

Bhantri's 1st Journey to written Psychodrama

for

I would give a credit of psychodrama's first encounter to the AI & social media algorithms. It was Instagram that introduced me with Psychodrama.

Now me being a person whose ~~gets attracted~~ heart has two parts, one which stays with world of psychology & other one which gets inclined towards drama/theater expression of emotions, + Psychodrama pulled me towards it fully in very first meeting only. It was almost my inner self/wisecraft knew what I'm connecting to. "Mere ~~प्राप्ति~~ पुराण प्यार वापस नहीं आया".

And today after yr also my this belief has got stronger only --- * pointed out things I did first time after entering into psychodrama - e.g. Vipassana, self discovery, own (-) points, etc

At first face to face class of psychodrama
I share that " I've learned that
This is how it is at the moment in
this context, situation, etc. -- " And this
has been learning for lifetime. My habit
of introspecting has been rewarding with
help of psychodrama.

I was a person who couldn't eat or
stay alone, always need to speak with
own people, own tribe -- Went for
Vipassana this yr and successfully completed
it.

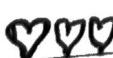
Psychodrama has given many things &
it's giving me learning each day. The connection
with self has been re-established. The
things which makes Bhawita - Bhawita
has been topic of exploration for me.

My connection with pen, paper, ~~or~~ writing,
colours, drawing, poetry, reading, theater and

many such things has been re-developed
in best one yrs. In fact last one yr
I've performed ^{twice} on stage which has
happened almost after 20 yrs...

The connection with psychodrama has
been established like I've known it
since beginning of ~~to~~ my life.

There has ~~been~~ never been a class/session
or time when I felt disconnected at
so... The reason I feel so connected
with psychodrama is that it's process,
the auxiliary ~~to~~ ego stage learning how
blended in me very swiftly & organically.
from very ~~beginning~~ beginning I started taking
roles, sharing, reflection along with taking
my own ~~of~~ dramas--

It has always given feeling of home, calm,
secure, warm space when I'm in (with
psychodrama--- 

I wanted to write these all in very different way to show my emotions / ~~for~~
my relationship & my connection with Psychedelics, but here I'm finally writing these lines --

"

Chupana bhi nahi aata,

♀ Jattana bhi nahi aata,

Hume thuse mohabbat kei

Battana bhi nahi aata ---"

~ Song from Bazigar.

Psychedelics is ~~not~~ connecting ~~to~~ me with my real self and my world. And this is making life worth living --

Note : One more biggest achievement ~~for~~ for me with psychedelics is my Rooh (Rohen) going this year. & it gives so much happiness that he is getting connect to his greater self.