

# RETURNING TO WHAT MATTERS MOST

8 Simple Practices to Quiet the Mind, Heal the Heart,  
and Live with Meaning

**By Sadhvi Bhagawati Saraswati**

Global spiritual icon, best-selling author, world-renowned  
humanitarian, and presenter at the United Nations,  
the Parliament of World Religions & other international forums



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## 8 Simple Practices to Quiet the Mind, Heal the Heart, and Live with Meaning

**W**hat if the very thing you've been chasing after—peace, clarity, purpose—wasn't something you had to earn or wait for?

After living my early life in Hollywood, what began as a short trip to India during graduate school became the beginning of a profound spiritual awakening. I began to feel the deep joy and freedom that come not from external achievement, but from presence. Still, the scientist in me wanted to test what I was experiencing. So I asked some of the most “successful” people I knew—Fortune 500 billionaires, Hollywood movie stars, NBA athletes, and Stanford professors—just one question: “Are you happy?”,

None of them said yes.

They answered, “I’ll be happy when...” or “I would be happy if...”—always one thing away from joy.

After nearly three decades as a monk in the Himalayas, I’ve seen one truth again and again: we already hold everything we’re seeking. The problem is not that we’re lacking—it’s that we’ve forgotten. We’ve gotten lost in the noise of the mind, the weight of the past, and the distractions of the world.

And yet we still chase success, status, and stimulation, hoping they’ll fill the void.

That’s why I created this guide.

True success is not about reaching somewhere else—it’s about coming home to yourself. These 8 simple but powerful practices are your invitation to do just that.

You’ll learn to quiet the mind, release what no longer serves you, reconnect with your inner truth, and live from a place of deep alignment. These aren’t quick fixes or empty affirmations. They are spiritual technologies—rooted in ancient wisdom and lived experience—that support you as you return to the core of who you are.

Because the shortest path to real happiness is not out there. It’s within.

And the time to return is now.

—with love and peace from the Holy Banks of Mother Ganga  
in sacred service  
Sadhviji



# Quiet the Mind

## Freedom from Overthinking, Stress, and the Inner Critic

Your mind is not the problem. The problem is believing everything it says.

Most of us are trapped in our thoughts—spinning stories, judging ourselves, replaying regrets, or worrying about things that haven't even happened. The voice in the mind becomes so loud, so constant, we mistake it for who we are. But the truth is: **you are not your thoughts. You are the one who witnesses them.**

In this first practice, we begin by **stepping out of the swirl**. We stop identifying with the commentary and start observing it. The goal isn't to stop thinking entirely—it's to create space between you and your thoughts, so they no longer control you.

This is where peace begins. Not in changing your circumstances, but in **changing your relationship to your mind...**

**1. Close your eyes. Take three deep, conscious breaths.**

Let your breath be the anchor that brings you into the now.

**2. Notice the thoughts that arise.**

Are they planning? Judging? Remembering? Just observe. Don't fight them—just witness.

**3. Say to yourself silently: "This is a thought."**

Notice it gently and let it float by, like a cloud in the sky or a leaf on a river.

**4. Ask: "Who is noticing this thought?"**

Let this question draw you deeper—not to an answer, but to the quiet space within you that observes without judgment.

**5. Rest there. Even for just a moment.**

That still, silent awareness? That is you.

**Remember:**

You don't have to control the mind to find peace.

You just have to stop letting it control you.

# Reclaim Your Power

## *Transforming Fear, Anxiety, and Doubt into Clarity and Strength*

There is a voice in you that says, “You’re not ready. You’re not enough. What if you fail?”

That voice is not your enemy—but it is not your truth.

Fear arises when we believe we are separate—from others, from the Divine, from our own inner power. Anxiety takes hold when we try to control everything around us, instead of learning to rest in the flow of life. But underneath the noise, **your strength has never left you. It is not something you have to earn—it’s something you remember.**

To reclaim your power is not to dominate, push, or force. It is to return to **clarity**, to **presence**, to the deep knowing that **you can meet this moment with love instead of fear...**

### **1. Stand or sit with both feet on the ground.**

Close your eyes. Feel the support beneath you. Imagine the earth holding you.

### **2. Inhale deeply. Say silently: “I am here. I am full. I am complete.”**

Exhale fully. Say: “I am here. I am full. I am complete.”

Repeat three times, slowly.

### **3. Bring to mind something that’s causing fear or doubt.**

Notice where it lands in your body—your chest, your belly, your jaw.

### **4. Place your hand there. Breathe into that space.**

With each inhalation, feel the breath coming in as powerful energy of the Universe. With each exhalation, release tightness and fear. Let yourself expand.

