

Report on 94th edition of Man-Catching Training of Minds

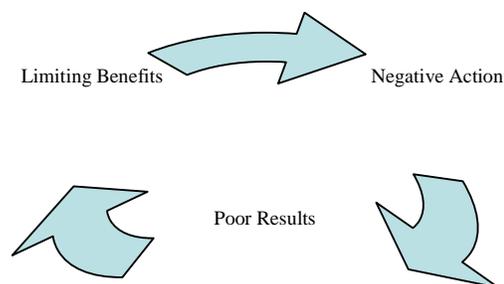
I have attended the 94th edition of Man-Catching Training Programme at Hosanna Mount, Bharananganam, Pala held from **12.10.2011 to 15.10.2011**. It is a four day residential life enrichment programme aimed at Personal and Professional Growth and Transcendence. There were 15 participants representing various organizations like CDB, FACT, RBDCK, Santa Alphonsa IELTS Academy, Areva Business Solutions etc. The faculty team consisted of Shri.George Karunakkal, Prof. Tommy Cherian, Shri.K Babu Nalakath, Shri.Benny Kurian, Smt. Ancy Joseph and Smt.Jincy Justin and other senior committed man catchers.

The training programme started at 18.00 hrs on 12.10.2011 with the introductory remarks of prof. Tommy Cheiyan. In this session **Mind Empowerment (ME)** was discussed in detail. ME consists of 4 major components viz;

- “ME” : the person – discovering the self – (most difficult)
- “ME” : the relation – discovering the others – (Kayen-Habel-Bible)
- “ME” : the leader – discovering the mission – (Influence on others)
- “ME” : the unlimited – discovering the ultimate (Spiritual-God)

Through Mind Empowerment one can achieve personal effectiveness by building up personal confidence. This will also help to improve the effectiveness of relationship through which the relationship with others can be improved. The ME will also improve the Professional Effectiveness by good decision making. In the day to day life while discharging various duties, one need not be afraid of making mistakes. We should respect each other, people, community, places etc. One should also be conscious of keeping the timings and respect the feelings of others. This was followed by an eight point Hello, How Are You ? proforma on self by rotation. Self introduction and the eight points proforma entries by personal meeting were also held on the day.

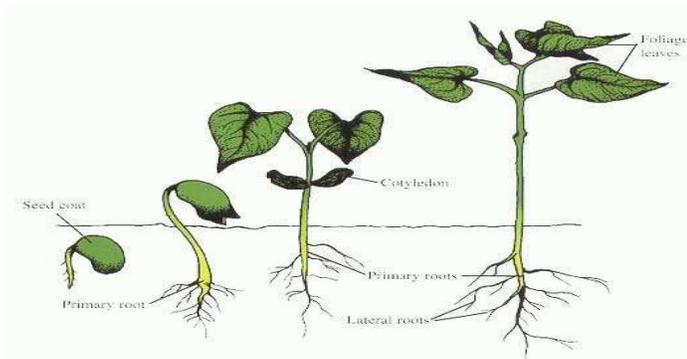
On 13.10.2011, the programme started by 06.30 with Yoga. The session on the day started with MILLY. This was followed by Limiting Beliefs (LB), Self Doubts (SD) and Comfort Zone (CZ) Self Analysis. One shall not limit his growth by limiting his own beliefs. The self doubts may also restrict the growth. Similarly remaining in comfort zone without R&D progress may also lead to self/organizational deterioration.



A 26 point self analysis was held on various aspects viz; I cannot initiate Friendship, I cannot make a Speech in Public, I am poor in making Decisions, I am Unhealthy, I cannot say ‘No’, I am afraid of expressing my Opinions, I am a poor Time – manager, I cannot Forgive and Forget, I cannot manage my Anger and I am Afraid of taking Risks. There after a critical analysis of the same to self assess the weakness was made. This was very useful in analyzing our own defects and rectifying the same.

