



A Window onto your World Series

The Masks We Wear *(and why we shouldn't)*



by Ann Tanamayi

Beneath your worldly mask is your True Self.

A powerful voice whispering your unique truth and deepest desires and just *waiting* to be heard

Many of us experience and can suffer with mistaken identity. It can feel like we're split off from our own true nature, distanced from our gifts, passion and purpose

Until we choose to look into our Beautiful Mind...

“The Masks We Wear”

(and why we shouldn't!)

Book 1 in your transformational series: “A Window into your World”

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I hope my E-books change the way you look at your life,
and I trust they speak to your soul.

Inside you'll find tips and tales around everyday life and questions you may ask yourself and of others. The intention is to help you 'remember what you've forgotten' by bringing harmony and balance back into your everyday being, and enabling you to see many new and exciting ways forward.



Ann Tannayji

In this book, I've written a story that will transform you.
Many stories actually, about people like you and me. This book is just the first of the many 'windows into your own world.'

These shared experiences are ones we all have on our life's journey.

They are all real. I am in it. You are in it.

Stories stay with us because they resonate.

Many of these stories are several years old.

I still remember them and they resonate with me, and I trust they will with you.

A Window into your World

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“The happiness that comes from the pleasures of the world is but a minute reflection of the infinite bliss that comes from within your own Self.”

~ Sri Mata Amritanandamayi, affectionately known as Amma

The Masks We Wear

"Your best friend is your own mind and your own warm-heartedness. They will give you your inner peace and happiness."

~ The Dalai Lama

Would you consider taking off your mask?

Imagine if you stepped away from "What I think I am" and "What society says I am" and moved into "The whole of ME for the whole of life." How would life be then? What would be different?

Do you know you wear a mask? In fact, how often do you find yourself wearing one? Actively putting on a face, a suit of armour? Clothes perhaps, or something that defines you for meeting with the outer world?

We all do this in some form or other. Some of us do it to get through a relationship challenge, a difficult meeting or environment. "When I go dancing or to the bar with the girls, I don't know, I'm just different. I love it, I can relax in a different way!" Sara came to me because she had recently experienced the fright of her life. She had woken up in bed (her bed) and couldn't remember for the life of her how she got there. The last thing she recalled was being on the dance floor. "I wouldn't dare do that normally." She told me. "It's only when I've had a few drinks, then I can lose all inhibition,

especially if I'm with my friends.”

She was only twenty.

So here she was, with me, fearful of being out of control and searching to find her self, her *real* self. “I don't need this, losing inhibition is one thing, I love being with my friends, but not remembering how I got home? Needing the drink to allow me to relax and be my so-called self? No, that's quite another, I don't want it, this mask. I want me...”

One of James' biggest concerns was not rocking the boat. He continually worried about what people thought of him. “I need to be liked, I need to know that what I'm doing is worthwhile. The way I get this is from feedback from others. It's how I measure myself.” He explained. “And if you don't get this feedback from others?” I asked. “Then I feel guilty, I don't feel I am doing enough. I try harder. I get exhausted, but I keep going.” Owning up to this realisation had taken a lot out of James. He could see that he wore many masks. He wasn't saying or doing what he wanted rather, he was dancing to the tune of others.

James danced to his family's expectations of him, particularly his wife. “It's my role to bring in the money and support the family, it's expected of me. And I expect it of me too. It's how my family brought me up and my father's father before him. I also need to ensure my wife has the quality of life expected amongst her peers.”

James had perfected his masks. As much as he was able, he wanted to ensure that the expectations of others were met yet this expectation was accelerating his stress levels. His suit of armour - his clothing - always matched the circumstances causing physical and mental symptoms, which led him to visit me. He had his masks down to perfection. He made sure he 'fitted in' by wearing the correct outerwear. He knew what to wear at a business meeting, or on the golf course, or walking on the moors. He looked the part. He

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was skilled in caring for others too. These were his methods of measuring his worthiness.

“Now you mention it, I’ve always worn masks. I grew up in a difficult neighbourhood in Ireland. You had to be careful; otherwise you could end up physically harmed. I’ve never had time for me, no I can’t imagine me simply being me.” Almost as an afterthought, he had one of those light bulb moments, and said “Actually I don’t know who I am?”

We all wear masks. In certain circumstances masks can be fun. Masks can be a form of security, so long as *we know* we are wearing them and take responsibility for what happens when we do wear them. Masks can be ok.

