



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 5

My Strengths

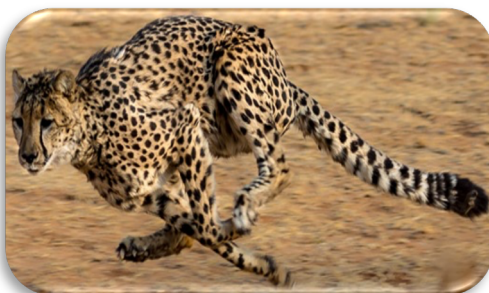
“What lies behind us and what lies before us are tiny matters compared with what lies within us” - Ralph Waldo Emerson

Concepts

1. Discovering one's interests and strengths
2. Transforming interests into strengths
3. Importance of knowing one's strengths
4. Developing skills in areas where one does not have a natural interest.

Eagles have amazing eyesight.

An eagle's vision is 4-5 times better than that of a human. It can **spot a prey from 5 kms**. Eagles can **prey** big animals like **deer and goats**.



Cheetah is the **fastest** animal. Top speed of **113 kms / hour**. They can **detect prey** up to **3 kms** away.



Elephants are very strong.

They can **communicate** to another **group of animals**, through **low frequency sound** which are **many kms** away.

Who is stronger- an Elephant or an Ant?

An **elephant** can carry only **1.5 times** its own weight. An **ant** can lift and carry in their jaws **50 times** their own body weight. That's same as a human lifting a truck with his teeth. In a way, ant is stronger than an elephant.

In fact, an insect called **Dung Beetle** is the world's strongest animal compared to its body weight. They can pull **1000 times** their own body weight. This is the equivalent of an average person pulling six double-decker buses full of people. But is it right to compare one another?



Is it correct to compare ourselves with others?

We all are unique. We think, feel & behave in certain ways.

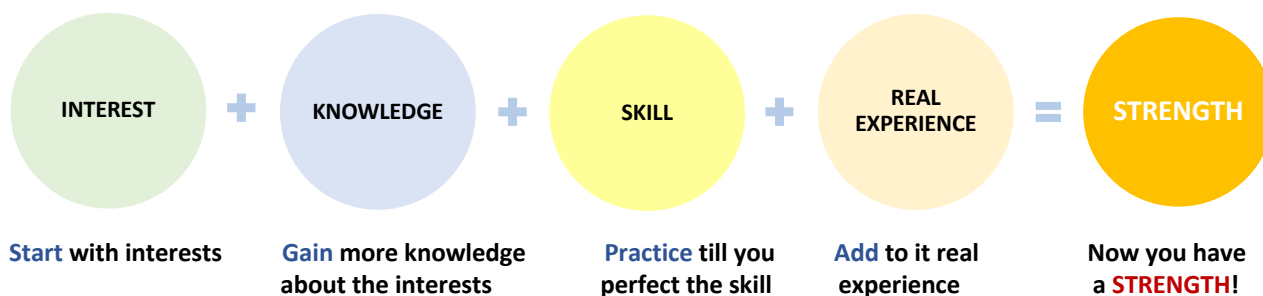
We all have our own interests and talents. The key to our success is to discover it!

Is it enough if we identify our interests?

Once we have identified our interests, we have to **build** and **apply** it in our daily life. And then we have to **convert** our **interests** and what we are passionate about into our **strengths**. E.g., we might have interest for singing or dancing. But just because we have interest, does not make us the best singer or dancer. We need to put in **effort** to convert our interest to strength and become the best. When we are able to do what interests us **consistently** without much thought and with **perfection**, the interest will grow into our **strength**.



Formula to transform interests into strengths



Why is it important to know our strengths?

Recognising your own interests, strengths, weaknesses is important to understand what makes you happy. Spending time in your strengths makes you **do your best**, gives you more **energy**, and helps you get a **right job!**

All might not be strong in all areas. So, along with **strengths**, we all have **weaknesses too**. For eg., **Cheetah** has less stamina and can run only short distance. Also, it cannot see well in the night. Instead of feeling bad about its weakness, Cheetah uses its strength. It **hunts** in the daytime. And **plans** its attack on the prey well and **captures** it with a short sprint.

