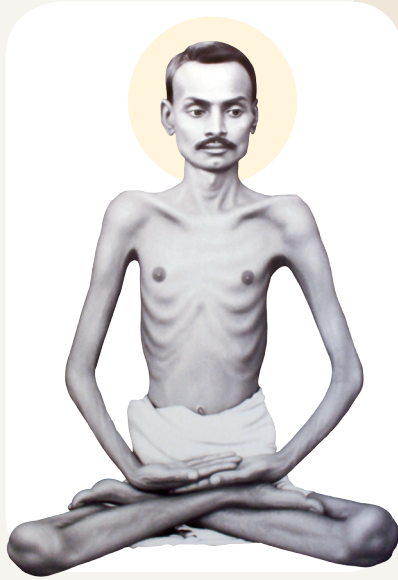




Hello Life

SRM's Youth Retreat 2018
Shimla, HP, India



Shrimad Rajchandraji (1867–1901)
a *Profound Spiritual Master*

Hello Life

Hello Life Retreat Program Booklet

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What does **Hello Life** mean?

Hello Life, as the name goes, is a retreat to shake hands with life. Never to escape life and run away - because wherever you will run, life brings the similar set of challenges there. Whatever life throws at us, we have the ability to convert it into more joyful experience. This youth retreat is totally focussed at bringing out the higher and purer dimension in youth to live life to its best.

What is included?

The session includes 60 minutes of talks followed by 15 minutes of Meditation by Sri Ben Prabhu. There will be open talks on concepts understood, retained and areas of practical applications.

The retreat includes several activities to introduce youth to broader possibilities lying within them. From activities like Who am I? to Talent Un-cover and expressing our feelings by pictures and poetry - Youth embarks on a different journey of exploring themselves.

Topics

Self-discipline

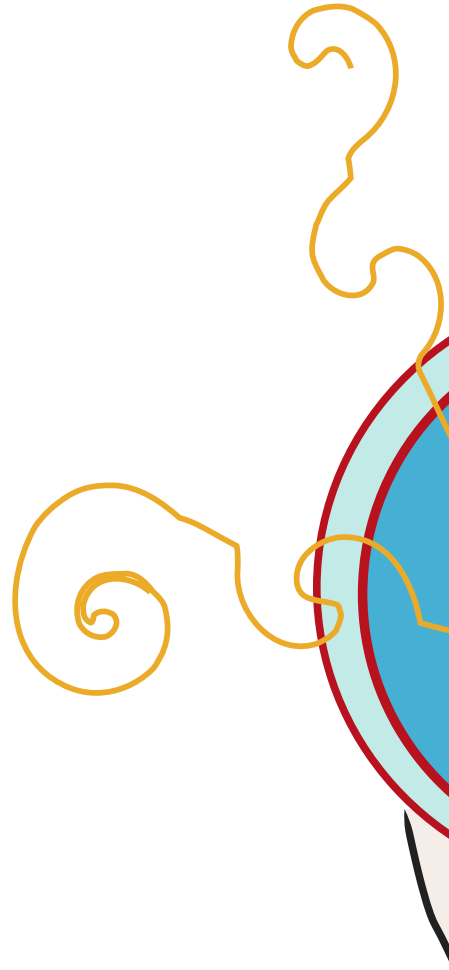
1. Managing Thoughts
2. Managing Time
3. Dynamic Acceptance
4. Self-Motivation

