

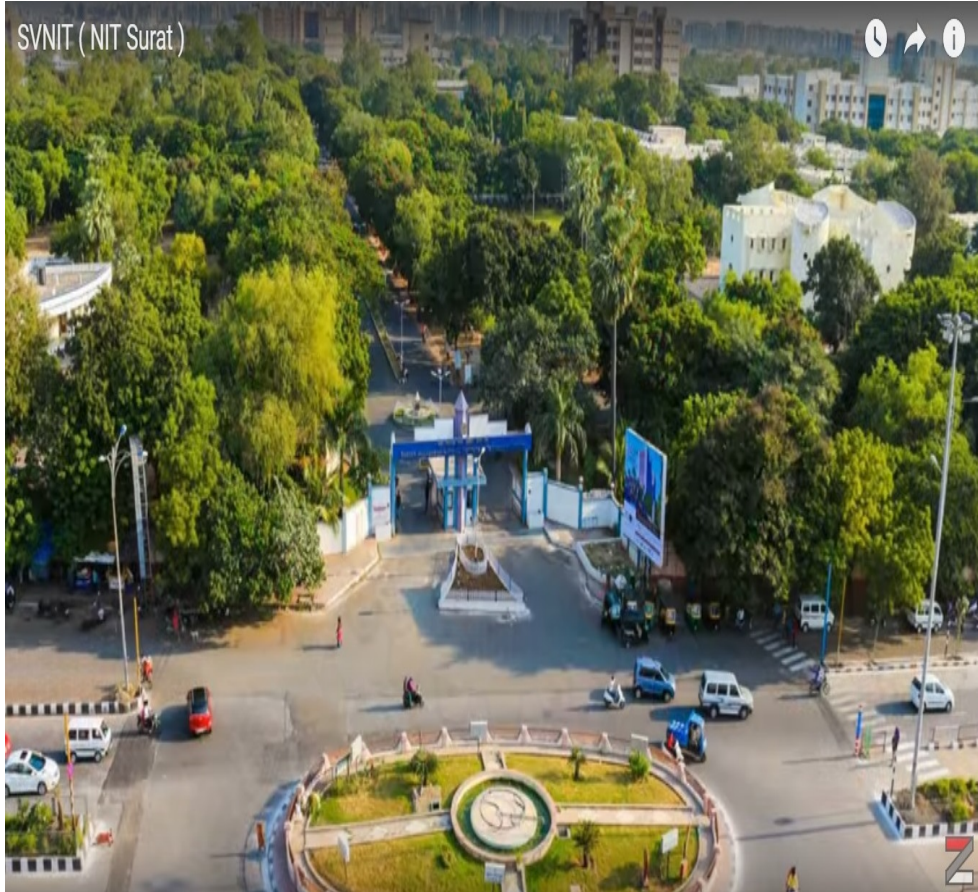
# Holistic Empowerment

## Motivation & Mind Empowerment



Civil Engineering Department,  
SARDAR VALLABHBHAI NATIONAL  
INSTITUTE OF TECHNOLOGY, SURAT

# SVNIT, Surat



# Be Proud of Your Great Institutions

- You are studying in an Institute of National Importance.
- Historical Background of NIT system
- NITs vs IITs : Some interesting facts
- Always think: 'I am perusing my studies in one of the Great Institutions' of the country
- For multifarious personality: Healthy mind and Healthy body !!

# Holistic Empowerment

- Understanding self
- Attributes of Healthy Mind
- Attainment of Power through Raj-yoga
- Healthy Mind with Healthy body OR  
Healthy body Vs Healthy Mind

# Understanding The Self

- ❑ Personal portfolios, Body- 'I' 'My' exercise
- ❑ Doctor- Patient- Dead Body
- ❑ Rathi – A-rathi
  
- ❑ Description @ Soul
  - Driver and Car
- ❑ Faculties of Soul and Functional Relationship

