

# Ark VOYAGE



News Letter of Don Bosco Animation & Research Kendra, New Delhi

March, 2019/ Vol. 8/ Issue 3

## Captain Speaks...



### LAW OF ATTRACTION – NOT A MYTH, BUT REAL!

Law of Attraction is connected to the Law of Vibration. It is better understood if one understands the working of the mind and the possibility of rewiring of our minds.

*A glimpse at the secrets of the brain* may enhance our understanding of the Law of Attraction.

There are 100 billion neurons in the brain which connect with one another through complex networks. Information passes from one part of the body to another through these networks. The immense capacity of the brain to store up data and influence the life of the individual is a factor to be considered when we think of our thoughts and their influence on the release of our energy.

*Life happens to you through the means of your thoughts, beliefs, and imaginative acts.*

*Revise your imagination to affect your present and future.*

*You can even revise the experiences of other people by visualising their desires as fulfilled to you.*



**Secrets of the Brain**



There are 100 billion neurons in our Brain

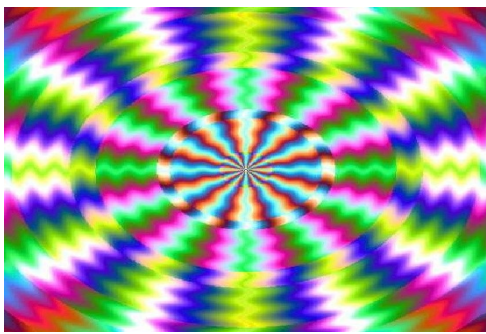
*Simply put, we may understand the Law of Attraction, as* “One attracts to one’s life whatever he/she gives attention, energy, and focus to, whether positive or negative. By negative, it may mean sadness, confusion, stress, anger, hurt, and the like. While positive would mean joy, love, confidence, achievement and so on.



*The Neurons in the brain connect with one another through complex networks*



# Captain Speaks...(Contd.)



## THE LAW OF VIBERATION

*Everything from thought to radiant energy from the sun runs at a frequency and throughout life we are constantly tuning this frequency to different radio channels to get information to survive.*

A list of Positive or Negative factors

Negative	Positive
Disappointment	Joy
Loneliness	Love
Lack	Excitement
Sadness	Abundance
Confusion	Comfort
Stress	Confidence
Anger	Peace
Hurt	Affection

**Your thoughts take you to action, and action takes you to your destiny.**

The Law of Attraction responds to whatever vibration you are sending by giving you more of it, whether it is positive or negative. It simply responds to your vibration

Positive Feelings	Negative Feelings
Self Confidence	Self Non Confidence
Braveness	Sadness
Love	Anger
Self Satisfaction	Stress
Meditation	Fear
Admire	Shyness

## .Action

Your Thoughts and Feelings lead you to action

Positive Action	Negative Action
Work Hard	Shouting
Success	Lying
Quit Unwanted Habits	Hitting/Killing/Smoking
Forgiveness	Stealing
Discipline	Quarrelsome
Kindness	Isolation
Tenderness	Addiction





## Captain Speaks...(Contd.)



Our mind can store up beliefs, values, experiences, and memories. The thoughts that emerge in us are related to the storage we have in our minds. Hence it is important to store good and genuine beliefs and values. It is also possible to rewire our minds and store new beliefs and values. Hence it is possible to reset one's vibration.

Attraction may be of two kinds: one, *deliberate*, and the other, *non-deliberate*.

**Non-Deliberate Attraction** : You observe something or someone. When you observe you are sending a vibration, positive or negative. The Law of Attraction responds to the vibration you are sending. As a result, you are getting more of what you are vibrating, be it positive or negative.

Now it is to be noted that positive and negative emotions cannot occupy our minds equally. One dominates over the other. Hence it is our responsibility to ensure that the positive emotions play the dominating influence in our lives.

How do we achieve mastery of dominating the negative with the positive influence?

