

MONTHLY REPORT



NOVEMBER 2022

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1	The Times of India	https://timesofindia.indiatimes.com/life-style/relationships/love-sex/his-story/-her-story-my-wife-keeps-yelling-at-me-for-small-things/articleshow/95352158.cms
2	Times of India Video	https://timesofindia.indiatimes.com/videos/lifestyle/relationships/his-story/her-story-my-wife-keeps-yelling-at-me-for-small-things/videoshow/95403415.cms
3	The Times of India	https://timesofindia.indiatimes.com/life-style/relationships/love-sex/his-story/her-story-my-in-laws-hid-that-my-husband-has-bipolar-personality-disorder/articleshow/95506372.cms
4	Samayam Telugu	https://www.google.com/amp/s/telugu.samayam.com/lifestyle/relationships/what-will-do-partner-make-feel-like-a-loser-know-here-solution/amp_articleshow/95667071.cms
5	The Times of India	https://timesofindia.indiatimes.com/life-style/relationships/love-sex/his-story/her-story-my-wife-thinks-i-am-a-loser/articleshow/95651446.cms
6	The Times of India Video	https://timesofindia.indiatimes.com/videos/lifestyle/relationships/his-story/her-story-my-wife-thinks-i-am-a-loser/videoshow/95675924.cms?val=3728&from=mdr
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8	The Times of India Video	https://timesofindia.indiatimes.com/videos/lifestyle/relationships/his-story/her-story-my-husband-fat-shames-me-in-front-of-everyone/videoshow/95561531.cms
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10	Businessworld	http://bwwellbeingworld.businessworld.in/article/Why-Discovering-Yourself-Is-Good-For-Your-Mental-Health-/03-11-2022-452800/

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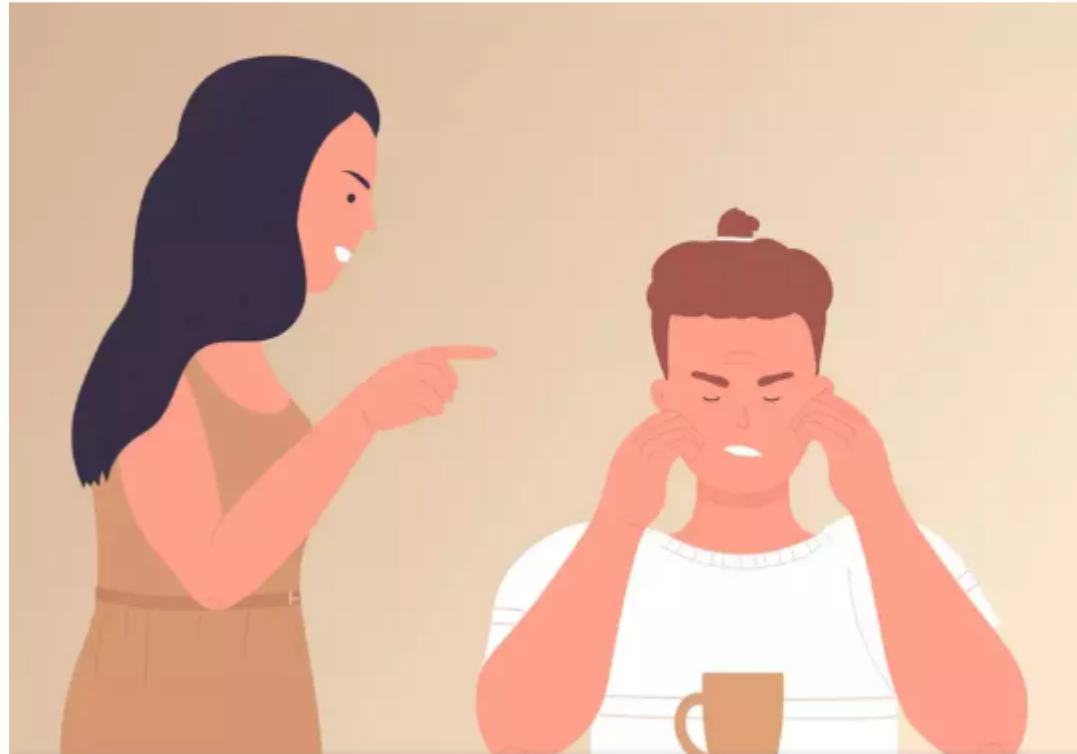
His story / Her story: “My wife keeps yelling at me for small things”

