

ARK VOYAGE



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

February, 2019/ Vol. 8/ Issue 2

Captain Speaks...

From 'POSITIVE PSYCHOLOGY' TO 'LAW OF ATTRACTION'



Science and Religion can go together ! In fact, they go together !!

Law of Attraction is only the Secondary Law; the Primary Law is the Law of Vibration.

Everything is the expression of the same reality - The Ultimate.

“YOU CAN, IF YOU THINK, YOU CAN!”

Jesus said: ‘If you say to this mountain: Move from here to there, it will move; and nothing will be impossible for you.’

For the past ten months I had been reflecting in the “ARK VOYAGE”: Captain Speaks...on Positive Psychology and how to live our life towards fullness of well-being. Martin Seligman echoed the inspiration given by Jesus: ‘I have come that they may have life in its fullness’.

In the coming series of ARK VOYAGE, I plan to reflect on the theme that I frequently talk about in my seminars and workshops, ‘INTEGRATION OF MASTERY AND MYSTERY’ in our lives. While developing this theme, I hope to dwell on topics like, **Law of Attraction, Law of Vibration, Appreciative Inquiry, and the release of Positive Energy from within.** All these reflections will be integrated in the context of Faith in God, who makes everything possible.

In 1996, when I started, BIRDY (Bosco Institute of Research and Development for Youth) in Hyderabad, the vision for the new Institute was developed. It was stated that the focus of ‘BIRDY’ would be to integrate MASTERY and MYSTERY, through Research and Development. It was found that R & D (Research and Development) function, or Departments and Institutions were lacking in the NGO settings, and more especially in the Church Related organizations.

Research Discovers, and Rediscovered the Reality in its various nuances which trigger new responses from hearts that vibrate with Love and Warmth for mankind.

New Orders and Institutions emerge when men and women of goodwill come in confrontation with dramatic events when their fellow-beings are exploited and suffer untold miseries.



Captain Speaks...(Contd.)

Different Perspectives through which we understand the integration of Mastery and Mystery.



St. John Paul II enlightens the world in his Encyclical : Faith and Reason that all the development and progress are the fruits of activating Reason the Gift of God. This very awareness is another gift that is Faith.

When Reason and Faith go together we have integration of Mastery and Mystery .

When our Shakti (Mastery) is inspired and led by Bhakti (Mystery) man aspires towards God, who is the Ultimate.

Every Discovery, Invention, and Creativity is the unfolding of Truth in parts.



Don Bosco taught the young people this truth of the integration of Mastery and Mystery when he said appeal to the Reason and develop our Humanity. At the same time when Love reigns supreme, Humanity and Divinity join together to make a perfect Human Being.



St. Thomas Aquinas boldly stated that however far Reason has developed it will never dare to boast of its independence away from Faith in God.

Fool indeed, he is when man boasts of his capacity to develop and create newer and newer things denying God, and His existence.

Blessed is the man who recognizes all his greatness in the ultimate greatness of Him, Who endowed him with all the capabilities and commissioned him to develop them to the maximum.



At the end of it all one gets the Inspirational realization that all the Developments in Mastery has their source in the Mystery Spring. This spring can produce only positive energy. When one gets in direct contact with this source the power of Attraction gets multiplied. This is what the Law of Attraction is all about.

Thinkers and writers are concerned today with the present reality where the focus is on 'having more' and not on 'being more'. **Personality Ethics takes priority over Character Ethics. Quantity is preferred to quality.** People want to go through life proving to others that they are successful. Improving one's life is not the concern today. The slogan goes today: 'If I cannot prove myself to others, let me at least convince myself with my self-expression through 'Selfies.' Exploring the inner self and discovering oneself is a painful process.



☀ Captain Speaks...(Contd.)



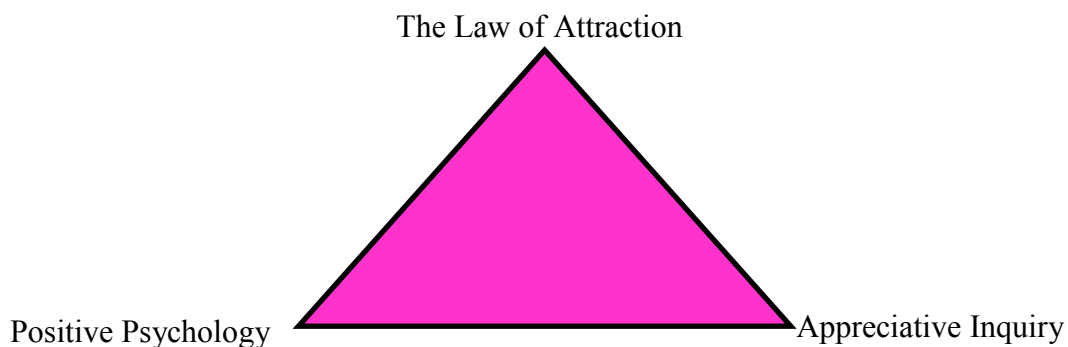
Today people choose for a greater or a better life style. All the progress in knowledge explosion and information revolution is at their disposal. They can also exploit all the developments in psychological and management studies, as well as those in the digital world. Further the fruits of all technological development make life easy. One tends to believe that this independence is sufficient. Hence some believe that they can even cut asunder their dependence on God.

