

# Keep Moving Movement **2021**

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Session 7



I AM A  
INSIDE A

**FOREST**  
**SEED!**





## Part: 1

There is nothing more ridiculous than a brilliant person explaining a stupid idea.



I heard one such idea from a Psychologist a few years ago. She was convinced, you are a product of the way you were toilet trained. Your first experience of social pressure started there.





## Part: 2

**The most important person in your life is the person who BELIEVES in you.**

### Why are Jews so smart and intelligent?

Although Jews make up only 0.2 percent of the world's population, they win an astonishing 22 percent of Nobel Prizes. Ada Yonath, the Noble Prize winner for Chemistry 2009, asked us once, "How many marks do students get for asking questions?"

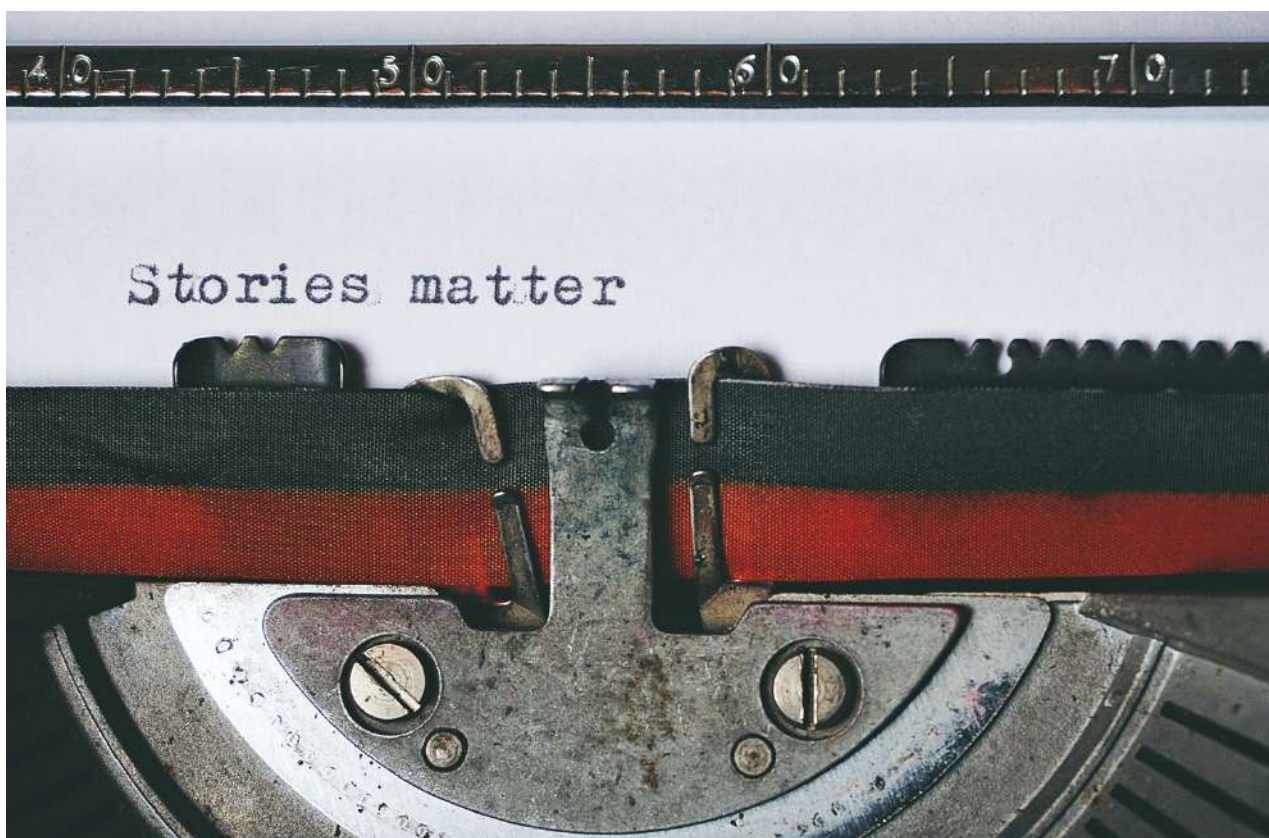


She says, "The most important person in your life is YOU. You must win YOUR trust."



## Part: 3

**Stories have Power.**



I have a few trustworthy stories for you today.



## Part 3A : Thomas Edison and A Note

“Your son is a genius. This school is too small for him and doesn’t have good teachers for training him. Please teach him yourself.”