By - TIMESOFINDIA.COM | Created: Nov 7, 2022, 15:00 IST |

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His story / Her story:
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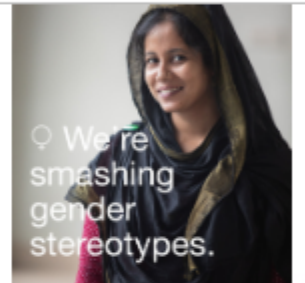
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His Story/Her Story: "My wife keeps yelling at me for small things"

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Updated : Nov 9, 2022, 17:30 IST

All couples have their struggles which are based on different aspects of life which includes jealousy, values, miscommunication, cheating, etc. So here is a couple where the husband...

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By - TIMESOFINDIA.COM | Kishori Sud | Created: Nov 14, 2022, 15:08 IST



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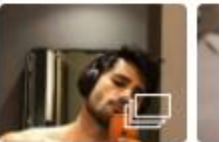
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FEATURED IN RELATIONSH



Reasons why
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His story : జాబ్ పోయిన దగ్గర్నుంచి నా భార్య అలా చేస్తోంది..

Produced by [Ravula Amala](#) | Samayam Telugu | Updated: 21 Nov 2022, 8:29 pm



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His story : భార్యాభర్తల మధ్య ఆర్థిక సమస్యలు ఎక్కువ ప్రభావాన్ని చూపిస్తాయి. ఈ కారణంతోనే చాలా మంది డబ్బున్న దంపతుల మధ్య కంటే డబ్బు లేని వారి మధ్య...



His story/Her story: “My wife thinks I am a loser”

By - TIMESOFINDIA.COM | Kishori Sud | Created: Nov 21, 2022, 15:00 IST

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His story/Her story:
“My wife thinks I am a
loser”



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HIS/HER

"My wife thinks I am a loser"

His Story/Her Story: "My wife thinks I am a loser"

Updated : Nov 22, 2022, 10:31 IST

All couples have their struggles which are based on different aspects of life which includes jealousy, values, miscommunication, cheating, etc. Here is a couple where the husband feels that his wife take...

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THE TIMES
OF INDIA



His story/Her story: "My wife thinks I am a loser"



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His story/Her story: “My husband fat shames me in front of everyone”

Updated : Nov 16, 2022, 19:08 IST

All couples have their struggles which are based on different aspects of life which includes jealousy, values, miscommunication, cheating, etc. So here is a couple where the wife feels...

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Life Changing Stages Of Spiritual Awakening



The first life changing stage towards spiritual awakening is 'Self-realisation', to realise that 'I' am not 'I'



Why Discovering Yourself Is Good For Your Mental Health?

 Follow

Happiness and peace are the key elements in having a great mental health but most people confuse happiness with pleasure