# Introduction of Self

**‘I’**

**Vs**

**‘My’**

**Doctor- Patient- Dead Body**

**Rathi – A- Rathi**

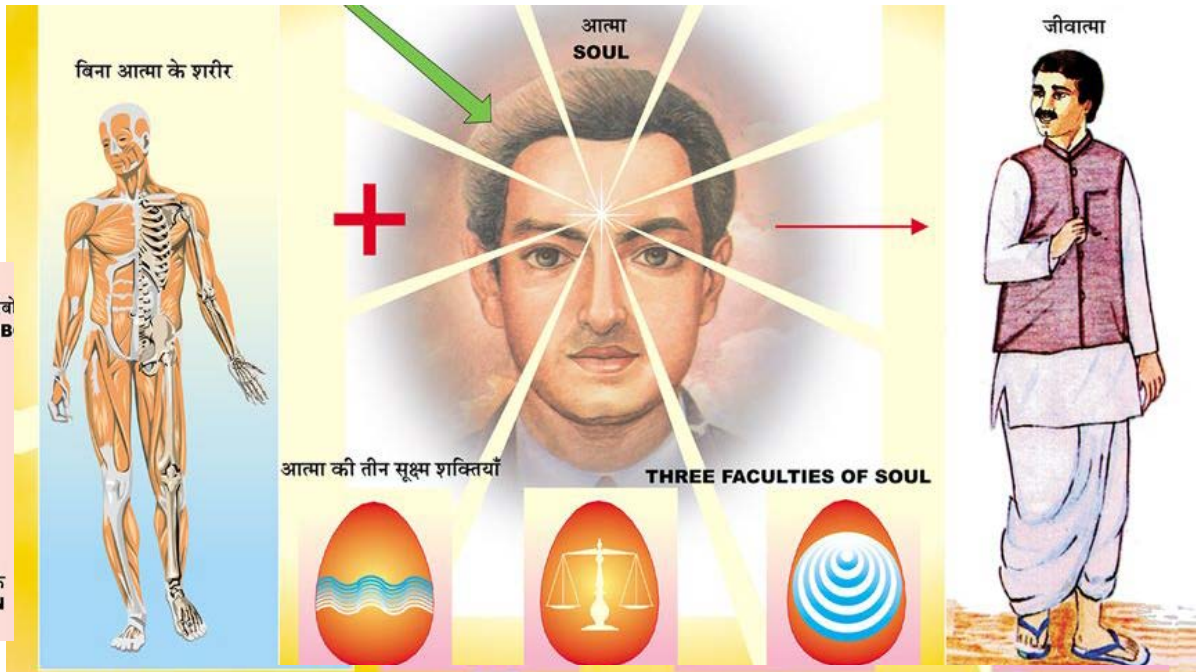
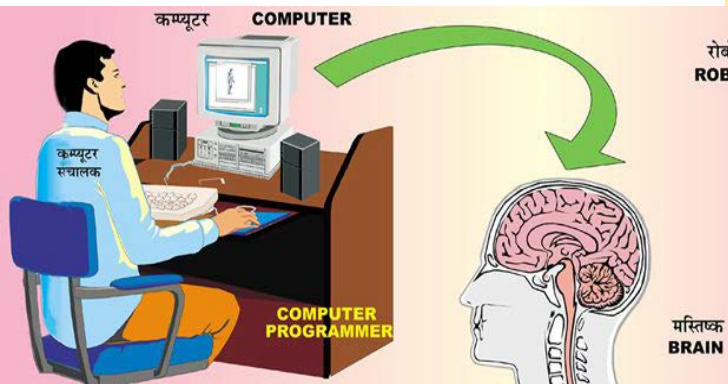


# Identifying 'Self' as point of Energy with Enormous Power..





# Faculties of Soul



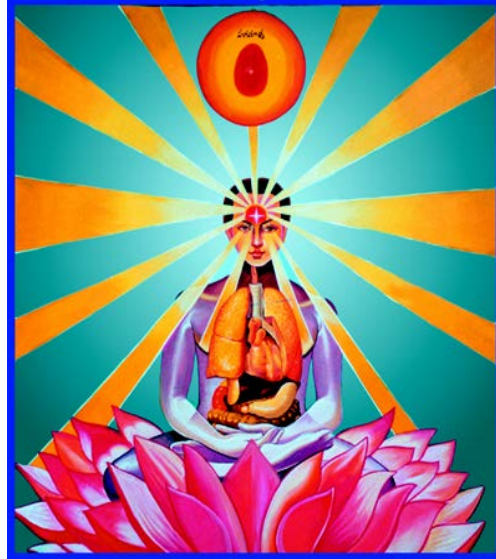
## Functional Relationship



# The Inner & Outer Self

## THE SOUL

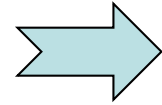
- ◆ Non-physical
- ◆ Immortal
- ◆ Eternal
- ◆ Conscious
- ◆ Constant self-image
- ◆ Natural state of peace



