



Power of Attitude

A Short Course: Feb.19th to May 14th, 2000

Course Guide: Ameeta Mehra

The Short Courses at The Gnostic Centre are a unique feature of its research and application of Integral Yoga in daily life and work. They provide time, space and structures that enable the students to work with sustained concentration and intensity on an aspect of their nature, life, relationships that needs focused attention in order to progress further. This forms the focus of applied research that the student takes up through the course, with support from the course guide. The group meets on weekends, at a time convenient for working professionals and full-time students, for inputs from the course guide, sharing and feedback amongst the peer group. Study, reflection, meditation, introspective worksheets, discussions, sharing, mirroring, self-assessment, accountability, support, research and application, presentation - these provide the basic structure.

The following provides an insight into the recently concluded course: 'Power of Attitude'. Sitting through the final presentation session, where each student shared what their journey had been through the course and frankly admitted their areas of success and failures, one touches upon the depth and intensity that all concerned - the students and the facilitator - have brought to this course. For each it has been a saga of personal growth, self-confrontation to which they have willingly consented and made time for despite very heavy schedules and demands as full-time working professionals.

A STUDENT'S ACCOUNT

"The Power of Attitude course began on the 19th of February. It was a brand new year and all of us, who came together for the course, were a varied lot - came with the idea of doing something new and exciting.

We hear the word 'Attitude' so often, we adopt an attitude so often - yet none of us were even remotely aware of what the Power of Attitude course was all about.

The first collective session was a real starter - we had to name the attitude we wanted to work on, for the next two-and-a-half months. Lots of reflective hats went on and helped by Ameeta, people came up with those attitudes that troubled them most - seeking a change through the course. So we had anger, emotional security, sincerity, self-justification, reposing in the calm, self-giving and faith on the menu.

There were regular collective sessions, where peer-group interaction, content matter, guidance, participation, stock-taking through activities and questionnaires, were interestingly put forth. The individual sessions helped put the backbone to

THE STUDENTS

- Amit Gujral
Business (Fashion Design)
- Chetana Kaur
Student (History)
- Gouri Shanker Gupta
Business
- Gurmeet Juneja
Resource person, Mirambika
- Jayashree Singh
Teacher, Modern School
- Kavita Sharma (Dr.)
Principal, Hindu College
- Nitika Gujral
Business (Fashion Design)
- Prabhjot Kulkarni (Dr.)
Reader, Vivekananda College
- Sangita Gupta
Housewife
- Yogita
Facilitator, The Gnostic Centre

the course; but the actual work was done individually through maintaining the self-reflective journal and later, writing the monograph.

At the final session, presentations were made by each member and unanimously all of us felt that the journey needed to go on. Our course guide Ameeta, has equipped us with valuable tools, which need to be used extensively now, in reshaping other attitudinal areas.

Personally, I felt that the Power of Attitude course made me confront an area in my nature which would never have been detected otherwise; and it would have continued to cause untold harm, as it had done in the past, if allowed to exist unseen. The course also put me in touch with the 'inner determining power', the midas-touch, to a new attitude.

Thank you Ameeta, for showing us the way."

🙏 Jayashree Singh

RESEARCH (MONOGRAPHS)

- AN UNDERSTANDING OF VITAL LOVE AND HOW IT FUNCTIONS
- ANGER: ITS CAUSES & CURE
- EMOTIONAL SECURITY
- FAITH: A TOOL TO CONQUER FEAR
- HARMONISATION OF MATERIAL LIFE WITH SPIRITUALITY
- OVERCOMING THE ATTITUDE OF SELF-JUSTIFICATION
- REPOSING IN THE CALM: A JOURNEY INTO THE INNER SELF
- SINCERITY

REASONS FOR JOINING THE COURSE

- "1) Inner growth and progress. 2) Identification of true self and one's true objective. 3) Realising Peace, Calm, Strength and freedom from Fear and Bondage."
- "a) To get rid of my fears! b) To seek peace of mind!"
- "To improve myself."
- "1. I need to learn to be conscious. 2. Attitude determines work, relationships etc. - I want to improve all these areas. 3. Develop inner attitude."
- "I wish to pursue this course because I feel that attitude is an integral part of life and if I change my attitude I can change my life."
- "I worry more than required and get depressed for flimsy things which a part of me knows but am unable to help it. In fact the depression can get so strong that at that point of time



I am unable to understand anything at all and have a total loss of self esteem and self worth. It is just later when the phase has passed that I realise how unnecessary the whole thing was. Outwardly, however, I remain very calm. The important thing surely is not to disintegrate so much from within."

- "1) To have a deeper understanding of the Philosophy of Mother and Sri Aurobindo on attitude. 2) To apply this understanding in my life to look at myself, others and situations objectively. 3) Increase self-awareness. 4) To understand the philosophy of the Gnostic Centre and its modus operandi."
- "Want to gain more from this course."
- "i) To give new and better direction to my life. ii) Purify internally for betterment of life. iii) To know myself clearly."
- "I wish to join this course as I feel an inner urge now to consciously pursue this path of Sadhana. To be able to live constantly in the Presence of the Divine."

EXPECTATIONS

- "I seek to learn about my true identity and progress further towards it."
- "I expect to learn more about my true self and work towards enhancing my potential as a businesswoman, a parent, a wife!"
- "I expect improvement in all aspects, specially attitude towards others."
- "I expect to learn what is the true attitude to keep always, and how I can keep this attitude."
- "I want to be fearless and have smooth relations with people. I expect to work in union with my inner voice."
- "I hope to be able to ward off the irrational depression that after all is only attitudinal and to remain whole, calm and integrated within."
- "1) An awareness of the default attitudes that I have and how they impact me. Use this



knowledge to adopt attitudes that are more empowering for achieving my goals. 2) Learn to be objective and more reasonable.”

- “To learn, to respect, attitude.”
- “i) To learn Sri Aurobindo’s philosophy so that it can be applied in real life situation. ii) To attain perfection in whatever task I undertake.”
- “Through this course I wish to bring more depth to my life, to myself as a person, to my work, in my relationship.”



STUDENTS’ FEEDBACK AT THE END OF THE COURSE

Q. In what ways has the course been of benefit to you, either personally or professionally?

- “It has made me more self contained. I don’t lose my self esteem as quickly as I used to. It has also given me tools to detach myself from the negativity around me although I still slip. When I get too involved and agonised, suddenly a voice tells me to stop and meditate. Also to write my self-reflective journal and to confront the problem.”



- “It has brought a lot of purposefulness in my life. I have stopped judging, I have more faith in the Divine. I feel more comfortable and peaceful with myself and others.”

Q. What features or activities during the course were most meaningful and significant to you? Why?

- “The psychic fire meditation. Individual sessions. Reflecting on the extracts. Reading. Writing the Self Reflective Journal and Monograph. They made me realise how much I live on the outside - thrown into things and people.”

Q. What is the most important or significant thing that you would be carrying away from this course?

- “The fact, that living from within, can be so deeply meaningful and so important, for one seeking inner and outer homogeneity and change.”
- “My faith in the Divine.”
- “A sense of friendship - like interconnectedness of being. Self-containment and faith that the Divine will always do what is best for me.”