



SCHOOL *of*
BHAKTI
Training & Ed

Discovering your Resilience

A six-hour online seminar taught by HG Mahatma Prabhu

 **Illuminate your journey**

At the request of our students who greatly appreciated the recent classes we did with Mahatma Prabhu and wanted more, we, at The School of Bhakti, have organized a course called *Discovering Your Resilience*.

The goal of this course is to provide you with the knowledge, strategies and tools you need to react to your challenges from a perspective that neutralizes the effects of those challenges so that the things that used to bother you will now be experienced as simple inconveniences, good learning experiences or even as inconsequential events.

Just imagine if all the things that normally press your buttons no longer upset you. Imagine if you could treat the people that trigger you the most with empathy and understanding. What if you could change your victim stories into victor stories, and if you could learn how to never be discouraged or critical but always enthused and appreciative no matter what happens?

And imagine if you could even avoid getting triggered in the first place.

You can.

How can we say this? Mahatma Prabhu shares his personal realizations, insights and strategies that he has learnt and applied over the years to help him remain more equipped, even despite the most difficult circumstances. We are talking about 51 years of study, teaching and service that has put him in a position where he can share realizations that can empower us to do what we may have thought to be impossible for us. Some of what he shares has taken him practically his whole life to understand and practice. In other words, he is giving us the gems he has mined over the past five decades.

He is passionate to share his acquired wisdom with as many people as possible. He told us that so much of what he teaches was learned through his own mistakes, and by sharing this, others won't have to make the same mistakes he made and can thus benefit from the insights that have made the biggest differences in his life.

Solutions normally just require a slight adjustment in how you see yourself, others and your difficulties. When you change the way you see things, the things you see change. And when they change, your response to them also changes, including your emotional response. Sounds simple? It is. As Srila Prabhupada said, "It is so simple you can miss it!"

The Gita, Srimad Bhagavatam and other Vedic texts are full of amazing coping strategies, many of which are hidden beneath layers of philosophy and can easily go undiscovered. Mahatma Prabhu will uncover those gems for you and show you how to practically apply them in your life. You will be amazed to find that these insights and strategies were sitting right there in the wisdom you've read over and over. This course is not about filling your head with knowledge but about dissecting knowledge into practicable steps that have not only helped Mahatma Prabhu personally, but have also helped the thousands of students he has taught in his numerous workshops over the years.

He told us that he will take the best of the best of what he teaches and put it into one course!

He has assured us that the information he gives, the strategies he shares for applying that information, and the exercises the students will do, are able to change us on a core level. The small adjustments that the students make, will result in meaningful changes in their consciousness and will this will help them overcome many long-standing challenges and detrimental patterns.

Here's some of what you'll learn:

- Becoming aware of your disempowering stories, developing empowering stories, and why disempowering stories are at the heart of our ineffective coping mechanisms. Some of these stories we learned as kids, and although they are no longer true or relevant, we still use them. Becoming aware of these stories is a huge “Aha” moment and game changer.
- Becoming aware of rules you have created for yourself that are disempowering you and start creating rules that empower you to align with your goals and values. Why we often do things that work against our happiness, success or peace of mind are connected to these rules. And most people don't even know all the rules they have rules although they are showing up as unwanted results in their lives.
- Subtle societal conditioning that is affecting you materially and spiritually that you either are not aware of or you think is not affecting you because you are a “spiritual” person and thus not supposed to be affected. This includes breaking through the myth that “If I just had _____, then I would be happy.” Unless we learn to be happy with whatever we have, then getting more isn't going to make a huge difference. After all, wherever we go or whatever we achieve, our minds still go with us. We become happy by developing our innate divine qualities, not by outdoing someone, getting promoted or buying a bigger or better this or that.
- The importance of self-compassion in developing a healthy psychology and also as a foundation to a successful spiritual practice. This applies even to your personal daily chanting! You'll learn where the Vedas teach self-compassion and how they teach it. You'll also learn how to process guilt to uplift you, process shame so it doesn't degrade you, and how to become more self-accepting. You then experience that as you become more self-accepting you become more accepting of others.
- The reasons we find it so difficult to stop being negative, jealous and critical - not only with others but with ourselves as well - and how damaging this is for us. It is powerfully transforming to be understanding, appreciative and supportive of others. Appreciation then becomes an important daily spiritual practice. You gain the understandings and shifts you need to make to go from being a critical person to an appreciative person.
- What is at the heart of resentment and how when you understand what it is, letting go of the past becomes much easier than you ever thought. This one personal quality is the great neutralizer of negativity. It is so powerful that it is like a salve you can put on any negative relationship to immediately heal it.

- We've heard the mind can be our friend or enemy, but most of us don't understand exactly how the mind works, how the subconscious mind programs us, and how to program the mind so it supports our goals and values rather than sabotages them. If we don't understand the mind more deeply and learn how to control it better, we'll find our lives are always more or less a struggle to be what we want to be and know we can be. In other words, without a controlled mind we don't live in alignment with our spiritual values and we carry our worst enemy wherever we go.
- What you resist is normally a sign of what is most important for you to face. But because it's difficult to face we suppress, repress, run away from, or pretend we don't have the problem. And, of course, the problem doesn't go away and it continues to negatively impact you. Once you learn how to overcome the fear of facing your resistances, you start dealing with your "stuff" and may make huge strides forward in your personal development. Look forward to some amazing discoveries.

The course is organized in two sessions and will be held over two Sundays, 14th February and 21st February from 2pm to 5pm (with a short break in the middle).

For further details and registration:

<https://schoolofbhakti.com/course/discovering-your-resilience/>