

Ark VOYAGE



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Captain Speaks...

LAW OF ATTRACTION AND QUESTION THINKING



You get the best in Life when you converge on the Laws of Attraction and Vibration with the best Questions for your Life. Albert Einstein says: "we cannot solve our problems with the same thinking we used when we created them."

Question Thinking is a system of tools for transforming the thinking, action, and results through skilful question asking – questions we ask ourselves as well as those we ask about ourselves. You get the best answers when you raise the right questions.

The Right Questions drive Good Results.

Either you have your Question, or your Question have you.

The Right Questions generate the Right Vibrations which attract you to your Desired Goals.

change
your
questions
change
your life

A question not asked is
a door not opened.



Captain Speaks...(Contd.)



I was intrigued when the change of a question brought about radical changes in the growth of civilization. Nomads, in history, asked the question: how do we get to water?" Hence they moved towards water sources. As a result cities, towns, and habitations developed near sea ports, river banks, and around lakes. When we changed the question into: 'How do we get the water to come to us?' a new thinking took place. There was a radical paradigm shift. Irrigation, wells, storage of water, bringing water to our inhabitations became the order of the day. Civilization process took a new turn. Questions drove new results!



Man learnt to store Water

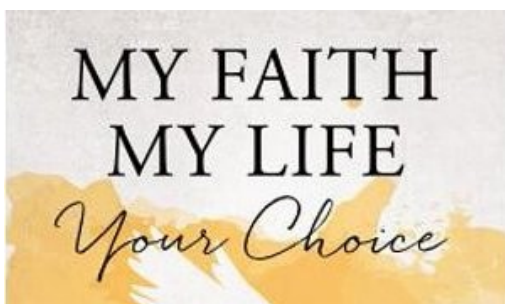


Going in search of Water

Water is made to come to us.

Great results begin
with great questions.

The Law of Attraction and Question Thinking can change negativity to positive outcomes, change destructive scenarios to positive ones, written-off individuals into creative contributors, rebels into patriots, indifferent and mediocre team members into enthusiastic and committed partners.



I believe that I am called to fulfil His Mission. So my life is His Choice. Everything in my Life attracts itself to this Mission - His Choice is become my Choice.



Captain Speaks...(Contd.)



Judger Mind-set leads us to label people, put them in certain boxes, and write-off people as incapable or not useful. Status-quo situations are easily accepted, and changes are considered impossible. When we deal with people from childhood to adulthood, we see this phenomenon across various age groups. There are adults who write off the poor and the marginalised children as bad children – ‘they steal, tell lies; they are dirty and smelling; they are never satisfied however much we give them ...’ When we come to the students – ‘they are unruly, disobedient, and a group of rowdies!’

Learner/Judger Chart

Mindsets

Judger

Judgmental (of self and/or others)
Reactive and automatic
Know-it-already
Inflexible and rigid
Either/or thinking
Self-righteous
Afraid of difference
Personal perspective only
Defends assumptions
Possibilities seen as limited
Primary mood: protective

Learner

Accepting (of self and others)
Responsive and thoughtful
Values not-knowing
Flexible and adaptive
Both/and thinking
Inquisitive
Values difference
Considers perspectives of others
Questions assumptions
Possibilities seen as unlimited
Primary mood: curious

We all have both mindsets, and we have the power to choose where we operate from in any moment.

Relationships

Judger

Win-lose relationships
Feels separate from others
Fears differences
Debates
Criticizes
Listens for:
 Right/wrong
 Agree/disagree
 Differences
Feedback perceived as rejection
Seeks to attack or defend

Learner

Win-win relationships
Feels connected with others
Values differences
Dialogues
Critiques
Listens for:
 Facts
 Understanding
 Commonalities
Feedback perceived as worthwhile
Seeks to resolve and create

We all relate from both mindsets, and we have the power to choose how we relate in any moment.

Moving from a Judger paradigm to a Learner paradigm shifts the Mindset to a new set of Questions.