The challenges to our wellbeing begin when we don’t know we are wearing them. We might not even know why we are wearing them and therefore we are out of our own control. We are not setting the boundaries, we are not managing our wellbeing and self-worth. Indeed we might not even be aware of our own values and we may well be dancing to the tune of others. Small wonder then, our confidence and sense of self is low.

Are there times in your life when you’ve had cause to reflect in this way? Maybe a specific person comes to mind or a flash back to a situation? Write down your experiences, give yourself a score out of ten for each one. With ten being “Yes, I’ve often had reflections on these experiences.” And one being “I’ve never experienced this thought in my life.” Reflect on a time line for each experience. Did wearing the mask work out well for you or not so well?

Here are common thoughts we can have to show us we may well be wearing an outer mask:

- I don’t agree but I’m not going to say what I think.

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- Something's missing in my life and I'm not sure what.
- Why can't I just be me? I need time and space for me.
- I need time out away from all of this, but if I did all hell would break loose.
- Hmm it's simply not safe.
- It's ok for others, but I need this job/relationship.

Masks in the workplace

Body language and tone of voice are far more important than you might think.

Look for the face, body language and tone of voice you use when in a team meeting, managing your staff, meeting with your boss or liaising with customers or colleagues, friends or family. Watch these signs in others see if they change in different circumstances.

David's voice changes when he's speaking with clients and colleagues, and he smiles a lot. Amongst friends his tone deepens, with less attachment to smiling. When I asked him about this he told me that he could be himself. "I'm relaxed, I don't have to put on a face, conversation is easy when I'm with friends."

If you're in a position of authority ask yourself whether, outside of the workplace, you maintain an aura of leadership or do you shrug off the mask of authority and adopt another facet of your personality? Reflect on your home life and with friends or peers.

It's ok if you do by the way, the important thing is that *you know* you are doing it, and you accept the consequences. If the mask rests easy with you then that's fine. The problem occurs when one sees the mask and experiences discomfort, (mental, physical or emotional discomfort. A niggler, somewhere inside of you is telling you that this mask isn't fitting so well) then its time to consider ditching the mask or changing the experience.

I recall one Managing Director, an authoritarian at work, yet at home he was a pussycat. The transition from the work mask to the home mask easily worked for him. Healthy relationships were maintained (see my e-book on emotional wellbeing and intelligence)

congruency flowed smoothly from one mask to the other. In fact, I suggested, was he wearing a mask at all?

Brenda's challenge was in her transition from home into work. Her colleagues complained over her authoritarian attitude leading to HR stepping in and referring her to me. We looked into where her behaviour originated. Her father was a disciplinarian in the family so much so that she and her siblings were continually afraid to relax and be 'themselves' at home. However, it transpired that in the workplace he was easygoing and much loved. A pattern repeating itself – for sure! Yet in her life, it was causing Brenda a problem in her workplace. Brenda was a great mum and loved her family. And here she was, 'acting out' the same familial patterns. How might she merge these two facets of her personality? Underneath, you see, she was a warm-hearted lady, yet she was afraid to show that part of her personality at work, worried she would be criticised and disciplined.

You'll never be the same once you begin to understand where and how you wear your masks. Masks can be oh-so-subtle too. You'll notice whether you are working with them consciously or unconsciously - consider these three scenarios:

"He's not like that at home, I can't imagine him saying that. It must be the job. He's never been the same since he joined that organisation."

"I've never seen her like that. What's going on? Is there a problem at home maybe? She was like another person."

"He changed immediately you came into the room. I've never seen him like that. Then you entered and he turned on the charm, what's going on?"

LOOK INSIDE YOUR OWN BEAUTIFUL MIND AND ASK YOURSELF:

- Do you recognise yourself in any of the above scenarios?
- Can you remember times similar to David? Or Brenda?

If you do, make a list of the circumstances, how frequently they occur and the people involved.

- How safe would you feel inside your own mind if you *really* said what you needed to say?
- Make a list of the people and the circumstances where this would be decidedly unsafe.
- Reflect on the physical, mental and emotional triggers you experience when you feel unsafe.

We are masters of many masks.

Many of us live behind masks to survive in the outer world. How many masks do you wear in your world of work, or in significant family and intimate relationships?

