

PRIME QUALITY OF LIFE • DR. BASURAJ VASTRAD

VOICES OF GRATITUDE

Reflections from friends, mentors, and fellow travellers
on the journey toward a primely lived life

Elevate Every Dimension of Your Life

Over the years, I have been blessed to walk alongside extraordinary people — clients, colleagues, mentors, and friends — who have trusted me with their stories and offered theirs in return.

The words on the pages that follow are theirs, not mine. I share them here with deep gratitude, as a small window into the heart of the work we do together at Prime Quality of Life.

With gratitude, Dr. BasuRaj Vastrad

**Frankie Picasso**

“Dr. Raj is first and foremost a humanitarian. While it is not unusual to find this trait in a doctor, Raj’s passion to help people transcends medicine. His infectious laugh and genuine humility make him a joy to be around. But do not let his lightheartedness fool you — he is deeply committed to helping thousands live lives of joy and abundance. Through meditation, laughter yoga, retreats, and conferences, Raj is constantly discovering new ways to share his uplifting message with the world. I truly believe he will one day win a Nobel Peace Prize. A kind and generous man, Raj is someone you will be proud to call a friend.”

— Frankie Picasso

**Jean
Hamilton-Fford**

“Raj is one of the most gently inspiring people I have had the pleasure of meeting. He listens with an open heart, speaks your language, and offers hope, encouragement, ideas, and wisdom with an unwavering generosity of spirit. Raj is more than a friend — he is a guide, a mentor, a teacher, a coach, a student, and a willing learner. He facilitates change in a gentle, non-threatening, and easily recognisable way. His laughter is a harmonic melody of joy, and his happiness is so contagious that just a few minutes of conversation will leave you feeling transformed. Love, light, and blessings.”

— Jean Hamilton-Fford

**Kymberly Paryss**

“Raj is the epitome of professionalism and kindness. He is not just caring and friendly — he is someone who will go out of his way to help others. A true outside-the-box thinker, Raj embodies the mindset of a quick learner and is always evolving. My team and I wish him nothing but the best in all his future endeavours.”

— Kymberly Paryss

**Michael Butler**

“Raj is a truly inspiring person — someone the world desperately needs. It has been a pleasure to be connected with him.”

— Michael Butler



Penny Hopper

“Raj’s boundless enthusiasm shines through in every interaction. If you are looking to connect with a fantastic networker, Raj is your guy.”

— Penny Hopper



Les Rogers

“Raj lives to make our existence more fulfilling through health and peace. His mission is simple — he wants us all to shine to our fullest potential. It does not get much better than that. Thank you, Raj.”

— Les Rogers



Robert De Souza

“I recently connected with Raj, and his journey thus far has been truly inspiring. With his talent, insight, and wisdom, Raj is helping others in remarkable ways. I am honoured to be part of his network and wish him continued success.”

— Robert De Souza



Kelly Dunworth

“Raj is an incredibly inspiring individual with a vision far beyond the ordinary. He is highly skilled and open to alternative therapies and mindsets — a refreshing change. Connecting with Raj is an opportunity to be part of something bigger. He has exciting future projects in the works that will benefit everyone involved. Raj truly understands the importance of love, health, and happiness.”

— Kelly Dunworth

**Alison Bourne**

“My first conversation with Raj felt like talking to an old friend. We laughed so much that I nearly cried at one point, while also exchanging ideas and knowledge. His infectious laugh is contagious, and I feel truly blessed to have connected with him. We share so many interests, and it is easy to stay in touch. I am excited to be part of his network and hope I can contribute to his mission of bringing happiness to others.”

— Alison Bourne

WITH HEARTFELT GRATITUDE

Thank You for Reading

Each voice on these pages reflects a moment of connection — a shared laugh, a turning point, a kind word offered freely. I carry their generosity with me into every conversation, every session, and every quiet morning of practice.

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If these voices resonate with you and you would like to continue the journey together, you are warmly invited to reach out at any time.

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