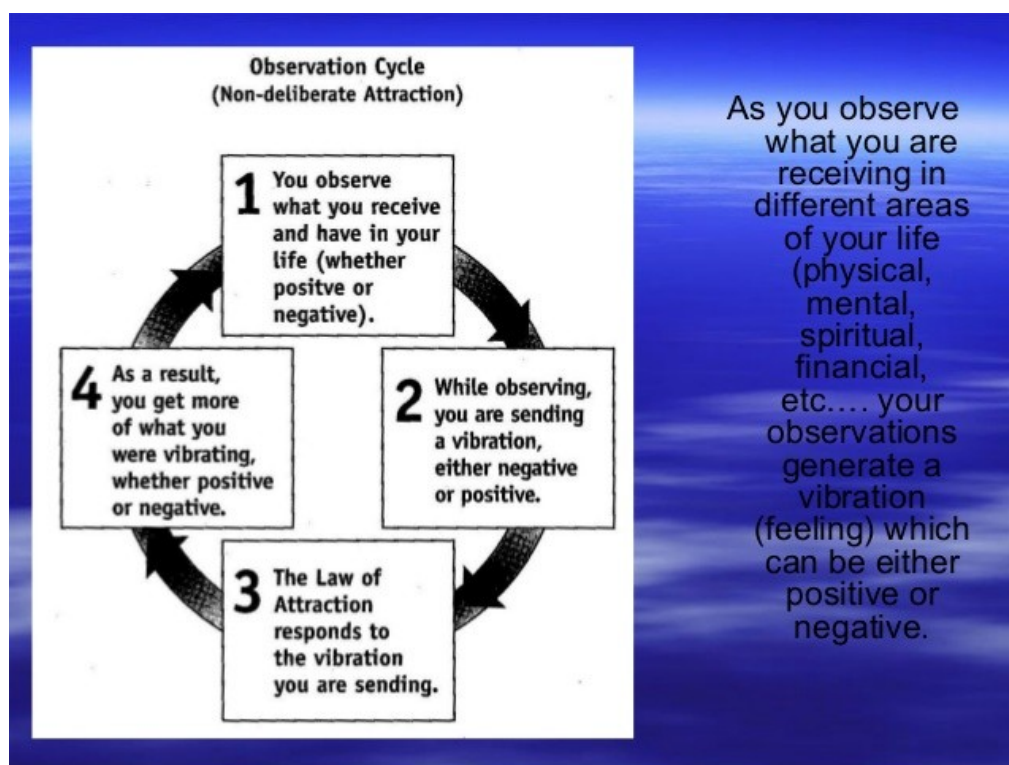
When negative emotions are aroused, there is a surge of words like: 'don't want', 'no need', etc.

There is a confusion of taking a firm decision.



Now pay attention and change those words into: 'So what do I want?'

This process releases positive vibrations.





## Captain Speaks...(Contd.)



**The Deliberate Attraction** : The Deliberate Attraction may be achieved through the three following steps:

Identify your desire

Give your Desire, Attention

Allow it.

**Identify your Desire:** In the process of identifying the desire, look at the contrast. Then ask the question: “ So what do I really want?”

Your words generate a vibration that is either positive or negative. When you identify the contrasts, you have a better clarity. Better clarity of what you want, when put into words, you generate greater vibration.



