

Mind Matrix Wellness Studio Presents

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IN TOUCH & IN TUNE

Dear Reader

Did you know we live in a VUCA world?
(Volatile-Uncertain-Complex-Ambiguous)

You may call it Nature, or an outer unknown unexplainable force! But this force/ Nature has pressed the RESET button in all our lives. We are coming to terms with the 'new normal'. We are giving ourselves some time to rethink, retrospect, revitalize, and rejuvenate.

No amount of preparedness would have made us ready for something unforeseen like this. But the one BIG change it has brought about in all our lives is that we have moved from a 'I don't care!' to an 'I care!' attitude.

We at Mind Matrix Wellness Studio are here to voice out your thoughts & spell out what many may have been thinking about in their heads, but not really voicing it out. Through our monthly newsletter, we wish to reach out to you and have this dialogue, leave you behind with some thinking to do and some realignment that would help you adapt better to the unforeseen future.



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- ✧ What do you need to change in order to move from a volatile situation towards having a vision and purpose in life?
- ✧ How can we redirect uncertainties to understanding who we are at the deepest level?
- ✧ Can we shift our attention from the complexity of life to clarity of our core values?
- ✧ Is it time to be more agile and adapt to the ambiguity around us?

It's the VUCA world, so let us embark on this journey to maintain peace in a war-like situation and cultivate calm in chaos!

Kusum Gandhi Vig, Founder and Editor-in-Chief – Mind Matrix Wellness Studio



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SUCCESS IN A VUCA WORLD

by RADHIKA SINGH

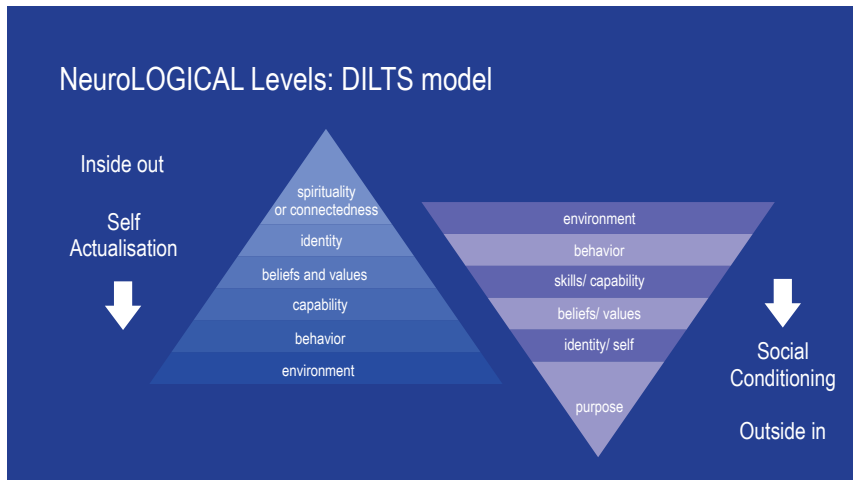
"Until you make the unconscious conscious, it will direct your life and you will call it fate." Carl Jung

Life has certainly taken a different direction, and change has never been more in our face than in these last 8-10 weeks. It has pushed us to the ends of our wits, and resources, and brought on economic and career challenges we never anticipated. More than the virus, the pandemic upon us is Fear.

As with all change, our ability to tackle it is at an individual level. Anxiety and Fear are the primary emotions besides anger, resentment, confusion, stemming from our current experience. These volatile, uncertain, complex and ambiguous times have brought out primal human responses in most of us. We have each unconsciously chosen a reaction to our experience – some of us by being angry and frustrated and picking Fights or retreating into our shells helplessly giving up (Flight). Still others are comfortably numb with confusion, in the Freeze mode.



As we react in our own ways, our body has gone into its stress response. Over time, we have tried out the many options available to us to distract our mind – take naps, catch up on Netflix and our favorite social media binging, read, workout, chat with friends endlessly and even learn a new skill. But we realize we need a more permanent response to become more resilient and stay current and present.



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That's the Aha moment! That realization that our staying power will come from within, but with a good understanding of the connectedness we have with the eco-system and environment around us. Survival is now about a Growth mindset, where the hand you are dealt with is the starting point for your development and progress. Your learning and intelligence can grow with time and experience and the newer things you try; the more you challenge your beliefs, habits and thoughts; the more you will grow.

