

KMM 2017 Session 3

Impossible is 'TEMPORARY'

Session Plan

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Part 1 – Research Work

4 mins

Animal magnetism, also known as mesmerism, was the name given by the German doctor Franz Mesmer in the 18th century to what he believed to be an invisible natural force, possessed by all living / animate beings (humans, animals, vegetables, etc.). He believed that the force could have physical effects, including healing.



In 1784, Benjamin Franklin, who headed a commission in France to investigate the mysterious powers of Mesmerism, noted in the

commission's final report that, "Hope is an essential constituent of human life."

- 1) Researchers in Denmark and the United States have shown that in the years immediately following their child's death, mothers face a much higher risk of dying themselves.
- 2) In 2012, Swedish researchers found that patients' risk of death from heart attack and stroke soared immediately after they received a diagnosis of cancer. And the likelihood of a heart attack or stroke increased with the severity of the cancer diagnosis—the darker the future looked, the greater the risk of cardiac death.



This research, in many ways, builds on the work of Prof Curt Richter. In the 1950s, he conducted a gruesome experiment with domesticated and wild rats. He first took a dozen domesticated rats, put them into jars half filled with water, and watched them drown. The idea was to measure the amount of time they swam before they gave up and went under. The first rat, Richter noted, swam around excitedly on the surface for a very short time, then dove to the bottom, where it began to swim around, nosing its way along the glass wall. It died two minutes later.



Two more of the 12 domesticated rats died in much the same way. But, interestingly, the nine remaining rats did not succumb nearly so readily.

Now came the wild rats, renowned for their swimming ability. The ones Richter used had been recently trapped and were fierce and aggressive. One by one, he dropped them into the water. And one by one, they surprised him: Within minutes of entering the water, all 34 died.

“What kills these rats?” he wondered. “Why do all of the fierce, aggressive, wild rats die promptly on immersion and only a small number of the similarly treated tame domesticated rats die that way?”

The answer, in a word:



“The situation of these rats scarcely seems one demanding fight or flight—it is rather one of hopelessness,” he wrote. “The rats are in a situation against which they have no defense...they seem literally to ‘give up.’”

Richter then tweaked the experiment: He took other, similar rats, and put them in the jar. Just before they were expected to die, however, he picked them up, held them a little while, and then put them back in the water. “In this way,” he wrote, “the rats quickly learn that the situation is not actually hopeless.”

This small interlude made a huge difference. The rats that experienced a brief reprieve swam much longer and lasted much longer than the rats that were left alone. They also recovered almost immediately. When the rats learned that they were not doomed, that the situation was not lost, that there might be a helping hand at the ready—in short, when they had a reason to keep swimming—they did. They swam for 60 hours before they were physically exhausted and died.

There are obviously many differences between humans and rats. But one similarity stands out: We all need a reason to keep swimming.

Part 2 – Something about ‘ME’.

10 mins



Chalo yaar, let's leave the rat bit. Let me talk with you about a very interesting time - This is the time when I was in the 10th - 11th standard.

When I was your age, when I was in 10th standard, I had no idea what I wanted to be. What I was sure about is, I wanted to be someone IMPORTANT, I wanted to be someone who MATTERED.



There was good reason for the same. I used to come in top 3 in my class till 10th. In a school with about 3000 children, I was the head boy. I was the center of everyone's attention. Since I was well behaved, I was liked by all. I thought things will remain this way. Very soon, I will be someone truly IMPORTANT.

(Now speak about the mistakes that you did as you crossed from 10th to 11th and 12th.)

Now in high school, in my 11th standard, I was in a class of 80 kids where, my historical highs placed me in 20-25th rank. I realized, I cannot come first here. Some of them were like Usain Bolt of 100 meters and Roger Federer of tennis and Rajnikant of movies.

This made me drop my guard and

- Waste time on gossiping.
- Finding fault with teacher's teaching style.
- Teasing them when the class is ON, and
- Doing other things that will make me LOOK cool, like having a girlfriend etc. Wasn't a head boy any more. I thought let me become a 'heart boy' . .

Yesssss. I thought that having a girlfriend will magically change my life. It's a different story that no one wanted me as a boyfriend. Trust me. Those days, I did have hair.

I developed low self-esteem for I was not getting starry eyed followers any more. I wondered if I will ever be good enough.

- I thought if I have a **girlfriend**, my problems would be solved.
- I thought if I was **better looking** my problems would be solved.
- I thought if I was with students **WORSE than me**, my problems would be solved.
- I thought if I **pass time with friends**, my problems will be solved.
- I thought if the **paper was easier** my problems would be solved.
- I thought if the **teacher was better** my problems would be solved
- I thought if the **subjects were more interesting**, my problems would be solved.



Engage the class. Ask them, what was wrong in YOUR thinking?
Ask them what you should have done? This will get them excited.