### **5. Feel the power of choosing presence over panic.**

#### **Remember:**

Courage doesn’t mean never feeling fear.

It means not letting fear decide who you are.



# Release the Past

## *Letting Go of Old Stories, Pain, and Emotional Weight*

You are not your past. You are not what happened to you.

And yet so many of us live as though our past defines us—repeating stories of shame, resentment, anger, or regret.

Pain is a natural part of life, but **suffering comes when we keep replaying it**—when we grip the story so tightly it becomes our identity. Healing doesn't mean forgetting. It means **releasing the charge**, the heaviness, the hold it has over your present.

You don't have to carry it anymore. You are allowed to set it down.

If fact, being free IS your birthright and is the highest truth of your Self. Letting go of the chains that bind you is the most important step to reclaiming that freedom.

**1. Go to a body of water. A beach, a river, a lake. Close your eyes and bring to mind something you've been carrying.**

A moment, a memory, a wound—something that still weighs you down.

**2. Cup your hands together and take some water into your palms.**

Visualize placing what you've been carrying into the water.

**3. Slowly let the water pour out through your hands.**

Watch as it flows freely through your fingers—not erased, but surrendered. You are not pushing it. You are releasing it. You are freeing yourself.

**4. Repeat until you have let it all go.**

Feel the space that opens in you as you let go.

**Remember:**

You are not here to relive your pain.

You are here to be free.



# Open the Heart

## *Forgiveness as Liberation—for Yourself and Others*

Forgiveness is not about condoning.

It is about unbinding your soul from the pain of the past.

Many of us believe that if we forgive, it means what happened was okay. But holding onto anger or betrayal doesn't protect us—it poisons us. Forgiveness doesn't say, "It didn't hurt." It says, "I choose peace over pain. I choose freedom over bitterness. I choose to heal."

Forgiveness isn't a gift for the other person. It's a **gift for yourself...**

**1. Sit quietly and bring to mind someone you feel hurt by—this could be yourself.**

Let their image rise, without judgment.

**2. Place one hand gently over your heart. Place the other hand on top of it.**

Inhale slowly. Exhale gently.

**3. Feel the power of love flow into your heart on the inhalation and feel yourself let go of the pain on the exhalation.**

Feel the truth of this not in your head, but in your body.

**4. Silently repeat: "I choose to be free."**

Feel the truth of this not in your head, but in your body.

**5. Feel your heart softening and expanding, creating space instead of contraction.**

Even if you're not ready to forgive fully, simply open the door and let go as much as you can.

**Remember:**

Forgiveness doesn't change the past.

It **changes your future.**



# Live with Purpose

## *Awakening to Dharma and the Flow of Right Action*

You don't have to find your purpose.

You just have to **live from your presence**.

Purpose is not a title, a job, or a mission statement—it's the way you show up to each moment with awareness, truth, and compassion.

When you are anchored in your inner wisdom, purpose flows naturally. It is less about doing, more about **being fully who you are**, right here, right now...

### **1. Bring your attention to your breath and to this moment.**

Let the mind settle.

### **2. Ask yourself gently: "What is mine to do in this moment?"**

Not what others expect. Not what will impress. But what is true.

### **3. Listen—not with your head, but your heart.**

Even if you hear nothing, the asking opens the channel.

### **4. Write down one small act of alignment you can take today.**

A word, a choice, a boundary, an offering, a moment of truth.

### **Remember:**

You don't need a map. You need to be present to the path beneath your feet.



# Walk in Alignment

## *Bringing Integrity, Presence, and Compassion into Daily Life*

Spirituality is not just found on a meditation cushion.

It's found in how you speak to your partner, answer a phone call, or move through a crowded street.

This practice is about **integration**—bringing the wisdom of your inner work into how you live, love, lead, and serve. You're not here to be perfect. You're here to be **real, present, and conscious...**

### **1. Choose one daily activity you usually do on autopilot.**

Brushing your teeth, cooking, driving, walking.

### **2. Do it today with complete presence.**

Notice the sensations, the rhythm, the breath.

### **3. Before responding to a text, email, or conversation, pause and ask: "Is this aligned with who I want to be?"**

Let that question recalibrate your response.

### **4. Celebrate even one moment of conscious choice.**

This is your practice in motion.

### **Remember:**

Your practice isn't separate from your life.

Your life is the practice.



# Redefine What Matters

## *Letting Go of External Validation to Discover True Fulfillment*

We've been taught to define success by the outside—status, achievement, prosperity. But that kind of success is exhausting, never enough, and ultimately empty.