In a VUCA world, those who transition and manage the change well, will surely be those who look beyond their ego self, their competency, job, salary and life style that came from the environment they came in. They have to turn this entire script of life on its head and start seeing their role in the bigger picture. As Steve Jobs, the late CEO of Apple said, Innovation is the ability to see Change as an Opportunity and not as a Threat.

One proven way to change the communication to our brain (Neuro Linguistic Programming helps us do this) is to work with creating a new meta-model for ourselves, based on Robert Dilts's neurological pyramid. Ask yourself some simple questions, note them down, fine-tune and reflect on your answers. And there you will have it, your survival manual with your own meta-model, to get you through this VUCA world which is here to stay.

Here are the questions that align to the different levels of the pyramid to guide you to find what will serve you best. The key is to start with You and then find a fit into the inter-connectedness of the environment, flow through the different levels like a waterfall. So, get started:



- Υ What is my purpose for being on the planet?
- Υ Who am I here to be? What is my mission in life? What energises me? What drains me?
- Υ Why I am I behaving like this? What childhood programming shapes my behaviour?
- Υ What competence or skills can I develop to respond to this new environment and still be successful? What all have I learnt so far? What are my advantages?
- Υ What specific actions can I do more of (or less of) that helps me get ahead or challenges me to drop my current social conditioning?
- Υ Where and what is the shared circumstance and context in which my life is currently happening? What are the fixed parts and variables in my life?

Once you have these answers, you can create an action plan from it of the next steps you need to take in order to get back on track with courage and confidence.

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RE-DISCOVERING THE 'MEANING-MAKER' INSIDE US

by Rajagopalan Shanthakumaran Sreekumar

It is said that nothing is as easy as it appears in the beginning, as hopeless as it seems in the middle and as finished as it seems in the end.

This is an apt saying for any change that we go through in our life; irrespective of the number of times we go through changes.

And as we can see in the downward curve of the Kubler-Ross change curve, we go through a myriad of emotions from denial, shock, confusion, anger, blame, helplessness and hopelessness when we first encounter a major change in our life.

Yet, there is a way out of the mental and emotional challenges that change brings for us.

We are all essentially meaning-makers.

We want to make meaning of what is happening to and around us and that's why most of us ask the following question when we encounter a change: Why me?

But most of us ask this question from the state of confusion, fear and helplessness of a victim.

And we don't seem to get far, which only makes things worse.

Instead, I have found greater liberation if we can simply change the question:

Why What is right about this that I am not getting right now?

It is an experienced fact that quick answers limit and dis-empower us and wondrous questions open things for us if we are not in a tearing hurry to close the loop.

One question that has helped me tremendously in dealing with change is:

Why What is this inviting me to be, become, do and have?

The info-graphic here that a friend shared with me is quite an interesting invitation for all of us to redirect ourselves from the fear zone to the growth zone in these Covid-19 times.

Other questions that I have added to the list over the years are:

Why Why could I be the chosen one to grow through this



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- Ỳ How will I grow as a result of this?
- Ỳ What all is meant to happen through me because of this?
- Ỳ What is the higher purpose that is meant to be served in the world as a result of me growing through this?
- Ỳ How is the world supposed to become a better place as a result of my growing through this?

For starters, I have seen and can draw inspiration from the lives of others who have been through changes before me and ask the same set of questions about them.

I have seen these questions help me make better meaning of what I came across some years ago: "Pain is inevitable however, suffering is a choice."

The questions we ask, help us overcome suffering.

"I have seen that as I asked these questions in a state of wonder and open mindedness the discoveries liberated me because they helped me accept and come to terms with what happened and why they happened."

Acceptance is the key to transition change and that opened new doors for me.

Acceptance helped me re-direct my attention in constructive ways to experiment and explore new possibilities till I got breakthroughs.

This is the latter upswing part of the Kubler-Ross change curve.

The world is nothing but a projection of what is inside of us. And the easiest way to change what is inside and outside of us is by simply changing the questions we are asking.

As I come to the end of my short note, I wish more people discover what the great psychiatrist Dr. Viktor Emil Frankl and Guido Orefice – the central character in the movie 'Life is Beautiful' discovered in searching for meaning as they went through the terrible holocaust.

