

Shrimad
Rajchandra
Mission
Delhi



Hello Life

2019

SRM's Youth Retreat
Jaipur, India
April 2019



Shrimad Rajchandraji (1867–1901)
a Profound Spiritual Master

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 must 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.

Hello Life Retreat Program Booklet

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“
You need
clarity, not
certainty in
life!”

—Sri Ben Prabhu





10 Success-Sutras

Passion

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

Hard work

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

Focus

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

Push

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

Values

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

Serve

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

Ideas

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

Persist

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

Faith

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

Meditate

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

I'm this much aligned to success...

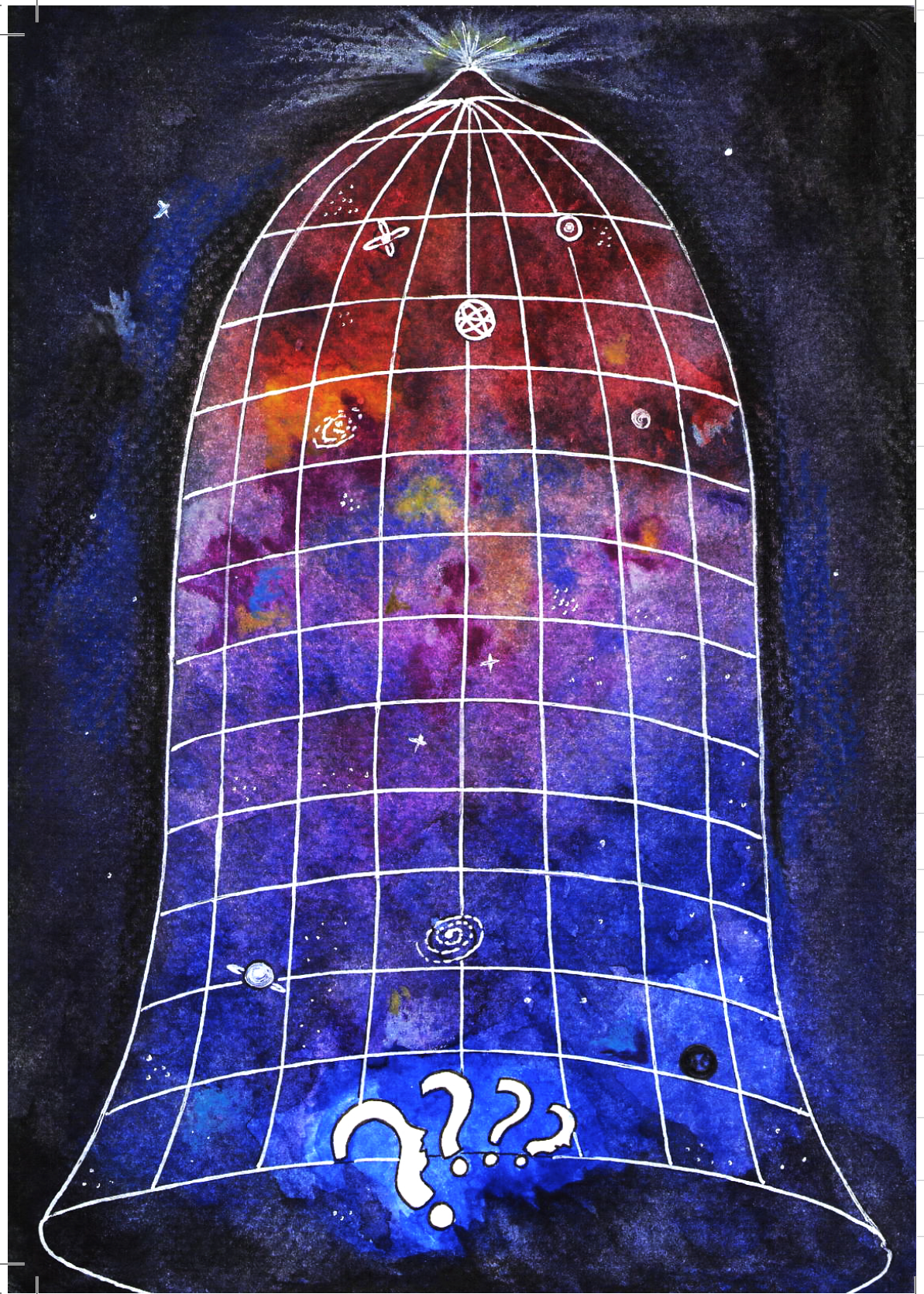
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TOPIC ONE

What is Success?

