Wherever you go, I will go; where you stay, I will stay; your people shall be my people and your God my God.”9 When he heard this, he marvelled and said to those following him, “Truly I tell you, in no one in Israel have I found such faith.”10 She said, “I am the handmaid of the Lord, be it done to me according to thy word.”11 He said, “Truly I say to you, today, you will be with me in paradise.”12

(Proper nouns are replaced by pronouns.)

[ 1. Job 1:1; 2. Daniel 13:2; 3. Judges 16:19; 4. 1 Kings 18:27; 5. 1 Kings 18:8;  
6. John 4:15; 7. 1 Tim. 5:23; 8. Jn 21:15; 9. Ruth 1:16; 10. Mt. 8:10;  
11. Lk 1:38; 12. Lk 23:43 ]

-By Sr. Mariya Daisy HSS.



## ☞ DHYANAVANA ☞

### TO MOTHER MARY



If I could offer you just one gift,  
I would give you my heart—  
so, you could see how your quiet presence  
has shaped every corner of my life.

If you could look at yourself  
through my eyes,  
or through the eyes of every soul  
who has whispered “Hail Mary”  
in fear, in hope, or in gratitude,  
you would understand  
how radiant, how tender,  
how extraordinary you are to us.

You are the woman who held eternity  
in your arms as an Infant.  
The mother who treasured  
every word, every step,  
every tear of Jesus  
in the deep silence of your heart.

#### THANK YOU

for believing in God’s promise  
before anyone understood your “Yes.”  
For teaching us that surrender  
is not weakness—  
it is the doorway through which God  
enters.

#### THANK YOU

for walking the dusty roads of Galilee,  
for standing at the foot of the Cross  
when the world looked away,  
and for choosing to be mother  
not only to Jesus  
but to all of us who stumble  
and rise again with His grace.

Your love has followed me  
like a gentle shadow  
not loud, not demanding,  
but always near.

I will always be  
your little child,  
seeking your hand when the path is  
rough,

**-Sr. Shobha, HSS**

## DHYANAVANA

### ETHICS: A PATHWAY FROM SPIRITUALITY TO LIFE

Spirituality is not confined to prayer or inner experiences alone; it finds its true meaning when it is lived out in daily life. What we believe deep within ourselves is revealed through our actions, and ethics serves as the vital bridge between spirituality and everyday living by guiding us according to values such as love, honesty, justice, and compassion. When spirituality is authentic, it naturally gives rise to ethical living, shaping our choices and relationships in ways that reflect our inner faith. This lived spirituality is clearly seen in the life of St. Francis of Assisi, whose deep spiritual commitment was expressed through a simple life of poverty, peace, and profound care for the poor and for creation, making his spirituality visible and practical. Similarly, St. Teresa of Calcutta embodied her spirituality through loving service to the poorest of the poor; her life of prayer was inseparable from acts of compassion and deep respect for human dignity. Through such ethical lives, their spirituality became a living reality, demonstrating that ethics is the pathway through which spirituality becomes life itself and that true spirituality is revealed not only in prayer, but in the way one lives each day.

- Sr. Punam Kido SJS

### JESUS ABIDES IN ME

So, my eyes learn to see with His light.  
My ears learn to hear with His gentleness.  
My lips learn to speak with His grace.  
My hands learn to serve with His compassion.  
My feet learn to walk in His Footsteps.  
My mind learns to think with His wisdom.  
My heart learns to love with His endless patience.  
My spirit learns to trust in His promises.  
My soul learns to rest in His peace.  
My life learns to shine with His presence.

Sr. Magrita Ekka (SJS)

# DHYANAVANA

## PUZZLE ...

If each letter of the alphabet (A to Z) corresponds to a number (A=1, B=2, C=3,... ...26)

Decode the number and find out the correct answer.

### Puzzle: 1

I stand when night is clear.

I fade when light appears.

Count me in numbers: 13,15,15,14.

What am I?

### Puzzle: 2 The gentle drops

I fall, yet I never break.

I feed the earth and calm the lake.

Count me in numbers: 18,19,14.

What am I?

### Puzzle: 3 The sky's Eye

I rise each day, yet I never walk.

I shine on all, Yet I never talk.

Count in numbers: 19, 21, 14.

What am I?

