

## *Celebrating differences, wisdom through relationships*

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### *Abstract*

The Earth we live in is increasingly becoming a battlefield for the forces of integration versus the forces of fragmentation. The play between opposites has encumbered our world as it has our family lives as well. Psychologists, counselors, management gurus have all been working hard to find solutions to a growing 'relationships' crisis, at both the macro and micro levels. In the developed countries, mental illnesses are on the rise. Growing intolerance has begun to seek release through violence. The trends are disturbing, and there is a growing need for change. What we need now more than ever, perhaps, is a completely new perspective. Perhaps what is needed now is a completely new way of looking at and dealing with relationships and the many differences they pose to us. Differences exist wherever we go. Let us together here investigate the very fundamental role that 'differences' actually play in all our lives. Can we ever learn to grow from them instead of always fighting them or running from them? The Author seeks to establish new thinking and perspectives on this issue through his book – 'Celebrating Differences: Wisdom through Relationships'. This paper is a brief synopsis of the same.

### *Speaker Publications:*

1. Redefining the Value of Relationships

[30<sup>th</sup> International Conference on Public Mental Health and Neurosciences](#); Webinar- December 08, 2020.

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### *Biography:*

He is a practicing psychoanalytic therapist, a clinical Hypnotherapist, a certified practitioner of Past Life Regression Therapy, Transpersonal Regression Therapy & CBT. He has been practicing in Mumbai for more than 20 years. He is also an established Spiritual Counsellor, Author and public speaker. He has authored several papers which have been published in the International Journal of Clinical & Experimental Psychology, the International Journal of Clinical Epigenetics, and Transcriptomics, an international journal published out of Brussels.