



Developing the Powers of Concentration & Meditation

Workshop series with Teachers of Mainstream Schools & Colleges

Facilitator: Ameeta Mehra

March 20th, 22nd, 25th, 27th & 29th

One of the major aims of The Gnostic Centre is to intervene in the mainstream education with Integral Education philosophy and practice. To this end, the Centre has been gradually building up a base in mainstream schools through its work with students and teachers. On the other hand, the schools too are increasingly voicing a need for meditation and other tools of self-development that can help them cope with problems of stress, indiscipline, communication, etc. Keeping this in view, the Centre recently offered a short training for mainstream teachers to teach them methods of concentration and meditation that they could use both for themselves as well as for their students. The main rationale was to train catalysts of change and to enable the schools to be self-dependent so that this process could be sustained from within the school itself. It was quite remarkable that one particular team of teachers who attended the workshops, went on to facilitate similar sessions for their entire team on their own and evoked a good response.

PARTICIPANTS' PROFILE: With the exception of a few individuals (primarily for the Basic level sessions), the workshop series was attended by teachers of the following educational institutions:

- Amity International school (Saket)
- Apeejay school (Saket)
- Apeejay school (Sheikh Sarai)
- Apeejay school (Pitampura)
- Modern school (Barakhamba road)
- Sanskriti school
- Tagore International school (Vasant Vihar)
- Vivekananda college





THROUGH THE PARTICIPANTS' EYES:

Going through the feedback forms filled up at the end of the workshop series, one is struck by the warm appreciation of the programme by one and all and their sincere enthusiasm to apply the learnings and experience in their personal and professional lives as teachers. What follows here is just a very brief glimpse into the response the workshops evoked. The response is a definite indication to the opening that now exists in the mainstream teachers towards making education a much more significant, deeper and holistic experience for themselves and the students. It is also a pointer to the rich insights and tools that Integral Education philosophy of Sri Aurobindo and The Mother has to offer in this field.



“I came here, initially, not because I consciously wanted to, but because the school sent me here. But after the 1st session, I was hooked. I felt a certain sense of calm, and I guess my sessions here have helped me to take some very important decisions. I’m feeling much more prepared to take life as it comes.”

- a teacher from Sanskriti school

“It is a beautiful experience. Concentration has always been a personal problem with me. Here at the Centre meditating is easy but back in the normal course of life, it still is difficult. However some kind of inner quiet has surely been achieved and anger seems to be under control.”

- a teacher from Apeejay school, Saket

“It was an excellent experience and eye opener. Not only do I know where I’m lacking and what vices do I want to remove from my system, I also know what to fill it up with. ‘Seed grows into a plant’ with just nurturing and applying it to the child’s life was simply great and I want to be aware of it all the time. These workshops should be regular and I hope and wish we could come here more often for such learning.”

- a teacher from Modern school, Barakhamba road



A REPORT BY A PARTICIPATING TEACHER:

“The workshop for the teachers at the Gnostic Centre had been an exercise that benefited us immensely. It not only developed ourselves at personal level but also at much comprehensive level of influencing our students and our families who are always in close proximity with us.

The meditation that called for peace and dynamic meditation helped us to realize that God who resides not only in the exterior world but also right within the deep crevasses of our being. The continuous will to feel His presence and to aspire to transform us so that all our defects and shortcomings be erased from our lives, formed the very essence of this workshop.

This indeed had so profoundly benefited us that we teachers at “Amity Saket” had three long sessions with our colleagues and put the wheels of thought into force and practice. We shared our experiences and tried to show them that flame of self-realisation was only through meditation. That flame we so ardently felt and realised ourselves.”

- From Amity Family, Saket (written by Ameeta Mohan, teacher at Amity International school)

