

# Mind Matrix Wellness Studio Presents WeCare NEWSLTR

Volume 1, Issue 4: Aug 2020

## Fear and Ignorance:

While fear has always shadowed us, we are currently going through a heightened sense of fear due to the Corona pandemic and a couple of other events that have enslaved the attention and imagination of many people and debilitated many among us.

In all this, it is worthwhile to remember Mr. Shyam Kalle's article in our previous newsletter on the importance of a Growth Mindset.

Assurance and the clarity that wisdom brings are the antidotes to fear and ignorance.

As I sat down to write this, I remembered the most valuable lesson my law teacher – Prof. BB Pande taught me 21 years ago as I was finishing my LLB course. He wrote in my diary the following lines which have a timeless wisdom about them.



**Rajgopalan S Sreekumar**  
Gallup Certified Strengths Coach,  
NLP & Enneagram Master Coach

"Fear and Ignorance are the two great weaknesses of the human kind. The twin weaknesses afflict the rich and the poor, the "modern" and the "primitive" alike. In the regions where the fear of material wants, have been overcome, the emotional or spiritual wants continue to generate Fears, which can be much more fierce. Ignorance is a close ally of Fear. As a matter of fact, they can be said to be the two sides of the same coin because most of the Fears are born out of, and sustained by, Ignorance. Therefore, dispelling Ignorance becomes the most effective means of encountering Fear and attaining Knowledge is the surest way of dispelling Ignorance. But all learning does not give you knowledge. The test of real knowledge lies in its ability to create fearlessness.

But there can be no real fearlessness, unless one is able to think beyond oneself."



In this context, I want to refer to a couple of stories. These are stories in the context of crime and enmity. These stories highlight the profoundness of the simplest definition I have come across for the word enemy – an enemy is someone whose story you don't know yet. Again, it shows the connection between ignorance and fear.

The first story is of a lady named Camilla Carr and her husband Jon James who were abducted by rebels in Chechnya and kept in confinement for about 14 months. During this time she was raped a number of times by one of her captors. Eventually as she got to understand his back-story, she remarked in an interview at the Brahma Kumaris retreat centre in Oxford – "Behind every hurting being, there is a hurt being." Here is the introductory link to Camilla's story –

<https://www.theforgivenessproject.com/stories/camilla-carr-jon-james/>

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You will find the second story, that of Andrew Rice at

<https://www.theforgivenessproject.com/stories/andrew-rice/> Andrew and a group of other family members of 9/11 victims met the mother of Zacharias Moussaoui who came to the US to seek their forgiveness. Do read the moving story along with that of Phyllis Rodriguez and Aicha el-wafi – the mother of Moussaoui at

<https://www.theforgivenessproject.com/stories/phyllis-rodriguez-aicha-el-wafi/>.

The final story is of Avantika Maken who eventually met and forgave the man who shot dead her parents in the wake of the 1984 anti-Sikh riots in Delhi. As you watch the story in Rubaru Roshni, you realize that for all the years that she hated her father's killer, she didn't realize what had provoked him into doing it. And when she had heard his side of the story, light came in.

Wishing everyone light, wisdom and the expansion they bring.

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## WeCare Master-Class Schedule for September '20

WeCare Master-Class Courses	Schedule	Conducted by
Certified Transactional Analysis Foundation Course	19 <sup>th</sup> Sep – 22 <sup>nd</sup> Sep (Sat – Tue) 6pm – 10pm	Pratima Jadon - Transactional Analyst and Access Bars Facilitator
Jumpstart Your Business (An Access Consciousness course)	20 <sup>th</sup> Sep (Sun) 9am – 12pm	Smriti Goswami - Business Coach, Life Coach, and Access Consciousness Facilitator
WeCare Master-Class FREE Webinar	18 <sup>th</sup> Sep (Fri) 8pm – 9pm	Smita Degolia - Woman Leadership Coach, ICTA Certified NLP Master Coach and Enneagram Master Practitioner.
WeCare Meetup (a monthly webinar where you meet and get to hear from our coaches and alumni)	25 <sup>th</sup> Sep (Fri) 8pm – 9:30pm	All Coaches, Trainers, Alumni, and Visitors

For details, please refer to our websites...

[www.mindmatrixwellnessstudio.com](http://www.mindmatrixwellnessstudio.com) and [www.icta-asia.com](http://www.icta-asia.com), or Contact us on

+91 9823770352, +91 9030124615, 020-67271032