This session includes

- Definition of success
- 10 success-sutras
- Three 'C' that brings success
- Meditation to align our thoughts to be more receptive.



TOPIC TWO

Why it all exists?

This session includes the Big Bang Concept for young hearts to get them the clear picture of who am I? Where do I come from? and What is my nature? This completes the picture of our limited identification in limitless universe. This session takes us on the journey of meditation where we recognise ourselves as a spec of light in this entire cosmic field.

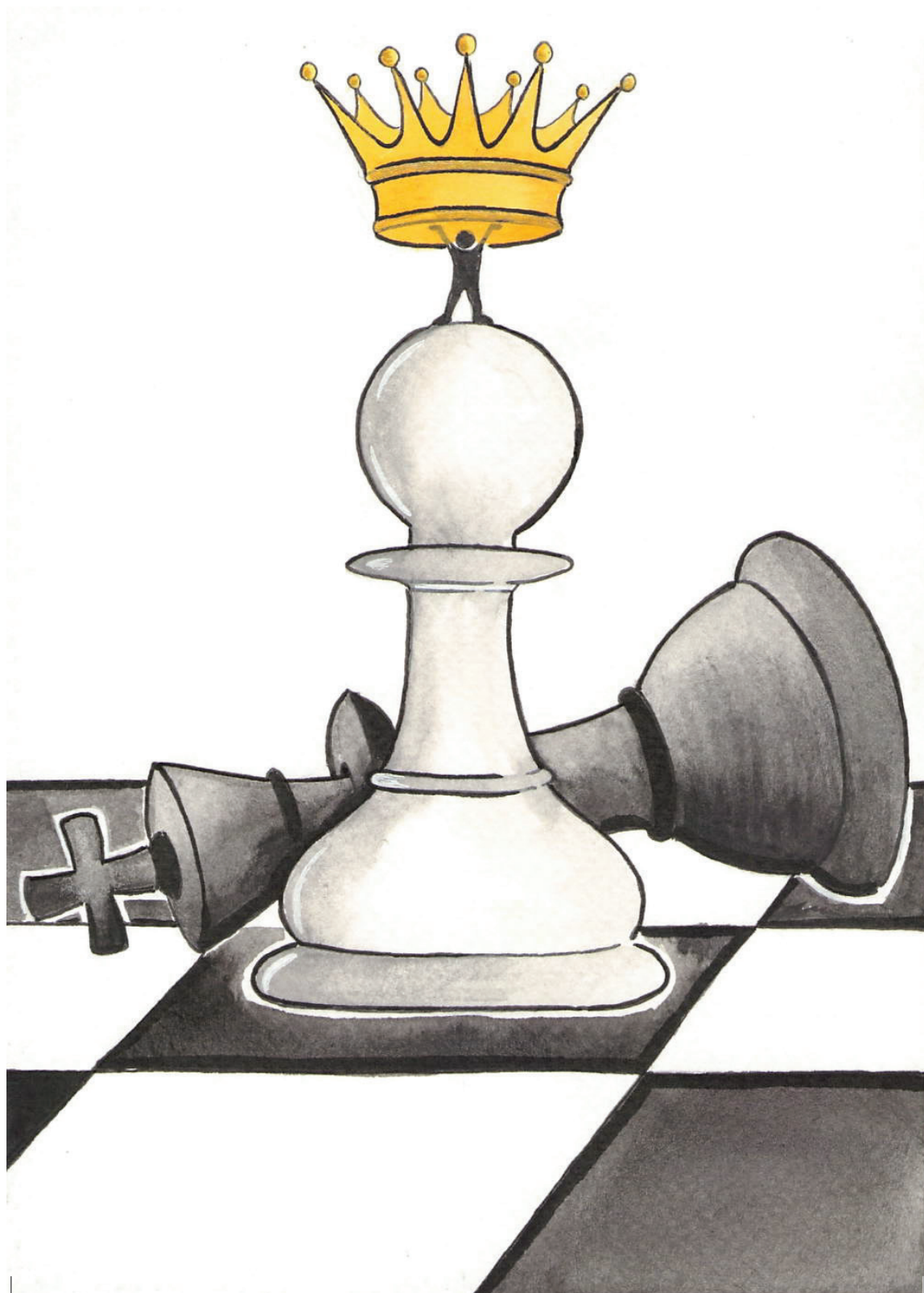




TOPIC THREE

Being a Karma Yogi

This session guides young minds to create a holistic vision by creating spiritual values in life. The real 'karma yogi' is the one whose values and vision never loose track and run parallel to achieve the successful and joyful life. This session includes **meditation** on expanding consciousness to bring-in inclusiveness for all.



TOPIC FOUR

Winner Vs. Loser Attitude

All our is a run for winning without knowing the basis of winning attitude. This talk lists out the detail understanding of assessing our attitude that takes us to winning or losing the game of life. The session is commenced with the meditation on being watchful about our attitude.

I Win!

I loose!

1	I Love to listen	I love to talk
2	I believe in 10 success sutras	I truly don't understand the need for success sutras.
3	I take responsibility of my failure.	I know its other's fault that brought me failure
4	I find success as God's blessings.	I feel success is all because of my hard work only.
5	In times of crisis, I focus on solutions.	In times of crisis, I feel surprised by such problems thrown to me.
6	I learn from my past mistakes.	I keep on regretting for past mistakes.
7	I am sensitive.	I am touchy.
8	I set my personal goals.	My goals are influenced by my peers.
9	I like to explore new zones.	I prefer to work hard in my comfort zones.
10	I am work frolic	I am work alcoholic.