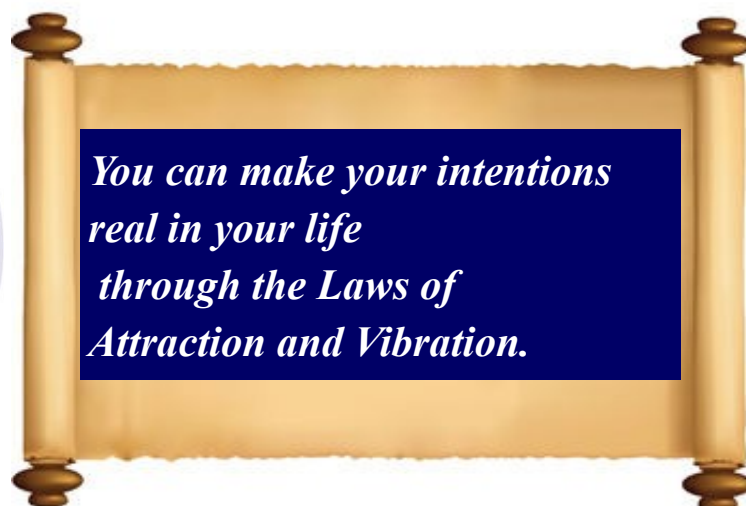
**Give your Desire, Attention:** When you give Attention to your Desire, vibration increases. You can further increase your vibration by affirming statements of the progress you make in intensifying of what you really want. If these statements do not raise adequate vibrations, revise these statements.

**Allow the absence of negative vibration:** When you say good-bye to doubts and limiting beliefs positive vibration increases. Focus on the abundance. The ‘Blue ocean strategy’ (earlier known as Brain Storming exercise) opens up immense possibilities.

The purpose of allowing is to remove doubt. When we focus on evidence that others are doing and succeeding our doubts are weakened and disappear.

**Some tools that help to enhance ‘Allowing’:**

- > Celebrate the proof ( evidence).
- > Appreciation and gratitude
- > Use the expression: ‘ I can ...’ or ‘I have decided’.
- > Get well-informed on the



~ Fr. Joz Arimpoor, sdb





## YOUTH ANIMATION PROGRAM (YAP), TEACHER EFFECTIVENESS PROGRAM (TEP)& PARENTS ENHANCEMENT PROGRAM(PEP)

**Institutions :** St. Thomas School KHALILABAD  
**Program :** YAP  
**Dates :** 15—17 March 2019  
**Animators :** Fr Joe, Mr. Sekhar Ms Himanshi, Sumita, Simran, Nakul, Sneha .  
**Participants:** 200 Students

**Institutions :** St. Thomas School KHALILABAD  
**Program :** TEP  
**Dates :** 15—17 March 2019  
**Animators :** Fr Joe, Mr. Sekhar, .  
**Participants:** 20 Teachers



Mr. Sekhar, with the outbound activities enhance the quality of the Youth Animation Program.



Fr. Joe : “If only you take care to align your personal vision to that of the organization vision more and more committed teachers emerge.”

**Institutions :** St. Thomas School Khalilabad  
**Program :** PEP  
**Dates :** 18 March 2019  
**Animators :** Fr Joe, Mr. Sekhar Ms Himanshi, Sumita, Simran, Nakul, Sneha .  
**Participants:** 80 Parents

The active and spontaneous participation of the teachers in the group Dynamic exercise revealed their behavior pattern in their life situations. They were grateful for the forth-right feedback they received from Fr. Joe Arimpoor, sdb.

### Unconditional Love in Parenting

Challenging the parents to move from the paradigm of ‘Punishments and Rewards’ to the new paradigm of ‘Reason, Love, and GOD’



Discovering one ‘s personal Vision and getting it aligned with the Vision of the Organization is a sure guarantee for getting committed teachers to the school.



# PY YAR MOVEMENT & VOICE OF CHILDREN (VOC)

**Institutions :** Balvihar Mahavir Enclave  
**Program :** PYYAR Orientation  
**Dates :** 23rd March 2019  
**Animators :** Ms Assuntha and Mr. Ajay  
**Participants:** 40 Children

## PYYAR Movement ever on the March



Ms Assuntha and Mr. Ajay giving orientation to the children on PYYAR movement and enrolling the volunteers.