Until, that is, we realise the only *real world* to concern ourselves with is *our own world* within. It is here, inside our very own beautiful mind, where sustained peace, inner harmony and confidence, joy and happiness resides. You see when we are authentic and function from within our very own beautiful mind we are in control, we have clarity and peace of mind. Now that's priceless!

Here's a list of just some of the reasons why we wear masks:

- *"It's the system, the culture I'm in at work."*
- *"The structure of the organisation has expectations."*
- *"You don't want to step out of turn in my family."*
- *"He/she expects too much from me."*
- *"I don't know what I'd do if I wasn't in this relationship."*
- *"I mustn't rock the boat."*

Wearing a mask provides a barrier to hide behind.

It isn't until people read this e-book and take a peek inside their own very Beautiful Mind that

- a) They realise they can do something about it
- b) They see they're often wearing more than one mask
- c) Like Sara - at the beginning of the book - who woke up in her

own bed forgetting how she got there, they realise that “I want to be my own self.”

Where to start? First small step is to ask yourself where would you like to begin, which mask could be slipped a tad? Do you want to start in the home, or in the workplace or...?

It's complicated...

“If you're in business then it goes with the territory.” Steve, an insurance salesman explained to me. “Yes I know I'm not being real, and I'm never relaxed, and yes it adds to my stress levels, but I simply don't feel safe enough to say what I really think. I need to feel safe, more often than not, to feel safe, I need to defend myself, and trouble is, you see, I'm continually measured by my figures. Although I get that, I get I need to perform; *but there's no room for me*. They don't take *me* into their consideration, they just want the figures, and they aren't interested in me, the person. Thing is, I don't have room for me either.” Steve looked exhausted. I don't think he'd ever thought this through in such depth in all his years as a salesman. “I'm suffocating.” He told me. I knew he meant it too. In fact, his physical symptoms bore out his mental and emotional stress. He has asthma and back pain.

Where was Steve in all of this? Why couldn't he be real?

Take Dan, now he's a consultant in an international high tech business. Large chap, over six feet tall, broad shouldered, and very stressed. “I've got to stay in this job come what may, the mortgage is high, we can't afford to move. Trouble is, I'm not feeling as confident as I know I should.”

Dan had a boss who was constantly on his back. (Yes he had back pain) Dan felt threatened. We talked about masks. I asked him “If your boss was an animal what would he be?” Dan didn't hesitate his answer was immediate. “A ferret,” he said. “What animal are you

Dan?” Again, the answer was immediate, “A bear.” “How might a bear handle a ferret?” I asked. He smiled.

You know how sometimes, someone says something to you and the penny really drops, an Ah-Ha moment occurs?

Well this was one of those very special moments for Dan.

We talked more about his boss. It turned out his boss was, indeed, small in stature, and yes, he looked and acted like a ferret. “It fits, it so fits.” Dan looked relaxed for the first time in a very long while.

As simple as this might sound, it is an interesting and extremely helpful exercise to check out the masks we wear using the analogy of the animal kingdom.

As we move into their natural world of instinct we can find ourselves going deeper into our own Beautiful Mind. We think differently. We use different ways of seeing into ourselves.

You see animals rely purely upon instinct and their reactions are super fast through their use of instinct. We too are instinctual, reacting to something or someone is natural until we learn the skill of emotional intelligence. This added skill gives us the ability to step back and choose to respond detached from emotional triggers.

Dan was reacting instinctively to his boss’s body language and the energy emitted by his boss. If Dan was significantly more emotionally intelligent he wouldn't react, he would *choose* to respond, rather than triggered into action by others. Dan’s measured response, where his brain is still computing all options - in fact his mind is clearer and perception wider when in this mode - will be instinctively picked up and translated by his boss as someone who should be respected and heard. Now, if his boss was equally emotionally intelligent, neither would react instinctively, both would take a measured response utilising all their mental and

emotional skills. Result? Both would be listening to each other, reflecting back what they believed they heard, focussed on achieving a win-win for both parties!

For now, though, back to the animal analogy because it's a great way to begin to identify with instincts and then move onto responders.

Dan identified with the bear he chose to respond from the energy he imbued from the bear. He researched bears, their positive and negative points. He was honest to himself about where he connected with a bear like attitude – yes, he would hide away, yes he could be slow, and he liked his own company. And yes, when angered he could lash out. And yes he was bigger, stronger and more intelligent than any ferret! So why was he hiding away?

