

# Mind Matrix Wellness Studio Presents

# WeCare NEWSLTR

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## IN TOUCH & IN TUNE

While goals are important, motivation is the bridge that helps us reach there. If motivation is the bridge then our values are the pillars on which our motivation stands.

It's our strong core values that make us do things even if they are inconvenient. Associated with our subjective values, are strong emotions. In fact, the word emotion expands into the following words – 'energy in motion'. It is that energy which moves us forward.

While our early life shaping experiences by the age of 10 shape our core values which remain with us for the rest of our lives, there are other influencing factors as well. These are – the basic values of the family in which we grew up, relationship between the parents, the society/ country we grew up in as well the dominant social norms around us and of course the religion that had a dominating effect on us at that time. Besides these core values, we have a set of values that change as we age or as our life circumstances change.

So how do we utilize this knowledge?

Given the interplay of our core and other set of values, it is helpful to follow a systematic process to harness their power.

We all have a number of aspects in our life – our work, relationships, family and friends, health, money, personal development, etc. This is best understood through a model called the Wheel of Life®. We encourage you to check this model online and ask yourself the aspect that demands more focus at this point of time in your life.

Once you have prioritised the areas in the wheel of life, list your values in each of those aspects and then prioritise them in each of those areas. This can be done either by yourself or with the help of a coach/ facilitator.

To get started, the following question helps us elicit the values in short phrases or words:

- "In this area of life, what all are really important for me?"

Once an exhaustive, mutually exclusive list of values is prepared, then to really harness the power of focused energy, prioritise the top 3 values in each of the areas of life. This can be done by comparing each value within the life area and asking the question: "Between these two values, which is most important for me?"

Then you ask: "If I already have my first value, then which is the next most important one?"

This clarity of top values in each area of our life, gives us a way to live in synergy with our inner motivational factors. Like Jack Makani, the founder of Makani Academy and President of the Akasha Coach Alliance (ACA), says, "Goals are merely your practical plan of how to turn your values into reality in your life."



**Sulogna Gupta**

Director - Operations: MindMatrix Wellness Studio  
& Corporate Behavioral Trainer

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Two suggestions:

In moments of upheavals in any aspect of our life, it is important that we repeat a value clarification process to stay more in sync with our inner motivational factors and our external goals and realities as well as to understand the gaps.

Secondly, in any relationship, it is a set of shared values that helps people stay together and find meaning, purpose, synergy and fulfillment. Hence it is necessary that a couple list, prioritise and share their values with each other in each aspect of their lives and then focus on their set of shared values.

## 2. Conscious Parenting Through Appreciative Inquiry by Pawan Gajra

*"Conscious Parenting is not a set of rules for parents to follow, but a set of beliefs about what children need to develop and thrive".*

Being parents, we get so involved in rearing our children & we don't realize that unknowingly we are using certain techniques/ tricks/ tips that has been passed on to us from generations. Sometimes these work & sometimes they don't. We don't realize that every generation is different & so every child is unique to its own being. It's not a yardstick approach that we should generally follow. We need to understand these at the conscious level.

Being a conscious parent myself, I've realized that "one needs to be aware of what is & what is not." Understand the needs of the child: be it emotional/ physical. There are situations that we as parents are thinking what's happening & why. We need to remember one thing always, "In every situation whether consciously/ subconsciously, we are always in co-creation with our children." It is the relationship that you build with your child along with their temperament that actually helps in shaping them. It is always the connection as a parent you make before a correction, that's what Conscious Parenting is all about.



**Pawan Gajra**

Behavioural Trainer and  
a Conscious Parenting Coach



Through Appreciative Inquiry (AI) we look at parenting with a different perspective & take it to the next level of understanding the needs, structure, attitude, dreams of the entire family & how can you achieve these dreams.

The concept of AI is focused more on what is going well & not what you are missing. When you link this concept with Conscious Parenting & this fits in snugly. "The focus is more on what's going well in your family rather than focusing on what's missing in your family."

