



Heartfulness Education Trust
From Wonder, Wisdom

HELP

Heartfulness - Experience of Life's Potential



Dear students,

Welcome to the ONLINE HELP program. As informed to you all, we will be sharing reading materials as part of every session. The reading materials will be a short collection of notes, stories, quotes, and other inspiring material that will help all of us to deepen our understanding and experience of essential life-skills that are necessary as part of our lives. Please see the reading materials below.

Read and Enjoy, Do and Feel and Become

Yours affectionately
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HELP SESSION 9

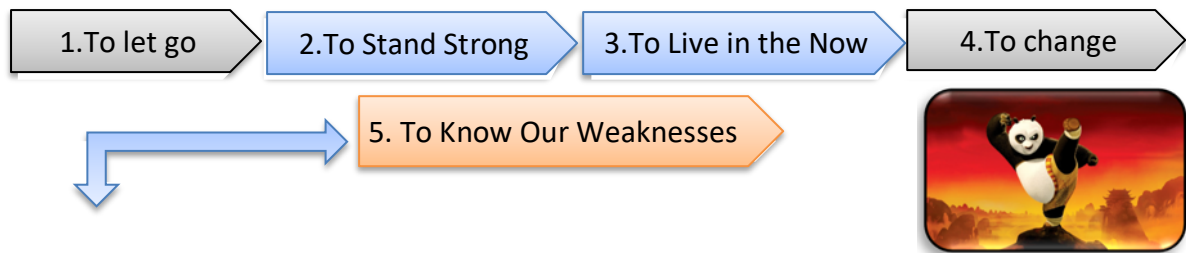
Courage & Confidence

*"Courage paves the road to confidence.
Confidence is courage at ease!"*

Concepts

1. Key Aspects of Courage
2. Our Weaknesses
3. Confidence
4. Knowledge, Skill & Confidence
5. Interdependence - Confidence & Courage

Key Aspects of Courage



Top 5 Weaknesses:

It requires immense **courage**, **confidence** and **consistent effort** to work on these weaknesses, as it is easy to be the way we are ! Once we **overcome** these weaknesses, our **efficiency** and **effectiveness** will be enhanced to deal with the **academic load**.

1. Laziness



Disinclined to do an **activity** which one should do, because of the **effort involved**.

**Get up, Dress up, Show up
& Never give up!**

2. Being Disorganised



Creates **Confusion**, **Chaos**, **Inefficiency** & **Ineffectiveness** in life.

Put in Time, Effort and Practice to become **organised** in all ways.

3. Impatience



Restless, irritable, short-tempered, constantly checking the **time** & inability to put up with **delays**.

Wait for things to Bloom & Blossom at the right time.

4. Lack of focus



Results, in **waste** of time. **Achievement** of **Goals** will become impossible.

Reduce distractions & Be focussed in all that you do!



5. Procrastination

Action of **delaying** or **postponing** something.

Tomorrow, another day, not now, perhaps, later on, in the future etc. - these are the common words used by a **procrastinator**.

Resolve to start doing things on time and success will be yours!!

What is confidence?

Confidence is the **belief in our abilities** to succeed.

Abilities are developed by **acquiring relevant knowledge and skills**.

Confidence = Knowledge + Skill.

Skill is an ability or capacity, to do something well.

Confidence Is an outcome of **constant practice**.

"I hear, I forget
I see, I remember,
I do, I understand".
-Confucius

Interdependence - Courage & Confidence

Confidence is achieved by **repeatedly** doing a thing successfully.

But before that initial success is achieved, one must first have the **courage to even make the attempt**. **Courage** paves the road to confidence. Be **courageous** and watch **confidence** follow.

'Believe you can and you are half way there'.
This is the power of suggestion which is very potent.



Street Beggar to Cambridge University

Now, here's the story of **Mr. Jayavel** a youngster from **Nellore** who **believed he can** and has already climbed the ladder of success.

A **street beggar in Chennai**, he was admitted in a school by Ms. Uma Muthuram & her husband who were doing a project on 'Lives of Street Children'. He performed very well & passed the **Cambridge entrance exam**. Studied 'Performance Car Enhancement Technology Engineering' in **Glyndwr University in Wales** and is in **Philippines** studying 'Aircraft Maintenance Technology'. (2017)

<https://www.youtube.com/watch?v=G8Xg2Ps-uQ4>

A bird sitting on a tree is never afraid of the branch breaking.
Because her trust is not in the branch but in her own wings!

Always believe in yourself.

You have the strength, the balance, the courage and the ability to face challenges!
Get rid of your fears, build courage and develop confidence!



