

## **December Workshop**

**27 December, 2022 - 01 January, 2023**

**Fellowship Home, Delhi**



The December workshop was conducted from 28 December 2022 - 1 January 2023 at the fellow home in Delhi. This workshop is a very intense workshop which focuses on self-introspection in the implication of quiet time and understanding the methodology of it. The reason it is called a workshop and not a conference is because there are a limited number of participants.

### **A total of**

- 40 hrs 45 min of Quiet Time and Sharing
- 1 hr 30 min of Awareness
- 40 min of Concentration

Was done within these 5 days of the workshop.

The workshop emphasized on:

- **How a person can move from satisfying their 'I' to 'We'.**

A person must satisfy his/her needs as soon as possible and then contribute to the world.

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If we keep satisfying 'I' for our entire life and keep taking and not giving anything to the society, it is an act of selfishness.

- **What am I searching for my life?**

This question sets the course of journey of our life. Everyone is concerned about their future. With the help of quiet time the participants had a clear vision on what they want in their life.

Love, challenges, knowledge, uniqueness, peace, internal and external happiness, stability and smoothness in life, inner growth were some of the searches in their life.

- **Habits**

Habits are what makes a person. The participants focused on what are their good and bad habits; how they will improve and what good habits they want to bring in themselves. Good habits will help a person in reaching the final destination of their search.

Bad habits pull down the person and one must keep adding good habits.

- **Depression**

Depression is living in a body that fights to survive and with a mind that tries to die. In these sad and sorrow moments one must remember all the happy, notorious, successful and positive moments. The participants could not stop laughing while writing about their happy and notorious moments in the diary. Everyone enjoyed the moments of joy while sharing on the table.

- **Who am I?**

This is a very deep question which made the participants dive deep within themselves and analyze themselves. The participants could see all the positive and negative things that were within their soul. It was like a mirror placed in front of them and could see what they were.

- **'I don't have Time'**

This is something that is casually used in our day to day life.

Participants mapped their time and how their time can be used in productive work. Most of the time was spent on the blue screen. Through quiet time, participants were able to replace it with productive work that can be done and new skills that they wanted to learn.

- **What do I want to be?**

After realizing the amount of time being wasted, the participants had a clear view on what they wanted to be and how they would utilize their time so that they could accomplish their vision.

- **The Mind**

It is the mind that decides what you want to do and what you don't want to do. We should give orders to our mind and not allow it to take authorization over our soul. What are the moments when my mind takes control over me? Was the quiet time question

- **How am I going to achieve what I want to be?**

The mind is the key. We know where we stand and where we want to reach, but we don't know how we will reach.

Good habits + happy moments + Strong and Continuous Will Power with daily quiet time will help you in achieving what you want to be.

Some other important learnings were:

- Focus can only be built if we have concentration. This will happen if your Mind is under your control. For this awareness is important.
- Not to live in the past and future but to live in the present.
- With education comes skills which also give knowledge. Work hard with focus and discipline. If you are disciplined you will be organized and with proper utilization of time you will achieve what you want to be.
- Short cut is the longest cut.
- Thoughts must be alive and not to let it die.
- Our past failures don't decide our future results.
- Our quiet time diary is the most powerful tool of our life.



*Negative burning*



*Capturing the last sunset of 2022*

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