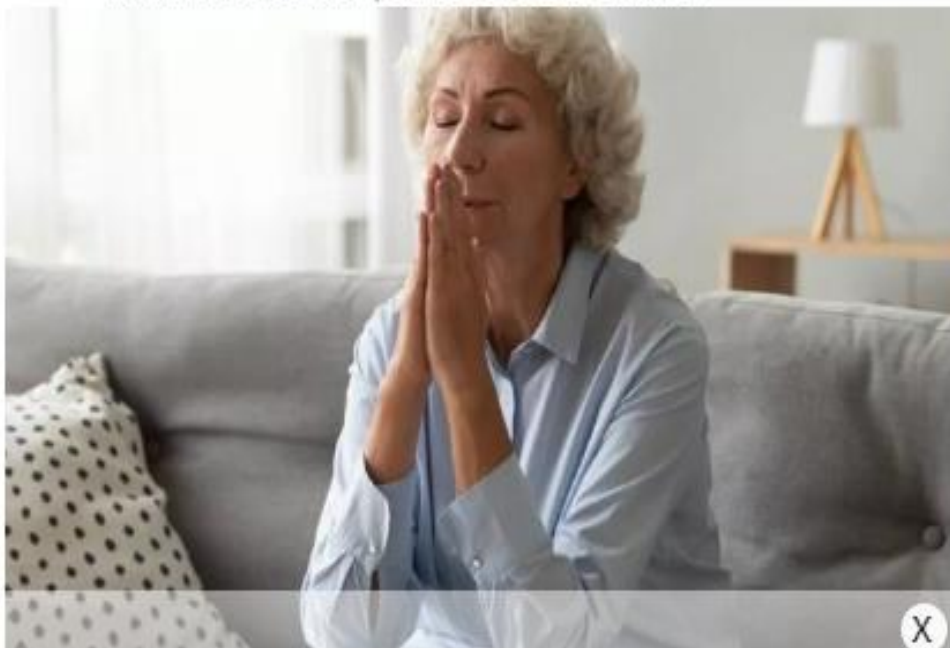
BW WELLBEING
WORLD

Is enlightenment only meant for the elderly?



AiR Atman in Ravi

Hans News Service | 27 Nov 2022 1:32 AM IST



Is enlightenment only meant for the elderly?

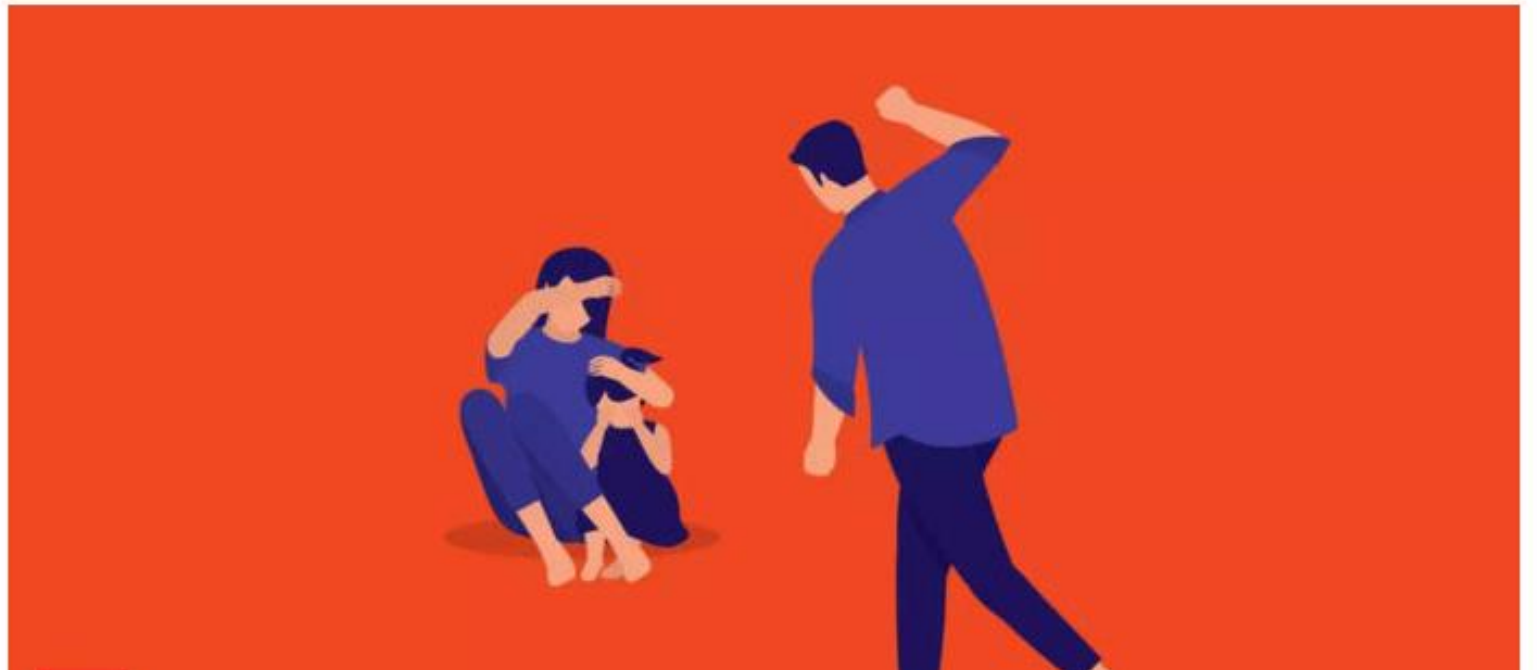
HIGHLIGHTS

Enlightenment is more important than any other certification. But, unfortunately, nowhere in the world is there a certification of being spiritually enlightened. Our university gives us certificates, but what will we do with all this knowledge if we do not realise who we are and why are we here? We are fooled into believing that we must pursue enlightenment later, but unfortunately, that day never comes