11	I am God-loving, so refuse to do wrong.	I am God-fearing, so restrain from doing wrong.
12	I am sure of what I do.	I am mostly in self-doubt.
13	I try different ways when I am not getting desired results.	I believe in doing things in the same way. I call it consistence.
14	I love to help others	I don't like to make people dependent on me.
15	I compete with myself.	I compete with world around.
16	I wish to give often	I wish to receive often.

I Win!

I loose!

17	I finish what I start.	I somehow lose interest in what I started passionately.
18	I manage to let my intellect win over my emotions.	I get into the trap of my own emotions.
19	I can start a conversation.	I can involve in the conversation.
20	I chase and look into the life of successful people.	I see flaws in the life of successful people.
21	I follow my value system deeply.	I am flexible in my value system.
22	I discuss the causes of my failure with people I look upon.	I hide my failure from people I look upon.
23	I don't attach reward to every good I do to others.	I feel motivated when rewarded for my goods.
24	I often correct myself.	I see need of correction in others, rather than myself.
25	At failure - I believe God is testing me.	At failure - I believe God is favouring others.
26	I look for right option.	I look for easy option.
27	Failures inspire me to try harder next time.	Failures insist me to change my direction.
28	I work on my second dart.	I focus on my first dart.
29	I believe in presence of mentor to shape me in a better person.	I am scared of getting shaped by others.
30	I explain my anger to others.	I express my anger to others.
31	To me, Living = Giving & Returning	To me Living = Getting



TOPIC FIVE

Mind = Brain in action

This session covers an interesting and enlightening combination of science and spirituality wherein we learn about how to change the complex structure of brain by simple changes in mind. A must learning for any age! This session included tools of re-programming our brain with Right understanding and Meditation.

