



Mind Matrix Wellness Studio Presents

WeCare NEWSLTR

Volume 1, Issue 7: January 2021

2021

Happy New Year

Mind Matrix Wellness Studio wishes you a blissful,
magnificent & rocking year ahead!



Vision: Creating Holistic Minds and Cosmic People

Mission: WeCare is an invitation to connect with Wellness Coaches and Practitioners to live as an integral being and lead a purposeful life

Values: Connect - Collaborate - Create

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Movie of the Month: "Inside Out" released by Walt Disney Pictures



"Inside Out," is an animated movie that depicts the goings-on inside the mind of a 11-year old girl, Riley, who is depressed about her parents' decision of moving from Minnesota to San Francisco, separating her from her friends. Riley's emotions are so well depicted and illustrated by the interplay of five animated and cartoon characters: Joy, Sadness, Fear, Disgust and Anger. The story plays out with a Master Control Room having a board which the five major emotions jostle against each other, to control. Sometimes Joy is the dominant emotion, at times Fear, and other times Sadness etc.

A "Train of Thought" that carries us through Riley's subconscious evokes one of those miniature trains you ride at zoos; The story kicks into gear when Riley attends her new school on the first day of fifth grade and flashes back to a memory that is color-coded as "joyful" but ends up being reclassified as "sad" when Sadness touches it and causes Riley to cry in front of her classmates. But soon we realize that Sadness has just as much of value to contribute, that Anger, Fear and Disgust are useful as well, and that none of them should be prized to the exclusion of the rest.

The film is even more remarkable for how it depicts depression so subtly that it never has to label it as depression. Inside Out is a movie that is based on the psychological development of the brain. The movie shows how Riley's brain is moved by emotions, anger, joy, sadness and disgust. Joy is the main character just because in Riley's early childhood her core memories all had to deal with joy. Memories from the childhood help develop the child's brain the most because the memories help the cognitive part of the brain. The culture and self-esteem have a lot to do with the memories and how a child's attitude is formed based on beliefs and values.

A Must watch from the lens of Coaches, Therapists, Psychologists and of course for Parents and Children to understand the role of "Emotional Intelligence".



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Upcoming Workshop Schedule



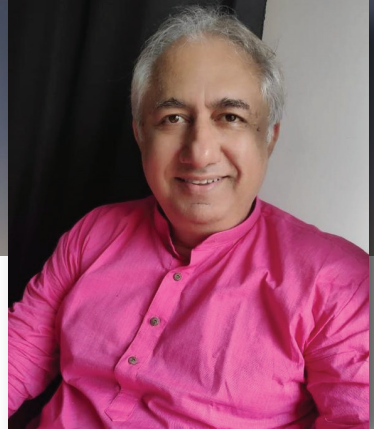
ICTA Certified Online LIVE Courses	Dates and Timings	Organised by Mind Matrix Wellness Studio and Facilitated by	To know more and to Register, kindly click on the following link
Transformational Time Line Workshop	Jan 09 th – 10 th (02:00 PM – 06:00 PM)	Ganesh Srinivasan	http://www.icta-asia.com/timeline-transformation/
Certified Access Bars Practitioner Training	Jan 30 th – 31 st (03:00 PM – 07:00 PM)	Kusum Gandhi Vig	http://mindmatrixwellnessstudio.com/access-bars/
Certified Enneagram Practitioner Training	Feb 06 th – 28 th (07:00 PM – 09:00 PM)	Latha Iyer	http://mindmatrixwellnessstudio.com/enneagram-practitioner-workshop/
Certified NLP Coach Practitioner Training	Feb 20 th – Mar 14 th (03:00 PM – 07:00 PM)	ICTA Certified NLP Trainers and Master Coaches	http://mindmatrixwellnessstudio.com/certified-online-live-nlp-coach-practitioner-training/
Certified Enneagram Master Practitioner Training	Apr 10 th – 16 th (07:00 PM – 09:00 PM)	Julia Kubova	http://mindmatrixwellnessstudio.com/enneagram-practitioner-workshop/
Akasha Healing and Personal Empowerment Workshop	Jun 05 th – 09 th (03:00 PM – 07:00 PM)	Jack Makani	http://mindmatrixwellnessstudio.com/online-live-akasha-healing/

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Tantra and Meditation - Mr. Lalit Parimoo

Tantra is the oldest system that shows the practical path of liberation in the physical, mental and spiritual world. In order to understand Tantra, one has to learn meditation or Sadhna and regularly practice it. The root letter TA means staticity or inertia and TRAN means liberation or freedom and hence that which liberates from staticity or inertia is TANTRA. As life exists in three spheres - body, mind and soul, so Tantra is practiced in all the three spheres.



