



The Present A Gift from the Divine

Kanchana Krishnana Ayyar

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Book Endorsed by the Dalai Lama Teaches a Simple Path to Profound Peace and Happiness

“Everyone not only wants to be happy, but has a right to be happy; the question is how to achieve it. In this book, drawing on Sri Sri Ravi Shankar’s ‘Art of Living’ teachings, Kanchana provides helpful, practical advice on how to live a meaningful life.”

~ His Holiness the Dalai Lama ~

Everyone wants to be happy, and can be, even while confronted by problems that inevitably affect each human life.

This empowering truth is revealed in the new book by Kanchana Krishnan Ayyar titled *The Present: A Gift from the Divine*. In it, Ayyar teaches readers how to be happy now, in the present moment. She examines the impediments that routinely get in the way and explains how to access what she calls “present moment awareness” through a symbiosis of knowledge, basic spiritual values, and the regular practice of breathing and meditation techniques.

Every chapter in *The Present: A Gift from the Divine* presents a problem that human beings face on a daily basis. Ayyar shares stories and basic axioms we all know but scarcely use, and demonstrates how to find love, peace, and happiness anyway via an awareness of the basic spiritual values of courage, gratitude, and faith that transcend religion, caste, creed, and social background in combination with various natural yet potent breathing and meditation techniques.

Stories of transformation in the face of poor physical or mental health, money issues, relationship problems, environmental crises, and corrupt political systems demonstrate the immense human potential for happiness. These examples of positive change and personal growth, interwoven with Ayyar’s own experiences, demonstrate that although problems are inevitable, there is a simple path to true happiness and a contented and peaceful life.

The Present: A Gift from the Divine is based on the Art of Living breathing practices formulated by spiritual leader and humanitarian H. H. Sri Sri Ravi Shankar (Sri Sri), the founder of the Art of Living Foundation (AOL), and is the result of two years of research and interviews with AOL practitioners worldwide, from Mongolia and Togo to Argentina and India.

Throughout her book, Ayyar also chronicles the six destructive distortions of love, addresses fears, anxieties, and worry, and highlights notable successes of the AOL movement, such as the Prison Smart program to rehabilitate convicts, the rapid spread of the movement in Argentina and Mongolia, and the scientifically proven benefits of the breathing practices.

She comments, “My inward spiritual journey taught me that the key to happiness lies in the present moment, where you require only a fistful of gratitude, courage and faith in order to access the unlimited love, peace and happiness within.”

AUTHOR: Kanchana Krishnan Ayyar was born in New Delhi, India, and grew up in Kolkata and Mumbai. After completing a degree in economics from St. Xavier’s College, Mumbai, she worked briefly as a marketing executive for a major hotel chain. In the ‘90s, she lived in Mexico and Argentina for a few years and then moved to the United States, where she completed a second degree in elementary education. The mother of two lovely daughters, she currently lives in Coral Springs, Florida, with her husband. She has dedicated many years to the cultural education of children, imparting the richness of Indian history, music, yoga, and philosophy. Although writing was a passion from childhood, she realized her potential only a few years ago with her debut novel *When the Lotus Blooms*, a story of two child brides in colonial India. Subsequently, she released a mini-anthology of short stories as an eBook on Kindle entitled “Snapshots” based on her extensive travel experiences and impressions. *The Present: A Gift from the Divine* represents her foray into the sublime world of inspirational nonfiction. Her book has received a rare endorsement from H. H. the Dalai Lama.