The bear had turned. 😊

Another client of mine, we will call her Marian, turned her life around when she adopted the mask of a lioness. “There’s one man on the board who always has it in for me.” Apparently he would make a beeline for her at all board meetings using his physical stature (he was over six feet tall and she was a diminutive five feet) along with his overbearing nature, to counteract any proposal she put forward.

So Marian learned to be a lioness. She imbued their power, she understood that however relaxed the pride may look, when they strike, their aim is powerful and strong. Marian learned to relax and appear laid back, yet her mind was incredibly focused. She chose her battles carefully, using the power of words, tone of voice and body language. When she knew she would be encountering this chap, she would wear what she called her lion outfit. Needless to say the colours were cream, sand, orange, ochre, reds, all the colours of the savannah. Marian was using masks to her benefit.

Look inside your own beautiful mind and ask yourself: “What

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animal would I be?” If it helps, think of a situation or a person and then ask yourself the question. Now consider what type of animal the other person might be. By the way, it can be an insect, bird – two, four legged or winged creature or crawling. You choose!

Remember, you're only limited by your imagination. You mind is truly your own to control.

The greatest relationship you will ever have is with yourself.

Is it safe for you to let go – to be free – of wearing masks?

Letting down your masks, speaking your truth, communicating authentically (being real) will improve every other relationship.

Why?

We often use masks because a) consciously or unconsciously we want something from the other person and b) we're unsure how they might react and c) we don't know how to handle their reaction.

As far as c) is concerned, check out the animal exercise. And remember, you are looking to respond as opposed to instinctual reaction. As in the examples of Marian and Dan.

It may be we want more or less

- Love
- Power
- Money
- Intimacy

In wanting something we 'act out' what we believe the other person needs to hear or know in order to achieve our own needs.

Ironic really. If we would only check out with the other person where they are coming from and be prepared to negotiate we would be able to trust in a meaningful dialogue and the outcome would always be positive for both parties. A win win.

How do we do this?

First things first, we need to trust our own inner self – our own beautiful mind. We need to strengthen our self-confidence and self worth and establish our own set of values.

Follow these steps:

- Begin by really listening. Listen to each other's concerns, and reflect back what we believe we've heard.
- Be open to all options, without an agenda toward the outcome.

You can only achieve the above if you have no attachment to power, or love or money or intimacy. Instead you trust in your own sense of self, you have the confidence inside to achieve the above, because you know that they can only be achieved if you are solid and peaceful in your own sense of self.

Begin by finding a common denominator upon which you can both agree. The most obvious one is seeing each other as a human being: we think similar thoughts, go through similar problems, experience ups and downs in life, have similar needs and dreams. Doesn't it therefore make sense to listen? We all deserve to be listened to and respected. We may not agree and that's ok too.

Ok, so if I do let my mask down, what might happen?

- Relationships inevitably deepen.
- People will go that extra mile to help, support and share with you more readily.
- If you wish you'll attract more and better relationships into your life.

You see, people 'pick up' unconsciously when someone is being

congruent, emotionally intelligent and confident in sense of self. And, I'm talking about real self here. Not the confidence exuded from behind a mask.

You see, when it's a mask giving us confidence, we are functioning purely from instinct, we are dependent upon the reaction of others, things may change in a heartbeat, and the mask might slip, beyond our control. Instinct is stressful; we are reacting to every ebb and flow, every nuance. Our body is continually in fight or flight mode. *Our wellbeing suffers.*

The Mask of Freedom

Meet Eleanor, an amazing lady who has dropped her masks. She's functioning in her True Self. She's free...

Eleanor said to me "I'd always wondered how I might be when I hit the half century and began the slippery slope into the sixties. Well you do, don't you, when you're in your thirties and forties, going through stuff with elderly parents. You wonder how you'll turn out when you hit their age." She went onto tell me, "I can happily report that I'm singing and I've never sung before! I'm now in my late fifties and I don't have to worry what people think anymore, I just do it, I live for today. I live in the moment."

She was experiencing the freedom of functioning freely *without any masks.*

We discussed where her masks originated.

"I felt restricted by others expectations of me and my own expectations of myself particularly as I went through my twenties, thirties and forties. Yes, I was climbing up the career ladder including time off for children. I would often ask of myself am I fitting in and is this ok? I didn't want to rock the boat you see."