Ans 1: Decode: 13=M, 15=o, M=o, 14=N (Moon)

Ans 2: Decode: 18=R, 1=A, 9=I, 14=N (Rain)

Ans 3: Decode: 19=S, 21=U, 14=N (Sun)



- Sr. Magrita Ekka (SJS)

### ROOTED WITHIN: A GENTLE INVITATION TO A DEEPER LIFE

In the quiet rhythm of daily life, many of us feel a deep longing for meaning, peace, and inner strength. In the midst of responsibilities, noise, and expectations, our hearts search for something deeper—something that grounds us. Reflection and silence remind us that true strength does not come from doing more, but from being rooted within.



Spiritual God's word invites us to pause and listen. It gently teaches us that spirituality is not an escape from life, but a way of living life more fully and consciously. When we take time to be still, to reflect, and to pray, we begin to notice how our inner world shapes our outer actions. Slowly, we learn to respond rather than react, to love rather than judge, and to hope rather than fear.

Saint Teresa of Avila beautifully reminds us that God is not far away but dwells within us. This awareness transforms our understanding of spirituality. When we turn inward with honesty and trust, we discover a sacred space where God speaks softly, offering clarity, courage, and consolation. From this inner rootedness, our life begins to flow with greater purpose and peace.

Such rootedness also opens our eyes to the world around us. A reflective life naturally leads us toward compassion. Pope Francis often reminds us that faith is lived through closeness, tenderness, and care for one another. When our hearts are grounded in prayer and reflection, we become more attentive to the struggles of others. Our small gestures of kindness, listening, and presence become powerful signs of hope.

This inner journey is not meant only for a few; it is an invitation for all. Each person, in their own way, is called to nurture this inner life. Whether through silence, meditation, Scripture, or mindful living, we are invited to create space for God and for ourselves. In doing so, we discover that peace is not something we search for outside, but something that grows within us.

## ☸ DHYANAVANA ☸



A life rooted in reflection becomes a blessing to others. Like a tree with deep roots, such a person offers shade, strength, and stability. Their presence comforts, their words heal, and their life inspires—not through perfection, but through authenticity.

May this gentle journey inward help us become more human, more compassionate, and more open to God’s quiet working in our lives. In nurturing our inner roots, may we grow into people who carry light, hope, and peace into the world.

- Sr. ARUL MARY CSJ

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## NATURE: GOD’S BEAUTIFUL GIFT

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“Let the earth rejoice, and let all that fills it be glad” (Psalm 96:11)—for nature is a precious gift lovingly given to us by God. It fills our lives with peace, balance, and hope, reminding us that all creation is deeply connected. The sky, rivers, mountains, trees, and flowers reveal the greatness of God, the divine artist whose love and wisdom are silently spoken through creation. As Gary Snyder beautifully says, “Nature is not a place to visit. It is home.” When we respect and protect the earth, we safeguard life itself and secure the future of generations to come. Caring for nature, as Pope Francis reminds us, is “our most ancient and most worthy responsibility” (Laudato Si’), and it is also a sacred way of thanking God for His wonderful and life-giving creation.