Such a life style leads many to a paradigm of 'here and now is enough'. Hence they don't want to be disturbed with the thought of eternity and the lasting values. They believe that 'Denial of Death' is the best paradigm.

Mastery without Mystery makes one very materialistic and mundane. When Mastery is exaggerated to a level of independence of God and eternal realities, one falls into the defense mechanism of 'Denial of Eternity'. No wonder then, the book of Ernest Becker: "Denial of Death" becomes a best-seller. It is also true, authors like Stephen R Covey bring out the other side of best sellers, like 'Seven Habits of Highly Effective People,' when Mystery gave life to the Management Principles. He introduced the points of reference from the lasting values of the Scriptures. A true integration of Mastery and Mystery, indeed!

The Appreciative Inquiry Model is one of the key positive organizational approaches to development and collective learning today. Appreciative Inquiry leads to Empowerment. The realization of the author of Empowerment leads to the discovery of Mystery. This is the basis of AI that has enabled it to blossom into one of the most influential movements for positive organizational development in recent decades.

Appreciative Inquiry has grown side by side with the Positive Psychology. Both these approaches have their foundation in Positive energy that is released from the Divine source. When one's spirit is in alignment with the Divine source the energy gets multiplied thousand times.



The quest of this series of 'Captain Speaks...' will be to facilitate the release of the unfathomable energy from within by understanding and using the Law of Attraction – "the Secret of Life!"

- Fr. Joe Arimpoor, sdb



SPECIAL PRO-

Institutions : DON BOSCO ASHALAYAM
Program : DON BOSCO TAMBOLA
Dates : FEBRUARY 2019
Animators : Fr JOE & DB ARK TEAM.
Participants: 120 Children

DON BOSCO TAMBOLA

It was a novel way of learning more about Don Bosco. The usual Tombola game with the numbers was conducted with 90 Questions and Answers on the life and mission of Don Bosco. The 100 children, boys and girls of Ashalayam and Snehalya spent two hours in 'Joyful Learning' about their Founder and Father, Don Bosco. Prizes were given in cash and kind.



It was surprising to note that the best prize went to one of the youngest participant at the game.

The objective of this game was that the youth will love Don Bosco more and more when they know him better and better.



DB ARK Team conducts the Tombola



Following the footsteps of Don Bosco who attracted the young and led them to the God through Magic, Fun ,Sports and Games, the DB ARK team presented Don Bosco in an attractive way through Tombola game.

The Children enjoyed this pedagogical initiative of their friends from DB ARK. At the end of the game the children were eager to know when will be the next Don Bosco Tombola.



The Young are exuberant to be with Don Bosco. Be it on the stage, or in the person of the Salesians the Young get energized with the very name of Don Bosco. The one who acted as Don Bosco in the "Opereta" : 'DON BOSCO STAR OF THE YOUTH' wished and prayed that he becomes a Mini Star shedding light to his peers.

Kudos to DB ARK TEAM that developed this Tombola and conducted it. They also provided the prizes!

PY YAR MOVEMENT

Institutions : DEEPALAYA SCHOOL
Program : LETTER TRANSACTION
Dates : FEBRUARY 2019
Animators : Ms HIMANSHI, ASSUNTHA ,
AJAY BEHERA
Participants: 120 Children

Institutions : CHOTI SI KHUSHI NGO
Program : LETTER TRANSACTION
Dates : FEBRUARY 2019
Animators : Ms Himanshi, Ms Assuntha, AJAY BEHERA
Participants: 30 Children



Deepalaya School—Kalakaji

The experience at Deepalaya is very encouraging. About 173 Children of this School are already growing in their friendship through the regular letter writing to their friends.

The children are excited about the idea of building a better world through this Movement : *“ANOTHER World IS POSSIBLE!”*



CHOTI SI KHUSHI- NGO

Children of Choti Si Khushi are getting involved in 1st step of PYYAR Movement. Welcome and Matching letters were distributed to 54 members of this Movement.

Following this step, they will start writing letters to their friends on a regular basis. Once they become good friends they attend the FIG (Face-to-Face in Groups), and grow deeper in their friendship.





