

# THE SMOKE DETECTOR

## LEARNING TO ENJOY LIFE WITH ASHISH PANTHA MEHTA

September 9, 2013 *by Doina Tatu*

Sometimes life gets a bit too crazy and you may lose your track along the way, that's why you need to keep your focus on what's important and try to keep yourself grounded. Yoga and meditation are always there to help us, and people like Ashish Mehta are there to lead us and hold our hand in this spiritual journey.



I met him a while ago and I can say I learnt a lot from him. Starting with teaching me meditation techniques over on Skype to have peaceful nights (sometimes my dreams can beat the best horror/action movies you can imagine) to help me stay grounded. We thought it's time for you all to meet him and maybe he can help you too with a thing or two, so, of course, we did an interview with him. We talked about his challenges, ways to keep ourselves with the feet on the ground, the problems of the modern society and many other things. Take a look:

**Tell us a bit more about yourself.**

I am an Author, Healer plus a simple Yoga & Wellness coach living in Hamburg (Germany) now . I consider myself to be a channel of Healing, who is having this human experience on this beautiful Planet Earth. I like to have an attitude of "Student Of Life", which keeps me moving on the Path Of Living. This attitude also helps me to live every moment fully here.

I am so happy and thankful that the Universe gave me a chance to spread my message of love, healing, Yoga & Meditation through my first Book "Der Glücksvertrag" which means "The contract of Happiness" in English.

**When did you first realize that this was the path you had to take?**

When i was 9 years young : ).

**We imagine that moving from India to Germany was not that easy, which were the most difficult situations you had to deal with?**

There were a couple of difficult situations or challenges that i had to deal with. To name some were language, work, relationship and on the top the cultural shock. I consider that the biggest Challenge was for me to create my space in Germany as an Indian...



### Who is the person in your life that influenced you the most?

There has been a lot of great people ,coaches,masters and gurus who influenced me in my this life. I can start with my Father as he taught me to be a selfless giver and showed me how be strong in order to face the challenges of life in a fearless way : ). I was deeply influenced by my First Guru , whom we called "Dada Maharaj". He showed me that if a man rises above his 5 senses and lives with an attitude of detachment; he can then live a Miraculous life ....

Then the entry of the great world renowned Yogi" Paramahansa Yogananda" inspired me to create my own style of Yoga called " Pantha Hatha Yoga". Also i was fortunate to get the direct initiation from Grand Master Choa Kok Sui, who blessed me to heal the people. Last but not the least i also learnt a lot from awesome guides and coaches like Osho, Dr.Wayne Dyer, Bob Proctor and Dr. Deepak Chopra.

### What is for you the best benefit of Pantha Hatha Yoga?

There are all the benefits of Pantha Hatha Yoga that a human being can imagine. The best thing of Pantha Yoga is that our Yin and Yang Factors get balanced and the person practicing Pantha Hatha yoga is centered and grounded. The feeling of ease with clarity sets in the lives of practitioners or the students of Pantha Hatha Yoga. This in return makes the students of Pantha Hatha Yoga dynamic and they approach life courageously without confusion.



Additional advantages of Pantha Hatha yoga are as it follows:

It rebuilds and re-balances our 5 senses and live human systems:

- a) Spinal system
- b) Respiratory system
- c) Digestive system
- d) Circulatory system
- e) Nervous system

### How did it feel to meet your first Guru? Tell us a bit more about that experience.

As i mentioned before that i was fortunate to be born in a family where there was already a Master or Guru present. I was amazed as a child to see how He used to help people around Him selflessly and with a lot of love. We used to call Him " Dada Maharaj". He was my First Spiritual Guru, who initiated me on this very path on which i am treading since my childhood. I will always be thankful to Him and His Grace. Here is a photo from Dada Maharaj:



**What do you consider the biggest problem of the modern society and how should we deal with it?**

The biggest problem of the modern society is the mass hypnosis which is also called as old paradigms. We got to form new habits by thinking in a fresh way and taking the right positive actions in order to construct something Big & Beautiful.

This means when we are ready to sacrifice our old low ways of thinking, only then can we prosper Mentally, Emotionally, Physically and Spiritually : )



**What is one advice that you think everyone should hear?**

Don't die with the Song in your heart; i.e. create and materialize your dreams and visions before you leave from this planet by using your mind and imagination. Live life passionately, courageously, give willingly and accept graciously all that Nature sends you. Enjoy every moment of life with the mantra " Joy " inside your heart.

**We know you are working on a new book right now. Can you tell us what's it about?**

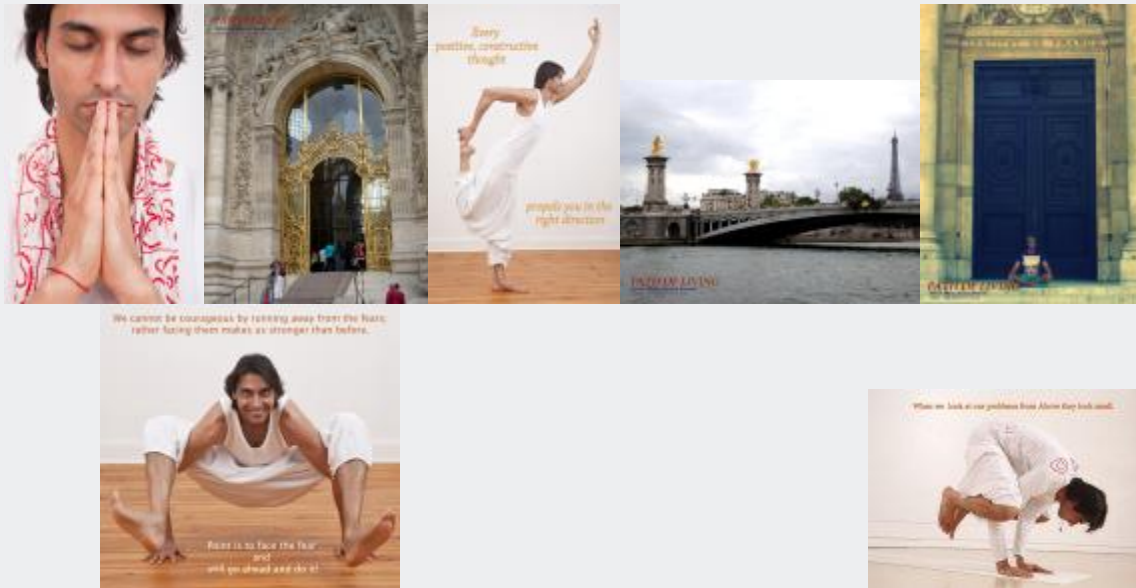
Smiles... It is a book on Love and the art of making love aesthetically... More than this i will not be able to tell you right now!



**Which are your plans for the future?**

My future plans are to write good practical books on various topics and make Movies in order to awaken the inner well-being giant from within all of us.

Om Peace Om



We wish Ashish to reach as many people as possible with his message and hope you all have a peaceful week. If you want to keep up with his journey on the Path of Living and also want to learn more about him, you can follow him on his official [Facebook Page](#).