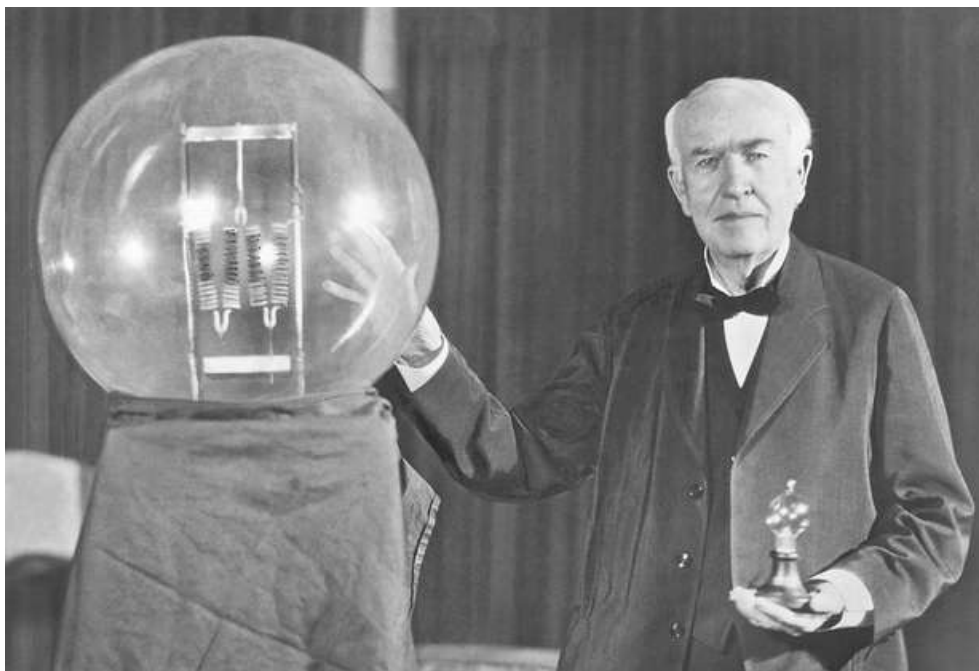
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“Your son is addled. We won’t let him come to school any more.”

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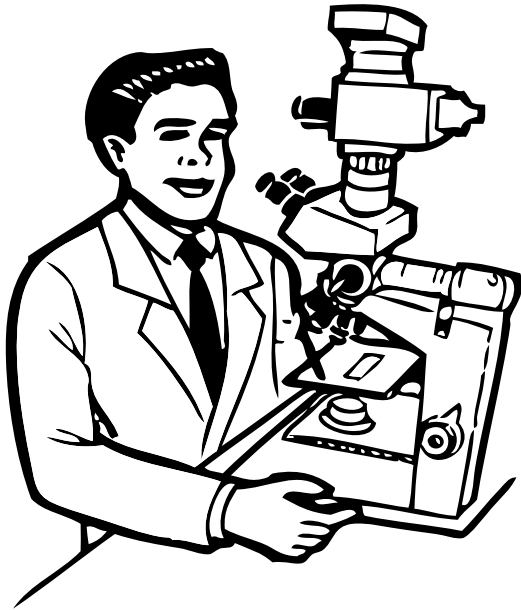
“Thomas Alva Edison was an addled child that, by a hero mother, became the genius of the century.”

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## Part 3B : Mistakes & Learning



One great scientist once interviewed by a news reporter, was asked that why he thought he was able to achieve so much more than an average person?

He responded that it all came from a lesson his mother had taught him when he was a young child. He was trying to take a bottle of milk out of the refrigerator when he lost his grip and spilled the entire contents on the kitchen floor. His mother, instead of scolding him, said, "What a wonderful mess you have made! I have rarely seen such a huge puddle of milk."



Well, the damage is already done. Would you like to get down and play in the milk before we clean it up?" Indeed, he did. And after a few minutes, his mother continued, "You know, whenever you make a mess like this, eventually you have to clean it up. So how would you like to do that? We could use a towel, sponge, or mop. Which do you prefer?"

After they finished cleaning up the milk she said, "What we have here is a failed experiment of how to carry a big bottle of milk with two tiny hands.

Let's go out in the backyard, fill the bottle with water and see if you can Discover a way to carry it without dropping it. And they did.

What a wonderful lesson! The scientist then remarked that it was at that moment that he knew he didn't have to be afraid to make mistakes.

Instead, he learned that mistakes are just opportunities for learning something new - which, after all, is what scientific experiments are all about.



