

**CENTER FOR YOUTH COUNSELLING AND POSITIVE
THINKING**
**WEEKLY MEETING REPORT Friday, 5.7.2013, 4 PM to 6
PM**

Venue – Maa Sharada Public Library

No of Youth present- 48

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

This week's meeting provided a unique platform for the youth to voice their opinions and viewpoints. Swami Vivekananda Center for Youth Counselling and Positive Thinking has consistently been helping the youth to build their personalities and become positive individuals. This time the hall was packed to its full capacity and one could see faces brimming with excitement and enthusiasm all around. As each weekly meeting offers something new, this time too, the students were eager to learn and participate.

The session started with Dr. Chandra talking about how each one has certain strengths and weaknesses. She said that even though we all have unique strengths, by our negative thinking patterns we tend to weaken our strengths and strengthen our weaknesses. We fail to recognize our strengths because our mind is lazy. When we get stuck in a negative thinking pattern, we are unable to think clearly and hence cannot recognize our true selves. She said that the charismatic youth icon Swami Vivekananda believed that maximum potential lay in the youth and hence it is important that we recognize our strengths. Through regular practice of meditation and deep breathing, the mind will remain calm. When the mind is calm, we will be able to think clearly and know ourselves better.

By narrating an interesting story, Dr. Chandra told the students that one should be strong enough to overcome all negatives in one's life. Because our mind is always restless, we tend to create "inner noise" and negative tendencies due to our Kama, Krodha, Lobha, Moha, Mada and Matsalya and these bring in so much negativities that it gets attached to us and become an inner noise.

She said that negative thinking arises when people and situations do not fit into our pre-conceived images of how people and things should be. This is called a '**Mind map.**' Our mind is forever worried about the past or anxious about the future and we are never in the present. This creates a veil of ignorance and our potential, talents and strengths always remain hidden from us. Each one listened to Dr. Chandra carefully and felt grateful for this knowledge.

After this one of the regular participants, Man Mohan Krishna told all other participants about 7 major chakras in the energy body. The '**Basic Chakra**' or the '**Root Chakra**' or the '**Muladhar Chakra**' is Red in color and has 4 petals. Its sound is '**Lam.**' The '**Sex Chakra**' or the '**Swadishthan Chakra**' is Orange in color and has 6 petals. Its sound is '**Vam.**' The '**Solar Plexus Chakra**' or the '**Manipur Chakra**' is Yellow in color and has 10 petals. Its sound is '**Ram.**' The '**Heart Chakra**' or the '**Anahata Chakra**' is Green in color and has 12 petals. Its sound is '**Yam.**' The '**Throat Chakra**' or the '**Vishuddhi Chakra**' is Blue in color and has 16 petals. Its sound is '**Ham.**' The '**Ajna Chakra**' or the '**Third eye Chakra**' is Indigo in color and has 2 petals. Its sound is '**Om.**' The '**Crown Chakra**' or the '**Sahasrara Chakra**' is Violet in color and has 1000 petals. Its sound is '**Om.**' There was a round of applause for Man Mohan for sharing this important information with all others.

Each one was indeed lucky to receive blessings from Bade Maharaj ji as he took out time from his busy schedule to address the youth. Bade Maharaj ji's presence in each of the weekly meetings is a constant source of motivation and inspiration for the youth. His enriching talks are deeply impactful and instrumental in bringing about significant changes in the youth. His valuable support and encouragement are quintessential to the activities at the counseling center. Bade Maharaj told the students that we lose because we become scared. Just like Arjuna, a great warrior became dejected even before fighting the battle, the same way we too accept failure even before trying. Lord Krishna came to his rescue and motivated him to fight. "**Date raho, sangram ka mukabla karo. Acha hi hoga.**" Swamiji told the students that we all have immense potential within, we need to face all problems

with great mental strength, and success will be ours. Each one felt deeply grateful to Swamiji for his priceless words of wisdom.

After this Dr. Chandra explained to the students the psychology behind each chakra. She told the students that the '**Basic Chakra**' represents the '**desire to live**' and is connected to prosperity in one's life including one's financial life. It is responsible for energizing the whole body. Red, its color is also known to be an energizer. With regular practice of meditation, one can strengthen the chakras. When we are strong, we do not get hurt easily and become calm and balanced individuals. She told the students to remember that we cannot change others, we can only change ourselves. The '**Sex Chakra**' represents the '**art of living**' and its color, Orange is known to expel confusion and lack of confidence. The art of interacting with other people come from here. The '**Solar Plexus Chakra**' is the '**I**' center, for all lower emotions related to oneself, including selfish nature, jealousy etc. come from here. The '**Heart Chakra**' is the '**We**' center and the center of higher emotions '**Nishkam Karma ki bhavna**' comes from here. It is the center of peace and love. The '**Throat Chakra**' is connected with higher creativity. All charismatic personalities and successful business people are known to have a strong throat chakra. The '**Ajna Chakra**' is related to spiritual awakening and intuition. The '**Crown Chakra**' is the one which connects us to the higher soul and the '**Parabrahma.**' It is the center of "Buddhic Consciousness"

After this Dr. Chandra conducted a meditation along with a prayer. The '**Twin Heart Meditation**' is a powerful meditation and involves blessing Mother Earth with divine love, divine power, non-injury and loving kindness and divine light. One uses the divine love and light emanating from the **Heart Chakra** and the **Crown Chakra** to bless the earth. Each one felt greatly energized and relaxed after the meditation. A round of '**Super brain yoga**' followed which is known to activate the brain cells.

After this the participants were encouraged to speak about their experiences and the changes they have undergone. Bhaskar Tiwari who was attending the meeting for the first time said that he

felt fresh and rejuvenated after the meditation. All his tension and worries had washed away. Deepak Kumar told all others that he was feeling strengthened after the meditation. All his tiredness was gone and it was a great experience for him. Rajkumar felt deeply relaxed. He is used to exercising and working out but this was the first time he felt that he had done an '**internal workout.**' Radha who too was attending the meeting for the first time said that she felt fresh and good after the meditation.

Shivangi's tiredness had completely gone. Another young lady said that she had discovered a completely new world within her. Sandeep felt internally strong. RaviKant Rawat was attending the meeting for the 2nd time. When he came for the first time, he experienced a lot of inhibition and could not speak in front of other people. This time he felt confident and stood in front of the entire gathering to share his experience. He thanked Dr. Chandra for this significant change in him. Santosh Kumar Sharma who had suicidal tendency and had decided to put an end to his life came to attend the weekly meeting by sheer co-incidence. That was way back in November. After participating in the counseling session, he felt encouraged and motivated to face all problems and think positive, He is running his own business now and is able to fulfill all his desires. This time after several months, he stood bold and confident in front of all others, ready to face all problems in life. He felt deeply grateful to Dr. Chandra for his 'second life'. This was most rewarding for the counseling team at the center.

Man Mohan Krishna had learned the art of sharing after coming to the counseling sessions. He told all others that one should share one's knowledge and not keep it to oneself. Sangam Kumar told others that one should discover one's talents and work on them. Gunjan told all others that after coming to the counseling sessions, she has learned not to have illegitimate desires. She now plans her studies according to the resources provided by her parents and is sure to fulfill all her desires once she starts earning.

It was heartening to hear the students talk about their experiences. The counseling center provides a rare platform for the students to interact and learn from one another. The

participation from the students is testimony to that.

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