



PUDHIYA OOUR
Varadharajapuram - Kanchipuram District, Tamil Nadu, India

Uni5 personality development session for adults [staff members]

Conducted by: **Sakthi Foundation** - Dr.M.Madeswaran

Attended by: Mrs.Vijayalaxmi, Mrs.Padmini, Mr.Prabhakaran and Mr. Praveen

Dates: 5 days session. 1.5 Hours per day.

Timing: 3.30 - 5 P.M

We are very happy to convey that the 2 school finals boys and 2 ladies who have taken the great serious responsibility for the transformation of Varadharajapuram children are positive. When we asked their objective of life they said,

- * I need children to study well and score good marks with understanding of the subjects.
- * I need children to have good communication skills.
- * I need children to have acceptable manners and language.
- * I need good guidance to children for betterment of life.

All the above 4 objectives reflect the trust's wholistic objective for initiating an after school session in this village.

The session underwent with the following agenda. Adults underwent discussions and thinking. They shared their views, cleared their doubts too.

Agenda:

1. Self-initiation



2. What is the objective of our life?
3. What is an objective?
4. Happiness is the objective of life - what is that happiness?
5. How and when and who can make transformations in life?
6. Concept of natural 5 elements - Panchabootha - their natural phenomenon
7. Experiencing our own hand for the uni5 concept - [Body-Mind-Intelligence-Awareness and Consciousness - BMIAC]
8. Today we saw the little finger as body.
9. What is body? - feel the body with 5 sense organs and their functions.
10. How we are dependent upon 5 aspects of nature? [food-water-temperature-air and space]
11. What is happiness in connection with body?
12. **Exercise:** Make a list for a day. It must have various happiness - joy - pleasure - enjoyment which you have attained through body. This is body level happiness.
13. Physical level happiness is very short.

Next meeting will be after 2 days.

Minutes of the session:

* Every man is the same unless he has an objective.

* We are also only animals when we just eat, sleep, reproduce and die. When we seek an objective

we are differing.

* Every man's objective will differ. But all have the same core link which is called the transformation and development of an individual - group - mass - society - whole human community.

* A man with an objective must come forward to work towards that objective without any expectations. That will give him all fame and satisfy his needs.

* We must not feel ego and pride that we are the cause for all success. That will break the team spirit and unity is very important.

* Every individual's objective is like a river which will empty into the sea called "social development"

* Do not have time constrain in your work.

* Patience and tolerance are most important tools for our achievement.

Mind level lessons

The nature of mind is – like and dislike

This mind is similar to water. Water has the quality to change with the nature of the substance with which it has merged.

This nature of mind has to be understood by us. We must be aware about the happiness attained through mind. The duration of mind's happiness is very short but little longer than physical happiness.

Various examples has to be listed out of the experiences of the students in this also. Let us observe the mind's nature with more awareness.

Mind must not be the controlling power of man. Mind is the driver of our car but not the master of our car.

Intellect level lessons

The nature of intelligence if to transform others. So it is similar to fire which is the transforming element in nature.

The whole life is being driven by intelligence. For every action we need intelligence. Every simple action is our life is based on our intellect. All the perfection of exercises of day to day life is the happiness. The achievements made by man through his intellect give a great happiness which can be enjoyed much longer.

Let the students make a list of the happiness achieved through their intellect.

First phase of conclusion

The above 3 levels of happiness makes us to think that we are living for the happiness in all 3 levels in day to day life. But we must be aware how much of importance we need to give to each. That is the point for the student to arrive the awareness level.

What is awareness?

When we perform any action through our intelligence we must be aware about the effects, pros and cons, advantages and disadvantages. We must also be very aware about the gain and loss. The priority has to be given to percentage of gain. This is awareness.

We must be aware in all three levels of actions. When we look into this process of action we can find very obviously that every action involves body mind and intelligence. The level of awareness has to be analyzed.

Example: In a wedding house, we give importance to physical level personality. Then we also give importance to intelligence in making the function successful. But when we look in depth we will give much importance to mind level emotions in that function.

Like this example every action in our 24 hours involves the BMI levels in various ratios.

Where is the issue?

When the awareness level is not in perfect ratio there comes the issue.

Example: In a function if we just look into our physical personality and does not mingle with any one there comes the issue. People say, "she is very show off. She did not even turn and say "hai" to us"

So the objective of this training is to make us to shift the awareness in each level according to the need. This awareness is similar to air. Air is so important to us. Index finger refers to awareness. All are intellect but few are aware. Each exercise in our center must make the children to become aware.

Finally we ask about the objective of 5th finger.

This shows the state of being conscious. That is space which accepts everything. It is unconditional. Look around you how the space has accepted the ruined home, hut, schools, thorny bushes, you and me.

This can be achieved by true service.

What is service? – Anything which is being performed with selfless mind is service. In this context we say this service can be assisting a student to know about his 3 levels of awareness. This service has to begin from family. It has to be expanded to the society. There must not be any expectation of rewards and awards. But the real service will be encouraged and respected by the human society. BMI level happiness is short spanned. Whereas conscious state of bliss which is called "anandha" is forever.

Education, money, position cannot just make a man to be happy for ever. The life must be shifted to consciousness through awareness. The 3 phases of life actions BMI must be aware and they must be linked with conscious. This is the meaning of chinmudra.

BMI levels of actions are the rivers which have to be merged with sea called conscious through the pathway called awareness. In Tamil "aaru" means river and way.

This small village has many educated people. But one man has offered his piece of land for this project. Two ladies who are not highly educated have taken the task of transforming the students. This is because you all are in the conscious state.

We need to serve the people at least in any one level. In this context we made the staff members to think and analyze various services rendered by many great men. Transforming the students through this project is mostly intellect level awareness.

So from today when someone ask about our objective, we say it is to live in "anandham". We are here to assist these students to become aware in BMI actions and get into the field of consciousness. That makes them blissful forever. They make the new world. The service through your work cannot be discriminated. [Reference to 63 Nayanmars who served through their work]

- From today for 10 days the adults has been asked to observe their own life in BMI levels and they must check their awareness level.

With regards,
Dr.Madeswaran.M
Sakthi Foundation
18.3.2013