**Institution :** DB Ashalayam Palam  
**Program :** VOC- DBA—Juniors  
**Dates :** 27th & 28th, March, 2019.  
**Animators :** Sneha, Seema, Fr. Joe Arimpoor, sdb. Assuntha, Himanshi, Sekhar, Robin,  
**Participants:** 29 Children



This is the first of the seven modules of the VOC (Voice of Children program).

**Institutions :** Khushi Rainbow Home, Okhla  
**Program :** PYYAR Orientation  
**Dates :** 24 March 2019  
**Animators :** Ms Himanshi, Mr Ajay  
**Participants:** 40 Children



Ms Himanshi attracts the children to join the PYYAR movement. Children were happy with the idea of having new friends from different socio economic background.

The DB ARK Team is happy that more and more children are joining the movement to create a Better World.

It is a two way process where children crave for understanding from the animators, and on the other hand the animators reveal their intention and great desire to understand the children and their background.

In the Photo language session children reveal their past life experiences :

- Life in their families.
- Life on the streets.
- Life in any other Child centres.

The session ends with a healthy rapport built up between the animators and the children. The children appreciated the hope that was infused into them and aspirations aroused throughout this program.





# SPECIAL PROGRAM



**Institution** : DB ARK Family  
**Events** : Funeral of Fr. T.V. Antony, sdb  
**Dates** : 22nd, March, 2019.  
**Place** : Don Bosco Ashalayam, Palam

Farewell to Fr. T. V. Anthony, sdb



Fr. Joe Arimpoor was happy to recollect the days of **Fr. T. V. Anthony sdb who did his MSW studies at Sacred Heart College, Tirupattur, Tamil Nadu.**

He got his inspiration to start the street children centers in Kolkata, New Delhi, and Lucknow from the Tirupattur Child Laborers Project which was started in 1979 by Fr. Joe Arimpoor sdb.



Fr. Anthony, thousand of children are grateful to you for leading them from their 'Brokenness to Wholeness'.

**You are an inspiration to all those who worked for the Young at Risk.**

**Institution** : DB ARK , Palam  
**Program** : MSW IGNOU Orientation  
**Dates** : 23rd, March, 2019.  
**Animators** : DB ARK Team  
**Participants** : 50 Students

IGNOU Students at an NGO with a Difference!



Fr. Joe was happy to challenge the Social Workers in the making with genuine aspirations and motivations to work for the weaker sections of the society.



The students were happy to witness an NGO which has an R&D (Research and Development) Department.

The Director explained to the visitors how Programs, Services, and Social Work Interventions are developed here based on the findings of the various types of researches conducted by this center.





## SPECIAL PROGRAM

**Institution : DB ARK**

**Program :Movie Visit**

**Dates :30th March, 2019.**

**Participants : DB ARK Team**

### Graham Stains' Heroism on the Silver Screen

DB ARK Team attended the premier of the Movie "The Least of These". The movie is about the missionary Graham Stains who was burnt alive in his car, along with his two sons. But His Wife forgave everyone who killed her family.

Stains always felt that life is worth living if we can face Death bravely doing good for others, His young son understood the message of "Lost Eternity" in his young age. So much so he responded to those who inquired his name as "Dust".

Indeed, all the three of them were ready to become dust for the sake of the Lord and the poor people who are His predilection.



A film that has challenged and inspired millions !



You may

1. Draw the cheque in favour of: "Don Bosco ARK" or
2. You can transfer the money to: AC Name: Don Bosco ARK,  
AC# 13020100235970,  
IFSC: FDRL0001302  
The Federal Bank, Nehru Place,  
New Delhi

# Published by

**DON BOSCO ANIMATION & RESEARCH KENDRA**

WZ-1211

Ashram Gali, Palam Village

New Delhi-110 045

Ph:+91 -9212475683/9868175683

donboscoark@gmail.com

joearimpoor@gmail.com



<http://dbarkpalam.blogspot.in>



Find us on  
**Facebook**

Search for "DON BOSCO ARK"



Towards shores beyond