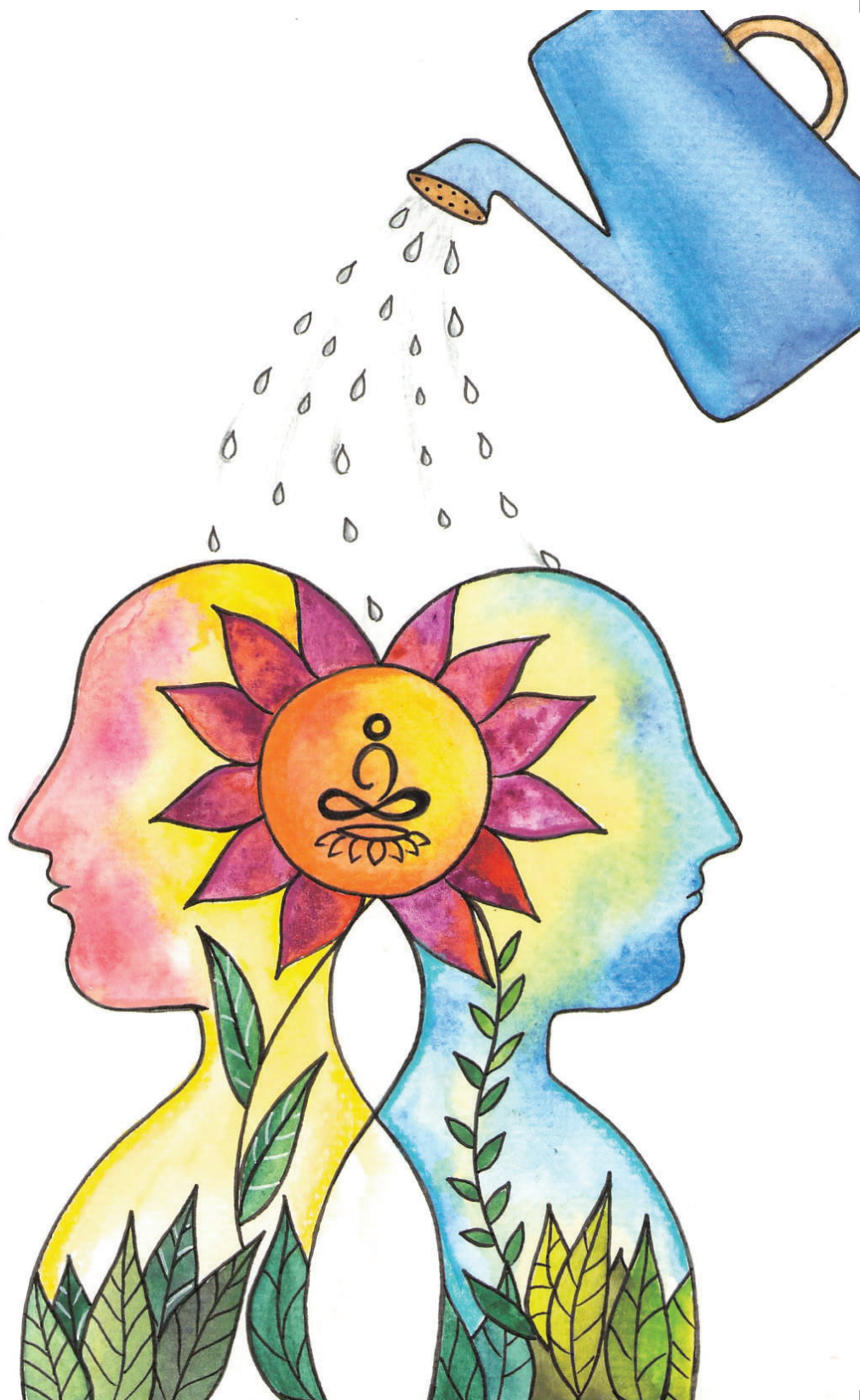
Brain

- 1) As a part of our human body, our brain is a very complex physical - biological structure.
- 2) Our brain weighs around 1.5 kg and is made of a complex network of billions of nerves.
- 3) The creation and structure of our brain is based on our race or sect in this life.
- 4) The function of our Brain is to think, choose, plan, evaluate, implement and control.
- 5) Our brain functioning capability depends on the biological factors of youth and old age.
- 6) Our brain is always concentrated on others, whether it is our thoughts, our emotions, our body parts but they are all 'others' in perspective to our brains existence and concentration.
- 7) Our brain is completely unfamiliar with Divine theories, Brahma's Creation and the Cosmic functioning.
- 8) Our brain has two major divisions, in which our powers of logic and emotions arise and get controlled.
- 9) Our brain is not just a part of the body, in its complex structure there lie many many un-manifested possibilities and capabilities.
- 10) To do any treatment or corrective cure of our brain is the work of the medical science.

Mind

- 1) Mind is our invisible – psychological capability, which is impossible to grasp with our gross vision. Yet, it is possible to know the different layers and levels of our mind by Yogic meditational practices.
- 2) It is impossible to determine any magnitude of our mind because it contracts and elaborates by its own ever-continuing thought process.
- 3) The character and quality of our mind is shaped by the ethos, moral norms, and values collected by us over our various births and lives.