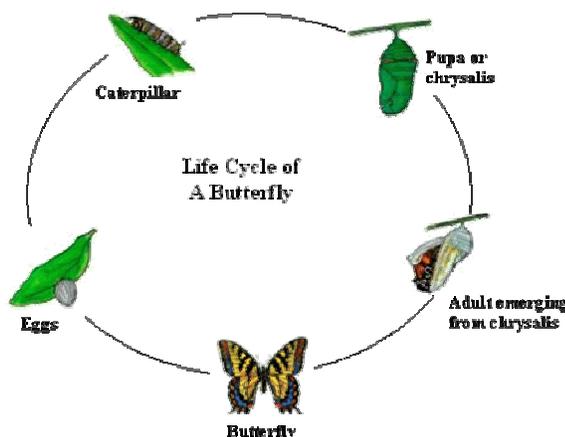
GROWTH AND TRANSCENDENCE

Growth is the development of anything which is only upto a certain level where as transcendence is the growth much Beyond any Expected level. The target of each individual should be to reach Transcendence in the field of their activity. For achieving transcendence, one has to first break the limits in their minds and fix the target of **growth as the sky which has no limits at all**. Once the mind is set one can grow beyond and reach transcendence. Transcendence should be the target of life in its fullness.



(As the plant grows upward the root also grows downward)-

The butterfly technique of meditation can help a lot to concentrate the mind and reach transcendence stage. The egg of the butterfly is only a small . (dot) which later becomes the larva and further the pupa. At these stages it never imagines that it can become a butterfly. The pupa meditates and fly out of the cage and flies as the beautiful butterfly to the nature. Accordingly we all individuals can also become much useful, beautiful butterflies (human beings) of nature.



(Butterfly technique of meditation)

The Seven Laws of Attraction

There are seven laws of attraction which could help one to relate these principles to their day to day life activities. When making choices about how to be, think, speak or act.. always be conscious of these principles and you are attracting back to you.

- i. ***The Law of Manifestation:*** - Consciousness is always a choice. It's the choice to bring your awareness to the present moment, the decision to see and prioritize that which is truly important, that which is genuinely honoring and the value enhancing in your life. Our constant question must be: what am I focusing my consciousness on right now? Then the question that follows is: what might this consciousness be creating for me?
- ii. ***The Law of Pure Desire (or Unwavering Desire):*** When you are driven by pure intention, free of fear, doubt and desperation you can be certain of a beneficial outcome. For your wishes to be pure you must genuinely believe that you are worthy of what you want.
- iii. ***The Law of Paradoxical Intent (or Delicate Balance):*** Desperation creates the Paradox, in warning that you will get a return of your negative energy, if you are desperate to make things happen. That repulsive vibration will push it away, turning away the very people and situations that might bring your desired outcome. You are bound to push away the very thing that you are desperate to have.
- iv. ***The Law of Magnetism:*** We can only attract the same kind of energy that we put out ourselves. The Universe is filled with vibration that scientists call "strings" of energy it moves within us from and all around us literally all the time, whether we are aware of it or not. Each of us is a part of a vast exchange and expansion of this force that takes place in the Universe every moment of every day.
- v. ***The Law of Harmony (or Synchronization):*** When you consciously choose to create balance and align yourself with the Universe, your intention and energy open the flood gates of Universal abundance, allowing you access to all the insights, power and blessings that the world has to offer.
- vi. ***The Law of Right Action (or conscientious Action):*** Your energy is self-perpetuating in the world. Value, honor, and dignity will increase in your life to the same degree that you promote them in the environment around you. On the other hand if your actions work to tear down the value, honor or dignity of others, then that destruction will return to you according to this principle.
- vii. ***The Law of Expanding Influence (or Universal Influence):*** Energy expands in the world and has influence in your personal arena and in the world at large. You can and do have an impact on everything, from the productivity of your company and the harmony of your family. About 45,000 to 65,000, thoughts comes through an individual everyday. We can make these thoughts positive and send positive energy which can create positive waves in the universe. We are all connected to the almighty God.

DISCOVER ME AND OTHERS

Each one of us have 3 phases in our life and behaviour patterns ie Child-Adult-Parent. Our behaviour pattern depends upon the domination of these 3 factors. The child ego is always to get love from others; the adult ego is the maturity ego and the parental is the most loving and fulfilling stage.

STROKE

Stroke is the individual caress/hit which we give to other individuals. There are different strokes through which we could make changes in other individuals. While giving stroke to others don't focus on things which are not required and Focus only on what I want. There are different Strokes viz:

Target Stroke: This stroke is given by way of incentives for achieving certain target of goals. Concern is the target stroke for all women (wife). It involves proximity, similarity and physical presence. Husband's target stroke is the need for support to become a winner. Children's target stroke is an unconditional love of father and mother .