I wish more people discover these questions to work with through the long, dark, frustrating, seemingly unending nights of their struggle with change.

Let us ask the same question that most of us usually ask: Why me?

But this time, let us ask that question in just a slightly different tone of voice – a tone full of curiosity, wonder, humility and open-mindedness and see how ready we are to be surprised.

Let me conclude by sharing two quotations that have given me immense hope and clarity to deal with changes:

"For a seed to achieve its greatest expression, it must come completely undone. The shell cracks, its insides come out and everything changes. To someone who doesn't understand growth, it would look like complete destruction."
– Cynthia Occelli.

"The mark of your ignorance is the depth of your belief in injustice and tragedy. What the caterpillar calls the end of the world, the Master calls the butterfly." – Richard Bach in Illusions: The Adventures of a Reluctant Messiah.

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FOOD for THOUGHT

Collective Grief and how to deal with it' - Ganesh Srinivasan

Shyam Kalle, Vice President, Training & Development, Mind Matrix Wellness Studio in conversation with **Ganesh Srinivasan** on



'Collective Grief and how to deal with it'.

With so many negative disruptions happening in life, one wonders how to process and deal with this 'collective grief' when nothing appears to be normal. At such times, here is what Ganesh had to share –

✧ Focus on picking up yourself first and then focus

on what can be done for the others. Remember the positives that are coming from all the mayhem and destruction worldwide.

- ✧ Grief goes through stages – Kubler-Ross Grief Cycle. This cycle can be accelerated and acceptance can come faster. If prepared, one can directly start from the acceptance level.
- ✧ Australian Sister Maryanne Loughry suggests the following to come out of collective grief:

- * First name it and claim - Bring awareness
- * Ask what worked for others - Use the situational wisdom
- * Understand that everyone is vulnerable - Be compassionate
- * Have Faith in a higher power - Release the feelings

- ✧ A completion process helps to communicate and close pending things that may be unsaid or not expressed with someone who has passed away, such that it is once and for all out of your system. This is followed by the second step of forgiveness. In this process, we not only forgive the person who passed away for all their mistakes but also ask for forgiveness for what we did knowingly/unknowingly to hurt them.
- ✧ Aurora Winters, a well-known Grief Coach shares a 30-minute process on how someone can be taken out of grief (either the death of a loved one, divorce from a loved one or loss of job), through PEACE:

**P = Present Moment,
E = Express Your Feelings,
A = Accept and Appreciate,
C = Consider the Contrary,
E = Enthusiasm.**

- ✧ This is done at multiple levels of a being.
- ✧ Most often, the person can deal with these themselves. However, in certain cases, they may need to contact an expert or coach who can run a process to get them back to the normal state.

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FLASH BACK

Round-up of the last month: – April 2020

MindMatrix Wellness Studio had a very eventful April 2020, with the following -

- ✧ Internationally reputed NLP and Enneagram expert Julija Kubova from Lithuania conducted the Certified Online Enneagram Practitioner Training which was very well-attended by participants from Pune, Kolhapur, Mumbai, Delhi, Bengaluru and Indonesia.
- ✧ Two Certified Online NLP Coach Practitioner Trainings were conducted by Kusum Vig – a Counseling Psychologist & NLP Trainer along with Shyam Kalle – a ICF accredited certified Coach and NLP Master Coach and Jaswinder Grewal – a Master Coach, ICF Coach and Healer. This was well-attended by participants from Mumbai, Kolhapur, Hyderabad and Pune.
- ✧ Kusum Vig, Shyam Kalle and Sulogna Gupta conducted an online certification course in Dermatoglyphics Multiple Intelligence Testing (DMIT) which was attended by participants from Pune, Mumbai, and Kolhapur.
- ✧ Commenced the free Online WeCare Master-Class Live Webinars with a view to reach out to people to help them through the emotional turmoil during Covid-19. Going forward, Mind Matrix will continue to invite reputed coaches and trainers in their respective areas of expertise or those empanelled with Mind Matrix, to speak at these weekly webinars.
- ✧ As part of the first WeCare Master-Class webinar, on 6th April, a webinar on Emotional Freedom Techniques – using EFT to get rid of prevailing fear and anxiety, was conducted by Kusum Vig, which was attended by over 80 people. The webinar created a lot of interest amongst participants as they were told about how to use the simple EFT or tapping techniques, how to control one's emotions, anxiety or pain. The session also went live on Facebook.
- ✧ The next WeCare Master-Class webinar 'How to Succeed in a VUCA World' was conducted on 17th April by Radhika Singh, a Brain-based Executive, Parenting & Millennial Coach, NLP Master Coach, Change Management specialist and a Career Counsellor with over 25 years of global experience. She explained how one could work through these volatile, uncertain, complex and ambiguous times and still gain success. This was well-attended by the registered participants and received high accolades for the session.
- ✧ On 24th April, a webinar was conducted on 'Embracing Change for Transformation' by Rajagopalan S. Sreekumar, a Gallup Certified Strengths Coach, ICTA Certified NLP Master Coach and an Appreciative Inquiry and EFT practitioner. The webinar was a fabulous motivational talk highlighting how when things don't seem to be normal, often the best comes out of people, and how this was about using an opportunity to create