- 4) There are various layers of habits, values and traditions inside our mind which are gathered by us over our different birth-cycles. It is on the basis of these layers that our brain works and makes decisions.
- 5) The functionality of our mind gets decided by the supernatural laws of our karma.
- 6) Our mind can not only concentrate on others, it can also focus on itself and in its focus, it has the capability to go beyond itself and into our Divine Existence - this 'going-beyond' is the ultimate basic principle of all spiritual practices.
- 7) Within the depths of our mind's layers, we inherit from our births a considerable information about our Brahma-Existence and Divine Principles governing it.
- 8) Along with its layers of ethos and values, our mind also has a prominence of 'ego', an ego which attaches a belief of 'Me-Mine' with every emotion and happening and thus further strengthens its constricted beliefs.
- 9) Our mind exists from our brain and body, yet it is not a part of the body. With the help of the divine powers of our mind, we can manifest and energize the tremendous potential lying in our brain.
- 10) To do any correction, treatment or transformation of our mind is a process done by yogic practices and meditative disciplines.

NOTES





TOPIC SIX

Hurt – a Tool to Go Beyond

Humans bond is relationship and hurt is an inevitable part of any relation. This session talks in detail about consequences of not expressing our hurt and then explores relevant ways of explaining our hurt to others, in order to get rid of hurt, not relation. This session is concluded by meditation on letting go of past hurts and accumulating love for all.