### **Nature Teaches Us:**

To live together in harmony

To live life with simplicity and joy

To sing and dance with happiness

To smile and spread happiness

To love and care for one another

To play and stay active

To understand and be aware

To live with love and peace

To stay calm and live with affection

To always walk on the right path

- Sr. Elisaba Topno SJS

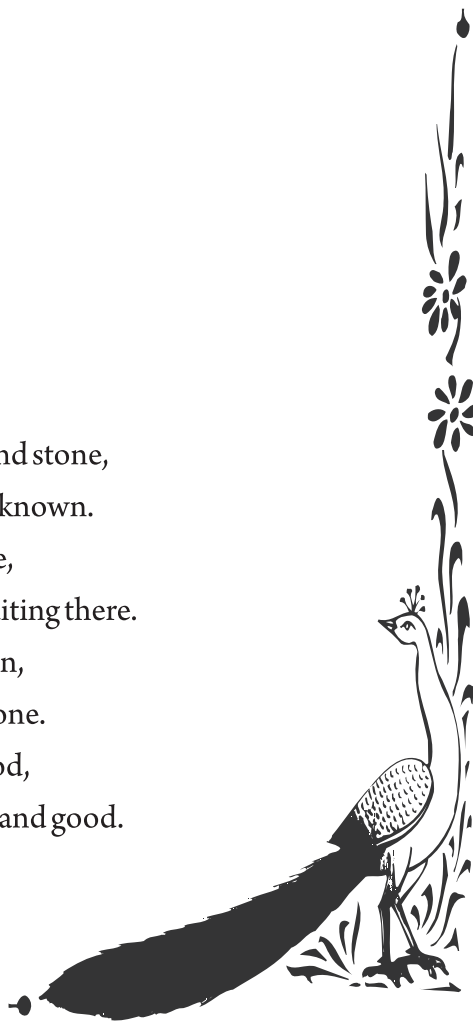
## DHYANAVANA

### “READ MY DEEDS AND TELL MY NAME”

1. I walked the path where silence spoke,  
A searching heart by love awoke.  
Within the soul, God made His home,  
In inner castles, not of stone.  
His love, an arrow, sweetly pressed,  
A wounded heart, yet deeply blessed.  
I taught that prayer is friends who meet,  
In quiet trust at Jesus' feet.  
By truth reformed, in faith made strong,  
I lived for God my whole life long.

2. I heard God's voice in wind and stone,  
Calling me out from wealth I'd known.  
I kissed the leper, poor and bare,  
And found Christ's wounds waiting there.  
I sang with birds and blazing sun,  
All things in praise made truly one.  
A fool for Christ, with joy I stood,  
Wedded to Lady Poverty, pure and good.

3. I taught the heart to rise by grace,  
Not harsh by rule, but soft in pace.  
Through patient love and gentle way,  
I showed that saints are made each day.  
“Be who you are and be that well,” I'd say,  
For holiness grows in work and play.



## ☞ DHYANAVANA ☞

In busy lives and common care,  
I found God's will is living there.

4. I walked the small way in love so true,  
Offering little acts, He always knew.

In hidden days where no crowds came,  
I trusted mercy, not my name.

I scattered roses of trust and grace,  
Found heaven's door in a childlike face.

A little soul with a burning plea,  
Calling all hearts to simplicity.

5. I walked through the streets where the  
poorest cry,  
Bearing God's love where hope seemed to die.  
I touched wounded bodies, broken and small,  
Seeing Christ's own face in the least of all.  
In dark nights of silence, I chose to stay,  
Trusting His light though He seemed far away.  
A servant I stood for the unwanted and weak,  
Calling lost hearts to the love they seek.

### Answers:

1. St. Teresa of Avila
2. St. Francis of Assisi
3. St. Francis de sales
4. St. Teresa of child Jesus
5. St. Mother Teresa



-Sr. Pratima CSJ

## ☸ DHYANAVANA ☸

# ELEVATED PEACE: FINDING THE DIVINE IN MOUNTAIN SILENCE



"Thousands of tired, nerve-shaken, over-civilized people are beginning to find out that going to the mountains is going home; that wilderness is a necessity." - John Muir

In a world filled with ringing notifications, constant movement, and busy schedules, today's generation longs for a moment of quiet. Mountain spirituality offers that precious pause. A mountain is not just a place; it is an experience of climbing slowly, breathing deeply, and discovering inner peace.

When I visit a mountain-or even a quiet place that reminds me of one-I experience deep peace inside. The fresh air, the stillness, and the beauty of creation make me realize that God is close to me. Standing on a mountain reminds me that my problems are small before God's greatness. It teaches me patience, courage, and trust.

When I look at the view from the top, I feel renewed and strong again. This experience helps me understand that spiritual growth needs silence, reflection, and time with God. For young people surrounded by pressure and noise, mountain spirituality becomes a refreshing invitation-to unplug, reflect, and reconnect with the Creator. The mountain reminds us that with God, every climb leads to a new vision and renewed hope.

- Sr. Pinky Dhanwar CSJ

# ☸ DHYANAVANA ☸

## VOCATION

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A free gift of God, given to me,  
He took the initiative; I responded freely.  
The response was not easy, the journey was long,  
Years of silence, searching what is right and wrong.  
With deep and serious reflection  
On who I truly wanted to be, the beloved of mine.  
A fire within to love, to serve, and to pray,  
I responded with love, day by day.  
To unite with the Divine  
In a relationship loving and intimate, truly mine.  
Gradually I grow in my whole being,  
Mind, heart, and spirit daily deepening.  
If not cared for, this gift may die,  
So tender, so fragile, asking me to be faithful.

