

**CENTER FOR YOUTH COUNSELLING AND POSITIVE
THINKING**
**WEEKLY MEETING REPORT Friday, 24.5.2013, 4 PM to 6
PM**

Venue – Maa Sharada Public Library

No of Youth present- 37

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

This week's meeting proved to be an extremely informative and enlightening session for all. Along with the regular participants, there were several new ones who showed keen interest in the activities and discussions during the meeting. The weekly meetings at the Swami Vivekananda Center for Youth Counselling and Positive Thinking are an invigorating mix of knowledge, ideas, activities and discussions and this time too, the session offered all of it.

The session began with Dr. Chandra explaining the meaning of "OM". The most sacred and powerful of all mantras, "Om" is called the 'Pranava mantra', the first pre-modial sound of the universe. She explained to the students the meaning of 'Om' in great detail. Encapsulating three different sounds in it which signify three different states, namely 'Aakara' or the waking state, 'Ukara' or the dream state and 'Makara' or the deep slumber state, the mantra signifies oneness with the entire universe. 'Akara' activates and energizes all body parts below the navel, 'Ukara' activates and energizes all body parts from the Naval upto the neck and 'Makara' energizes the body from neck and whole of the head. Each one listened carefully as it was like a spiritual treat for all.

Talking about 'Chakras', the energy centers in the energy body, Dr. Chandra explained to the participants, their functioning and the psychology related to each 'Chakra.' She told the students that there are 7 major chakras and each one rotates clockwise and

anti-clockwise alternately. When rotating clockwise, the 'Chakras' take in energy from the atmosphere and when rotating anti-clockwise, they throw out all used up energy. The 'Basic Chakra' or the 'Muladhar Chakra' represents the willingness or the desire to live. All depression patients and patients with suicidal tendency have weak and small 'Basic Chakras.' The element of nature related to this chakra is 'Earth'. The next one, 'Sacral Chakra' or the 'Swadishthan Chakra' represents the art of living. It is the storehouse of energy. People having disturbed 'Sacral Chakras' tend to get angry easily, they are suspicious, confused, misinterpret people and situations and tend to be negative. The element related to this chakra is 'Water'. The 'Solar Plexus Chakra' or the 'Manipur Chakra' controls all lower emotions both negative³ and positive. It controls the ego and is the "I" center. All lower emotions like jealousy, selfish nature, possessiveness etc. come from here. The element related to this chakra is 'Fire.'

Next is the 'Heart Chakra' or the 'Anhata Chakra'. It controls all higher emotions and is the "**We**" center. Dr. Chandra told the participants that 'Nishkaam karma ki bhavna' comes from here. It is the center for peace and the element related to it is 'Air.' 'Throat Chakra' or the 'Vishuddhi Chakra' is the center of higher creative energy. High self-confidence and self-esteem comes from this chakra. A charismatic personality has a strong 'throat chakra.' The element related to this chakra is "**Space**" or "**Akash**" 'Ajna Chakra' is the center of spiritual awakening, Higher Mind and intuition and also "Divya Drishti". The qualities of Clairvoyance and Clairaudience come from here. Its vibration is 'Om'. The 'Crown Chakra' or the 'Sahasrara Chakra' takes us towards "**Oneness**", "**Empowerment**" and moves us towards "**Enlightenment**". Its vibration is "**Om**". The 'Basic Chakra' has 4 petals, just like the petals of a lotus flower, 'Sacral Chakra' has 6 petals, 'Solar Plexus' has 10 petals, 'Heart Chakra' has 12, 'Throat Chakra' has 16, 'Ajna Chakra' has 2 petals and the 'Crown Chakra' has 1000 petals. Each one thoroughly enjoyed this beautiful explanation.

After this, Dr Chandra conducted a meditation along with 'Om' chanting and a prayer. The meditation is called "**Twin heart**"

meditation” and it involves blessing the earth with love, compassion, non-injury and loving kindness emanating from one’s “Heart Chakra” and with divine white light emanating from one’s ‘ Crown Chakra’ and a beautiful golden light emanating from both Heart and Crown Chakras . The meditation had a calming effect on all and each one felt peaceful and relaxed after doing it. Dr. Chandra told the students that the meditation is quite powerful and one can send energy wherever one wants for achieving all goals, while doing the meditation. She answered several queries and interacted with the participants. After this a round of ‘Super brain yoga’ followed which is known to activate the brain cells and increase one’s energy levels tremendously. Each one enjoyed it thoroughly. This was followed by a laughter session which was like the icing on the cake. The hall was filled with great energy and vigor. All of the students were thankful to Dr. Chandra for a wonderful session.

Each one present was indeed lucky to receive blessings from Bade Maharaj ji as he took out time from his busy schedule to interact with the youth. His presence is a constant source of inspiration and motivation for all the young minds and each one feels indebted to him for his valuable support. Swamiji interacted with the youth and told them that whenever our energy levels rise, they are bound to come down too. To maintain a high energy level so as to retain the ‘Kundalini Shakti’, one needs to practice ‘Vivek.’ ‘Sansar ka pralobhan faydemand hai ya nuksaan dene wala hai, ye humen vichar karna padega.’ Swamiji told the students that we all run after ‘anand.’ Anand to wahi hai jo barabar tika rahe. Wahi satya hai. ‘Jo anand sansar se milta hai wo pehle amrit ke samaan lagta hai, par baad mein samajh mein aata hai wo vish tha. Peene ke pehle charcha karna chahiye ki kya ye barabar tikega?

Sansarik anand simit hai par bhagwan ke anand ki koi seema nahin. Sansarik anand ke baad dukh aata hai par parmatma ke anand mein koi dukh nahin. Swamiji told the participants that happiness in the materialistic world is subtle and lures the mind at most times. Kama and krodha are the cause of wavering of the mind. But we should always be alert and aware of what we want

and what we actually receive. Each soul is divine with limitless potential. When we do not experience bliss, we should practice 'vivek.' 'Vairagya' takes us towards the truth and it is required that we leave the smaller goals in pursuit of the higher truth in life. Just like the great charismatic leader's name 'Swami Vivekananda' suggests, 'vivek mein hi anand hai.' Each one was filled with deep reverence for 'Bade Maharaj ji' for his priceless words of wisdom and this precious knowledge. It left a great impact on all.

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