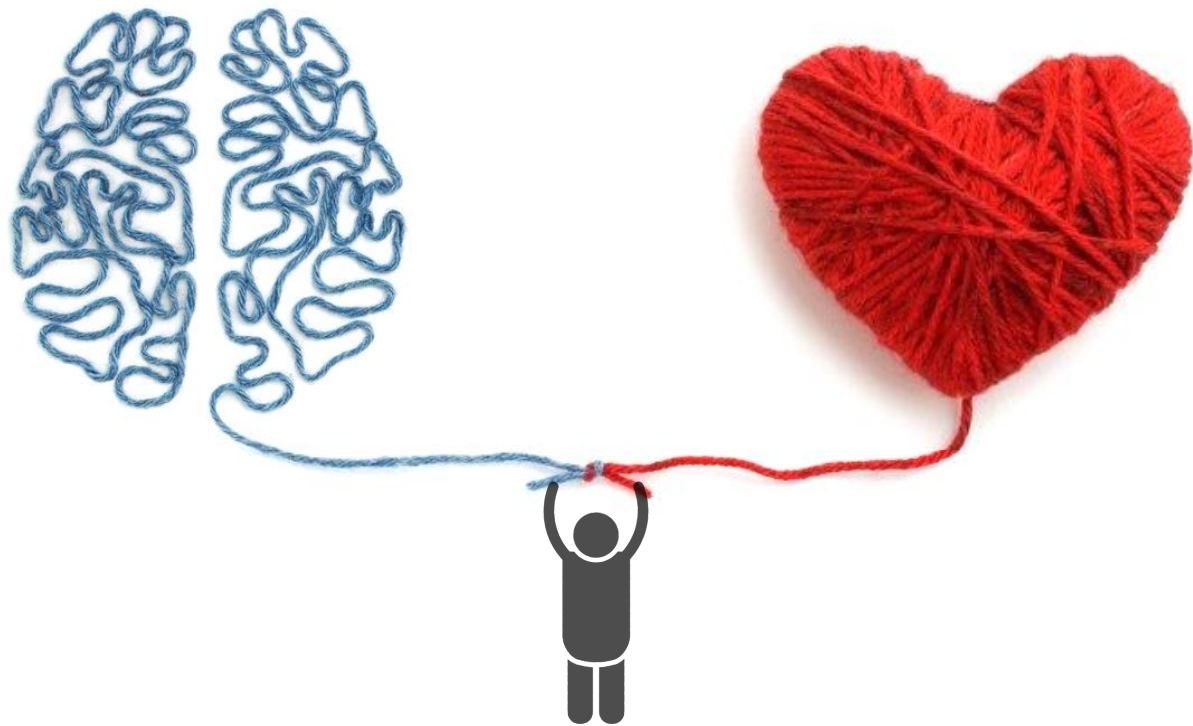
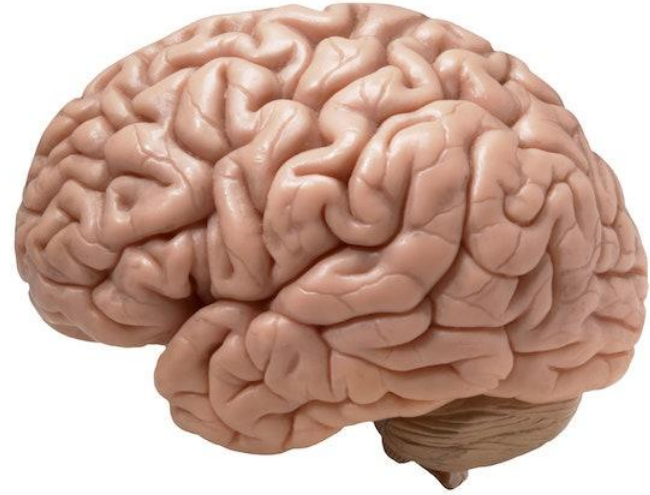