**Actor, Author, Founder,
Tantra Practitioner and trainer**

Ordinarily we are in spiritual slumber or spiritually asleep and in order to awaken ourselves from the bondages, we need to learn the TANTRIC system of meditation which teaches the science and technique of AWAKENING

In India, since ancient times, two systems of initiation or Deeksha have been prescribed. The first was Vaidiki Deeksha and the second Tantric Deeksha or initiation. Vaidiki Deeksha was introducing an aspirant to the system of prayers and invocations, the inner essence being requesting the Supreme Being to lead him from darkness to light. In the Tantri Deeksha, one learnt the practical methodology of this movement towards the Supreme Being.

Tantra explains that if the whole universe is taken as a circle then the nucleus of this circle is the Supreme Consciousness or PARAMPURUSH and the entire existence that includes all and everything, is at the circumference of that circle. The movement from the circumference to the nucleus of the circle is DHARMA and our spiritual sleep is due to the distance from the nucleus. With the help of Dharma Sadhna or meditation, one can reduce this distance and eventually, one fine moment get merged with the nucleus or the supreme consciousness. This movement is associated with waves of infinite happiness (Ananda or bliss) and the more one experiences this Ananda or bliss, lesser becomes the distance.

There are two major parts of Tantra Sadhna which need to be understood and clarified. One is called Vidya Tantra and the other is Avidya Tantra. Keeping the analogy of the circle and nucleus in mind, the movement towards centre of the circle is Vidya Tantra and the movement away from the centre is Avidya Tantra. On the path of Vidya Tantra, the goal is to attain liberation and immortality and get completely merged with the Supreme Consciousness.

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On the path of Avidya Tantra, the goal is to gain few mental powers and attain material happiness. The ideal path is the path of Vidya Tantra. In the past when Tantra was popular, and there were so many teachers and followers, sixty-four Tantras got recognized and functioned simultaneously.

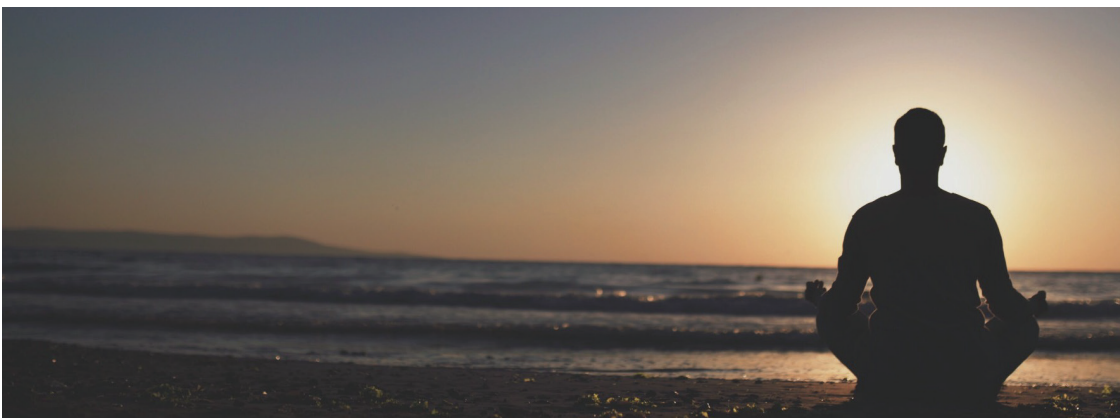
Five of those schools remained functional for a long time:

- 1] Shakta Tantra
- 2] Vaishnav Tantra
- 3] Shaiva Tantra
- 4] Ganpatya Tantra
- 5] Soura Tantra

It is generally advised that the Tantric methods must be learnt from those who are the practitioners and have walked few miles. There are few important concepts and salient features of Tantric philosophy that makes it unique and practical. An aspirant or a beginner will have to study with a teacher in order to have a basic understanding of those tantric concepts.