## Part 3C : Rani Rampal

Her mother would wake her up for training after looking up the sky because there was no clock at home



## Part 3D : Vandana Kataria

She practiced alone with tree branches to avoid the glares of the village elders who disapproved of her playing hockey.







## Part 3E : Haimabati

At the age of 9 was married to a widower 5 times her age. When she was 12, her husband died. At medical college, although Haimabati stood first, the boys threatened to go on strike if she was given the gold medal. She was given the silver medal for coming 'first in class'.



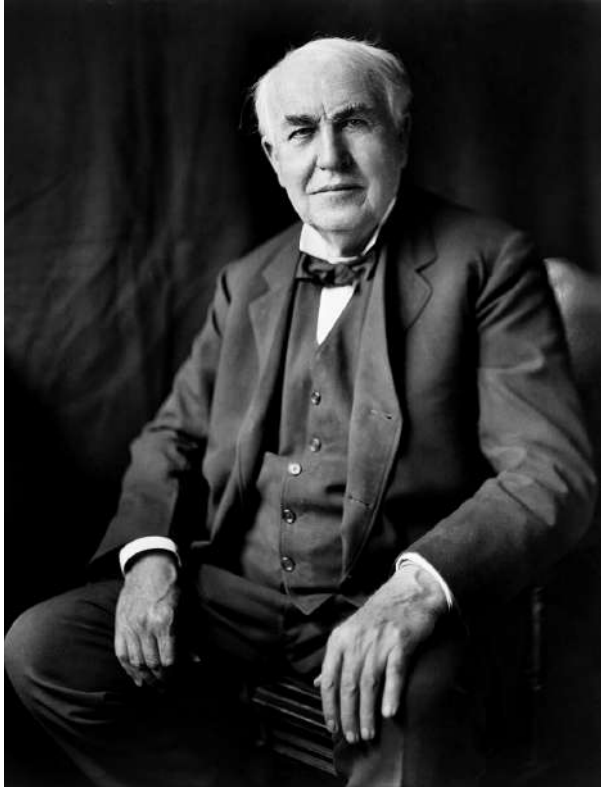
## Part 3F : Muthulakshmi

She sat behind a curtain in school for she was a girl and a daughter of a devadasi. The child marriage restraint act was to be passed in 1929 partly thanks to her efforts. She also introduced legislation against the exploitative devadasi system, set up a shelter where girls could stay, learn and earn. She also set up the Adyar Cancer Institute.





These are people who made noise with their deeds instead of giving up and staying silent. 'Do not take up space', they were told by the world yet they ran around and success chased them. They not only ensured that they did well, but they also made this world a better place to live in. They trusted themselves.



If they could do it, why not us?



## Part: 4

### What do you think truly limits us?

**Let us make our determination stronger than our excuses.**

- It is NEVER the limit of our skills that limits us.
- It is NEVER the limit of our knowledge that limits us.
- It is NEVER the limit of our physical capacity that limits us.
- It's almost always the limits of our inner dialogue that limits us.
- It is the limits of our courage, it is the limits of our willingness to commit, it is the lack of our belief in our ability to learn and it is the limits of our belief in our ability to change that limits us.

**If we begin today on changing the internal limits, tomorrow we can move mountains. Game ON?**



## Part: 5

### HOW to build trust?

#### Part 5A

- Every tough phase
- Every bounce back
- Every difficult project
- Every challenging situation
- Every person who needs help

**...is an opportunity to earn your own trust.**





## Part 5B

- We trust ourselves when we give our 100% plus a little more.
- We trust ourselves when we assume responsibility for our choices.
- We trust ourselves when we were kind when we could have been rude.

**People trusting us and we trusting ourselves is equally important.**

## Part 5C

- Trust cannot be demanded. Trust cannot be bequeathed. Trust HAS TO BE earned.
- 'Trust creates THRUST'. Without trust, life is difficult and slow. With trust, even the most arduous journey looks worth it.



## Part 5D

- Go on and earn the trust of someone you deeply care about.
- Go on and earn the trust of the relationship you want to develop.
- Go on and earn your own trust without which you are a social orphan.

## Part 5E

Big Resource + No Trust → Starts rich, lives poor.

Big Resource + Full Trust → Starts rich, lives rich,  
becomes richer.



## Part 5F

No Resource + Full Trust → Starts poor, becomes rich, lives richer.

So, no matter where you start with resources, you must live with full trust, always.

And yes, whatever happens, never break anyone's trust. That is the ultimate test of a person's worth.

**Trust LIFE. If you are being buried it is because your destiny is NOT of a SEED but of a FOREST.**



## Part: 6

# Brain Tattoos