**TEDx@AISG46**  
With Gaurav Juyal



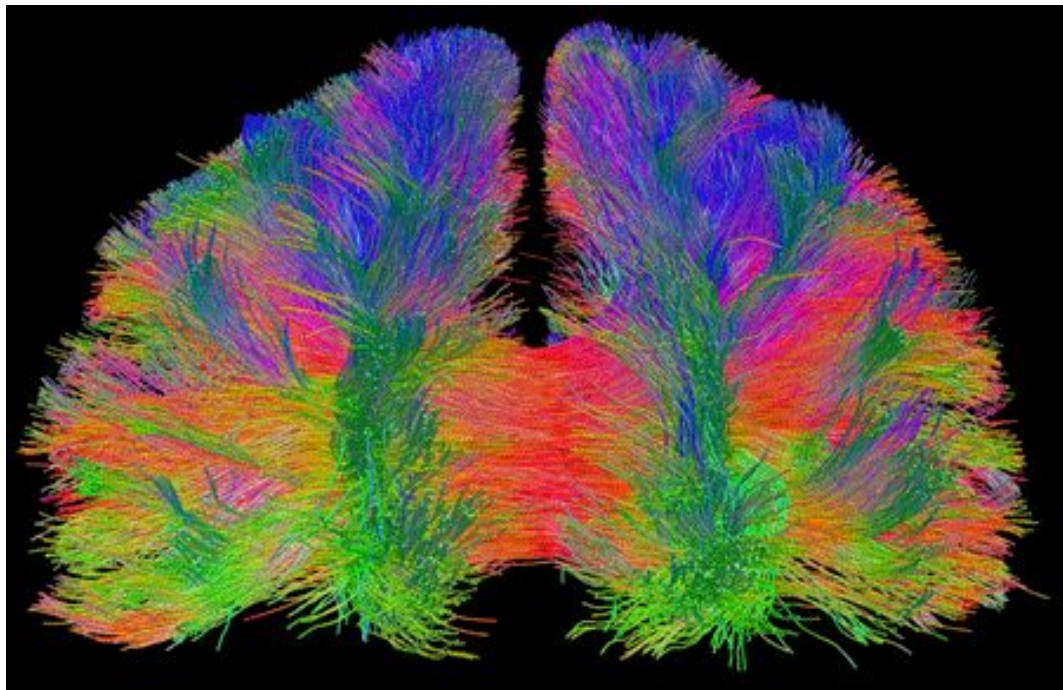
**Mind**

This is how the  
**brain looks**

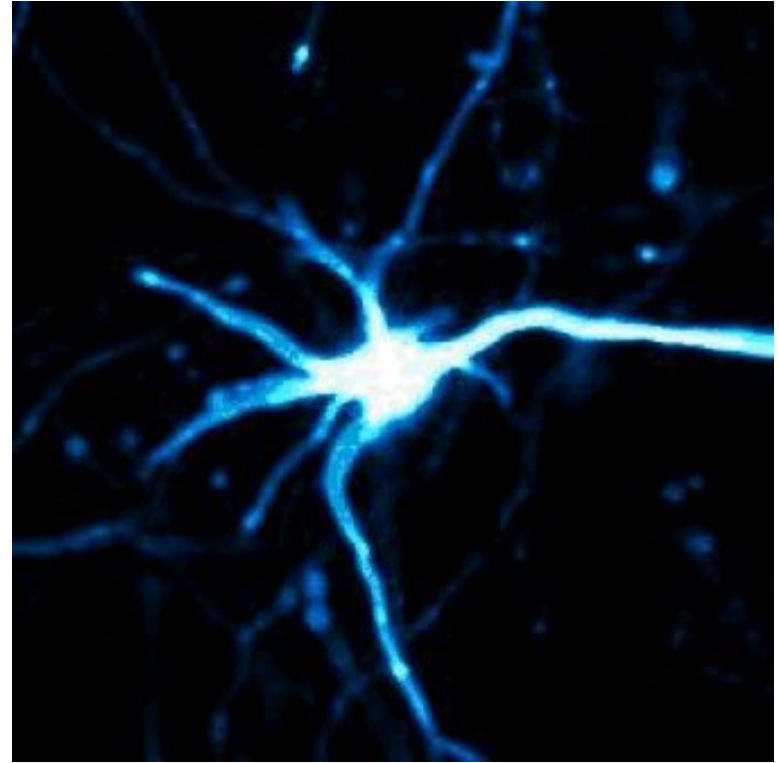
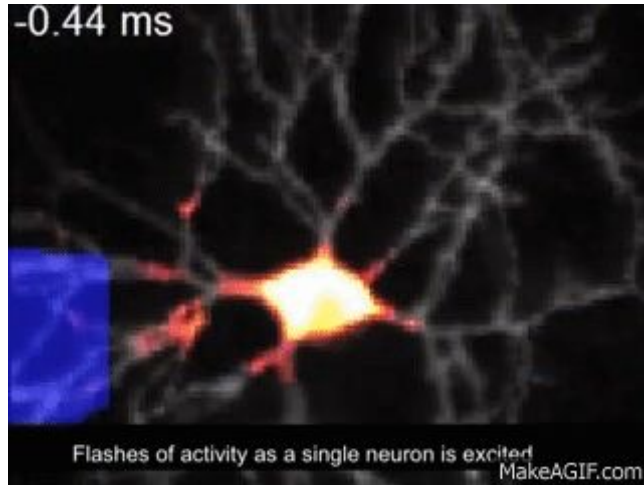


