

# Dynamics of Consciousness in Work

*A Workshop with KLM Cargo  
(13th April)*



A sequel to 'Power of Attitude', this was the 2nd full-day workshop at the Gnostic Centre for the staff of KLM Cargo. It provided practical insights on ways to create an ideal organisation, to ensure both individual and collective growth - without sacrificing one for the other. Besides introducing certain tools and concepts for an attitudinal shift in oneself - Discovering a Hidden Treasure, Positive Thinking, Power of Imagination, Establishing Peace in the Mind and Body, Dynamic Meditation - it also dealt with issues of The Ideal Structure, Conflict Resolution, Decision Making and the Inner Causes for Lapses.



The group consisted of people predominantly in their 30s and 40s, and grappling with a stressful, demanding and competitive work environment. When asked 'what they would like to gain from the day's experience', many voiced a need for a 'positive attitude/ positive thinking', and for 'peace/ meditation'; 'effective communication' was another area of concern.



During the group break-out session, each sub-group focused on a particular problem area from their work situation and attempted to resolve it positively by making use of the skills of conscious decision making and taking responsibility for one's circumstances. The issues that were taken up were:

- Dissatisfaction with the Salary Structure
- Lack of Trust and Regard for Each Other
- Inter-Departmental Conflict
- Lack of Coordination between Departments
- Career Development

## ISSUE RESOLUTION AND COLLECTIVE DECISION-MAKING GUIDELINE SHEET

1. Choose a moderator/facilitator of the group, based on the 'Working Consciously method'.
2. The moderator should clearly define the issue and state it clearly, and ensure that there is a collective group consensus that this indeed is the best way to express the issue.
3. It is the moderator's function to ensure that all the guidelines are being strictly followed.
4. Keep the focus of the resolution of the problem not on a third party, but on yourselves. For example, What can you do to minimise the effects of the problem?
5. Use the method described in the article in Resolving the Problem/Conflict/Issue.
6. Use Positive Thinking and the Power of Imagination to come up with creative ideas, possibilities and solutions.
7. Use the method of Conscious Decision Making that we discussed today.
8. Come up with specific proposals/solutions on the issue, both at the individual, personal level and at the collective level.
9. Evaluate your group's functioning and process of Problem Solving.



The very process of voicing these concerns and attempting a collective resolution of the issue, brought to the forefront various other points pertaining to one's own attitudes and group dynamics - which were mirrored for the group's learning by the facilitator. The overall feedback for the workshop suggested the following as the most significant learning for most participants:



- “Power of Positive Thinking and how it can change one's Attitude.”
- “Achieving Peace of Mind through Meditation.”
- “Conflict Management” / “Issue Resolution”
- “Looking into One's Self and Making the Best out of Situations.”

A number of them voiced the need for greater inputs and time for learning the techniques of meditation.



### *A Workshop with the National Academy of Customs, Central Excise and Narcotics (5th May)*

A workshop on the theme of ‘Dynamics of Consciousness in Work’ was also held for a group of 24 Customs and Excise officers from NACEN, from different parts of the country, currently undergoing skills enhancement training at Faridabad. The core components for this session were:

- What is Consciousness and how does it operate in us
- How does one's Consciousness affect one's Attitudes and Work
- How to work from the Inner Attitudes, and why is it important
- Meditation on Inwardising the Consciousness
- Faith in Oneself and in Life (Inner and Outer story)
- Understanding and practice of 2 winning attitudes for Dynamic Progress
- Meditation on Establishing Peace in the Mind

#### **HIDDEN TREASURES Self Awareness Questionnaire**

- I am willing to acknowledge my mistakes.
- My closest friends would agree that I am willing to acknowledge my mistakes.
- I learn from my mistakes and rarely make the same one twice.
- I question “conventional wisdom” and authority.
- I have changed a deeply held belief because of practical experience.
- I persevere in the face of obstacles.
- I view adversity as an opportunity for growth.
- I view Life as a Mirror – outer circumstances are related to my inner attitude and state.
- I have made constant progress my goal. Therefore, when someone points out my mistake, I experience joy at finding something to work upon and get rid of.

*“When in your work you find something giving trouble outside, look within and you will find in yourself the corresponding difficulty. Change yourself and the circumstances will change.”*

**The Mother**