

December Workshop

27th December, 2010 to 3rd January, 2011

*“For last year's words belong to last year's language
And next year's words await another voice.
And to make an end is to make a beginning.”*
T.S. Eliot, "Little Gidding".

The end of the year 2010 saw the coming together of a select few individuals from across the country to be together for a time spent with heartfelt self introspection and ringing in the New Year. The week-long workshop was an insightful and amazing personal experience for every one of its participants. With the role of Quiet time, and the importance of observing silence, a lot of crucial and important aspects were looked into.



The workshop started with a day and a half interaction of children from the Epiphany School, Pune. The 4th graders were brought to MRA through the efforts of MRA friend Vipul Shaha, who is a teacher under the 'Teach for India' program. The one-day program introduced the children to the four pillars of MRA, which was the most apt start to the entire workshop on the whole.

The first day of the workshop began with a session on 'Time Management'. The individually-centred session provided a lot of valuable insight on the essence of time and the effective utilisation of time in our day-to-day lives. This session in particular seemed to have set the mood of the workshop of not only self introspection but also self correction and self improvement. A focus was made on the main problems and events that were an obstruction to effective time management and constructive and highly practical methods of the same were discussed. A session of Quiet time and sharing amongst the group proved to be a good reinforcer of our time lines and its use.

The following days of the workshop revolved around important questions that formed the framework of the quiet times and the journey of self introspection. The questions were:

1. What are my achievements ever since I was a child?
2. What I am?
3. What I want to be?
4. How am I going to achieve what I want to be?

With these questions, several hours of Quiet time and thought- juggling sharing sessions provided a natural flow and steady progression in the discovery of one's self. The change from a larger perspective of our lives into a deeper and more personal level provided a definite goal-oriented sense of clarity of one's life.

Through the vast amounts of time involved in Quiet time and intimate sharing sessions, the true essence of the workshop was captured in the week spent together as a little family.

The epitome of the workshop for every one of us was probably the memorable ushering in of the New Year, 2011. while the rest of the world welcomed the New Year with noise and loud music, the workshop participants were together in a time of silence and prayers, and the theme of lighting of lamps to kick start 2011. The prelude of watching the last sunset of 2010 was an awe-inspiring and moving moment in the workshop.



The workshop on a whole has been a wonderful journey of self discovery that would make us better human beings and true to ourself. The workshop had many a little memorable events that would be left incomplete without its mention, that included the meal with Mr. Rajmohan Gandhi, an interactive day with the children from Epiphany School, the bonfire lit with the whole MRA family and an exciting New Years eve program organised by the members of Action for Life (AFL).