



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 11

Leadership Skills

“If your actions inspire others to dream more, do more and become more, you are a leader.” - John Quincy Adams

Concepts

1. What is leadership?
2. Who is a leader?
3. Do we have the potential to lead?

What is leadership?

Leadership is about:

- Inspiring and motivating others
- Being a role model and
- Contributing towards their well-being, quietly like a catalyst!



What is a catalyst?



A catalyst is something or someone that **causes a change**.
A **person who inspires** others is a catalyst.

Can you recall moments from your life when you have been able to motivate or inspire someone, make them believe in their own potential?

Have you ever been a catalyst?

Who is a leader?

Some of the **inspirational attributes** automatically makes one a leader or a catalyst. A leader :

- Is **positive** & **creates an atmosphere** of positivity around others
- Is **genuine** and **caring**.
- Happy to **participate** and **help**.
- Takes **responsibilities**.

A leader exhibits the leadership skills.



***“Leadership is not about titles, positions or flowcharts.
It is about one life influencing other.” John C Maxwell***





All of us had the **leadership moments** sometime or the other in our lives.
It is something that happens every day in our small interactions with everyone.



Just like the **small fish** can lead the **entire group**, it doesn't matter how young or old, big or small we are -
Every one of us is a leader in our own right.
Whatever size our circle of influence may be today,
if we work to improve ourselves, that circle of influence will enlarge.



**So, how many such magical moments have you created for others?
How many times have you said thank you for the favors you received?**

**A true leader is a role model
He/she creates more role models.
How do they do that?**
They have the ability to see the **hidden potential** in others.
They know how to **bring it out** of them.
They **inspire them** to identify their potential.



inspire



**Once someone inspires others,
they begin to:
Dream more, Learn more,
Do more and Become more.**

*A leader is one who knows the way,
goes the way and shows the way!
Be a leader!*



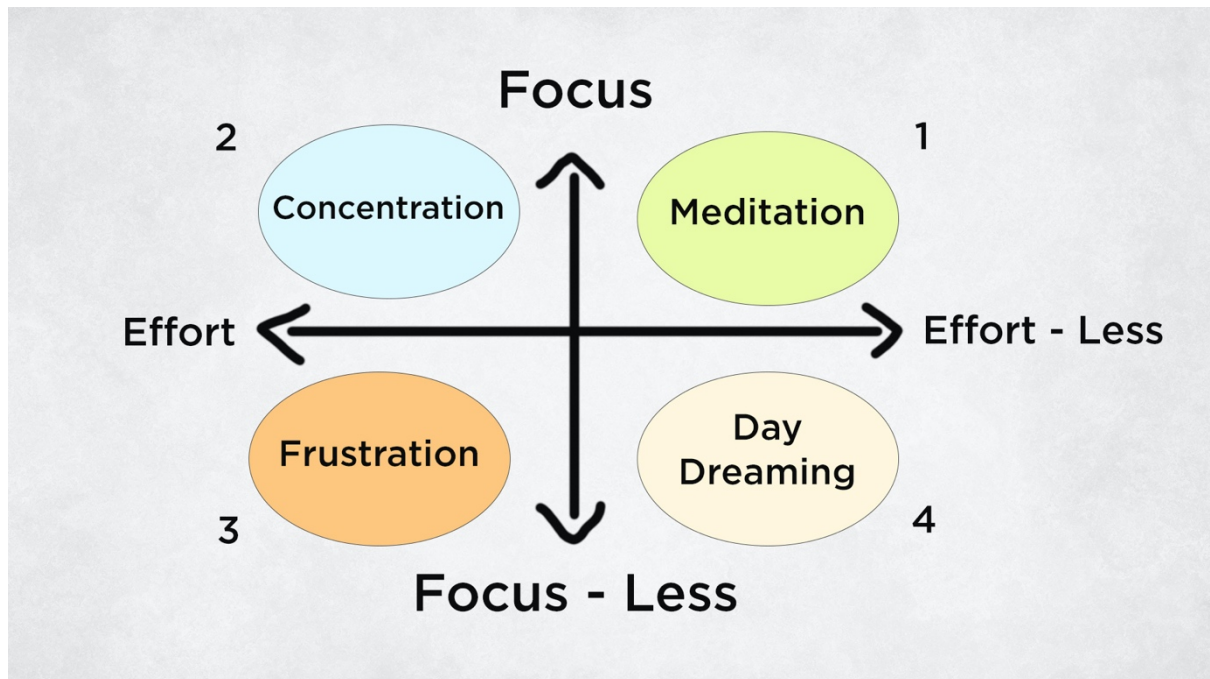
Heartfulness Cleaning

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



Young Change Leaders of India

Aranya Johar

With her “A brown girl’s guide to..” series, Aranya has revolutionized our way of thinking about women. Coming from patriarchal roots, India has forgotten that it’s called our motherland, as we mistreat women from city to village. She started at the age of 13, when she first went on stage to speak about gender inequality. She’s passionate about mental health, and poetry is her medium to reach millions online and even more across the globe. She’s interested in pursuing psychology and feels like India ignores the importance of mental health. It’s her way of starting a dialogue with young India. She loves the challenge of preparing a work of art on stage and she’s following her passion with hard work and dedication.

Sofia Ashraf

She took on HUL for dumping toxic waste in Kodaikannal’s natural forest area. She wrote a viral rap song that got the attention of Nicki Minaj in the US who tweeted out her support. She’s been a vocal advocate for body positivity, gender rights, and human rights. She prides herself in not being a part of the pack, and has her own sense of passion stemming from her beliefs. She’s creative, inspirational and motivates thousands of women to follow their own path and not beat a broken drum. She wants to pursue a successful music career and hopes that her brand of art is accepted across the world. After her hit song, HUL was brought down to its knees as it broke its silence after more than a decade. Sofia did it single handedly.

Ritesh Aggarwal

We all know him as the CEO of OyoRooms, but we don’t know much about his life’s story. He was homeless and broke at one point and lied to his parents saying that everything was ok. He was at the end of the line, when suddenly he got an idea for a startup. To really make his dream come true, he reached out to a hotel manager who urged him to “provide some value” to his hotel. Ritesh realized something that many young Indians don’t even when they’re in their late twenties. He realized that a successful venture needed to provide value to someone. That’s when his mindset shifted, and he started to design a brand around the idea of budget hotels that are standardized. He also got accepted into the Theil Fellowship prior to that (the only Indian), and he received multiple accolades for his work in the field of entrepreneurship.