Spirituality

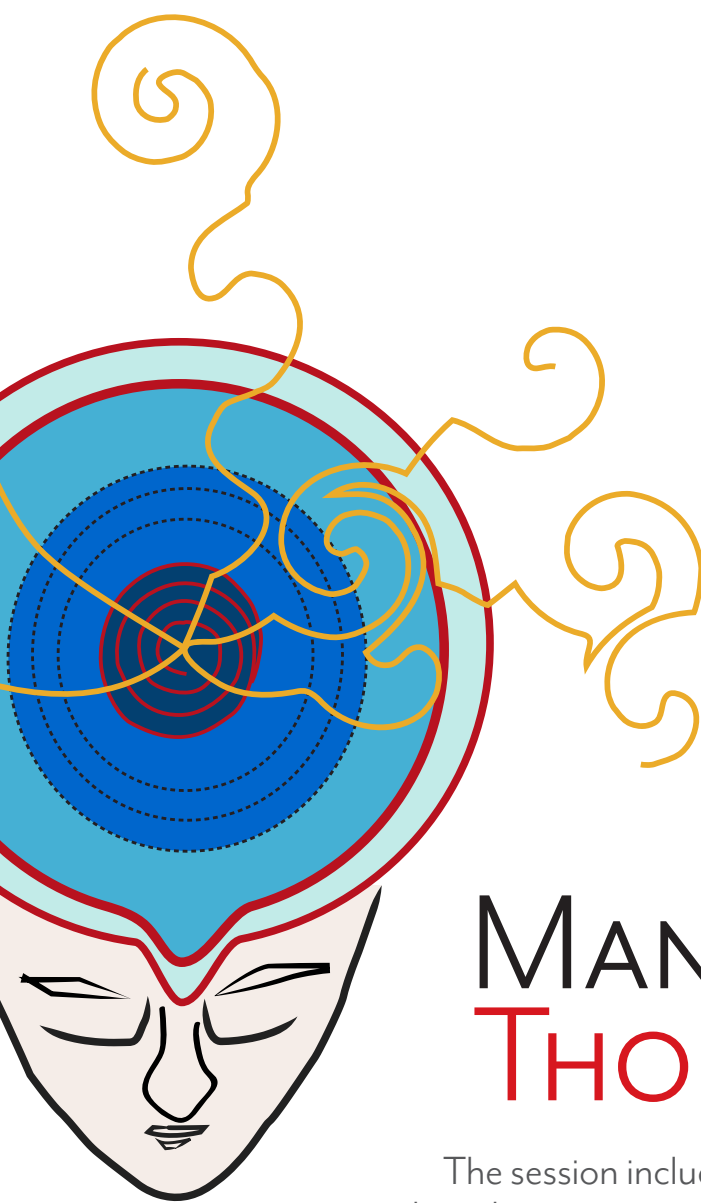
1. What is God?
2. Who am I?
3. Introspection

Relationships

1. Algorithms of Relationships
2. Hurt — a tool to go beyond

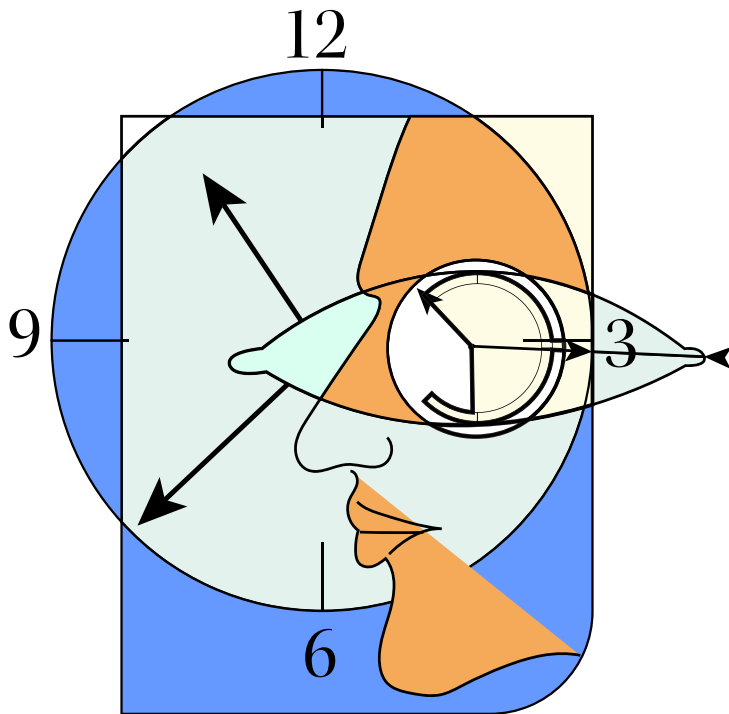


Self-discipline



MANAGING THOUGHTS

The session includes talk about types of thoughts going on in every human mind. It further talks of how to reduce the constant chatter going in our mind. The prime role of meditation is scientifically introduced in this session making everyone aware of the power of Meditation.



MANAGING

TIME

The biggest challenge for today's generation is to manage their time in the world of continuous distractions. The session speaks about creating a 'Not to do list' instead of 'To do' list. It talks of three fundamental rules of Time Management that leads to effective actions, productivity and ultimately success. The session includes meditation to let the understanding go deeper within us.

DYNAMIC ACCEPTANCE

With so much of competition going on every now and then, we often tend to develop the attitude of resistance to many. This resistance is a slow poison that kills us from within. This session includes talk on how to convert our resistance to dynamic acceptance. A life full of joy and courage enables us to move on despite the ongoing challenges. The session includes meditation to know the technique of converting resistance into dynamic acceptance.

SELF MOTIVATION

Today's generation lack this primary quality of success. We often fall prey to charms of other's success and start following their ways to our success. But it never works. Introducing the law of C.D.S.E. the session talks about the power of self motivation that converts our desires to deservingness. The session includes meditation to ignite the fire of self motivation.



WHAT IS GOD?