## THE BODY

- ◆ Physical
- ◆ Mortal
- ◆ Temporary
- ◆ No Consciousness
- ◆ Changing image
- ◆ Constant motion

# Introduction of Self



**<https://www.youtube.com/watch?v=AXxM3kpcX-4>**

# Role of Mind, Intellect and Resolve

- Soul or Conscience:
- Intellect: **Understanding**
- Mind : Creation of thoughts
- Body is made of जल, थल, पावक, गगन एवं शमीर।
- Our 'Actions' are controlled by Mind

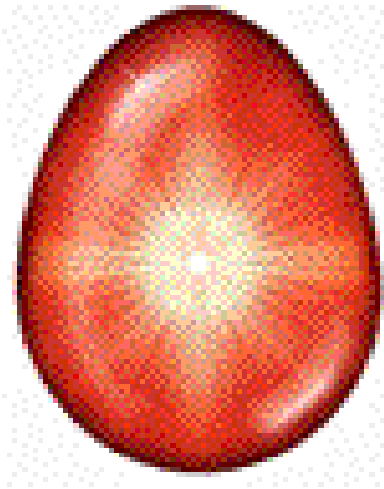
# QUALITIES OF A SOUL

Truth

Knowledge

Peace

Happiness



Purity

Love

Bliss

Power

# **Rajayoga Meditation**

## ***for Peace, Purity, Prosperity***



# **Rajayoga Meditation**

**To become the master (Raja) of the Self**

- I use my thoughts and senses in the right way, so that they will serve me well and take me where I choose**
- To have conscious union (Yoga) with the Supreme Almighty**
  - in silence when we connect and commune with the 'divine' the light and might reach the soul and the pains & wounds which are carrying begin to heal**