His story/Her story: “My in-laws hid that my husband has bipolar personality disorder” – Times of India

By **Pehal News Team** - November 16, 2022

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His story/Her story: “My wife thinks I am a loser” – Times of India

By **Pehal News Team** - November 22, 2022

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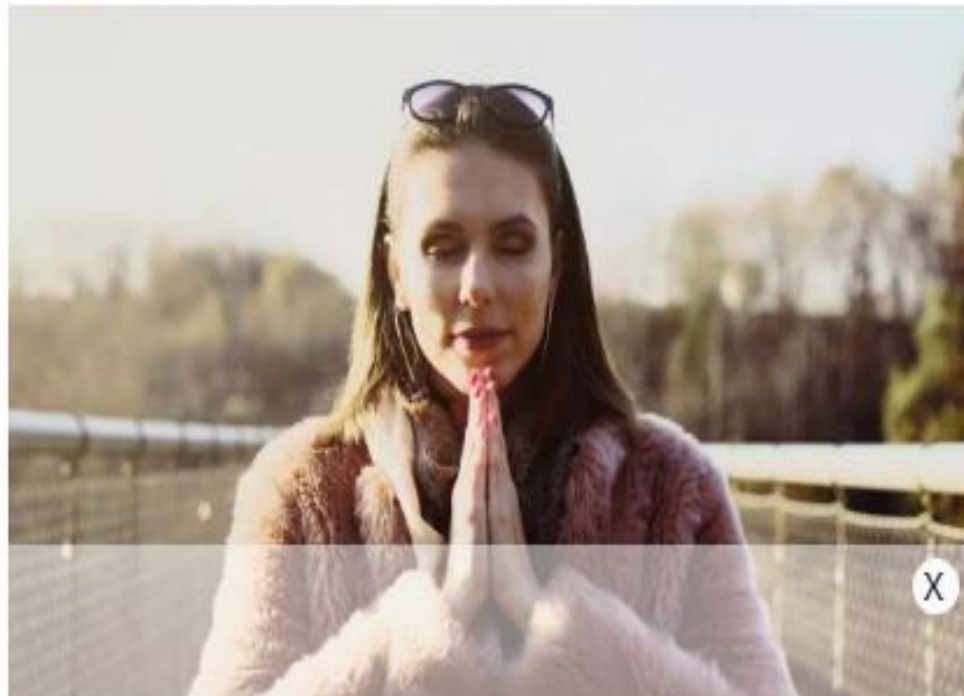


How spiritual awakening makes you a better person



AiR Atman in Ravi

Hans News Service | 12 Nov 2022 10:16 PM IST



How spiritual awakening makes you a better person

HIGHLIGHTS

What is spiritual awakening? Spiritual awakening is the realisation of the truth. It is waking up from the long dark sleep of ignorance and being enlightened by the fact. It is living in the light of the truth.

Is enlightenment only meant for the elderly?



People think that spirituality and enlightenment are subjects for the elderly. They think, 'let's enjoy life now! Why worry about enlightenment? Enlightenment is meant to be pursued when we become old. It is not a subject for the young. Young people must have fun, enjoy life, sing, dance, eat and drink.' The youth believe in this and sink in the material world. Then, suddenly one day, they are gone, only to be reborn! They were fooled and drawn away from enlightenment.

When should one start the journey of enlightenment? Is there a particular age? A small child can be taught the alphabet of a language, but such a baby will not understand enlightenment. But when we grow up, we are taught to drive a car, even to fly a plane, because

Enlightenment is more important than any other certification. But, unfortunately, nowhere in the world is there a certification of being spiritually enlightened. Our university gives us certificates, but what will we do with all this knowledge if we do not realise who we are and why are we here? We are fooled into believing that we must pursue enlightenment later, but unfortunately, that day never comes

we have a developed our intellect. But did anybody teach us anything about enlightenment? We have certificates and licenses for driving and flying, but we need to be certified with enlightenment. Are we going to be enlightened after we die?