Delicate like an earthen vessel,  
Yet strong with grace within,  
Able to break even pieces of glass  
When held in God's hands.

This call leads me outward, never alone,  
Sent for the mission God has shown.

To be hope for the weary, the weakest, light for the lost,  
Faithful in love, whatever the cost.

# DHYANAVANA

A lifelong “yes,” renewed each day,  
In trust, surrender, and humble prayer.  
My vocation-God’s dream alive in me,  
A journey of love, now and eternity.

## Quotation

“I am strengthened by the Cross.  
The Cross enables me to love.  
Love helps me to serve.  
Service teaches me to be courageous.  
Courage leads me to stand for the truth.  
And the truth makes me free.”

- Sr. Ebha Kujur FC



## THE STORY OF AN OLD TREE

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Once there was a beautiful tree that gave shade and sweet fruits to many people. Hundreds came to rest under its branches and enjoy its gifts. The tree was happy and proud to serve everyone. As time passed, the tree grew old. Its branches became weak, and it stopped bearing fruit. People slowly stopped visiting, and the tree stood alone, feeling forgotten and useless.

One day, some villagers passed by and spoke about how the tree had once been full of life. Hearing this, the tree wept sadly. Then, a gentle voice spoke from within: “My dear tree, why are you weeping? I have always been with you. Others came only for what they could get from you, but I am your faithful and eternal friend.” The tree realized it was God speaking - the one who never leaves, even when everyone else does.

### **REFLECTION:**

True friendship and genuine love are not revealed during times of success or comfort, but in moments of weakness and loss. Many people are drawn to us for what we can offer-our strength, productivity, influence, or generosity. Yet when these gifts fade, such relationships often disappear as well. This reveals how fragile and conditional much of human love can be.

The story of the old tree reflects this profound truth about the human condition. While the tree was fruitful and strong, it was surrounded by people who benefited from its shade and sweetness. But when age and weakness arrived, it was left alone. This experience echoes the ancient cry of the psalmist: “Do not cast me away when I am old; do not forsake me when my strength is gone.” Psalm 71:9.

Still, the heart of the story reveals a greater hope: God’s presence does not depend on our usefulness. When the tree could no longer give fruit or shelter, God remained. Unlike human affection, which often fades with loss, God’s friendship is constant and unconditional. As Scripture assures us: “The Lord is close to the broken-hearted and saves those who are crushed in spirit.” Psalm 34:18. And again: “I will never leave you nor forsake you.” Hebrews 13:5. This is the love that endures-not because of what we do, but because of who we are in God’s eyes.

Human approval can never fully satisfy us, because it is unstable and temporary. Only God’s faithful love offers lasting rest. Mother Teresa reminded the world that

## ❁ DHYANAVANA ❁

goodness should not depend on recognition: “If you are kind, people may accuse you of selfish, ulterior motives. Be kind anyway.” Her words reflect the truth that human gratitude is fleeting, but God sees every hidden sacrifice and every quiet act of love. Jesus Himself revealed the heart of God when He said: “Come to me, all you who are weary and burdened, and I will give you rest.” Matth. 11:28

Where do we place our trust and identity? If our worth is rooted solely in what we can give, we will eventually feel forgotten and empty. But when our lives are anchored in God’s enduring love, even seasons of weakness become moments of deeper grace.

Like the old tree, we may one day stand stripped of our strength-but we will never stand alone. God remains, not as a passerby, but as our faithful and eternal friend.

- Sr. Prava JMJ

### RIDDLES:

1. I am a fruit, but my name is confusing... when you say my name it is plural, even if I am taken single. What am I?
2. Which fly can lighten up the dark?
3. I dance to the rhythm of music, in tunes I go up and fall down. What am I?
4. I am bitter to lies but sweet to the beholders who trust in me. Who am I?
5. I am something that is consumed randomly. Gadgets and machinery depend on me. I can cool and heat ... what am I?
6. Sharp as a knife can cut through and hot like fire can burn up... be careful while dealing... what is it?
7. Something that is liquid but solid and transparent, can take any shape or size, can be melted, can be broken ... what is it?
8. I’m hard to crack, but inside I’m a treat. What am I?
9. In a crowd, I sit and listen with hands ready to clap, ready to laugh and bring good cheer, showing my support loud and clear. What am I?
10. I can give you life, but I can also take. In storms, I roar; in droughts, I break. What am I?