DB ARK TEAM—STAFF DEVELOPMENT PROGRAM



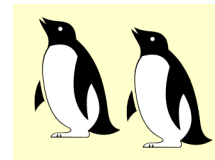
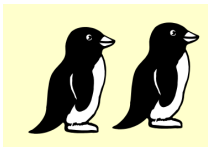
DB ARK Team has regular Staff Development Programs. They are of different foci: Cultural, Recreational, Social, Spiritual, and Professional. This particular session was a Professional in nature.

Fr. Joe chose the topic of "A Peacock in the Land of the Penguins".

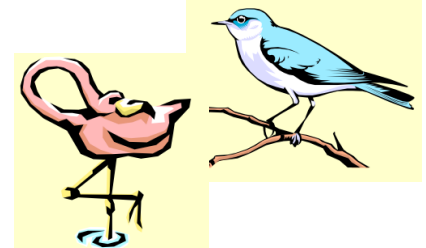
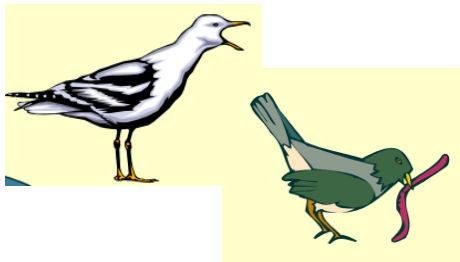
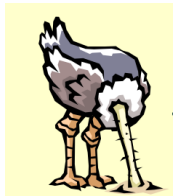
The story goes that there was once a land of the Penguins. It was ruled by the leader penguins. These penguins were not always wise. Hence they were not always popular. But they were always in charge.



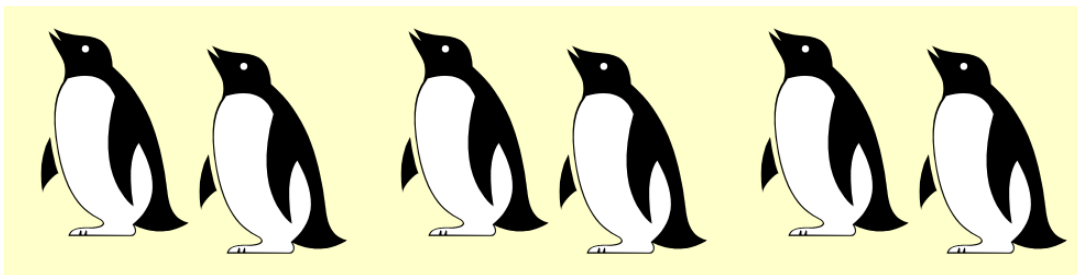
The top management wore the same outlook in their distinct live black and white suits. They believed that uniformity is the way to do things; Uniformity is Unity.

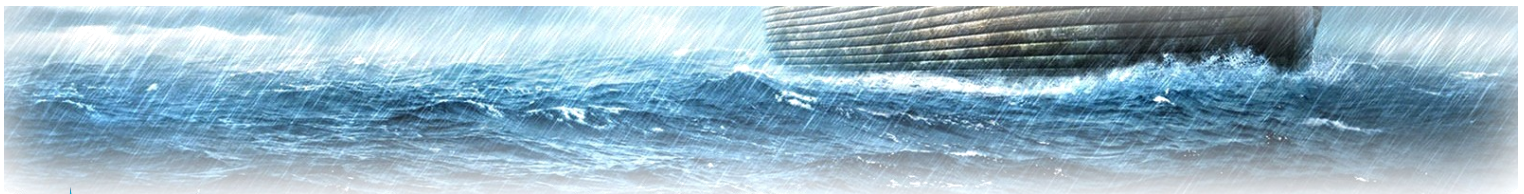


On the other hand, worker birds wore colour and outfits that reflected their work and lifestyles.



Birds who aspired to move up the corporate ladder were encouraged to adopt the penguins' code of conduct and wear the penguin suits. They learn the penguins tried and follow the example of their leaders.





