

**CENTER FOR YOUTH COUNSELLING AND POSITIVE
THINKING**
**WEEKLY MEETING REPORT Friday, 17.5.2013, 4 PM to 6
PM**

Venue – Maa Sharada Public Library

No of Youth present- 39

**FOR RAMAKRISHNA MATH, NIRALA NAGAR,
LUCKNOW**

All of the weekly meetings are much awaited sessions and this time again several youth, working professionals and teachers participated in the discussion and interactive session held at the Swami Vivekananda Center for Youth Counseling and Positive Thinking. This time again, the center was host to a total of 39 youth who showed keen interest in sharing their experiences, discussing their problems and learning more, so as to change themselves into stronger individuals.

Several youth have realized the importance of meditation and have been practicing it on a regular basis. This has been instrumental in strengthening their minds and body, increasing concentration, bringing clarity to thought patterns, balancing their emotions and filling them with positive energy. The center has been hugely successful in empowering the youth and making them self-reliant, which is indeed remarkable.

As in all other weekly meetings, this time too, there was something new and interesting for the students to learn and enjoy. The session started with Dr. Chandra demonstrating various 'Yogic mudras' which are extremely helpful in increasing concentration and enhancing one's memory. As most of the students face difficulty in maintaining their concentration and retaining the subject matter, they were extremely happy to learn all of these 'mudras.'

After this, Dr.Chandra demonstrated another powerful yet amusing method of increasing one's stamina and concentration. Touching

the left-ear with right-hand and right-ear with left-hand with the thumb out and then doing sit-ups is called 'Super brain yoga,' which activates the brain. One should face the east direction and inhale while sitting-down and exhale while standing-up. Dr. Chandra told the participants that 'Super brain yoga' works wonderfully for mentally disturbed and depressed people as it helps the brain to function better and energizes the whole body and mind. She herself did the sit-ups with all of the participants present, encouraging and motivating them at the same time. Each one enjoyed the activity thoroughly and the hall was filled with positive energy, laughter and vigor.

While explaining the difference between 'Adhyapak', 'Aacharya', and 'Guru', she told the students that 'Adhyapak' is the one who imparts knowledge. 'Aacharya' imparts knowledge with discipline but 'Guru' is the one who removes all darkness or ignorance from his disciples' minds and brings about transformation. Hence she urged the students to move from being a 'Vidyarthi', the one who learns, to a 'Shishya', one who learns with devotion to a 'Bhakta', who completely surrenders and transforms himself. Each one listened carefully to this beautiful explanation.

After this Dr. Chandra conducted a meditation along with a prayer. The meditation comprised powerful affirmations along with visualizing a goal in front and then watching a brilliant light or energy lightening it up. The meditation was a surreal experience for all. It hugely energized each one and calmed the mind. The meditation was empowering as well, for it helped the students to think strong, happy and peaceful and also be the same.

Dr. Chandra asked the students to work towards removing all doubt and fear from their minds and think wisely at all times. She told them that fear can be understood as Fantasy Experiences Appearing Real and that one should have only healthy fear so as to refrain from indulging in anything bad or harmful. She answered several queries and discussed the meaning of 'Anand'. The one who is successful and satisfied will always be happy for he is an outer winner and an inner winner. She told the students that our behavior in every relationship is different from the other and that

every relationship goes through ups and downs. One should have a balanced behavior pattern and hence to make life qualitatively better, one should practice meditation regularly. For inner peace and happiness, meditation is a must. Meditation makes one physically stronger, emotionally stable, mentally balanced, and intellectually capable and leads to spiritual awakening. Fear, lack of confidence and doubt can be removed through meditation. Another round of 'Super brain yoga' followed which energized each one.

Dr. Chandra then talked about the 4 different parts of the brain. She told the students that the different parts are the logical brain, planning brain highly scientific part, the kinesthetic or playful part and the intuitive part. Each part is significant and it is important that all 4 are activated. She then conducted a laughter session which was thoroughly enjoyed by all.

Each one present was indeed lucky to receive blessings from 'Bade Maharj ji' as he took out time from his busy schedule to address the youth. Each one felt deeply grateful and indebted to him for his valuable support and encouragement. His presence is a constant source of motivation for the youth and his talks are hugely inspiring for all. This time he spoke to the participants about a deeply meaningful word 'Anand.' He told the students that 'Jo barabar rehta hai, wahi anand hai. Humara jo swarup hai, wahi anand hai.' Swamiji told the students that we are motivated to do a certain work for we experience 'anand' in doing it. We keep searching for it outside us. But the source of 'anand' is within us. What we look for in the world outside lies within ourselves. The people we like are only a reflection of our inner happiness.

Swamiji urged the young minds to never feel sad about anything, for each one possesses riches of bliss. 'Tum bharpur ho, khud ko bhikhari mat samjho, anand tumhare andar vidyaman hai. Tum kabhi niranand mein nahin reh sakte.' He interacted with the youth and answered queries as well. Quoting the great youth icon Swami Vivekananda he said "O children of immortal bliss, it is a sin to call you sinners." Each one is a part of divine. Swamiji urged the youth to not be selfish but spread happiness all around.

Swamiji's precious words touched the hearts of all present and had a great impact on their minds.

In the end, tea and refreshments were served to all.