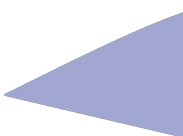
Our entire nation revolves around the spirituality and the spirituality revolves around the concept of God. This fundamental concept of God is encrypted in our DNA but all the religious chaos and confusion has lead to doubt this God instead of having faith in this Supreme Entity. The session carries the clear understanding of what (not who) is God followed by the meditation on connecting with God anytime, anywhere.

WHO AM I?

After understanding the concept of God, here comes the concept of Who am I?, why am I here?, what is the purpose of life? A talk on the insight of human life and its purpose and the ways to attain that purpose inwardly while being successful outwardly. The session includes meditation to bring us into that state of peace that uncovers the bliss from within.

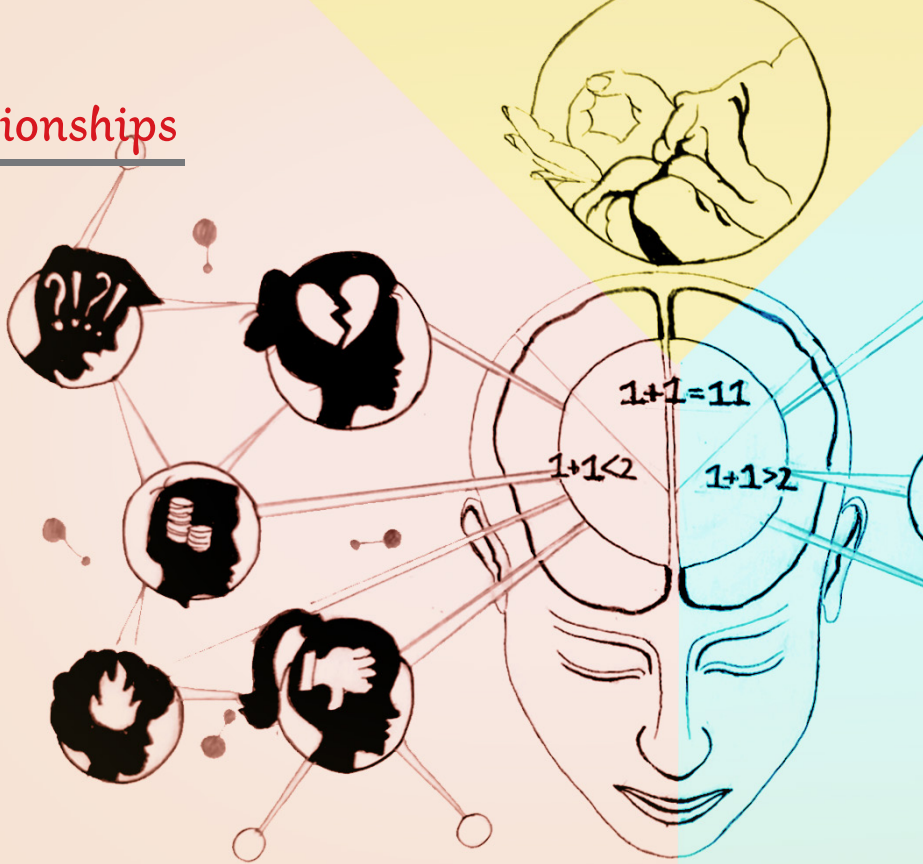
INTROSPECTION

Introspection is a bridge between what we know and how we live. We know a lot but we hardly live 10% of what we know. This session includes the talk on discipline of introspection that brings self correction. Introspection is an only way to grow beyond our current limits. The session is followed by meditation on introspection leading to self purification.





Relationships



ALGORITHMS OF RELATIONS

Life is all about the network of relationships. From gadgets to people to things and thoughts we are all surrounded by relationships. This session talks on how we can derive maximum joy, peace, love and positivity from the relations we are surrounded by. It talks of the rule of $1+1>2$, $1+1<2$ or $1+1=11$. The session brings in the meditation on connecting with Higher realms to get the result of $1+1=11$.



HURT

A TOOL TO GO BEYOND

Hurt is inevitable in any relationship. The session talks about the role of hurt in any relationship. The session talks in detail about consequences of not expressing our hurt and then gives the relevant ways of explaining our hurt to others. The session is concluded by meditation on letting go of the hurt and pain and live a life of love and pleasure.

When we are working in accordance to a Guru we often experience that everything goes seamlessly, there are minimal obstructions. Why is this?

It is not that the law of Karma is defied during such times. No, there are no exceptions to the law. But, a Guru is the one who knows these laws far deeper. A Guru knows the law in its completeness. So, when we follow any instruction from a Guru, we are set in the complete alignment with the law of Karma.

That's the reason why the life flows seamlessly when we are surrendered to higher. You can call it Grace!

— Sri Ben Prabhu





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