6. Tongue, 7. Ice, 8. Walnut, 9. Audience, 10. Water.

1. Pear, 2. Firefly, 3. Musical Fountain, 4. Truth, 5. Electricity

- By – Lynn Fleury

### INSIDE MY PRAYER BAG (SPIRITUAL MUST-HAVES) A SPIRITUAL CONVERSATION

When it comes to **spiritual must-haves**, Sister Grace is just like you and I...

**A Spiritual Question:** You always seem so **peaceful and radiant**, Sister Grace! What's your secret?

**Sr. Grace:** Ah, thank you! I think peace comes from time spent with the Lord. Every morning before the day begins, I "put on" prayer like others put on makeup. A little silence, a bit of gratitude, and a whole lot of grace - that's my daily beauty routine. It's amazing how much joy and inner glow prayer brings.

**A Spiritual Question:** Do you and your sisters share spiritual "**beauty tips**"?

**Sr. Grace:** All the time! We love sharing reflections, favorite Scripture verses, or quotes from saints. One sister might say, "Try the Rosary for inner calm," and another adds, "Oh, I use the Psalms when I feel anxious!" We have our little "spiritual swaps." It keeps our hearts renewed and our spirits glowing.

**A Spiritual Question:** What's **one devotion** you couldn't live without?

**Sr. Grace:** Definitely the **Holy Eucharist**. It's like my foundation — everything else builds upon it. Without it, my soul feels bare and tired. I also keep a small Rosary in my bag - it's my spiritual lipstick! Just one decade, and my soul feels refreshed and renewed.

**A Spiritual Question:** How long does your "**spiritual get-ready**" routine take in the morning?

**Sr. Grace:** (laughs) Honestly, about an hour - but sometimes I cheat and whisper short prayers while I'm doing chores! My favourite prayer is simply saying, "Jesus, I trust in You." It's quick, deep, and never fails to bring peace.

**A Spiritual Question:** Have you ever thought about creating your own "**spiritual fragrance line**"?

**Sr. Grace:** Oh, if I could bottle the scent of holiness, it would smell like simplicity, charity, and humility - maybe with a touch of incense and morning dew! True beauty isn't about perfume; it's about the fragrance of Christ that we carry when we love others sincerely.

**A Spiritual Question:** What memory does your **favourite prayer** remind you of?

**Sr. Grace:** The Rosary always reminds me of my grandmother. She had such faith! I remember watching her fingers move across the beads every night. Even when words

## ☪ DHYANAVANA ☪

failed, her prayers spoke volumes. Whenever I pray the Rosary, I feel her quiet strength beside me.

**A Spiritual Question:** Have you ever tried a “**Spiritual Treatment**” that didn’t quite work out?

**Sr. Grace:** Oh yes! Once I tried to spend an entire day in total silence - no talking, no phone, no music. By noon, I realized my thoughts were noisier than ever! (laughs) But even that taught me something: silence isn’t about sound; it’s about stillness of heart.

**A Spiritual Question:** So, what’s truly inside your **prayer bag**?

**Sr. Grace:** A Bible that’s slightly worn out, a Rosary that’s always tangled, a notebook filled with half-written prayers, and a small cross that reminds me: real beauty begins within.

### **Final Spiritual Beauty Tip**

If you want a radiant soul, spend time with the One who is Beauty itself. No makeup can outshine the glow of a heart filled with God’s love.