**& looks are usually **deceiving**.**

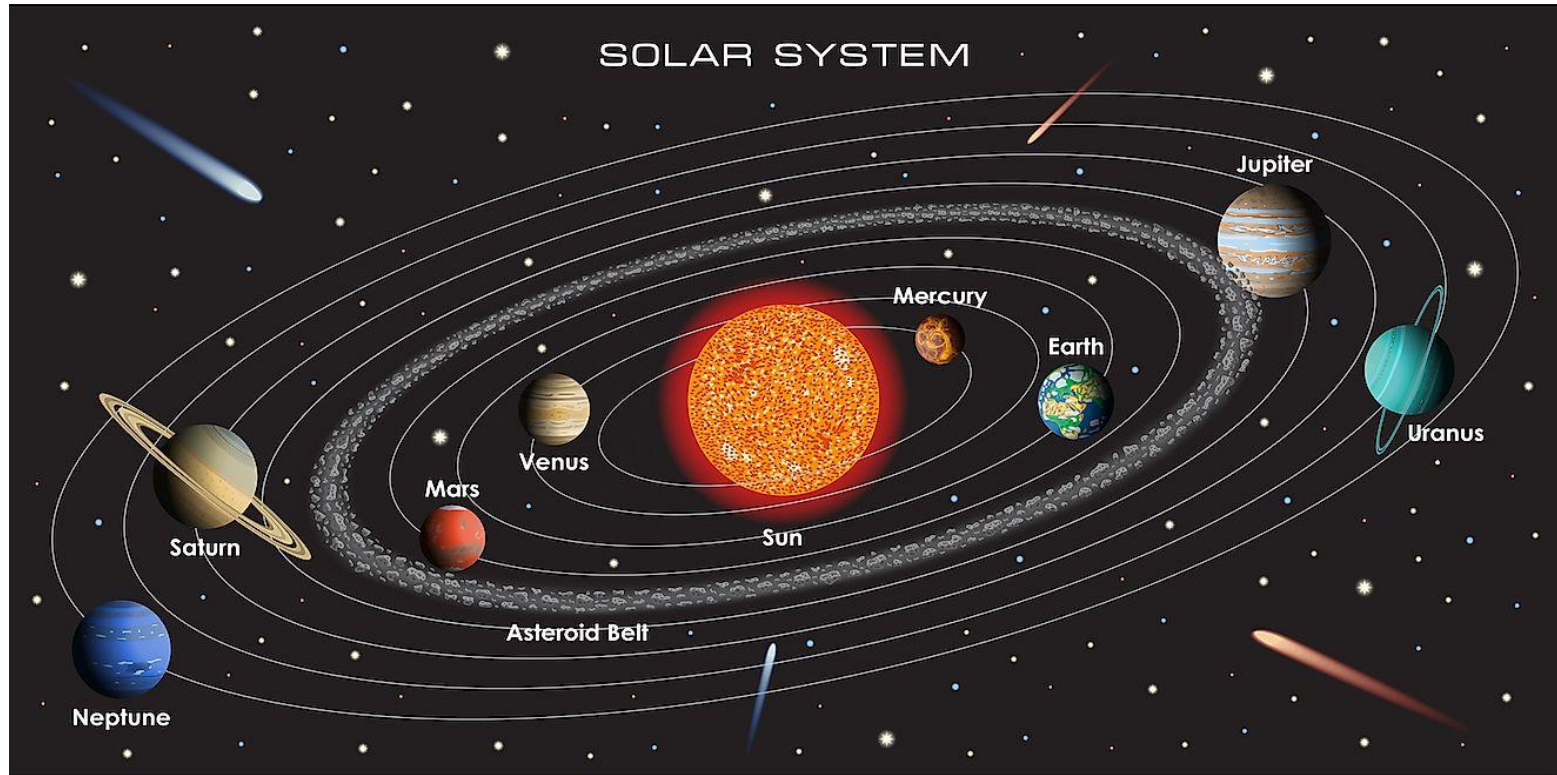
It is a  
**mesh** &  
sometimes  
it acts like  
a **mess**.



