

The Boca Raton Tribune

Follow the pathway to peace with Panache Desai® as your guide

By Diane Feen



Panache Desai

To most of us, being happy is top priority. We get into relationships, take vacations, watch TV and occasionally shop – but does that do the trick?

For the most part, it probably does. But for those of us with a penchant for self-discovery it might take a little more. Sure, shopping can be fun (and a healthy distraction) and relationships are great, but to navigate the world we live in (oil spills included) it usually requires a more inward search.

That's why I headed over to the Duncan Center to attend a workshop given by Panache Desai® called "Recalibrate Your Life, Connect to the Divine." It may sound a

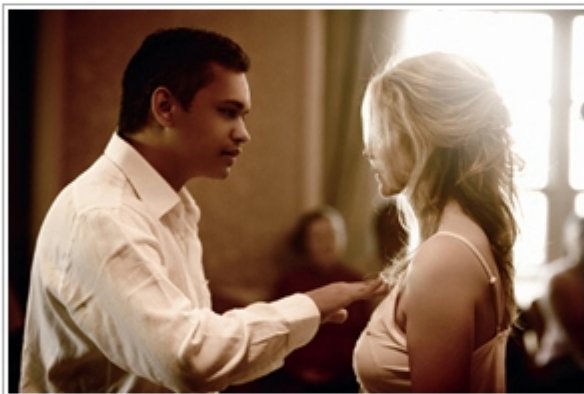
bit overwhelming to connect to the Divine, but it's not when you consider that we are all pretty divine in nature.

Panache considers himself an Internet service provider for this type of transformation. And in truth he really is. His acceleration program goes to the heart of our matter, so to speak. Often we need to clear away emotions or issues that take us into a tailspin (family included in this scenario). It is not uncommon to find oneself in the midst of clear sight (or insight) about something that has been bothering us for a long time when in the presence of Panache.

That clarity is often what sets us free from the anger and disappointment we think is caused by the world around us. The secret is that what annoys or upsets us is really coming from within – and not caused by our jobs, friends or loved ones. I know it sounds radical, but it is something that sages and Holy people have been telling us for centuries.

“It’s normal to be angry or upset about something that has happened. But ultimately you have to deal with yourself, and that means not suppressing your emotions. There is always a place of peace that exists within. When we step into that space no matter what is going on, we feel peaceful,” said Panache.

We learned a great way to step into that space of peace (and understanding) and it has to do with breathing. “Watch your breath and be aware of the fact that you are breathing. When you feel bad, connect to your breath (or simply watch your breath) and it will take you out of the panic or sadness.”





I tried this breathing stress buster the day after the workshop and it worked just as Panache said it would. I focused my attention on my breath (and took long deep breaths) and like magic, the feelings came to the surface like a buoy in the water. Rather than stew in my angst, I was able to resolve what was

bothering me.

What makes these workshops so special is that Panache acts as a catalyst to connect us to that place of peace within. At some level, we all know what is best for us (a hot fudge sundae withstanding) but most of the time we need someone who can lead us there. That space is our connection to our hearts, which is often hidden by our momentary needs or wants.

Let’s face it. Life is not always a bowl of cherries, but that doesn’t mean we can’t have the whipped cream when we need it. “You are not here to suffer; you are here to be vital. Everything that’s going on is perfect – when you step out of blame and into acceptance you have the opportunity to grow and connect to the peace that resides within you.”

Panache will be in Cincinnati June 4 – 6, St. Petersburg June 18 -19, at the Omega Institute in NY from June 27 – July 2 and in Delray Beach later in the year. Call  (239) 649-7373  for information.