

Fellowship December Workshop

December 30, 2021

Thursday

LMAD Fellowship Home, Delhi

The main aim of the December Workshop is to be so deep into introspection by long hours of silence followed by honest and complete sharing of one's thoughts. The workshop took place in the Fellowship Home itself. Early mornings complemented by questions and inputs by the convener was the standard protocol everyday. The Fellows were themselves given a set of norms to be followed, like-

- Be on time every morning.
- Do not use your mobile phones unless absolutely necessary.
- Avoid having unproductive conversations.
- Maintain silence or soft tone of speaking all throughout the day.
- Do not engage in activities that will distract you from your zone of introspection.
- Be true to yourself and accept your thoughts as they come.

Day 1, 30 December, 2021

Question 1- Why have I come for the Fellowship?

This question signifies the purpose a Fellow has in this Home. What they had in mind, what they are currently thinking about, and what they think about their future as a Fellow was a baseline of the question.

Question 2- How do I satisfy 'I'?

How can one satisfy the human mind, body and soul in material and spiritual terms? This question was answered in a variety ranging from earning millions of dollars to being able to make a positive impact regarding the environment. The question was followed up by another question-

Question 3- How do I move from 'I' to 'We'?

After reflecting on how to satisfy one's own self, the Fellows were asked about how they will make a change in family, peers, society, city or the country; let alone monetary support, how else can they contribute towards the well-being of the world.

Day 2, December 31, 2021

Question 4- What are my good and bad habits? What new habits do I want to inculcate?

The Fellows made a list of all their good habits and their bad habits in two separate columns. The bad habits were ranked by themselves on the basis of how serious they were and needed urgent attention.

Exercise 1- Note down all your happy memories since you were born till date.

It was a very happy evening as the Fellows shared all their good memories over a cup of tea. Everyone had a good laugh and it was a New Year's Eve worth remembering.

The Fellows promised to work on inculcating the new habits that they wanted to have in themselves in the coming year.

Exercise 2- Write all the negative things you've seen, felt or experienced in the year 2021 which you don't want to take into 2022.

After deep and long thought, all the negative things were written on individual pieces of paper. With the setting sun, the Fellows put their papers in a fire lit in a bin. This was a sign to leave the bad things behind, and to start the new year on a new note.

Post-dinner everybody sat for an Awareness Session. The lights were turned off and only one candle was lit. Everybody was totally silent.

Day 3, January 1, 2022

Question 5- Who am I?

It was a long Quiet Time session with the Fellows pondering deeply over this question. There were new ideas and thoughts for everybody and the sharing was powerful. The concepts of body, mind and soul were thoroughly discussed and talked upon as well.

Day 4, January 2, 2022

Exercise 3- Daylight Saving Time

How to manage self in a limited portion of the day, and how many days does one waste in a year is a revelation that comes from this exercise. We all believe how busy our days are. But it is after DLST that you learn to find time for things that you are passionate about.

Question 6- What do I want to be?

This was a successful attempt to make the Fellows imprint their future goals and vision in their minds. They successfully mapped out their goals for the near future and long-term. The sharing was on a practical front as well as a qualitative front, envisaging a beautiful life ahead.

Question 7- How am I going to achieve what I want to be?

The Quiet Time for this question took up more than half a day. It was a day full of deep thought and introspection. The Fellows created a roadmap for their own personal journeys. The sharing was very powerful and the energy was at an all-time high.

Day 5, January 3, 2022

Conscience, Mind, Will Power

A long and thoughtful discussion took place on these three terms- on how our conscious tries to guide us, how the mind tries to seek comfort and pleasure, and how to defeat the mind's weakness by harnessing one's will power. The last day was quite fruitful as it gave a head start by the realisation of how to use one's own inner strength to win the battles of mind and conscience.

This December Workshop, where no one was invited and took place within the Fellow Home, was a life-changing experience for all. It was full of new insights and rich sharing. Many new opportunities opened up for the Fellows and helped them set a start-point for the future that they want to build.