They will believe you were ordinary and hence if you have achieved something good today, they too have a chance.

Part 3 – Secret!

5 mins

Let me tell you a secret though. (Bring in humor here)

Those who excel in school and college, do not have a high self-esteem.

They are either

- **Surprised** – (kamal hai) - yeh kaise ho gaya - Bahubali - Kumar Varma - Hunting Pigs
- **Scared** – (will I be able to do it again?)

Ask people who come first - Do they have these feelings? Have fun in the class.

Being a winner does not necessarily give you a high self-esteem. Having less achievements or possessions than others, does not necessarily mean, you will have low self-esteem.

In that case, how to develop a high Self Esteem?

Clue - It is NOT by being an achiever.

Clue - It is NOT by being famous

Clue - It is NOT by being richer than others.

There are many people who dream. Some talk about their dreams. Some walk towards their dreams. We live a life of self-esteem when we 'feel' alive. We feel alive when we are **DOING SOMETHING about our dreams!**

Do not chase your dreams because they will make you feel accomplished. Chase your dreams because they will make you feel alive.



Ask what makes you come alive, and go do it! Because, what the world needs is people who have come alive.

Part 4 – The 3 Mantra’s.

15 mins

To do something about your dreams, remember three things.

1

First, remember, you’ve never met anyone who is totally confident and secure. **Give yourself permission to feel uncertain, doubtful, and insecure at times. It is natural and OK.**

2

Second, our world is changing rapidly. So, don’t plan too far ahead. Even if you know where you want to go with your life, the route for getting there will be constantly in flux. For instance, if I would have admitted to myself twenty-two years ago that I wanted to be a writer, I couldn’t have possibly planned for how that happened, because twenty-two years ago, blogs didn’t exist. I have written 15 books and I write a weekly LSM that has 42,000 +

subscribers over 44 countries in this world. **Be clear about where you're headed, but embrace the 'UNCERTAINTY' of getting there.**



And third, over the course of the last 30 years—and, in particular, over the last seven years in Life School— I have discovered that we all basically have **two voices speaking inside of us all the time.**

- The first voice is loud and obnoxious. Let us call it the voice of shame. It has countless ways of telling us we are not good enough, not loveable, all alone, and without purpose or significance. It keeps telling us, we will lose, we will fail, we will be cheated and we will be hurt. The voice of shame is a crummy voice. It's dirty, unpleasant and substandard voice. It is the voice that sends us on in the wrong direction. It makes us search for solutions to our inner doubt and insecurity in all sorts of outside relationships and accomplishments. We have to get really good at doing two things with regard to this voice.
 1. First, we have to get good at noticing it and all of its many disguises.
 2. And then, we have to get very good at STOPPING it. For instance, when I go home tonight, and as I lie on

the bed, and the voice of shame in my head starts telling me..."You did not do well because....."

- Then, there's the *other* voice. I call this other voice the voice of 'being alive'. You can call it whatever you want. The voice of your inner friend. The voice of love. The voice of God. It doesn't matter so much what you call it; what matters is that you **listen** for it. It is quieter than the voice of shame. It doesn't shout, it whispers. It is gentle and it sees all of the good beautiful things within you. **The voice of 'being alive' sees your truest, worthiest, most loveable self, and it is constantly attempting to tell you about the beautiful person you are. As we get better and better at listening to—and believing—this voice within us, our self-doubt and insecurity slowly begin to diminish.**



Tonight, my voice of shame and my voice of 'being alive' will talk to each other inside my head. Guess who will win?

Part 5 – Who Won?

3 mins

The Olympic Games, Mexico, 1968. The marathon is the final event of the program. The Olympic stadium is packed and there is excitement as the first athlete, an Ethiopian runner, enters the stadium. The crowd erupts as he crosses the finish line.

Way back in the field is another runner, John Stephen Akwhari of Tanzania. He has been eclipsed by the other runners. After 30 kilometers his head is throbbing, his muscles are aching and he falls to the ground. He has serious leg injuries and officials want him to retire, but he refuses. With his knee bandaged Akwhari picks himself up and hobbles the remaining 12 kilometers to the finish line.



An hour after the winner has finished Akwhari enters the stadium. All but a few thousand of the crowd have gone home. Akwhari moves around the track at a painstakingly slow pace, until finally he collapses over the finish line.

It is one of the most heroic efforts of Olympic history. Afterward, asked by a reporter why he had not dropped out, Akwhari says, “My country did not send me to start the race. They sent me to finish.”

Here are a two questions for you...

- If you were in John Stephen Akwhari’s place, would you have completed the race?

➤ What made him go through pain and cross the finish line?

Which voice inside his head, WON? The voice of shame or the voice of being alive?

Every time there is an argument inside your head between these two voices, which voice will win? The voice of shame or the voice of being alive?

Part 6 – Brain Tattoos

3 mins