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An example of this could be:

- Things that are managed well within the family like following a schedule, learning, having fun, playing games, eating together, reading books / stories, watching movies together, time spent together etc.
- Things that are not managed well could be time management, emotions, excessive screen-time, tantrums being thrown the minute a NO is heard etc.

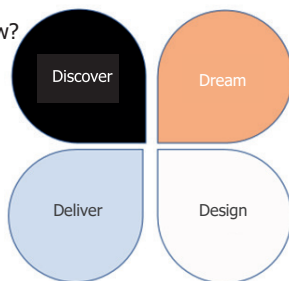
Here the focus is moving away from problems & focusing more on solutions. The approach to any situation including parenting, changes drastically once you become aware of this. The shift from questioning - what's going wrong to what's working; how can we fix this problem to what shall we do to achieve this, is required. Shifting the focus from past to the future state is essential and is the crux of AI.

So, let's now look at what AI is:

- An art and practice of asking questions in a way that strengthens a family's ecosystem
- It helps to build a constructive union between the parent and the child through questioning
- It supports positive, long-term change, offering hope and unleashing new levels of creativity, innovation and inspiration.

Identifying & appreciating what works for the family:

- What is going really well right now?
- What gives life to our family?
- What is great about our family?



- How are we already living the dream?
- What are you learning and accepting about your family at present?
- What are you learning and accepting about you – within your family?
- What is one thing you would like to change in you to benefit your family?

Look at what you want to improve as a family:

- What would your ideal family look like? Make a picture of it.
- Where do we want to be as a family in 5 years?

It's a co-creative process, identifying key directions and strategies in this step:

- What would it take to create the change(s) needed in our family?
- How can we support one another in taking the next step?
- What is one thing you can do to help our family succeed?

The above diagram helps one to understand what as a family needs to be done in order to discover, dream, design & understand how they can deliver.

Go ahead & try this out bit by bit & step by step.

Get in touch with us anytime you feel you need to discuss anything about parenting, we are all ears. Stay Healthy, Positive & Be A Conscious Parent to your children.

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## 3. Transactional Analysis and Inter-personal communication within families

by Pratima Jadon

These are tough times, for everywhere the talk of COVID-19 dominates the talk and our response to the pandemic; both at the collective and at the individual levels. Social distancing is good or is it bad? That is an ongoing debate amongst most people today. While everyone is having his/ her own opinion, very few people are able to understand the meaning of this debate with an insight that allows a clear understanding of the participants.

While due to the lockdown the degree of the social interactions has been reduced to telephone calls, mails/ messages, video conferencing and the like, individual space has also considerably been compromised in terms of people staying under the same roof. More people have got exposed to certain aspects of the personality of others as much as exposing their personal traits, which either went unnoticed or were unknown before the lockdown. This has been confusing, especially for people like working couples and siblings, who had so far been spending far less time with each other.

Transactional Analysis (TA) is the tool which enables people to understand personalities better, without the jargon which may be difficult to be introduced to people, not in the field of psychology.

TA is one of the most accessible theories of modern psychology, founded by Eric Berne in the 1960s, famous as the '**Parent-Adult-Child Theory**'. The concept was developed significantly beyond Berne's early theories, by Berne himself until his death in 1970, and since then by his followers.



**Pratima Jadon**

Transactional Analyst and Access Bars Facilitator

Many current experts have taken the construct to the next level. TA is underpinned by the following three assumptions – firstly **People are OK**; secondly, **Everyone has the capacity to think** and thirdly, **People decide their own destiny and these decisions can be changed**. The goal of TA is to achieve a lasting change (autonomy), which in the words of Eric Berne is, *"To convert frogs into princes and princesses."*

TA as a concept operates as each of the following-

- A theory of personality
- A model of communication
- A study of repetitive patterns of behaviour

TA has wide applications in clinical, therapeutic, organizational and personal development, encompassing communications, management, personality, relationships and behaviour, and is a chosen tool by professionals working in such diverse contexts as social welfare, health care, pastoral work, prevention, mediation, process facilitation, multicultural work and humanitarian activities.