A-B-C-C Choice Process

- A** **Aware**
Am I in Judger?
- B** **Breathe**
Do I need to step back, pause, and look at this situation more objectively?
- C** **Curiosity**
Do I have all the facts? What's happening here?
- C** **Choose**
What's my choice?

Learner-Judger Questions

Judger

What's wrong?
Who's to blame?
How can I prove I'm right?
How can I protect my turf?
How can I be in control?
How could I lose?
How could I get hurt?
Why is that person so clueless and frustrating?
Why bother?

Learner

What works?
What am I responsible for?
What are the facts?
What's the big picture?
What are my choices?
What's useful about this?
What can I learn?
What is the other person feeling, needing, and wanting?
What's possible?

We all ask both kinds of questions, and we have the power to choose which ones to ask in any moment.



Captain Speaks...(Contd.)



Question Thinking process changes the scenarios. The new set of Questions is: 'What is the cause of their rowdiness? How to give them empowering space to exercise their talents and contribute to the system and the society? How to get them involved in the problem solving process?

It is often heard from the Social Workers who are engaged in the NGOs that accompany the children who are in need of "care and protection", that the children run away from these centres. The usual answers to this situation are: 'they want freedom, they are never satisfied with what we give, they are a spoiled group, it is a common tendency in children ...' Maybe, we need a change in our mind-set. That requires a set of questions: What are they searching for? What are they dissatisfied within the centre? How to identify their aspirations? How to motivate them towards their vocational plan? etc.



In family life too, it is heard that marital life breaks because husbands are alcoholics, or wives are not satisfied with their husbands, etc. Will a new set of questions produce better results? For example: What makes a man an alcoholic? Has the wife any role in making a man an alcoholic? Similarly, does the behaviour of the husband make a wife more frustrated? Is it lack of trust? Is it the inadequacy of the life partner in the marriage bed?



When we observe ourselves and others in a more conscious way, the very questions change. When new questions are posed, they drive results. Hence developing the Question Thinking skills cannot be ignored. In fact success or failure depends on the rights questions posed at the right time.

The choice map is the clue to this success route. Our conscious reflection leads us to insights that makes us realize on what path we are at the moment. It further leads us to chart more effective paths through our lives

**My Basic Life Choice
When grounded on My Faith,
all the Powers of the Law of Attraction**

~ Fr. Joe Trimpoor, sdb



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

Institutions : St. Teresa School, Pushpagiri
Program : YAP - 3D
Dates : 1-3 May 2019
Animators : Fr Joe, Sekhar, Himanshi, Sumita, Simran, Nakul, Sneha .
Participants: 200 Students

Institutions : St. Teresa School,
Place : Pushpagiri, Rajasthan
Program : PEP
Dates : 1-2 May 2019
Animators : Fr Joe, Sekhar .
Participants: 70 Parents



Mr. Chandrasekhar Nayak animates the students



The 3D program of Discovery, Development and Deployment of Self, Others, and God leads the students from Self Awareness to Social Awareness through the Sessions on Culture of Solidarity.

Institutions : St. Teresa School, Pushpagiri
Program : TEP
Dates : 1-2 May 2019
Animators : Fr Joe, Sekhar .
Participants: 65 Teachers

Teachers exposed to the New Challenges



The participants were convinced of the need for a New Brand of Teachers to face the challenge of Education being Reinvented.

The Initial Efforts made by the school to introduce new technology in Education are just the beginning of a new era.

Parents Helpless to Face the New Generation



The activity used by the Animator made the participants understand that the total commitment made by the Life partners for each other is so supreme that nothing else comes in the way. They are ready to give up everything and everybody else and cling to each other. That is the strength of Couple Power.

Couple Power, Couple Union and Couple Love is the essence of Marital Life and it is the Best gift that Parents can give to their children.

Through the "Parents Empowerment Program" designed by DB ARK, we aim at creating a better family, and as a result, a better Society - "Another World is Possible."