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transformation in your life. The webinar attracted 94 participants and invited a volley of questions in addition to lots of praise. Prachee Tamhankar, from Mumbai had the following to say about her take-away and what she planned to implement post the webinar: "It is really very helpful for me where I find myself somewhat a little resistant to change. One thing I am going to start doing right away is to ask these two questions to myself: 'What is right about this that I am not getting?' and 'What is this inviting me to be, do and have right now?' It's simple and seems to be effective and I also like how the question brings out a positive perspective."

- ✧ On 1st May, a webinar was conducted on 'Conscious Parenting' by Pawan Gajra, corporate behavioural trainer with 18 years of experience and a certified NLP Parenting Coach.
- ✧ On 8th May, a webinar was conducted on 'How to Cope with Collective Grief and Loss during the Covid 19 pandemic' by Ganesh Srinivasan, a spiritual expert, NLP trainer and Huna practitioner.
- ✧ Kusum Vig conducted a webinar on 'Emotional Freedom Technique' for a corporate company to address their employees and help them handle anxieties and health issues.

What's
Next?



We have some exciting events coming up in the next few months. We will continue our WeCare Master-Class Webinars, bringing you talks from the best people in the business and some of the topics are:

- ✧ Transactional Analysis to facilitate Lockdown Communication by a certified Transactional Analysis and Access Bars expert
- ✧ How to Create the Winning Edge - for Sports Professionals – by an internationally reputed Coach
- ✧ Holistic Wellbeing – by an NLP Master Coach and Healer

Our 3rd Online Live NLP Coach Practitioner will start on 16th May.

We will be conducting our forthcoming Online Live Akasha Healing and Personal Empowerment Retreat which will be conducted by Jack Makani, the Founder of Akasha Coaching Alliances

Our next NLP Master-Coach Practitioner course will start on 25th June.

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Nuggets of Wisdom

Social distancing vs Distant socializing



"When we drive, we wear our seat belts & maintain a safe distance. We don't find that practice difficult to follow."

Action:
Practice distant socializing and imagine that our bodies are vehicles moving around which must never get hit.

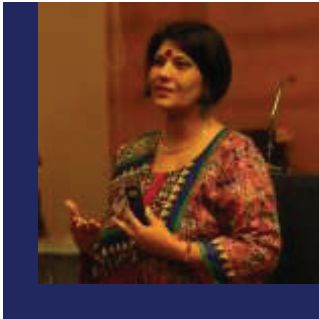
Contributed by Krishnan Raman, Life Coach, Gurugram.

Finding INSPIRATION in such testing times is also a BIG challenge. If you have a story / quote/ instance you wish to share, feel free to write to us anytime. Please do write your full name, city and your email address. We will have a surprise gift for the best one.

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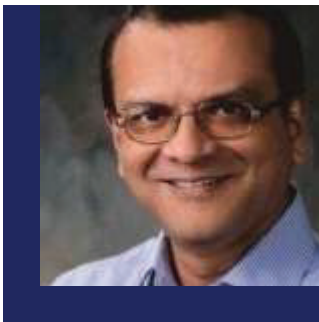
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WeCare....coz we truly do!