### Parent Ego State

Authoritative  
Condescending  
Talking Down



### Adult Ego State

Fact Based  
Without Emotion  
Sending and Receiving  
No Authority or Helplessness



### Child Ego State

Defensive  
Emotional  
Helpless  
Entrenched





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**Educational Transactional Analysis** is helping people in the training centres, schools, universities, and institutions that prepare teachers/ trainers. It is supporting learners of all ages to thrive within their families, organizations and communities. **Organizational Transactional Analysis** enables work in organizations to evaluate an organization's developmental processes and challenges as well as its dysfunctional behaviour patterns. At the **individual level**, psychotherapists utilize TA to facilitate their clients' capacities for self-actualization and healing by learning to recognize and change old, self-limiting patterns.

## 4. How to Purify the Five Elements of our Being & bring balance Inside-Out

by Jaswinder Grewal

We are all spiritual beings and to enhance our awareness of mind, body, heart and spirit and keep them in harmony, we need to be aware of the Self, raise our consciousness, let go of our fears and develop a deep connection with our higher consciousness. A lot of ancient philosophies classify the composition of the Universe into 5 elements: Earth, Water, Fire, Air and Ether (Space).

The Life force can get entangled in our auric field, our chakras, our energetic timeline, or in our DNA & cellular memory passed on from our ancestors. So, it all comes down to one thing: coming in alignment with the energy of our source.

### The Five Elements

**The Earth Element:** Is the source for all life to spring, live and thrive.

Grounding, stability, balance, nurturing is what the earth element stands for.

The Earth people are the peacemakers, loyal, responsible, love stability and resist change.

The Root chakra is associated with this Element. Located at the base of the spine. Balancing the root chakra creates the solid foundation for opening the chakras above.

**Basics of balancing:** Do grounding exercises, walk bare feet on the grass.

**Water Element:** Is a huge life-force with healing powers, nurturing energies and induces a spiritual and philosophical attitude to life and balances our emotions.

The emotion related to the Water element is fear. When Fear is primary, no matter the context, water needs attention. When in a balanced state, it gives you the power of conceptualizing new ideas, thoughts and plans.

The water element people are deep thinkers, philosophers, get to the bottom of things, empathize with others and have a strong sense of intuition.



**Jaswinder Grewal**

Transformation NLP Master Coach &  
Akasha Practitioner



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The chakra associated here is the sacral. Located below the navel, responsible for our sexual and creative energies. When in alignment, you're friendly, passionate, and successfully fulfilled. Creativity is the focus of this Chakra.

## Basics of balancing

Besides being open to creativity in your daily life, you can balance the second chakra by maintaining a healthy sexual life and honoring and respecting your body. Get in touch with your emotions.

**Fire:** The driving force associated with the Universal energy as also with the inner guiding light that helps destroy all negative thoughts.

**Fire people** are often capable of clear, passionate, perceptive and discriminating judgment. They can be extremely focused, working relentlessly towards their goals.

When out of balance, Fire becomes burnt out.

## Basics of balancing

Sun-gazing in the morning helps to balance and create. Use soft scented candles around the house. The chakra associated with the fire element is the Solar Plexus chakra. Located above the navel, it reportedly governs all stomach-related things. It mirrors the fire element. Your power, intellect and vitality and your sense of self-esteem, are all fed by fire.

**Air:** Our most basic connection to life, induces courage and perseverance to achieve your goals, activates inspiration and creativity. There is a kind of flow in everything. If you have air as the predominant element, you are a thinker, a dreamer and fond of intellectual pursuits. Air being a channel for clear communication and self-expression; influences your ability to express.