It has an  
**electric** personality.

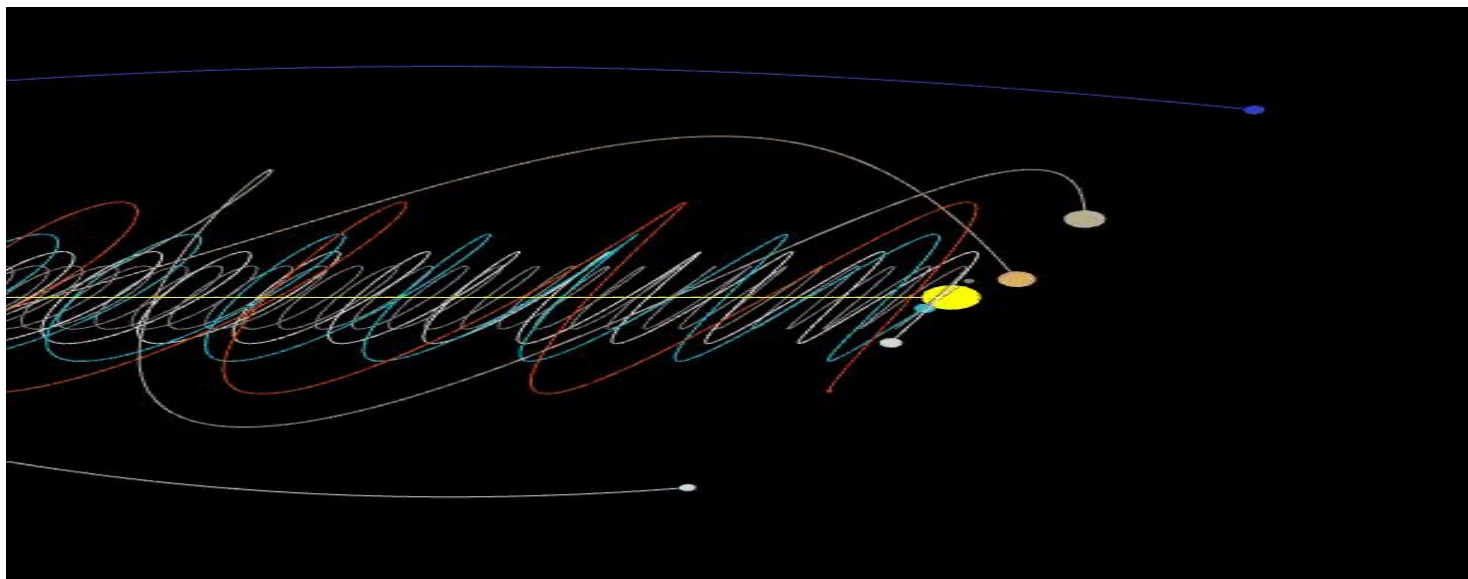
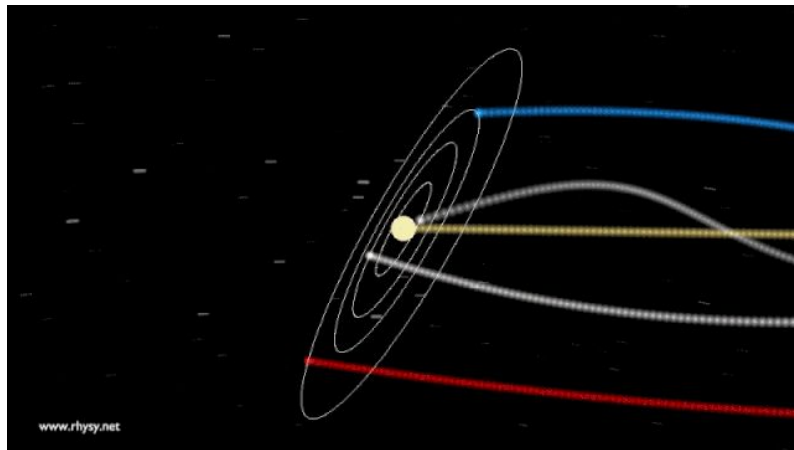


