**PRESS RELEASE**

**Immediate release**

**Indian origin author and podcaster spreads positivity in the UK and France by creating a HAPPY TREE**

Ekta Bajaj is on a mission to spread happiness. Driven by a belief that positivity is not only contagious but an antidote to the world’s woes, Ekta’s determination encompasses a desire to improve people’s wellbeing through the simplicity of smiling and connecting with nature.

Motivated by lockdown, her spiritual curiosity led to embrace meditation and develop a habit to reflect within. Inspired by Swami Vivekananda, Ekta wanted to spread the idea of *Happiness* in a practical and simple way. This thought became the catalyst for creating *The Happy Tree* outside her house for spreading hope and positivity to her community. Her message has already reached other continents prompting a project which, she hopes will become a global movement. She is encouraging people to display happy messages written / painted on tree trunk plaques hung on an outdoor tree for visitors or passers-by to appreciate. Messages may be as simple as ‘Choose hope’ or ‘Don’t let life harden your heart’.

‘Despite individual challenges,’ says Ekta who also wants to stimulate a social media following via #thehappytree, ‘we are all connected via an invisible thread. This connection is powerful and life affirming with the ability to awaken happiness that will continue to linger. The project has already gone live on 1 January 2022 in France, Canada, Portugal, London, India, Italy, South Africa and Belgium. The moment of triumph came when Ekta was invited to be part of *The* *Happy Tree* inauguration on 6th April by a happiness coach, Christine Delmar, and the Mayor of Forcalquier, a French town in Provence

Ekta continues: ‘I would like people, schools, corporates, and care homes to join us in creating a Happy Tree and help me spread oneness and harmony in these tough times. I encourage people to connect with nature and fuel life in the barren branches of trees with their positive thoughts.’

The wave is spreading far and wide. The Montreal ‘Happiness Festival’ recently concluded by decorating a street with Happy Tree.

“Happiness is intrinsic to our nature. This is one emotion that can connect us on a human level. I understand that not everyone is able generate happiness all the time. A simple trigger can often become a reminder and give us the energy to focus on the positives in life. I am requesting everyone to use #thehappytree while posting the pictures of their Happy Tree, so we can start a wave of happiness,” says Ekta who has also published her first book, The Voice of Kali, with a simple intent of spreading happiness and positivity in the world.­

The idea, its powerful message belying the simplicity of the underlying practicalities, is a force of nature, much like Ekta Bajaj.

**Notes to Editors**

Ekta Bajaj is a motivational speaker, author as well as co-founder of High Wycombe based independent publishing company, [www.authorinme.com](http://www.authorinme.com), author and spiritual enthusiast. You can read about her at her blog [www.thekalimoment.com](http://www.thekalimoment.com)

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