The Five Love languages presented by Gary Chapman provided the inspiration for Mr. Sekhar to design and launch this program for the Parents.

The parents, especially the fathers never thought of 'physical touch' is so important both with their partner as well as their children.

PY YAR MOVEMENT FIG PROGRAMS

Institutions : Deepalaya School, Kalkaji and Ashadeep Foundation Ghaziabad
Khushi Rainbow Home, Okhla and Deepalaya School, Kalakaji

Program : FIG

Dates : 10th , May, 2019.

Animators : Ms Assuntha and Deepa

Participants: 12 Children

PYYAR Movement ever on the March

The Second phase of PYYAR movement FIG (Face-to-Face in Groups) brings the PY (Privileged Child) and YAR (Young at Risk) closer.

They are happy to meet and exchanged gifts - a sign of Friendship.



They go to the extent of preparing their own cards to show their involvement and Love.



The YAR children of ADF are happy to give their Handmade cards to their PY friends.

Giving and Receiving Gifts is an Art and a Skill in building up Friendships.



Sharing a Meal builds up the Friendship

Being invited and sharing a meal is a powerful means of bonding. Here they go one step further of feeding one another.



Sharing in Groups

The FIG program comes to an end with their sharing in groups. They were happy to meet their friends and come closer.

***Kudos to PYYAR Team:
Himanshi, Assuntha, and Ajay***

Religious Animation Program (RAP)



Institutions : St. Joseph's Cannosian Convent

Program : RAP

Dates : 27th to 29th May, 2019

Animators : Fr. Joe Arimpoor, sdb and Chandra Sekhar

Participants: 31 Religious, Lay Leaders, and

Canossians Visioning Youth Ministry

The four days residential program was held at Trivendrum Canossian Vetutura with 35 participants from all over India. The participants included Sisters, Lay Collaborators, and Seminarians. It was a great initiative by Fr. Shyam.



Fr. Shyam and a Participant felicitate Mr. Sekhar

Fr. Shyam, a young and vibrant Canossian had worked with Fr. Joe Arimpoor at BIRDY (Bosco Institute of Research and Development for Youth), Hyderabad. It was there he received his call to be a Canossian.

He was inspired by the wonderful youth ministry carried out by Fr. Joe Arimpoor. BIRDY was at its peak with 70 staff reaching out to Youth, Educators and those involved in Caring Ministry. BIRDY had the dream of having a DON BOSCO Navjeevan Center in every district of the state. In fact more than 10 centers were functioning.

***Youth deserve a Well Thought-out
and a Well-designed Youth Ministry.***

The focus of the Seminar was on 'How to accompany the youth of today who are confused with the NIHILISTIC INDIFFEREEENCE of today.'



Fr. Joe explains the meaning of Nihilistic Indifference

Fr. Joe Arimpoor, sdb Director of DB ARK, New Delhi was the competent Resource Person to deal with this topic. He made the program very challenging with deep thoughts as well as the variety of Management Games and other reflective exercises.



The Blindfolded participants make the Dynamic Meditation wherein they go through a process of purification through Heavy Breathing, Yelling and Shouting. Once they purified they enter into the deep recesses of their heart and allow God to enter in with His peace and joy.



SPECIAL PROGRAM

Institution : DB ARK

Program : Director's Birthday Celebration

Date : May 19, 2019

Participants : DB ARK Team



Age is not a limit but a Beginning of New Ven-



The DB ARK Team is exuberant in celebrating the 76th Birthday of the Director.

Every birthday Fr. Joe comes out with new Initiative and Creative Interventions in Youth Ministries.

This year Fr. Joe's birthday gift to the youth is the DAAD Revolution. He dreams of reaching out to a million youth in the coming years, each youth doing an ARK (an Act of Random Kindness).

He challenged the team to work together to make it a Reality.

When you die, you take nothing with you - Neither gold nor silver, not any material possession.

But one thing you can take with you. That is the Good you do. Count the ARKs and fill your coffin!



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

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