# GOD



- The Source of Living Energy
- Everything the soul needs is in GOD

# The Supreme

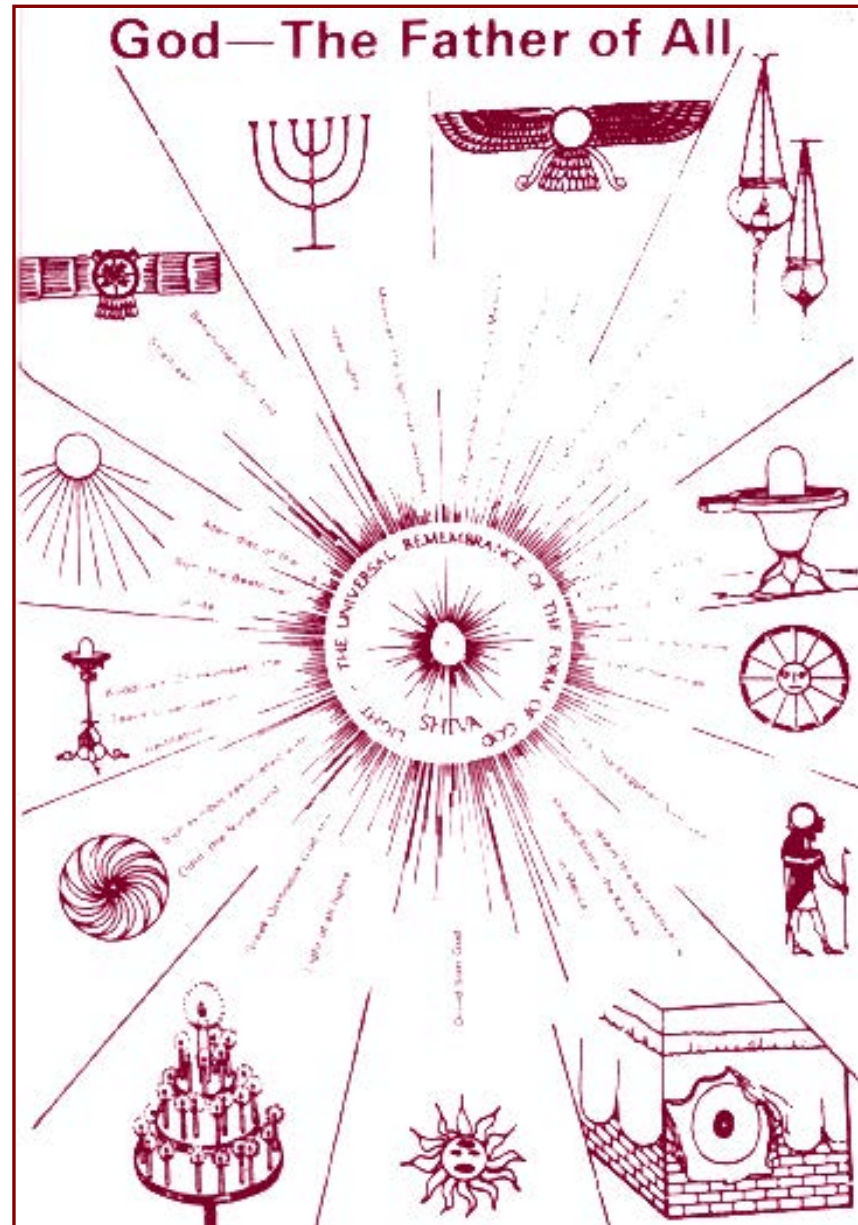
**Eshwar**

**Jehova**

**Allah**

**Chinkonseki**  
(Buddism)

**Light on hill**  
(Mosses)



**Sun God**  
(Egyptian)

**Light of the lights**  
(Greek Orthodox)

**Shamash**  
(Babylonian)

**Druid Sun God**

**Ek Omkar Nirakar**  
(Gurunanak)

# Obtaining Power from the 'Supreme'



# Visualisation for Meditation



# **SUGGESTIVE ASPECTS**

- ❖ **Fix a nice and quietest place for daily meditation**
- ❖ **Start with 10 – 15 min. of daily practice**
- ❖ **Soft or subdued light**
- ❖ **Soft music or Meditation commentary**
- ❖ **Traffic control the thoughts**

# **BENEFITS OF RAJAYOGA**

**It calms our mind and body. One receives enormous mental strength, stability and ability to face the inevitable undercurrents of modern life in a calm and peaceful manner. You can experience immense joy of an extraordinary kind and the glow of inner peace.**

# OTHER BENEFITS

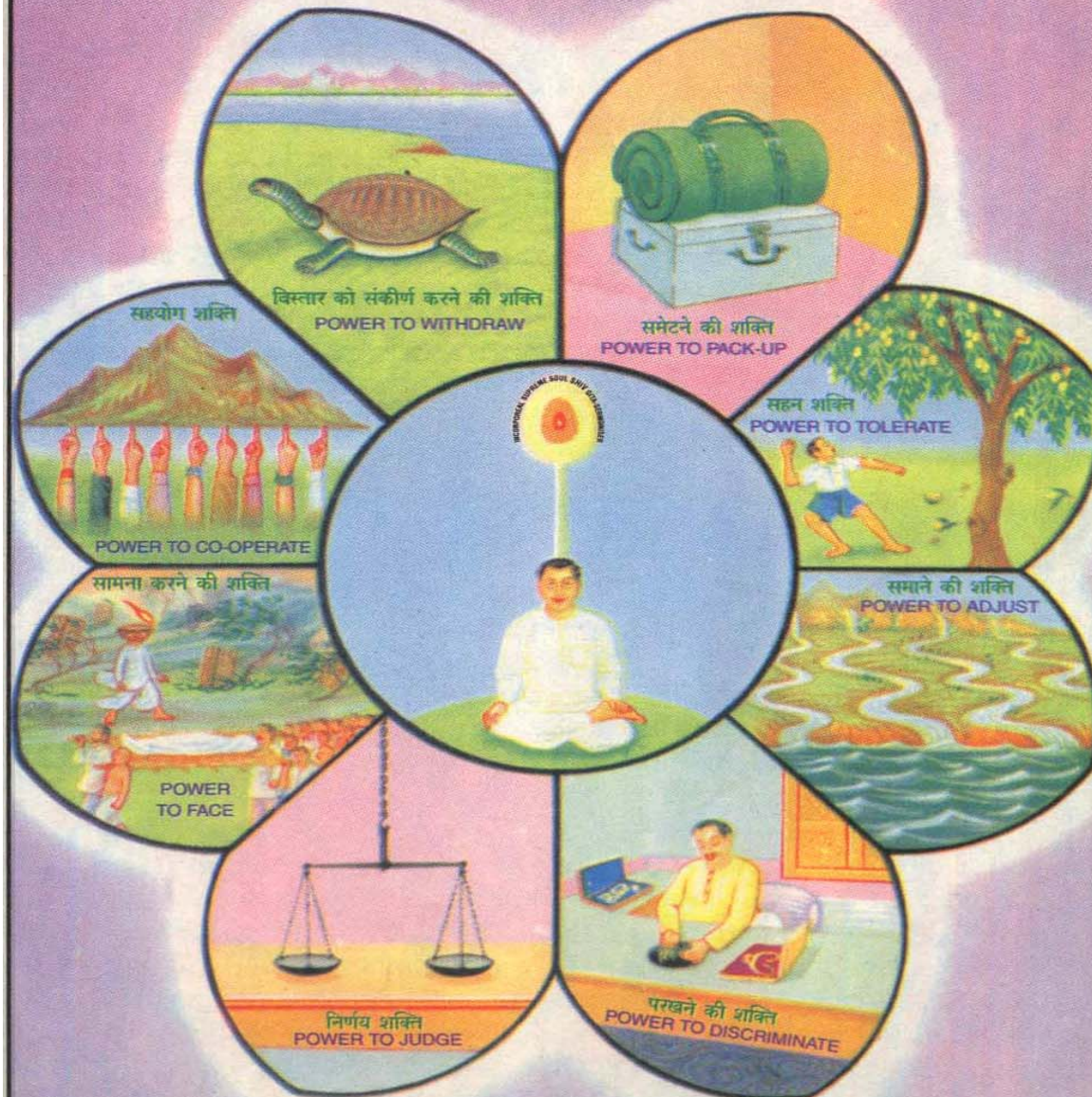
- ❑ **Understanding the self**
- ❑ **Realizing one's potential**
- ❑ **Ability to face challenges**
- ❑ **Release from tension**
- ❑ **Freedom from anxiety and fear**