Enlightenment is more important than any other certification. But, unfortunately, nowhere in the world is there a certification of being spiritually enlightened. Our university gives us certificates, but what will we do with all this knowledge if we do not realise who we are and why are we here? We are fooled into believing that we must pursue enlightenment later, but unfortunately, that day never comes.

Do you realise the importance of enlightenment? Then, start your journey today; start it now! There is no right age to be enlightened.



AiR Atman in Ravi

The opportunity to seek the truth is rare. Most of us live and die without realising the truth of 'who am I?' Life is unpredictable. We do not know when we will die. So, why postpone our quest? Enlightenment reveals the truth. It makes us realise our true identity and purpose. It liberates us from all misery, the triple suffering of the body, mind, and ego when alive. It also liberates us from the cycle of rebirth after death. It is a pity, we procrastinate and put off the quest for the truth for a later date.

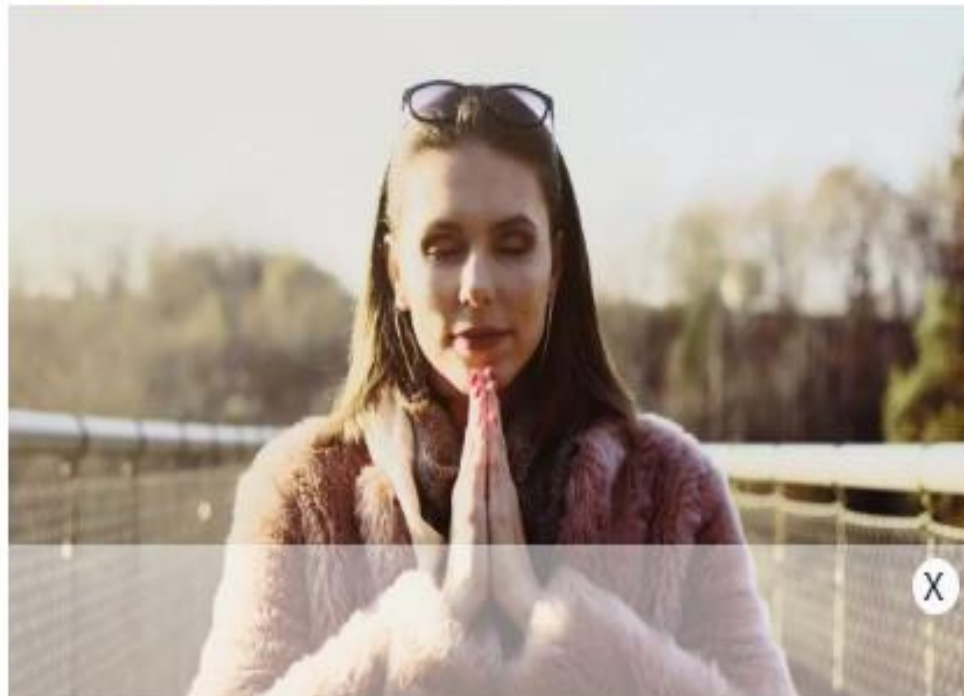
If you want enlightenment, do it now. Start your quest now. Start asking questions now. Discover your spiritual mentor or master now. Overcome your ignorance now. Tame your monkey mind and make it into a monk now. You must get into that state of consciousness now. You must practice silence now. You must seek the truth now. You must want to become one with the divine right now. The time is now. Don't let the now escape you. If the myth takes charge of your life, you will never realise the truth. Soon one day, you will be gone, and you will be reborn. You will accumulate treasures and wealth, only to leave them behind. You will live with the illusion and die without realising the truth. So if you seek enlightenment, start your journey to the truth, away from the myth and do it now. It's simple. Every myth that you drop will add truth to your crop. Soon, there will be no myth left, only the truth.

How spiritual awakening makes you a better person



AiR Atman in Ravi

Hans News Service | 12 Nov 2022 10:16 PM IST



How spiritual awakening makes you a better person

HIGHLIGHTS

What is spiritual awakening? Spiritual awakening is the realisation of the truth. It is waking up from the long dark sleep of ignorance and being enlightened by the fact. It is living in the light of the truth.

Thank You