

Bhante's 1st Journey to better Psychedrama...

for
I would give a credit ~~of~~ psychedrama's
first encounter to the AI & social media
algorithms. It was Instagram that
~~to~~ introduce me with Psychedrama.

Now me being a person whose ~~get~~ attract
heart has two parts, one which stays
with world of psychology & other one
which gets inclined towards dance/theater/
expression of emotions, + Psychedrama
pulled me towards it fully in very
first meeting only. It was almost
my inner self / wise self knew what I'm
connecting to. "Mere para purane pyaar
wapas mil gaya".

And today after ye also my this
belief has got stronger only ---

* Point out things I did first time
after entering into psychedrama -

e.g. vipassana, self discovery, own <1> points,
etc

At first free 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 searching with
help of psychodrama.

I was a person who couldn't eat or
stay alone, always need to speak with
~~own~~ 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 Bharata - Bharata
has been topic of exploration for me.
My connection with pen, paper, ~~and~~ writing,
colours, drawing, poetry, searching, theater and

many such things has been re-developed
in last one yr. In ~~last~~ 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 ~~my~~ ~~to~~ my life.

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

It has always given feeling of home, calm,
secured, 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 Psychodrama, but here I'm finally writing these lines ---

"
Chupana bhi nahi aata,
Jattana bhi nahi aata,
Humne humse mohabbat hai
Battana bhi nahi aata ---"

~ Song from Bazigar

Psychodrama is ~~connecting~~ connecting me with my real self and my world. And this is making life worth living.

Note: One more biggest achievement ~~for~~ for me with psychodrama is my Rooh (Rohan) joined this year, & it gives so much happiness that he is getting connect to his growth now.