Conditional positive stroke and unconditional positive stroke:

Conditional positive stroke is the stroke given if certain conditions are fulfilled where as unconditional positive stroke is the one which is given unconditionally and lavishly to our affectionate individuals. eg. the love and affection given to a totally sick and bed ridden wife is unconditional stroke. By giving this I can become a good man catcher.

Unconditional –ve stroke:

It is the most worse stroke in this world. eg. Cursing others, making statements like you will never improve etc.

Self stroke:

Self Stroke is the self appreciation/assessment given by oneself. It can be given frequently everyday. Give +ve stroke to others publically. Negative Stroke shall be given only in person secretly.

Neuro Linguistic Programming (NLP)

Neuro means Nerve, Linguistic means Language. Therefore NLP is the Nerve Language.

Nerve hears language by hearing, (NLP – childhood things becomes programmes and remain in brain.). NLP and Hypnotism are one and the same

Abundance Affirmations

Abundance of goodness is to be shared. Touching can be shared and when something is given to others please ensure that you touches the hands of others. If I see it in my mind, I am going to hold in my hand. I open myself to receive abundance of the universe. The universe provides me with all that I will ever need. I am richly blessed.

I am love.

I am whole and in perfect health. Every cell in my body vibrates with perfect happiness and generates positive energy. I experience beauty in every cell in my body and spirit. I am financially wealthy and wealth is flowing to me from all sides.

Tips to Success and Prosperity

Nothing is free in this world. When we take things as impossible those particular things remain impossible throughout our life. We cannot stop competition. Competition can overcome by Creativity. By Creativity more and more new ideas, materials and things are added to the universe. The person with more creativity is the more successful person.

Communication

While communicating with others take care of Posture (balanced), Eye contact - be pleasant, Gestures – Movement of hands, body etc, Voice Modulation – Stress, Pitch, Tone, Appropriate Dress and Humor in words and physical expression.

Emotional Intelligence (EI):

The contribution of Intelligence Quotient (IQ) towards success is only 15-20% where as the Emotional Intelligence contributes 80-85% towards success in any field of activity. Success in any field is the achievement made through team work and better network. EI involves emotions like love, anger, temperament etc. The EI can be analyzed self through:

- i. I am aware when I start to become angry or defensive
- ii. When I am dealing with other's anger, I keep relaxed and goal – oriented.
- iii. I remain cheerful and enjoy working with new ideas.
- iv. I help people who hold different opinions to reach agreement.
- v. I am aware of when I start to use negative thinking
- vi. I practice stress management to be calm and healthy.

A practical exercise was also done for EI analysis by taking 15 different attributes.

Temperament Analysis:

Four types of temperaments are observed in human:

- a. Choleric Temperament: Choleric tempered people will be quick in their reaction and will have achievement oriented personality.
- b. Abulic Temperament: Individuals having abulic temperament will not show any action or reaction. They are non action oriented personalities.
- c. Melancholic Temperament: Persons having Melancholic temperament will have sorrowful personality and most of the philosophers come under this category.
- d. Sanguine Temperament: Persons having this will be always optimistic and they will live energetic.

Any extreme for the above is dangerous and a balanced temperament is the most successful one.

How to control Anger:

Identify 5-6 situations of mind during which anger was emulated. – analyze it and practice to reduce it. A 15 minutes therapeutic practice to control anger can also be practiced. When you get into anger look into your watch and command your mind to be in anger but within 15 minutes you should come out of it. After giving this prompt command to the mind try to contact some intimate friend (even a man catcher trainee) and seek assistance to come out of the same. Even by practicing this if anger is occurring frequently, you should try to find out the root cause for the anger by seeking assistance of a professional counselor and pull it out. Sorrow can also be managed similarly by 15 minutes sorrow therapeutic practice.

Thirty Major Causes for Failure:

A practical exercise on finding out of the major causes for failure was attempted through a proforma containing 30 causes like Lack of well defined purpose in life, Lack of Ambition to aim above mediocrity, Lack of self –discipline, Health, Lack of persistence, Lack of a well defined power of decision, Wrong selection of a mate in marriage, Over – caution and Wrong selection of a vocation etc. Through analyzing and finding out the cause for failure we can rectify the same and achieve success in life.

How to Develop Persistence

Persistence do not call for any great amount of intelligence or any particular level of education. By practicing the following four steps the habit of Persistence can be developed:

- i. A definite purpose backed by burning desire for its fulfillment
- ii. A definite plan, expressed in continuous action
- iii. A mind closed tightly against all negative and discouraging influences, including negative suggestions of relatives, friends and acquaintances.
- iv. A friendly alliance with one or more persons who will encourage one to follow through with both plan and purpose.