This is how your solar system looks like:

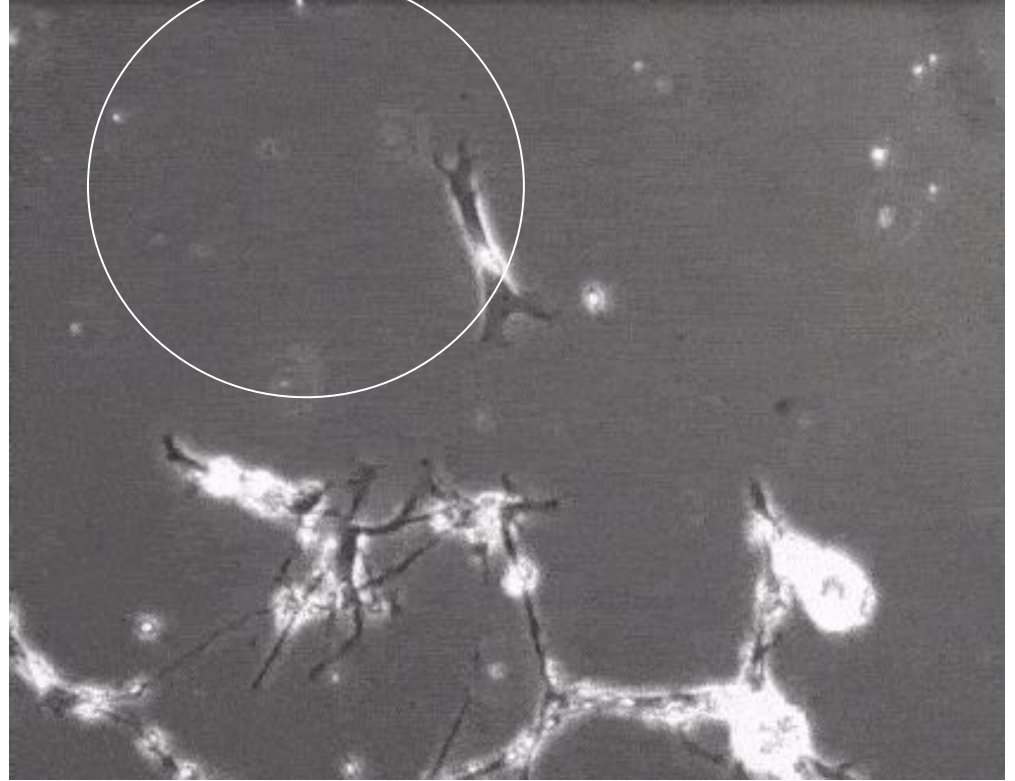
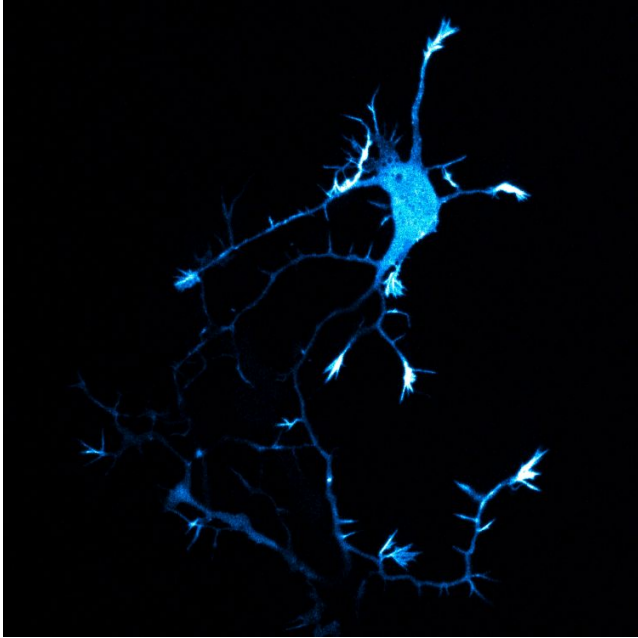




**This is how  
mine looks like:**



Beauty of the mind is in the  
ability to make **connections**;  
Quite literally !