Similarly, we may be **strong** in one area while others may be weak in that particular area. This does not mean that we are **superior**, and others are **inferior** to us. Their strength can be your weakness.

“Accept your weakness, focus on your strengths.
Admire other’s strengths and ignore their weaknesses.”

How to build skills in areas where we do not have natural interests?

To achieve our dreams, sometimes we may have to learn few skills towards which we do not have a natural talent. **It is possible to learn any skill - it is just that we might have to put extra effort.**



For eg., you might not enjoy learning a particular subject. You still have to study well to understand the subject. Put a little more **effort** to learn the subject well. **Be confident** and you will learn it well.

In nature, every being & everything has a place & a purpose!

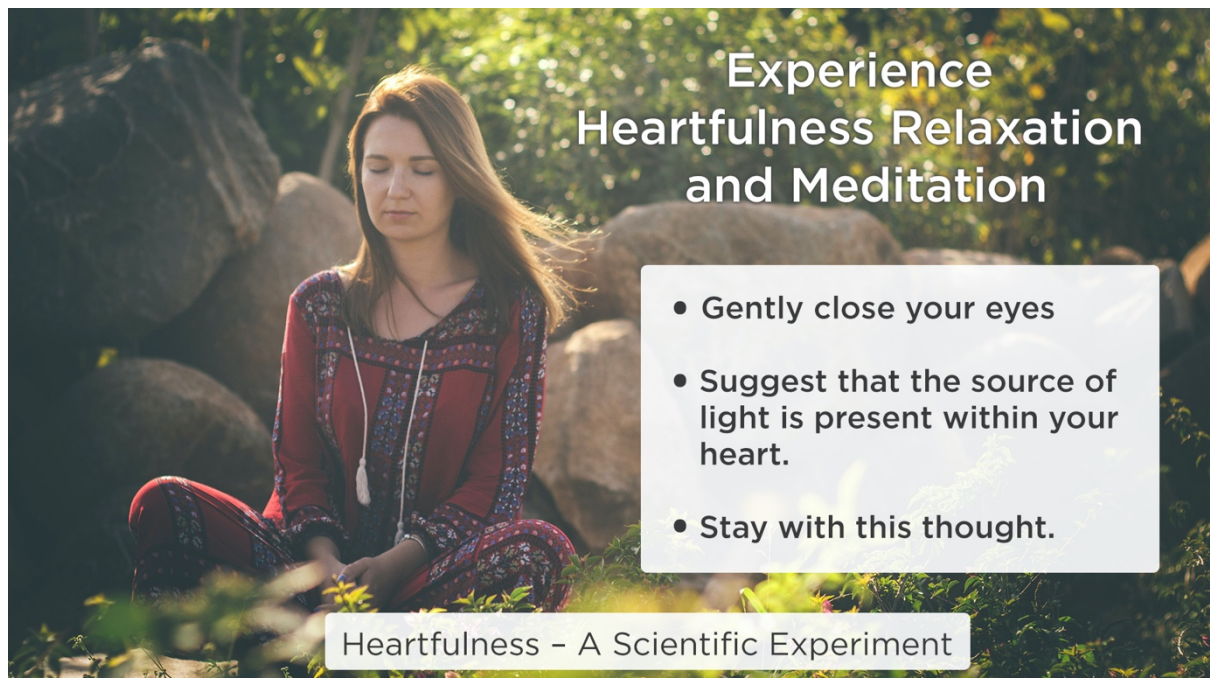
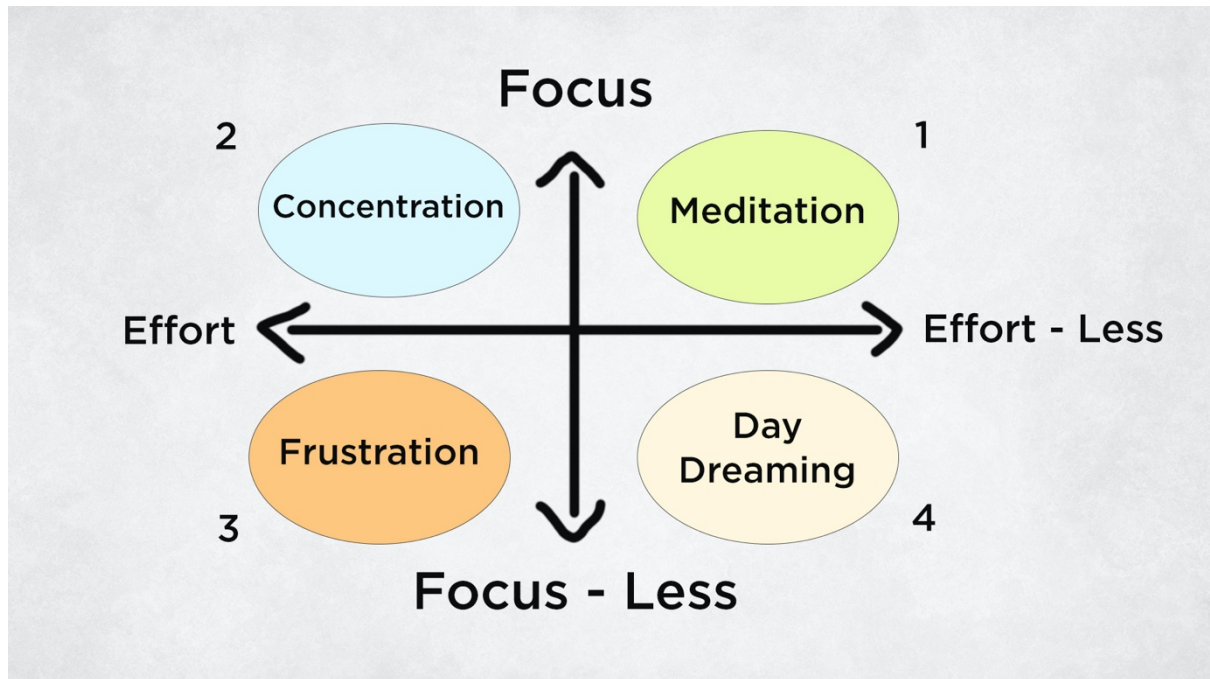