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Now Eleanor tells me all masks are off. “I ask for what I want. I do it nicely, I am prepared to negotiate, of course I am and maybe again this is about being older and wiser. I recognize there has to be win-win, a respect for each other, I’ve learned the vital ability to listen, and maintain my self-worth and boundaries. Frankly, the bottom line is that it’s all about my own self worth and living by my own set of values. No one else’s but mine. So yes all masks are off, I simply don’t need them anymore.”

Eleanor’s right you know. As you move into your own Beautiful Mind, sitting within your own set of values the masks will easily dissolve.

“I tell you what else is useful is that there’s so many more positive role models around. Take the rock and film stars from the seventies and eighties, many, like me are in their sixties and seventies right now. OK they might wear the mask of cosmetic surgery (we both chuckled on that one) yet what they’re doing that is so worthwhile is that they’re challenging the society’s assumption around ageing. No, I can be more real than I’ve ever been.”

Eleanor has chosen to be free. We all have this choice. We make and break the patterns in our lives.

LOOK INSIDE YOUR OWN BEAUTIFUL MIND AND ASK YOURSELF:

“How do I feel about speaking openly to someone who is in authority over me? Do I hide what I’m really thinking, choosing to say what I know they want me to say?”

The challenges of communicating authentically with those who are in authority are common. It’s almost as if we give away our personal power as soon as we sign on the dotted line of the employment contract, marriage contract, local authority contract, mortgage – you name it. A formal contract seems to invite an

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unconscious internal challenge around power and authenticity.

Masks come into play because we're having difficulty around authority and our own personal power alongside living in our own truth.

Our True Self (*the whisper just waiting to be heard*) asks us to know our own set of personal values, how to handle personal boundaries and improve our own self-worth.

You already know that whisper, by the way, it comes in when we feel edgy, or something is missing, and we don't feel authentic in what has just played out.

'How much of my life have I signed away? Who or what has authority over me?' Ask these questions of yourself whenever you find yourself stressed, overwhelmed or going through change and uncertainty in your life.

When you choose to discard your mask(s) you'll find that you're functioning from your *personal power* inside your own Beautiful Mind. A place where sustained happiness, peace and joy reside.

You're experiencing the freedom to be your True Self.

How will you know if you're speaking from 'inside' your own mind?

How will you know that the mask is well and truly off?

Because:

- You'll lighten up. Yes, literally. Compassion, light heartedness, happiness and peace replace stress. A whole weight will be lifted from your shoulders.
- You'll see and behave towards people and situations in an easier and lighter hearted manner.
- Your perception widens. You'll see and experience people and circumstances in a different light.

By the way, if you're communicating authentically, and your mask is well and truly off, but you still find that a win-win negotiation is impossible, (and this can happen) you'll find you can walk away from it free of guilt and blame, secure in the knowledge that you've tried your best.

The best thing about walking away is you won't even think about the relationship or the issue any more. It's simply a thing of the past: you did your very best, you were authentic, you listened and respected the other person's perspective (after all, it's their window from their world, not yours) and you tried to air your views from your perspective. Indeed you tried several times. You weren't heard, nor respected time and again. So...you walked away.

The second best thing about walking away is that you're giving yourself space (and permission) to attract new and different events/relationships into your life, where your authenticity and self worth is valued.

Promise.

What happens if you choose to continue with your mask?

You won't be alone. Many of us choose to stay or live behind a mask.

We don't talk about what we need and how we are uncomfortable with what is happening. Why? a) Because it's easier, no confrontation is necessary and b) because we are afraid of being honest - and vulnerable - about what we want which mainly covers the big four: **love, power, money and intimacy**.

And this is the rub.

We don't want to feel vulnerable. We feel naked when we feel vulnerable. So what do we do? We act out a story. We wear a mask, which will often mean we do things that aren't in our true character. We compromise. We behave in a way that achieves that hug, respect, money or power, yet deep down we are compromising our true nature. And somehow, *we know it*.

There goes that whisper again...

On the inside, well, we feel uncomfortable. Maybe we can't quite put our finger on why, but it's there. We may feel an emptiness, sadness, or disappointment, fear or anxiety. Every time we deny ourselves the opportunity to be real and continue to wear a mask, we strengthen those feelings inside. We lock them in deep down inside. The more we repress the more vulnerable we become, the more stress we will experience because we are dancing to someone else's tune. We are reacting as opposed to responding.

LOOK INSIDE YOUR OWN BEAUTIFUL MIND AND ASK YOURSELF:

Who and what am I attracting into my life right now?