Much like Fire, the Air element has the capacity to bring in nervous agitation, fear, and anxiety.

The heart chakra reflects the air element: represents love, forgiveness, compassion to all. Associated with the color green or pink, when aligned, love and compassion are flowing freely - both in terms of giving it out and getting it back.

**Akasha** is the space in which air, fire, water and earth come together as creation. It's the source of intuition and wisdom from the universe; associated with magnanimity and expansion, creation of new ideas, knowledge and support.

People with Ether personalities may blend in with the crowd well.

The imbalance can show up as being obsessive, perfectionist or overly rigid in their mindset.

## Basics of balancing

Try and surround yourself with the colour blue. Engage in some form of Art or Music. The Throat Chakra, which is all about speaking your inner truth. It is located in the throat area.

**When it's blocked:** there is trouble speaking your truth, or fear of judgment from others.

The third-eye chakra: located between your eyebrows, reportedly governs your intuition.

**When blocked:** You may have trouble accessing your intuition, trusting your inner voice, recalling important facts, or learning new skills.

The crown chakra, the 'thousand petal lotus', is the center of enlightenment and our spiritual connection to our higher selves.

**When blocked:** A crown-chakra blockage may create feelings of isolation or emotional distress basically feeling disconnected from everyone and everything.

The Chakras are essentially vortexes that channel energy in and out of our bodies.

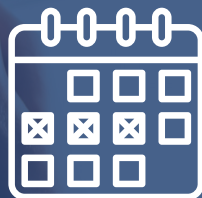
The 'Prana' or the life force in the human body is also directly connected to these 5 elements so stay connected to them.

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## 5. FlashBack Round-up of the last month – May 2020

Mind Matrix Wellness Studio had some interesting events in May 2020:


- After two very successful NLP Practitioner trainings, the third Online Training was held in May. The participants thoroughly enjoyed the sessions that included exercises which they could do on their own, as well as being assigned to personal coaches to help them through their own individual problems. The participants personally benefited as they unfolded their limiting beliefs and realised what more they could achieve.
- The Masterclass webinar conducted by the noted Leadership Consciousness coach, Mr. Indra Gurung, created a lot of interest amongst young sports enthusiasts. He explained how NLP can enhance the quality of performance through powerful mental conditioning techniques.
- The Masterclass webinar by Ms. Pratima Jadon on Transactional Analysis focussed on the deeper understanding of communication between individuals through transactional analysis. This can enhance the quality of interaction and relationships between people.
- Jaswinder Grewal, who is a Personal Success Coach and Master Spirit Life Coach, spoke about Energy Healing and how balancing the Chakras enhanced healing and the quality of life.



All webinars have been well-attended by interested participants which has been very encouraging.

## 6. What's Next

- The popular demand for more practical knowledge on the various Masterclass Webinars conducted till now, have led these experts to plan for workshops in June and July, that are eagerly awaited.
- Also awaited is the Certified NLP Coach Master Practitioner Online training from June 27th to July 3rd that will be conducted using a unique model that will provide maximum value to the participants.



What's  
Next?

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## 7. Nuggets of Wisdom

"We don't live in bungalows, duplexes or flats. We live in our minds.

Yes, that's our permanent residence. And there are no constraints of square-feet there. It's a vast space with unlimited area. And you know what! No matter how well-organized your rooms, balconies, garages and verandas are, life is good only when things are sorted there - in your mind.

And that's where we keep things messy - regrets piling up in one corner, expectations stuffed in a closet, secrets under the carpet, worries littered everywhere, comparisons spilt on the table, complexes leaking from an old bottle, and grudges stinking in a box.

Be aware. For this 'real home' of yours, you can't outsource housekeeping. You got to do it yourself and see the beauty that surrounds you when your inner being is stable." – from Dr. Sandeep Atre's work shared by Mohor Sen.

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**WeCare....coz we truly do!**

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