



24 December 2024

Writing 'Letter to Self' is one of the most innovative ways to read about our own self after a long gap, where we have kind of forgotten about the letter. This reading of letter is through our own journey of realization. This realization came through various ways like, remaining quiet each day, introspecting on what was expressed, through shown demonstrations, visual presentations, listening to others sharing's and various learning tools that were offered during the course of the conference; all this created our own inner conversation of realisation, good thoughts, vision for future, short and long goals and in the concluding part of the conference, letter to self was written through our own inner message, to be reminded later and check our own journey after a while.

Reading this letter after six months rejuvenates the learnings, it also reminds of our time during the conference. It also puts a question back to us after reading our own letter, I am on the course or I need to pause and have a course correction as per the realized written letter. Your written letter is very important testament of what you had taken from the Let's Make A Difference conference.

After you read your letter introspect, go over the entire conference behind your closed eyes. Ask this question to yourself, what you had decided during those eight days, have you achieved it, if not, how are you going to do so?

If you have achieved then go over your quiet time diary and all the exercise sheets that were given during the course of the conference, do those exercise once again, I am sure something new and interesting will emerge out, that is the new direction; before you follow, have long hours of quiet time, this will bring more clarity and renewed energy to pursue new goals and challenges.

If you have not achieved what you had written, your own written letter will inspire you to re-start and ignite yourself.

The most important teaching and takeaway from the conference was morning space of silence and remaining quiet. My humble request, continue doing so and be on the path of morning discipline quiet time of each day.

Before I end my note, stay away from MOBILE as much as possible, regular detox and fasting from the gadget and social media is the need, in true sense it gives break and rejuvenation to mind in terms of conscious thoughts.

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Stay connected with the work of Let's Make A Difference, be on the what's app group of communication and if in case you are not part of the communication group of Let's Make A Difference then ask Mudit or Sayok or any of the volunteers they will guide and assist.

Share your journey of last six months with your group volunteers, they will feel inspired listening to you and once again there will be a connect with your group volunteers.

Wishing you Christmas and its message of purity. The year comes to an end, step into the new year with renewed vigor. All the best.

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There is always an opportunity to serve and spread the work of Let's Make A Difference. We are constantly on move and we need help. You are welcome.

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