Few of them are:

1. Tantric theory of creation
2. Kundalini
3. Role of chakras
4. Ishta mantra
5. Ishta chakra
6. Mantra awareness
7. Ideation
8. Matraka chakra or the 50 propensities
9. Purification of chakras
- 10 Different kinds of Samadhi



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"Align Your Brain Coaching to help Women Entrepreneurs become self-reliant" - Mrs. Preetha Balakrishnan

As a Women's Independence Coach, my vision is to help 100,000 women become self-reliant. My Vision has an emotional connection and the story linked to my vision is my own Brain Wiring!

I remember a time when my mother would add marks and tell people that I was good. This led to me being able to sense when people don't feel good about themselves and it resulted in myself appreciating and encouraging people, especially women, as that made me feel complete!

All of us know about women and the natural career breaks. I had those too, and it led me to have a narrative that does not help, most of the times! "What if I am not good at technology as the youngsters...", and the like.

Therefore, my vision speaks and I have created courses which will help clear the fog in women's minds to achieve their goals.

How?

I am a life coach and I use a unique combination of brain science and NLP to coach my clients. Today, I am coaching women from IBM and DELL. This unique combination of Brain Science and NLP has helped enhance my coaching process. The credit here goes to Mind Matrix for this. I am Masters NLP certified from Mind Matrix. The most accessible Mind Matrix team made NLP learnings so easy for me to integrate it with NLI- Brain Based approach to Coaching. The products that I have designed, enable people to gain knowledge of Brain Science at various levels to wire themselves positively. Today, I nurture 100-odd women for them to learn and implement behavior. Whether it is Brain Nuggets in the Silver level to Brainathon in the Gold level or 121 coaching process in the final level. One enhances the other and helps women wire themselves positively.

I have introduced NLP techniques at all levels to integrate the change at a subconscious level. Do join me for my 5-day "Discover the superwoman in you for 5 days" to unleash that ruthless, powerful and fearless self of yours, for you to get access to what I do: <https://courses.preethabalakrishnan.com/superwoman/>.



Director, AlignYourBrain
Training and Consulting LLP

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Unlearn to Relearn – the journey of entrepreneur and nutritionist Deepika Chalasani and Fit4Life India

"Today's women are truly harnessing their multi-faceted potential like never before. They are pursuing their careers aggressively, having their own identity and are still nurturers on the home front. Many women today are breaking stereotypes, walking on uncharted waters, pursuing their dreams, their passion and entrepreneurship is just another feather in the cap.



Clinical Nutritionist; Mind-body
Transformation Coach

All this has been possible because firstly, women today dare to dream big (something we have not witnessed before) and because there is a supportive eco-system. Behind every successful woman, there are parents who inculcate the right values to balance all the roles, a supportive husband, children who are adapting to their mother's multi-faceted personality and finally in-laws who help balance all the roles.

My journey as an entrepreneur has been truly enriching. I have helped many Indian families around the globe change their food habits and lifestyle towards good health and wellness. Entrepreneurship is a level playing field for everybody. There are no advantages or disadvantages of being a woman. Like every professional has to keep doing good work to get to the top, so is it for a nutritionist and there are no short-cuts. Every individual pursuing entrepreneurship after a successful corporate career has to unlearn and then relearn. The same rule applies to women and/or to a nutritionist. Especially, if we are looking to expand our horizons and do want to provide services globally, we need to wear two hats – first of a nutritionist and second of an entrepreneur. Since I work in the mind & body space, I need to additionally look at both nutrition and the mind and the mind-body dimension.

Having completed my masters in HR from Symbiosis, I moved to the corporate world. With no health challenges whatsoever, at 31, I decided to start a family. Pregnancy saw me putting on massive weight, which didn't go post-delivery, in spite of all crash diets, gymming etc. At 39, at the peak of my career, while on the one hand I was coaching CEOs and Top Management from large MNCs, on the other hand, I could see my health give away. I would get tired very soon, at home I would be irritable with the kids, would have extensive mood swings, knee pains and sometimes palpitations.



