

‘You will pass through storms and heavy rains, and at times you will suffer defeat. The essence of your creative life, however, is not to give up in the face of defeat but to follow the rainbow that exists within your heart.’ – Daisaku Ikeda

My connection with the self

I had just started my journey of healing before I joined Psychodrama, however I didn't know that this one year would change my life completely. I came with an open mind and heart. I knew this would be a beautiful journey but to my surprise it became life transforming in just a year. I was active from the beginning- actively concretising and taking up my dramas however it was only later this year that I understood how difficult it is to process each step in the drama. My first breakthrough happened during the first offline workshop in July 2022 in Ahmedabad. I felt belonged and validated. In every class after that with my group, I was able to take up a piece and work on myself. The pieces that I took inevitably traced back to my relationship with my mother and I understood deeply that everything that has been bothering me, the root cause of each problem in my life is because of my childhood and the connection I have with my mother. I started forgiving myself in the dramas eventually and stopped over expecting from myself even in real life. I am a work in progress and this has been my biggest realisation.

My connection with my group

Although initially I was a little scared of how my group members would feel about me, I ended up overcoming this fear quite quickly. My circle expanded and I felt very connected with this new family. My major internal struggle was that I would take a lot of stress and pressure to be a great Auxiliary. I could even let go of that eventually. I feel I became a better auxiliary when I stopped wishing to be the best auxiliary. I remember being the auxiliary in Hemali's drama and SM's drama. These two have been the most beautiful experiences as an auxiliary for me. A lot of dramas have resonated with me as well. Bhasha's dramas especially felt very personal each time and so did Aditya's recent drama.

The Break

I was not able to attend three sessions because of the promotions of my films and shoots. I lost connection with myself in this time and I feel that I really needed to take my healing seriously and prioritise it. In the video attached, I have expressed how being in front of people as a public figure can be extremely exhausting and anxiety inducing. Especially

during promotions and shoots, I now determine to never miss my psychodrama class because it is one the few times when I can really get in touch with my feelings.

What I achieved through Psychodrama

I started accepting myself and forgiving myself. However, most importantly I have understood that through psychodrama I can achieve great clarity. Every time my head is now clouded, I end up taking up a piece and very miraculously things are unravelled and my jigsaw puzzle is solved. I feel much more sorted after practicing this beautiful way of healing and I want to further explore it by merging it with psychophysical gestures and shape a tool to help people release energies that are stuck in their bodies.

Here is the link to the video in which I have used my body and soul to express my one year's journey of Psychodrama – <https://youtu.be/CweScjPv-5c>

The stages in this video –

1. I am welcomed in this world with warmth and I open up to new friends. I feel their love and protection. I feel safe.
2. I am disconnected from myself as I didn't attend the sessions thrice. I suffered feeling lost and stuck in the energies that were bombarded from the society. There was a constant pressure to be happy, to look good, to be my best version of myself and it was overwhelming to the extend that I shut myself.
3. I came back gradually with the help of M, Sue, SM and my friends and group. They welcomed me back with the same warmth and the missing piece was found.
4. I am very very gradually walking towards my healing. I am not rushing the process this time.