-Sr. Emelda PHJC




## JOKES:

1. A father asked his son: on which date is your next exam? The son replied: I am not sure, as the dates are already eaten!
2. During an exam, a teacher sees a student writing the questions. "Why are you doing that?" the teacher asks. The student replies, "I don't know the answers, so I'm giving the questions to my friend to answer!"
3. Why did the ticking-clock suddenly stop?  
It needed a break.
4. A patient was rushed to the hospital with breathlessness. Once stabilized, the doctor asked what happened. The patient said, "I was feeling sad, so I remembered that laughter is the best medicine. I started laughing for no reason and kept going until I collapsed!"
5. Two people were arguing when a third person watched. A fourth person passed by and said, "Only fools continue arguing; the wise stop." The third person then got some tape, sealed their mouths, and said, "Be wise-don't speak!"
6. What did the saddle ask the horse?  
Take me for a ride.
7. The battery and software of a mobile were chatting. "I'm tired of being recharged all the time," sighed the battery. "And I'm fed up with endless updates!" replied the software. "We need a vacation!" The next day, the battery declared, "I'm going dead!" The software chimed in, "Perfect! I'll stop updating—let's call it a mutual breakup!" Soon, the phone was useless and tossed aside. The battery joked, "At least no more low-battery warnings!"
8. Two writers poured their hearts into countless books, articles, and stories, all out of joy, but never got recognized. In distress, they finally wrote a book about their sorrows, struggles, and failures.  
When it became a bestseller, they exclaimed, "Who knew our misery would sell better than our joy? May be we should have been writing a 'how to fail' series all along!"
9. What did the fire extinguisher say to the fire?  
I'm going to destroy you.
10. What did the shadow say to the body?  
I'm here to follow you around, because I am your biggest fan!

- By – Lynn Fleury

## Community: Loving Imperfect People with a Perfect Heart

 I entered the community with dreams filled with joy, peace, and hope.

My heart imagined smiles, understanding, and a place where everyone would walk together in love.



But slowly, reality unfolded.

I discovered that not everyone is gentle, not everyone understands, and not everyone responds with kindness.

Words hurt, actions confuse, and misunderstandings create distance. At times, I felt wounded, lonely, and tired.

In those moments, I turned to prayer and asked, "Lord, why is love so hard to live every day?"



I love you—with all your flaws.

Not because you are perfect, but because you are Mine.



That love changed me.

I began to listen more than I spoke.

I learned to pause before reacting.

I prayed before responding.

I chose patience over anger, silence over judgment, and compassion over resentment.

Slowly, my heart softened.

I realized that community is not a gathering of perfect people, but a home for imperfect hearts learning to love one another.

When I embraced others as they are, just as Christ embraces me, community became a place of healing, belonging, and grace.



**Imperfect hearts, One home, One new beginning—  
→ by loving others as our own.**

— Sr. Sophia Nayak (A.H.F)

# DHYANAVANA

International Institute of Spirituality, Mysore

**APRIL - MAY**

**2026**

**APRIL - MAY**

## **SUMMER COURSES**

**Canonical Aspects of Religious Life**

Resource Person: Fr. Sunil Kumar D'Souza

**April 13<sup>th</sup> - 18<sup>th</sup>**

**Minding our Mind: Emotionally Balanced Life**

Resource Person: Fr. Jovel Olivera OCD

**April 20<sup>th</sup> - 25<sup>th</sup>**

**Abiding in His Love: A Renewal of Consecrated Life**

Resource Person: Fr. Sunil Rodrigues OCD

**April 27<sup>th</sup> - May 2<sup>nd</sup>**

**Roots to Fruits: Growing in Godliness and Spiritual Maturity**

Resource Person: Fr. Rathan Almeida OCD

**May 4<sup>th</sup> - 9<sup>th</sup>**

**Vision to Impact: Faith-Filled Leadership for a Changing World**

Resource Person: Fr. Alwyn Sequeira OCD

**May 11<sup>th</sup> - 16<sup>th</sup>**

**Retreat – “Face to Face: In His Presence”**

Retreat Preacher: Fr. Ajith Rodrigues OCD

**May 18<sup>th</sup> - 23<sup>rd</sup>**

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### OUR MOTTO

"In his presence we stand and serve" with this motto we strive to create a new Human Society where Equality, Freedom, Love, Justice, Peace & Joy reign in Eco-friendly Communion.



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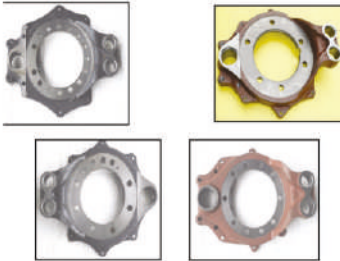
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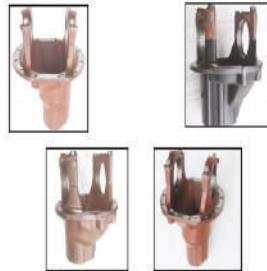


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