Review the people and the situations you have attracted so far into your life and ask:

- Am I real with them? If not, then what sort of mask am I wearing?
- What do I want from them?
- What do I imagine they want from me?
- What might happen if I was real, if I took off my mask?

Consider stepping away (just one step, one tiny step) from what you thought you were and how society says you should behave.

What one small, very small step can you take towards the real you?

Rate the following questions on a scale of 1-10 where a score of 10 is a most definite NO NO.

Consider a situation of concern and ask:

1. Can I come out from behind my 'mask of acceptability' and say what is really on my mind?
2. If I do, what do I imagine will be their expectations of me?
3. And mine of them?
4. If I do that what would I mentally, emotionally and physically experience?
5. What might be different for me if I did do it?
6. Would people be shocked?
7. Would this matter?

If you've achieved 30 or over, consider whether the mask you're wearing is worth it or would you be better off if you dropped it? Would your wellbeing improve if you dropped it? Would your stress levels reduce? *It's wise to remember that over 80% of all illness beings*

with stress and the inability to manage your stress.

You have all the answers within you. In your own Beautiful Mind

And right now, you are exactly where you need to be to start finding them!

Simply commit yourself to turning your attention inwards, inside your own Beautiful Mind, where you'll always receive these gifts:

- ◆ The gift of insight into other ways of being and becoming.
- ◆ The gift of your *own attention*: widening your perspective on life and stilling your thoughts. Attention takes you further and deeper into the world of your beautiful, peaceful, loving, joyful Beautiful Mind.
- ◆ Can you imagine how your world would be with more energy and vitality? Well imagine it, because it's another gift coming to you when you become your Self.
- ◆ Passion begins with feeling safe enough to self-express. As we express ourselves fully we release energy in the form of vitality.
- ◆ You'll need energy to open up, and we obtain energy by releasing unwanted thoughts and emotions.
- ◆ Vitality is different it emanates from within. It can only exude from us when we live on the inside, in our own Beautiful Mind. Vitality is so attractive to others.

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- ◆ Living on the inside, means you'll function in lighter heartedness; even in times of adversity.
- ◆ We shine. Literally.

LIVING FROM THE ANSWER

Whatever you might currently believe or be experiencing, you are born to live a life of joy, peace and happiness. Imagine how it will be for you living happily and peacefully in your own Beautiful Mind.

- You really are the pattern maker and the pattern breaker of your own life.
- You are only limited by your imagination.
- You are the difference that will make the difference to your life.
- You are the one who can break down your barriers and transform yourself into a happier and more beautiful you.

Maybe now is the time to look beneath your masks?

Keep asking questions of your self and you will open up to your 'True Self' that powerful voice inside of you who whispers your unique truth and deepest desires.... *a whisper, just waiting to be heard...*



Ann Tanmayi

I have always felt certain there is much more to life. What took me a long while to discover is that I was looking in the wrong direction! It's not to be found 'out there.' I'd love to share this with you - why take as long as I did? There are ways you can learn to re-align yourself when times are tough, stressful and challenging and I'm here to help you, should you wish.

You see, we are all born perfect. We all have Beautiful Minds. We just need to awaken to ourselves and remember what we've forgotten...

- In this 24/7 world it's vital we learn how to go with the flow - move through life's ups and downs - and continually re-align. Our psychological and physical wellbeing depend upon it. Your mind and body is not designed to operate full-on 24/7 in this fast becoming technological world.
- Most people find it difficult to manage change and be flexible enough to continually re-align. In my experience of over 10,000 hours working with others, **it's possible to learn to move through the ups and downs of life.**

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- I've broken it down into a simple four step continual process of re-alignment where we: **Reflect | Release | Repair | Reset**. Once learned it can be as routine as brushing our teeth. Promise!

Some say I am a transformational catalyst, and how I transform lives. Maybe.
What I do know is that I walk my talk....

Ann Tanmayi ✕

Tanmayi is Ann's given spiritual name. It means 'harmonising oneness.' She received her name in 2013 and the ideas for these Transformational Stories "A Window into your World" began to flow a few days later.

<http://anntanmayi.co.uk>

[Reflect](#) | [Release](#) | [Repair](#) | [Reset](#)

Free Podcast on homepage on managing thoughts

If you'd like more then sign up to my community on the website. I send through just one email every month or so – promise you won't be bombarded. However if you email me with personal concerns, I promise to reply soonest!