

Malini Ramani

Fashion Designer

'I feel I am an old soul. I feel I am done'

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Malini Ramani, Fashion Designer.

What does spirituality mean to you?

Seeking. It is as simple as that. Religion is about believing, spirituality about seeking – an endless search.

Do you believe you are guided and protected by a superior force?

There is definitely someone there. I have done many channelling sessions during which I could be in touch with my spirit guides. And I have learnt over time to recognise the signs through which that guidance comes. I believe in signs. And I try to follow them to see where to go in life.

Do you believe you have a special mission or purpose in this life?

Of course, each one of us does. Though I guess I have yet to find what mine really is. It is definitely not only about being a designer. It is more about the search, about learning, and one day about helping people. For instance I am thinking of creating a spiritual spa, a place where you could get a whole package of healing sessions and activities to feel great both inside and out.

What is spirituality for you in your day to day life?

Everything for me from the moment I wake up is based on spirituality. The rest is incidental. And my interest in those matters is constantly growing. I do meditation and yoga every day. I am not a cultish type though, I would not follow one particular guru. I am interested in experiencing and learning from a variety of sources, but in the end it is my own truth for my own journey that prevails.

What is the role of spirituality in the world of design?

I follow my heart and intuition when I design things. I get a lot of flashes, dreams and I create according to them. So it is coming from "somewhere else". Everybody can get flashes, but creative people are chosen because they listen and they act upon it. I even feel pressurized at times to follow the most bizarre ideas, just because I feel that if I don't act upon them, they may be given to someone else.

Can you tell us about a unique experience that changed or shaped your spiritual beliefs?

The Jessica Lal murder was a turning point in my life, and really initiated my spiritual quest. I could not believe she died, and I was wondering where she went, so I started to study death. Then someone sent me to an Art of the Living workshop. And I went on, trying to understand why it had happened, what it was all about. A healer told me the same thing had happened in a previous life but I had not known how to cope with it, I had not made it through. And indeed this time, I was thinking of putting an end to everything as well. So basically it was "sink or swim" and I opted for the latter. I decided I did not want that to happen ever again and so I had to deal with it all. It therefore was a huge spiritual turning point.

What are your spiritual inspirations?

Lots and lots of them, first of all books, but also ashrams, as I have visited many – the Art of Living for instance or lately, Sadhguru's Isha Yoga Center in Coimbatore. Obviously, spirit guides are teachers as well.

If you were to be reincarnated, what would you like to be reincarnated as?

I don't really want to come back! I know it is much better in the spirit world than here. This is the school part and I wish to graduate to the next stage. I feel I am an old soul, I feel am done. Also, I think I have been given so many issues to deal with in this life, so that I can clean it all and not come back. But who knows, many people have to deal with much more. So we shall see...

If there was one question you could ask God, what would it be?

I could say "what is the key to eternal bliss" for instance. But in fact, we have all the answers within, we must walk the path and do our work, we have no choice, and there is no question as such.

What is your idea of happiness?

Balance. I am a Libran, the only dead sign in the zodiac – all the others being people, animals etc. – with the scale as its symbol, balanced. So when I am balanced in terms of everything, I am so happy... but it should last longer...