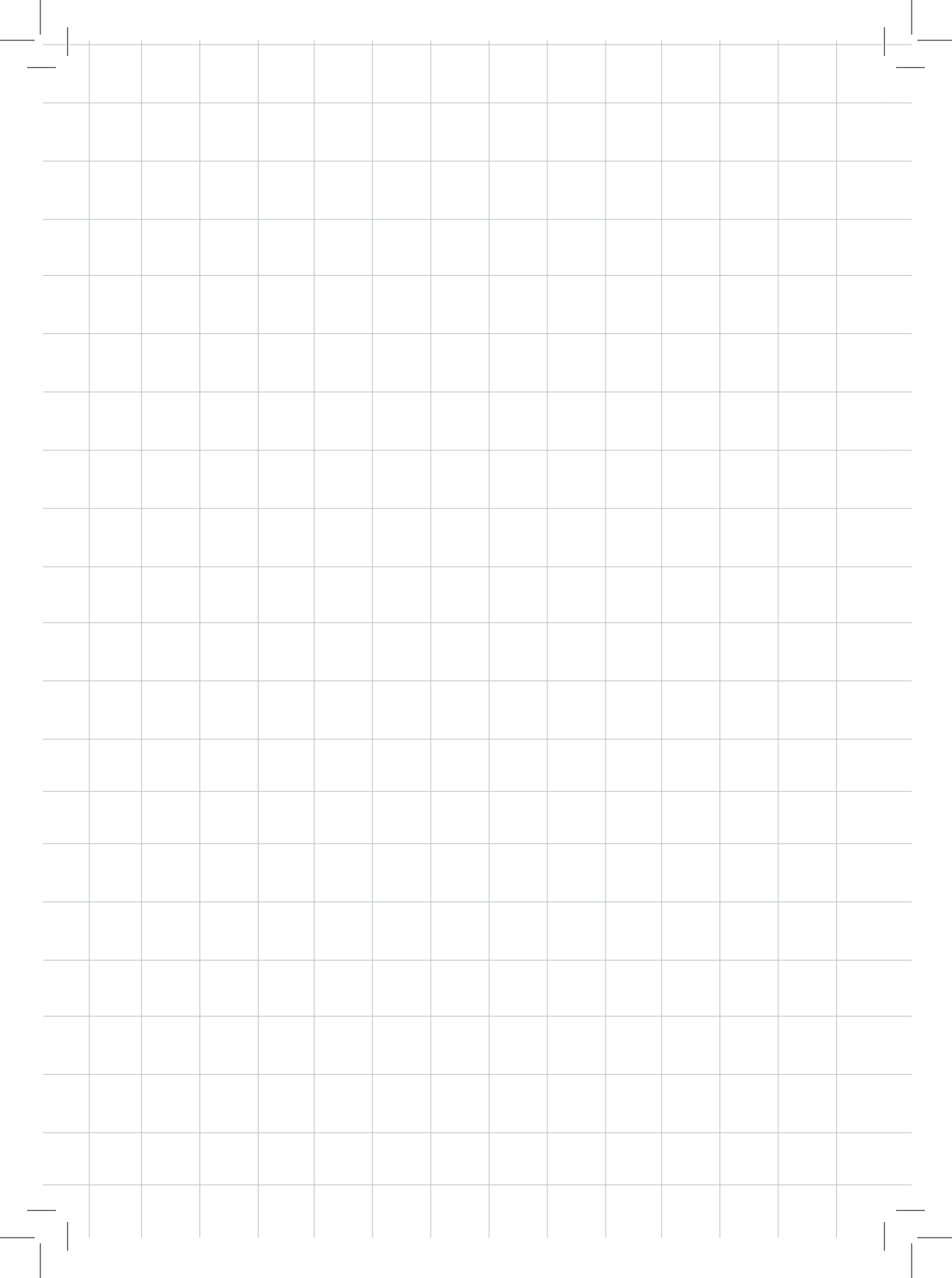


TOPIC SEVEN

Meditation — Tool to Balance

This session throws light on aspect of Meditation that is an important tool to bring balance in life. We all live in the world of distractions from where our journey to success shall begin. Meditation is the way to get our energies aligned even at the times of varied engagements. This session lays the seeds of basic meditation to bring youth in alignment to the cosmic consciousness.

NOTES



Schedule

DAY 1

by 4:00 pm	Arrival and Check-in
6:00 – 7:00 pm	Dinner
7:30 – 9:30 pm	Talk 1

DAY 2

7:30 – 9:00 am	Yoga, Meditation & Dev Vandan
9:00 – 10:00 am	Breakfast
11:00 – 12:30 pm	Talk 2
1:00 – 2:00 pm	Snacks Lunch
3:00 – 5:00 pm	Talk 3 & Activity
6:00 – 7:00 pm	Dinner
7:30 – 9:30 pm	Dev Vandan, Activity & Master Answers

DAY 3

7:30 – 9:00 am	Yoga, Meditation & Dev Vandan
9:00 – 10:00 am	Breakfast
11:00 – 12:30 pm	Talk 4 followed by Activity
1:00 – 2:00 pm	Snacks Lunch
2:00 – 6:00 pm	Fort Visit
6:00 – 7:00 pm	Dinner
7:30 – 10:00 pm	Dev Vandan & Talent Uncover

DAY 4

7:30 – 9:00 am	Yoga, Meditation & Dev Vandan
9:00 – 10:00 am	Breakfast
11:00 – 12:30 pm	Talk 5
12:30 – 1:00 pm	Experience sharing & gratitude



11 –14 April, 2019

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