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A medical check revealed borderline diabetes, BP, cholesterol etc. The doctors told me to sort myself out and I decided to find a solution for my weight woes.

Inspired by my parents' focus on health and nutrition, I decided to study nutrition, ably supported by my father's immense nutritional knowledge. While I was studying nutrition, working on myself and losing weight, I realized a very big role in sustainable weight loss or good health is the mind - "who we are as an eater" is as important as "what we eat". We all have limiting or dysfunctional beliefs, which does not allow us to lose weight sustainably and happily. Thereafter went on a journey of working on my mind. Today, at 47 years, I am my slimmest best with a fantastic health.

Today we support Indians across the globe on diabetes, sustainable weight loss, energy & fitness, auto-immune ailments like arthritis, fatty liver, heart health, cholesterol, BP, triglycerides etc. Leveraging technology, I have also been able to tap into human resources talent and blurred geographies and time zones. An all-women's team, I help them balance their home and work. I have also aggressively diversified into the health snack food market.

At Fit4Life India, we offer customized plans on weight management, diabetes & other metabolic disorders, lifestyle related ailments like cholesterol, triglycerides, arthritis, PCOD, children health, and Energy and Fitness, since 2012. We have helped thousands of families and clients in India (Tier 1 & 2 cities & some towns), North America, Europe, Australia, Asia (Middle East and South East).

I would like to share one message with all women entrepreneurs - **Don't give in, don't give up, don't quit!"**



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GIFT IVAL



As part of 'WeCare MeetUp' which is inspired by the 'The Go- Givers' philosophy and a celebration of the gift culture, 'Giftival', Mind Matrix Wellness Studio congratulates the following winners.



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Neuro-Linguistic Programming

Unlock your *limitless* possibilities.

The Go-Giver Winner 1: **Pawan Gajra**

The Go-Giver Winner 2:
Manoj Shivnani

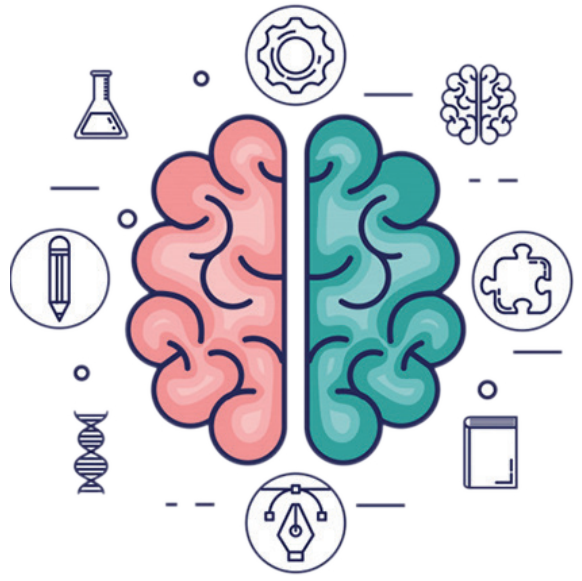


D.M.I.T.
TEST

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The Go-Giver Winner 3:
Sushma Shivnani & Sunil Sundrani



**13 Video Series
PACK**

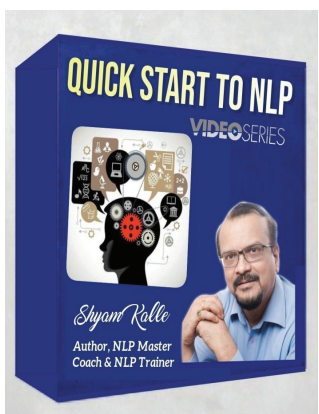


BONUS 3 Videos



eBook

The Go-Giver Winner 4:
Shashin Nagarcenkar





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Our Core Team

WeCare....coz we truly do!



Kusum Vig

Counseling Psychologist,
Certified NLP Trainer,
Enneagram Master Practitioner
& Access Bars Facilitator



Sulogna Gupta

Corporate Behavioural
Trainer & Enneagram Master
Practitioner



Shyam Kalle

Author, Mentor Coach, NLP
Master Coach, ICF Coach,
Facilitator



R.S. Sreekumar

Certified Strengths Coach,
NLP Master Coach,
Appreciative Inquiry
Practitioner



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