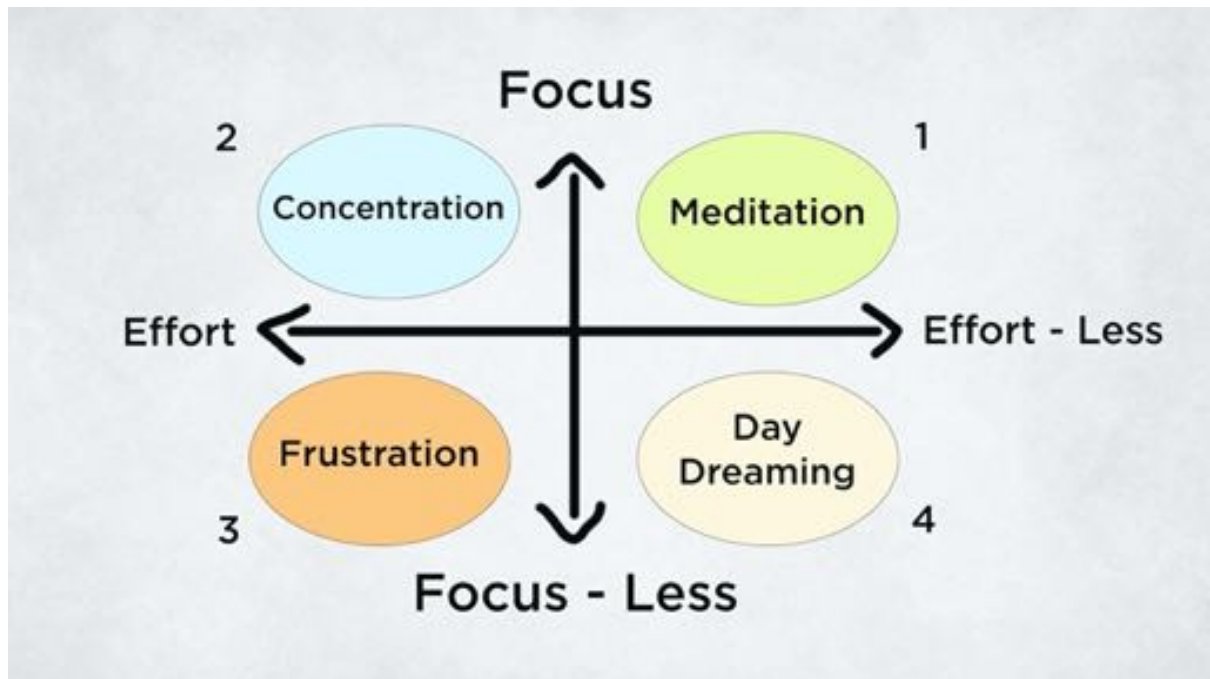
Heartfulness Cleaning

Do the cleaning practice at the end of your day's work, preferably not too close to bedtime. This process will rejuvenate you and purify your system of any accumulated heaviness. There are a few steps to the cleaning process, so in the beginning it is best to practice them in the following sequence:

- Sit in a comfortable position with the intention to remove all the impressions accumulated during the day.
- Close your eyes and relax.
- Imagine all the complexities and impurities are leaving your entire system.
- Let them flow out from your back in the form of smoke, from the area between your tailbone (at the base of your spine) and the top of your head.
- Remain alert during the entire process without brooding over the thoughts and feelings that arise. Try to remain a witness to your thoughts.
- Gently accelerate this process with confidence and determination.
- If your attention drifts and other thoughts come to mind, gently bring your focus back to the cleaning.
- As the impressions are leaving from your back you will start to feel lighter.
- Continue this process for up to twenty to twenty-five minutes.
- When you feel light within, you can start the second part of the process.
- Feel a current of purity coming from the Source entering your system from the front. This current is flowing into your heart and throughout your system, saturating every particle.
- You have now returned to a more balanced state. Every particle of your body is emanating lightness, purity, and simplicity.
- Finish with the conviction that the cleaning has been completed effectively.



MEDITATION IS EFFORT-LESS FOCUS



The Lazy Man and the God's Plan

Once upon a time, there was a very lazy man who would always look for an easier way to feed himself. One day while he was searching for something to eat, he saw the fruit farm. He looked around and didn't see anyone guarding the fruits on the tree, so he quickly decided to steal some fruits. But as soon as he walked into the farm and started to climb the tree, the farmer saw him and started coming at him to catch him. The lazy man saw the farmer coming at him with a stick, he got afraid and ran towards the forest nearby and went inside it to hide.

After some time when he felt he started to move on from the forest and while passing through, he saw the wonderful scene. There was a fox. It had only two legs and still was crawling on them happily. The lazy man thought, how can this fox stay alive in such condition?! The fox can't run, how he must be able to feed himself or stay alive from the threat of other animals.

Suddenly, he saw the lion coming towards the fox with a piece of meat already in his mouth. All the animals ran away and the lazy man climbed up on the tree to save himself but, the fox stayed there only, he didn't have the ability to run on two legs. But what happened next surprised the lazy man. The lion left a piece of meat which was in his mouth for the fox!

The lazy man felt happy seeing god's play. He thought the god who is the creator of all, always has a plan set to take care of what he created. He felt that god must have something planned for him too. So, he left that place and sat somewhere away alone waiting for someone to feed him too. As time starting to pass, he kept looking at the road, waiting for his food. He waited there for 2 days without any food! Finally, he couldn't bear the hunger and started to leave.

He met an old sage (a wise person famed for wisdom) on the way. He told everything happened to the sage. The sage first gave him some food and water. After having it, the lazy man asked the sage, "oh wise one, the god had shown his mercy on the crippled fox, but why the god was so cruel to me?"

The old sage with a smile said, "True that the creator has a plan for everyone. You are obviously a part of the god's plan. But Son, You took his sign in a wrong way. He didn't want you to be like the fox. **He wanted you to be like the Lion**".

Moral: Often we misunderstand the signs. God has given everyone a strength and ability to do their part. Always learn to see the things in a positive way and see yourself in a strong position to help the ones who need. Don't go for the easy choice. **Make a right choice.**