

Shrimad Rajchandra Mission

a Spiritual Revolutionary Movement - SRM

YOUth Study Club

Session - 3

The POWER of MIND



Conceptualised & Explained by
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Name

Ph. No.

Warm Up

1. There are several English words that contain all the 5 vowels. Can you name any one?

2. What classic driving excuse is represented below?

he
now re

3. A man was found murdered on Sunday morning. His wife immediately called the police. The police questioned the wife and staff and got these statements - The wife said she was sleeping. The cook said that he was cooking breakfast. The gardener said he was picking vegetables. The maid said that she was collecting mails. The driver said that he was cleaning the car.' The police instantly arrested the murderer. Who did it and how did police get to know so fast?

4. What 5 letter English word does not change in pronunciation even when you take away 4 of its letters?

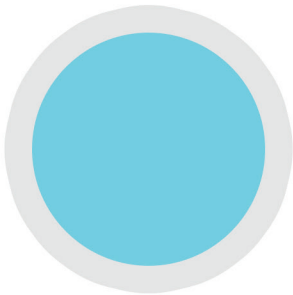
5. Based on the session of 'Human Engineering' - Recap what personality enables us to judge the situation and what are the 4 basis of our judgement?

6. Based on the session of 'Science of Life' - Recap the principle of S.M.A.R.T. Goals specifically explaining why our goals need to be 'Measurable'.

Understanding **Mind & Subconscious Mind**



1/8th of our mind is conscious mind



7/8th of our mind is subconscious mind

Let's Introspect...

On the basis of understanding Mind and Subconscious Mind...

Write 2 thoughts that are often formed but not communicated but it keeps on disturbing your mind.

- 1.
- 2.

Write 2 emotions that are often felt for someone but never expressed out of fear or insecurity.

- 1.
- 2.

Write 2 desires that are entertained often but not fulfilled till now in lack of S.M.A.R.T. goals.

- 1.
- 2.

Write 2 desires that are entertained often but not fulfilled till now in lack of S.M.A.R.T. goals.

- 1.
- 2.

Understanding the **POWER-OF-MIND**

- The power of man is in the power of Mind.
- The power of Mind is in the power of Subconscious mind.
- The power of Subconscious mind can be build by building Subconscious beliefs.
- The Subconscious beliefs can be build by honouring our committment.

Mention any two committments that you donot honour very often.

- 1.
- 2.

Re-Program your Subconscious mind

1. Speak the language of 'Yes. I Can.'

- i) On recognising our part of mistake in a relationship, we must express our Sorry-feeling.

Yes, I can [] No, I can't []

- ii) On recognising the passion of our life, I take a first step towards my goal and dominant thought is :

Yes, I can [] No, I can't []

- iii) When I have been challenged by life to excel in my aimed task, even if life turns the situation against me, I respond to life as

Yes, I can [] No, I can't []

2. Express your thoughts and feelings through **compassionate communication with power of F.A.I.T.H.**

Mention 1 positive thought & feeling you need to express

i)

Mention 1 negative thought & feeling you need to express

ii)

3. Reset the axis of your desire by adding the **element of S.M.A.R.T. goals.**

Wish you a powerful life ahead...