

Online Workshop  
on

## Analyze, Understand, and Regain Control Over Your Mind

December 6 – 10, 2021 (Everyday: 8 AM -10 AM)

Are you controlling your Mind, or Mind is controlling you? If you try to interpret it, you will come to know the correct answer of it. Usually, we think that I am controlling my life. However, it is a delusion:

- *If you do not able to stop reacting to all the destruction happening around you.*
- *If you are not able to control uses of internet, mobile, computer, newspaper, online game, etc.*
- *If you are experiencing Anger, Disappointments, Depression, Worry, Resistance, Boredom, Anxiety, Fear, and Tension even for couple of time in a day.*
- *If you are not continuously experiencing Freedom, Success, Progress, Strength, Confidence, Self-Control, Awareness, and Happiness.*

It is the right time to do the self-analysis and get your control back.

The proposed workshop is all about self-analysis, self-understanding, and finally, regaining control. Please remember this "*Your first responsibility in life is towards your own mental advancement.*" The entire purpose of this workshop is to change ourselves. Our basic plan is to change how we think, speak, act, feel, respond, and perceive.

### Topics of the Days

Day 1: Mind: Memory - Future - Past - Thought - Emotions - Desires - Self Analysis

Day 2: Subconscious Mind: Consciousness - True Self - Attitudes - Viewpoint

Day 3: False self: Habits - Depression - Worry - Boredom - Anxiety - Fear - Tension

Day 4: True Self: Freedom -Success - Strength - Confidence - Decisions - Personality

Day 5: Acquired Now: Self-Control - Awareness - Happiness

### Daily Schedule (2 Hrs) (8:00 – 9:00 AM)

40 Min Introduction to the topic of the Day

05 Min Break

30 Min Practice and Answer a Question on Google Form

05 Min Break

20 Min Self Analysis based on today's topic

20 Min Discussion and Q/A

### Who will attain?

UG/PG/Ph.D students and anyone who are interested to explore own-self.

**NOTE:** It is a free event.

**Registration:** If interested, please submit the below form.

<https://forms.gle/paxFKuMatMFbwkRj9>

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Important questions that we will be discussing during the workshop for each day are as follows

### **Day 1: Mind: Memory – Future – Past – Thought – Emotions – Desires – Self Analysis**

- What is Mind?; How does the Mind work?; *Minds Jobs?*
- What is memory, thought, and emotions?
- What are the obstacles in the path of Mind?
- Who will remove the obstacles of your Mind?
- How to remove the obstacles?
- What is the importance of self-analysis?
- How to observe our progress?
- What do we mean by clear thinking?
- How to escape from negative emotions?
- How to win the everyday war of compulsive desires?
- Who is living your life?
- What do I really want from this life?
- How can I achieve anything that I want?

### **Day 2: Subconscious Mind: Consciousness – True Self – Attitudes – Viewpoint**

- Your Subconscious Mind
- What is this Consciousness, and how is it useful?
- What is the true and false self?
- How does help arrive when you connect with your true self?
- Why is it so hard for me to change my attitude?
- Is my viewpoint correct? If not, How to alter it?
- How to make effective decisions?

### **Day 3: False self: Habits – Depression – Worry – Boredom – Anxiety – Fear – Tension**

- How do we waste ourselves?
- How to overcome unwanted habits?
- How to dissolve disappointments?
- How to overcome depression?
- How to conquer your useless worry?
- How to defeat the problem of resistance?
- What is the power of non-resistance?
- How to discharge boredom?
- How to have freedom from the negative self?
- Is it possible to remove daily anxiety?
- What is fear?
- How to escape from all fears?

### **Day 4: True Self: Freedom – Success – Strength – Confidence – Decisions – Personality**

- How to get rightful mental freedom?
- What do we mean by self-freedom?
- What is the method that sets my Mind free?
- What is success?
- What are the diamonds of everyone's natural personality?
- Does willpower exist? What is it?
- What is personality?
- How to build personal strength?
- How to achieve your self-confidence?
- How do you make accurate decisions in life?

### **Day 5: Acquired Now: Self-Control – Awareness – Happiness**

- What is this Now that we all have?
- How to achieve thought-control and self-control, which give us self-development?
- How to fly to crowns of mental awareness?
- How to mine the diamonds of happiness?
- What destroys our happiness?
- How do I regain my treasure of happiness?
- As a successful person, what do you really want?