**Thoughts  
create  
neural  
networks**



**Networks  
affect  
further  
thoughts**

**We wire it. It wires us.**

Is it **my** thinking or have I picked it up from others ?



Be **conscious** of your thoughts.  
Do not say or believe anything without  
your own **questioning** or verification.

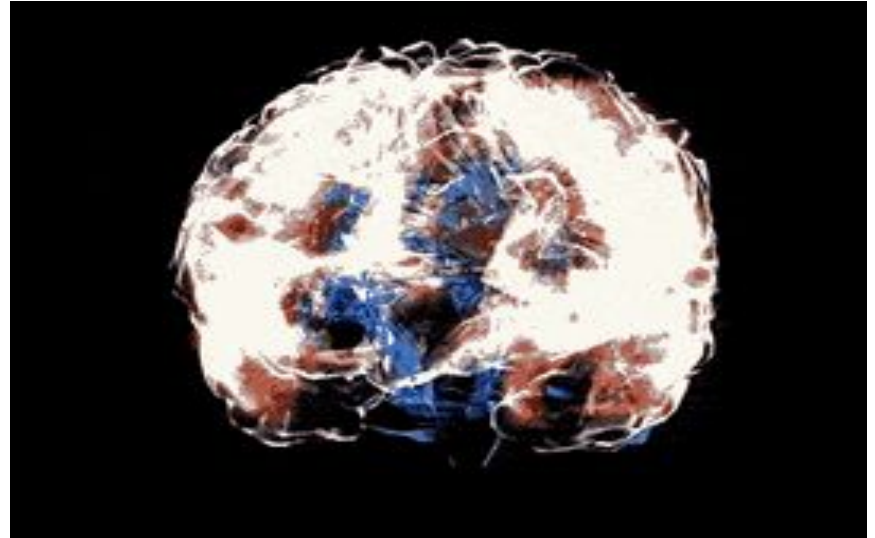
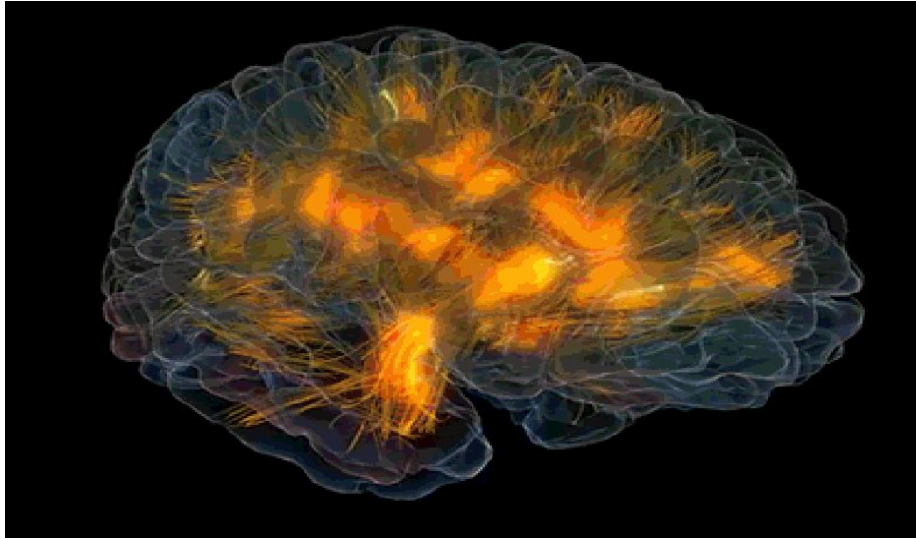
**Repeated** actions or thoughts create stronger mental programs and habits.

**New experiences** create wider and vibrant connections. They can even help break old connections and habits.

Your new connections affect **future** thinking.



