



To See the World in a Grain of Sand

Workshops: April 16th & 30th

Facilitator: Jayashree Singh

Age group: 11+ to 16

A STUDENT WRITES.....

"I attended a workshop at the Gnostic Centre titled "To See the World in a Grain of Sand". This was a two-day session. The workshop basically dealt with the five senses that humans are gifted with.

On the first day the senses of sight and sound were taken up. We started the workshop with a few minutes of silence and then we learnt how our senses act as ministers to our souls. We saw the difference between 'seeing' an object and 'looking' at it and also the difference between 'listening' and 'hearing' something.

We saw how a single object could create different feelings within different people because of which we can come to know more about ourselves. In the middle of all this we had a nutritious lunch break. Our session ended at around four.

On the next day the senses of touch, taste and smell were taken up. We learnt how one could be more aware of one's surroundings and become more conscious. We also saw that the type of meal one consumed also affected that person's character. In the last hour of our session we learnt two exercises: 'Stepping back' and 'Shadow and light'. Our session ended at around four again.

Both the Sundays that this workshop occupied were enjoyed by all of us. The location of the Centre is very beautiful and there is peace, calm and serenity in the environment. By attending the workshop I as a student have gained a lot. I learnt how to be more patient and control my thoughts and decisions. I have learnt to think before I act. This has greatly helped me to make correct and practical decisions.

I loved the ambience and the workshop as a whole. I look forward to attending another workshop."

🐾 Supriya Sathe (14yrs.)



FROM THE STUDENTS' WRITTEN FEEDBACK

"This workshop has basically enhanced my usage of the senses.

To know that they will be aiding me, in whatever I may do, it just somehow makes me feel richer in a true sense. It gives me relief to know that even when the world is in turbulence, chaos, I can go within and find peace and quiet."

- Stuti Gujral (12+)

"Summing up (the morning session)

- * Learnt about the senses
- * Senses help make decisions
- * Preferences change
- * The mind changes
- * Learnt how to solve problems

The Afternoon session

- * Learnt how to acknowledge the inner self by:
 - a. Stepping back
 - b. Light and shadow exercise
- * There is no limit to how much one can refine himself/herself

The most learning moment was the time when I realised there is no limit to growing. Also how I can analyse myself. Actually, I was learning something new every moment."

🐾 Joyita (13yrs.)