The Attitude of Gratitude

Gratitude can make a real difference in the ability to feel positive both emotionally and physically. By practicing one can develop the attitude of gratitude and attitude of forgiveness. For example when you wake up in the morning thanks for the morning light, for your life and strength. Give thanks for your food and joy of living. If you see no reason for giving thanks the fault lies with yourself. By adopting an attitude of appreciation in your life you can make an enormous difference to your level of happiness. By maintaining a Gratitude Diary by entering the things which you have done on that day ..say 4-5 things.. you will soon see that your list is much longer than you expected and develop gratitude for each and every thing. Gratitude can also be practiced through gratitude rock and gratitude beads.

Manager - Leader (M/L) Analysis:

Manager is the one who manages the day to day works. Leader sees future growth and further development and leads the organisation to future. The mission is a

combination of both in which managers and leaders are required for better performance of any organization/nation.

There are seven different types of leaderships like Charismatic Leadership, Participative Leadership, Transactional Leadership, Transformational Leadership, Quiet Leadership, Servant Leadership and Situational Leadership. The highest valued category and the need of the hour is Servant Leadership. Servant Leaders take care of the needs of his followers first before taking care of himself. Situational leadership is good for more growth and smooth working of any organization. Situational leaders adjust whatever limitation is laid out in front of him by taking decisions suiting to the situation and the capability of the followers. A practical M/L analysis was also done to find out the self leadership/managerial capacity.

- The 94th man catching training programme for Value based Human Resource development organized by MINDS was a real experience and an eye opener to me for my overall growth and development.
- This training programme helped me to have a detailed self analysis. By doing the practical self analysis I could realize my weaknesses and could take measures to rectify the same. I hope the same could make a change in my day to day functioning and overall performance.
- I could also find out the major causes of my failure by analyzing the 30 major causes of self analysis. I hope this will help me to modify my thinking and to make changes to reduce further failures in life.
- The seven laws of attraction included in the training curriculum will help one to relate them to every day life when make choices about how to think, speak and act.
- The four steps to develop persistence like definite purpose backed by burning desire for its fulfillment, definite plan expressed in continuous action, mind closed tightly against negative and discouraging influences and a friendly alliance with one or more will help me to lead to the habit of persistence.
- The attitude of gratitude was an eye opener to me. By practicing the attitude of gratitude I can make a real difference in my ability to feel positive, both emotionally and physically.
- The manager leadership analysis has helped me to realize the leadership quality in me. The need for developing situational leadership in making decisions according to the situations will help a lot.
- The practical exercise on major attitudes of leadership was very useful for finding out major causes of failures of leadership.
- Temperament analysis and realization of a balanced temperament and the 15 minutes practice to control anger and sorrow will help a lot to improve temperament in adverse situations.
- The realization of the value of emotional intelligence and its contribution towards success in life was a real experience. By SWOC analysis, by working with a mentor, by identifying the causes of feelings etc. the emotional intelligence could be promoted.

- Topics on relationship effectiveness, communication effectiveness, top ten time wasters, best time management tips etc. included in the training curriculum was very useful in day to day activities.
- The four noble truths like Life means suffering, the origin of suffering is attachment, the cessation of suffering is attainable and the path to the cessation of suffering was really very much useful. By way of keeping a level of detachment sorrow can be reduced and can attain heavenly peace.
- The noble eight fold path viz, right view, right intention, right speech, right action, right livelihood, right effort, right mindfulness and right concentration is very useful for ethical conduct and mental development.
- The visit made to Mariyasadanam, Phycho Social Rehabilitation Centre, Pala was a real experience. This centre was started during 1998 in a very humble way by Shri. Santhosh Joseph. Presently this is a large family consisting of Shri Santhosh, his wife Smt. Mini Santhosh, their 5 children, 19 volunteers along with 162 male, 124 female members and 10 children of NEST who joined the family from the street. Shri. Santhosh single handedly developed it to the present level due to his very high commitment. Now many of the inmates are good artists like musicians/ actors /other workers. I could also interview one inmate viz Shri.Dharmaraj.

The training was very much useful and I recommend to depute more officials from CDB to attend the same.

Kochi
21.10.2011

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