

## **International Webinar on The Possibilities of The Mind: Unlocking The Immense Capabilities of the Unconscious**

**Athrey C, 19 UAN**



The department of KAUSHAL Kendra, Loyola college organised International Webinar on The Possibilities of The Mind for the faculty and students on 25 June 2020. Ms. Sirish is an energy worker and mentor who offers coaching through a unique holistic approach and various energy modalities including water therapy, energy massage and healing through sound. She was trained under a Tibetan singing bowl healer in Nepal and water flow therapy inspired by WATSU in auroville. She has also undergone training by Richard Bandler, the co-founder of NLP.

The magic of the webinar was that the resource person showed us how to fix and repair ourselves without any help from outside. With an interdisciplinary approach based on psychology, neurology, philosophy and quantum physics, she sharply explained how healing methods help us overcome certain reactions to stressors that lead to stress, anxiety, depression, anger.

Especially this unprecedented time of Covid-19, where there is a collective consciousness of fear, doubt and anger, the words of Chikky Sirish's talk was like a healing touch over the web. Most of the time, we do not realise that it is the focus that we have on fear, which leads to anxiety and depression.

## When We Know Better, We Do Better



Ms. Sirish says, "when we know better, we do better". Thus, we must know that spreading awareness on certain issues can bring up a great change within ourselves. She highlighted how the perception of the mind constantly changes as we always tend to carry problems and face unlimited challenges. We keep on breaking these mental and physical barriers and thrive in order to succeed.

Ms. Chikky Sirish also highlighted the concept of changing our mindset which can ultimately result in creating endless possibilities. She then explained about the human brain-its neurons, powerful workings and its conscious and unconscious behaviour. Also, the connection between thoughts, language and behaviour can be overriding as when we keep expressing the same over and over, it feels as almost as being insane. Hence, there exists a pattern in all the three and there needs to be a change in at least one.

Ms. Sirish then brought up the abstract of 'focus'. Many things become different when we figure out the number of choices that occur. We all focus on something and get the results we expect. It is very easy to miss something that we do not expect to miss. We do not realise that we only focus on one primary subject, while we miss many others. She clearly explained how focus activates better behaviour.

The day we learnt how positive emotions can help us to attain positive results. She also described the workings of protons, neutrons and quarks which bring out energy-just like the cosmos, our body is also a bundle of energy. So, we have to sharpen the positive energy.

For people losing income and going into depression post-corona, her session was the required dose of energy to replenish themselves.