True fulfillment comes not from what you have, but from how deeply you are connected to your highest Self and deepest truth. When you stop living for the world's approval, you begin to live from your own inner wisdom. That's where the real joy lives...

**1. Ask yourself: “Where have I been seeking worth outside of myself?”**

List at least 3 places—career, relationships, body image, etc.

**2. Write next to each one: “What am I really craving underneath that?”**

Love, safety, belonging, peace?

**3. For each craving, ask: “How can I give this to myself right now?”**

Even a small step counts.

**4. Repeat silently: “I define my worth. I choose what matters.”**

**Remember:**

Success isn't something you chase.  
It's how fully you live from your truth.

# Come Home to Yourself

## *Remembering You Are Already Whole, Already Divine*

This final practice is not a destination.

It's a **return**—to the stillness beneath the thoughts, to the love beneath the wounds, to the truth that has always lived within you.

You don't have to become someone new.

You just have to come home to the sacred self that's been waiting for you all along...

**1. Close your eyes. Place one hand on your heart, one on your belly.**

Feel the warmth and power of your own presence.

**2. Breathe slowly and repeat: "I am here. I am whole. I am enough."**

**3. Imagine a light in your heart, expanding gently.**

Let it fill your body with warmth and peace.

**4. Rest in this space. No effort. Just being.**

This is home.

**Remember:**

You are not broken. You are sacred.

And you are already home.





# A CLOSING PRAYER FROM SADHVIJI

**Beloved Divine,**

Let me remember the truth of who I am.

Let me return to the stillness beneath the noise, the love beneath the fear, the presence beneath the performing.

Let me release the pain I no longer need to carry, and open my heart to the healing You are offering me now.

Let me live not from grasping, but from sacred alignment.

Let my life be an offering—of compassion, of clarity, of service, of joy.

And may I remember, again and again,  
that I am never separate from You.

I am never far from home.

I am already held. I am already whole.

I am already free.

**Om shanti shanti shanti.**

With love and peace from the Holy Banks of Mother Ganga in sacred service,  
**Sadhvi**

# ABOUT SADHVIJI

Sadhvi Bhagawati Saraswati, known as Sadhvi, is a Vedic monk, spiritual teacher, and best-selling author who has spent nearly 30 years living and teaching in the Himalayas. A graduate of Stanford University with a Ph.D. in psychology, she left behind a life marked by trauma and outward success to find profound healing on the banks of the sacred Ganga River in Rishikesh, India.

Sadhvi is now one of the leading voices in spiritual transformation, guiding seekers around the world to quiet the mind, release the past, reconnect with the Divine, and live in sacred alignment. Her teachings integrate ancient Vedic wisdom with modern psychology, offering a path that is both timeless and practical.

She is the author of *Hollywood to the Himalayas and Come Home to Yourself*, a recipient of President Biden's Lifetime Achievement Award for Service, and a trusted speaker on stages including the United Nations, Interfaith G20, COP28, the World Bank, and the Parliament of the World's Religions. She also serves on the United Nations Advisory Council on Religion and leads several humanitarian and interfaith initiatives.

## **Come Home to the Himalayas**

**You are warmly invited to visit Sadhvi at Parmarth Niketan Ashram**—your spiritual home on the banks of the Ganga River in Rishikesh, India.

This sacred space has welcomed seekers from around the world to experience peace, presence, and deep connection to the Divine. Whether through satsang, meditation, seva, or simply sitting by the flowing waters of Ma Ganga, you are invited to come home—not only to the ashram, but to yourself.

## **To learn more and plan your visit:**

[www.parmarth.org](http://www.parmarth.org)

Parmarth Niketan Ashram, Rishikesh, Uttarakhand, India



# WATCH THE REPLAY: COME HOME TO YOURSELF EXTRAVAGANZA

Missed the live event? You can still experience the magic.

Join **world-renowned spiritual luminaries, thought leaders, and seekers from around the globe** in this powerful, inspiring celebration of the launch of Come Home to Yourself.

Through heart-opening conversations, soul wisdom, and shared practices, you'll learn how to reconnect with the truth of who you are—and return to a life of peace, joy, meaning, and fulfillment.

Whether you're new to Sadhvi's teachings or already walking the path with her, this is your invitation to come home, again and again.

<https://ComeHomeToYourself.org/Replay>



HH Pujya Swami  
Chidanand Saraswati



Pujya Sadhvi  
Bhagawati Saraswati



Marci Shimoff



Reverend Michael Beckwith



Jack Canfield



Debra Poneman



Emily Fletcher



Miki Agrawal



Tommy Rosen