Meditation too, to begin with might not be easy. By taking **interest** and putting **consistent efforts**, meditation can become one of our most **potent strengths**. This can help us **tap into** all other strengths from **within ourselves**.

*Discovering & growing your strengths is a lifelong adventure to fulfil your personal destiny.
The destiny which will bring you great satisfaction and joy.*



MEDITATION IS EFFORT-LESS FOCUS





The Boy's Weakness

A 10-year-old boy decided to study judo despite the fact that he had lost his left arm in a devastating car accident.

The boy began lessons with an old Japanese judo master. The boy was doing well, so he couldn't understand why, after three months of training the master had taught him only one move. "Sensei," (Teacher in Japanese) the boy finally said, "Shouldn't I be learning more moves?" "This is the only move you know, but this is the only move you'll ever need to know," the sensei replied.

Not quite understanding, but believing in his teacher, the boy kept training. Several months later, the sensei took the boy to his first tournament. Surprising himself, the boy easily won his first two matches. The third match proved to be more difficult, but after some time, his opponent became impatient and charged; the boy deftly used his one move to win the match. Still amazed by his success, the boy was now in the finals.

This time, his opponent was bigger, stronger, and more experienced. For a while, the boy appeared to be overmatched. Concerned that the boy might get hurt, the referee called a time-out. He was about to stop the match when the sensei intervened. "No," the sensei insisted, "Let him continue." Soon after the match resumed, his opponent made a critical mistake: he dropped his guard. Instantly, the boy used his move to pin him. The boy had won the match and the tournament.

He was the champion. On the way home, the boy and sensei reviewed every move in each and every match. Then the boy summoned the courage to ask what was really on his mind.

"Sensei, how did I win the tournament with only one move?"

"You won for two reasons," the sensei answered. "First, you've almost mastered one of the most difficult throws in all of the judo. And second, the only known defense for that move is for your opponent to grab your left arm."

The boy's biggest weakness had become his biggest strength.

Moral: Sometimes we feel that we have certain weaknesses and we blame God, the circumstances or ourselves for it but we never know that our weaknesses can become our strengths one day. Each of us is special and important, so never think you have any weakness, never think of pride or pain, just live your life to its fullest and extract the best out of it!