# Attainment of Eight Power through Raj-yoga

# EIGHT POWERS OF SOUL

आत्मा की अष्ट शक्तियाँ



**The Power To Pack-Up:** With the ability to go within, one can learn how to pack up all wasteful thinking in a second, so that there is lightness and freedom from burdens and worries, though there may be many responsibilities. The mind is not scattered over the wide world and so much drawn out to men and matters that he is unable to sleep or to detach himself at his will. With the practice of meditation, one can wind up his thoughts at will.

**Power To Tolerate:** Just as trees offer the same fruits even to those who pelt stones at them, a yogi tolerates all attacks on him and does good even to those who offer brickbats at him. In the light frame of mind, one will be able to tolerate all types of situations and people to the extent that there is no sense at all of having to tolerate something or someone. With the understanding that each one is simply playing their role in this immense world-drama, impatience, irritation and annoyance disappear like mists before a strong sun.

**The Power To Accommodate:** Just as the ocean accepts different rivers that flow into it, whether polluted or clean, one will be able to adjust to all that is happening around him, a yogi would be able to accommodate others with him. It makes the man broadminded. One will be able to adjust into all the happenings around him. Even when the atmosphere is weak and impure, they would not affect him.

**The Power Of Judgment:** One will learn to take correct and quick decision. One will get the ability to accurately assess any situation with clarity and confidence. In a detached, impartial state of mind, one can judge one's own thoughts, words and actions to see if they are beneficial. One will become a judge of the self and not of others.

**The Power Of Discrimination:** Just as an expert jeweler can easily distinguish the false from the pure diamonds, one will acquire the power to distinguish between right and wrong or good and bad. One can accurately discriminate between real truth and the apparent truth, between things of temporary value and those of eternal value and between superficial and the subtle. The power helps in recognizing illusions even when they are sweetly decorated and enticing.

**The Power To Face:** Meditation develops the power to endure hardships. Adversities like death of those on whom one depends may come and high storms may rage strongly, yet his flame of equanimity does not get extinguished. Having confidence in one's spiritual state brings the courage to face any type of situation.



**The Power To Co-Operate:** The natural result of all the powers is that I am able to share with others the tasks and qualities that my Father has given to me. There is no feeling of competition, so I can give as well as accept suggestion as to how to proceed with the task of world upliftment. By learning meditation, one will develop the spirit of co-operation. This is a great achievement because if everyone gives his little finger, the society could lift great mountains.

**The Power to Withdraw:** With full awareness that I (soul) am is an entity different from the body, one can withdraw from the senses and become a point. In the same way that a tortoise retreats into it's shell in a moment of danger, or just to rest, a person would be able to retract himself from any situation and remain protected.

THANK

YOU