☀ DB ARK TEAM—STAFF DEVELOPMENT PROGRAM

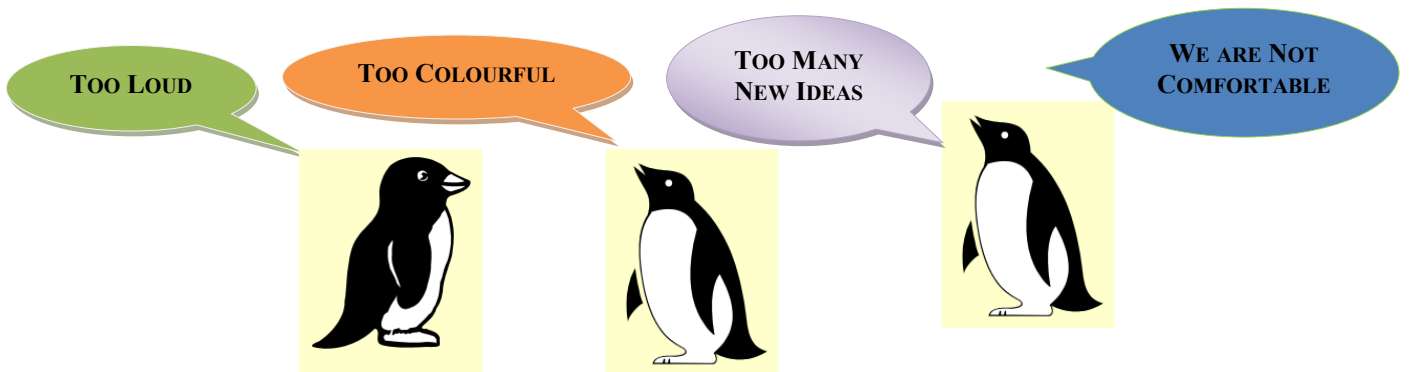


One day, Perry the peacock joined the Land of Penguins. He was loud, colourful and full of new ideas. Although he was different, the penguins were impressed by his new ideas. They felt that he has real Penguin Potential.

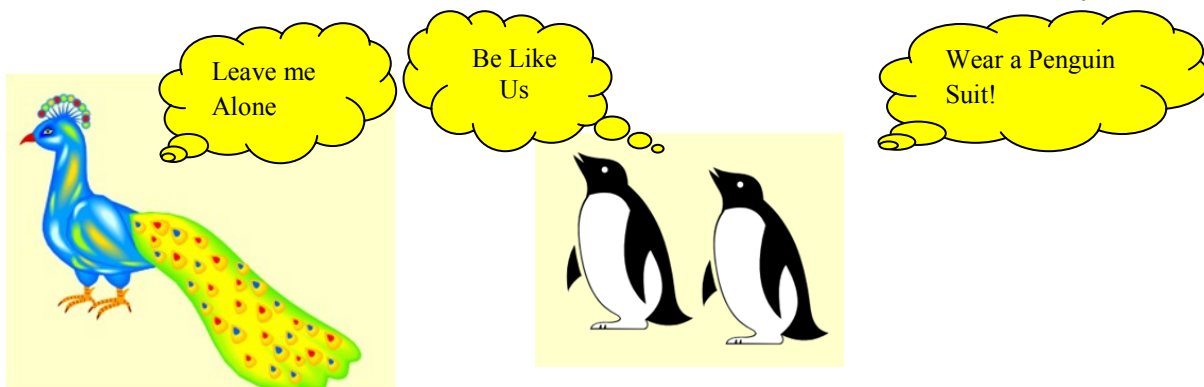
Initially, everyone was happy. The penguins were pleased with their new recruit. Perry was creative and he brought in good results.



However, as time went by, the penguins began to murmur against Perry. He was too loud, too colourful and had too many new ideas that intruded the penguins' comfort zone.



Perry was also unhappy. The penguins tried to turn him into a penguin. He was told to "try to be like the rest of us, wear a penguin suit". Both parties were unhappy.





DB ARK TEAM—STAFF DEVELOPMENT PROGRAM

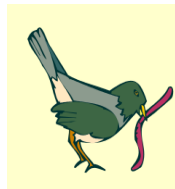


We see this story unfolds in many organisations today. Creativity and innovation are seen to be “a breath of fresh air” in many organisations. Many “Perry’s” are recruited for their
There will always be Penguins and Peacocks in any organisations.



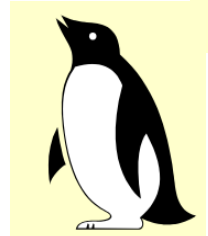
Other than penguins and peacocks, there are also pigeons,
Who are peacemakers in the office,

Sparrows who try to be neutral so as to
Keep a low profile or

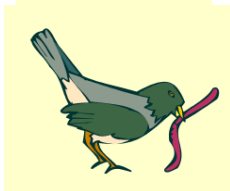


Ostriches who choose to bury their heads in the sand.

Peacocks bring in varieties and new ideas, but, the stability provided by the penguins
must not be ignored.

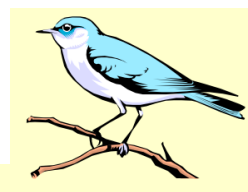


Penguins, being the backbone of the organisation, need to
recognise that diversity can exist in an organisation if there is
acceptance and trust.



When we learn to appreciate one another’s differences, we become
more willing to listen, more open to new ideas and more eager to
grow.

Birds of different feathers can work together in harmony.



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