And now we know, this is how  
**we really think !**



**BODY**

**Human body is one of the most  
versatile and beautiful design having  
almost **magical** possibilities.**







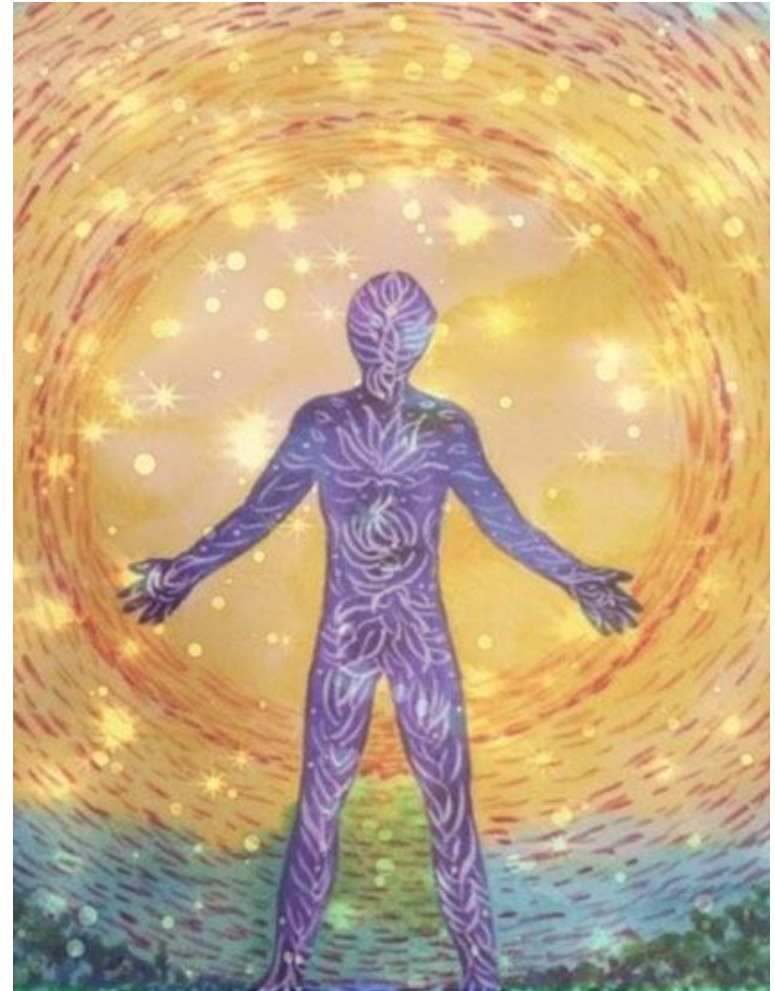
If Mind brings the **ideas**.  
Body brings the **action** and get  
ideas to materialize.



Body gets better with  
challenges.  
The more we use it, the  
**better it gets.**

Your body tells you what  
it wants.

Listen to its **happy**  
moments and its **pain.**



**HEART**

We might not be **social beings**.



We certainly are **emotional beings**.



**Feelings are facts.**

**If it hurts it needs attention.**



Body Self

Mental Self

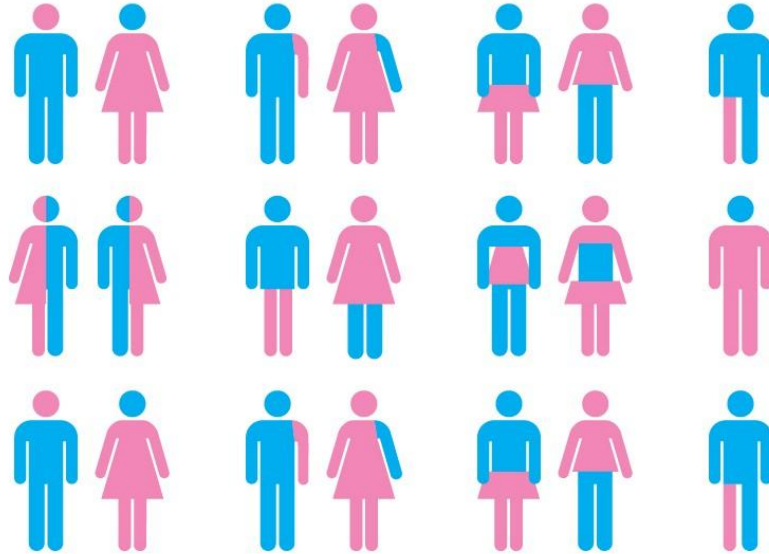


Emotional Self

→ The most important aspect of any living being.



Humans are the only people you will work and live with; **a lot.**



Get to really **understand yourself & everyone** around you.





To undo the old repressive programming against emotional expression, feel free and follow :

**Healthy shamelessness.**

Do not worry what people will think.



Easiest way to release the pressure is to express.

**Say it, type it, dance it, paint it,  
sculpt it, code it, karate chop it;  
just make sure you let it out.**

When you do not know whom to talk to  
or what to do, talk to a **counselor**.

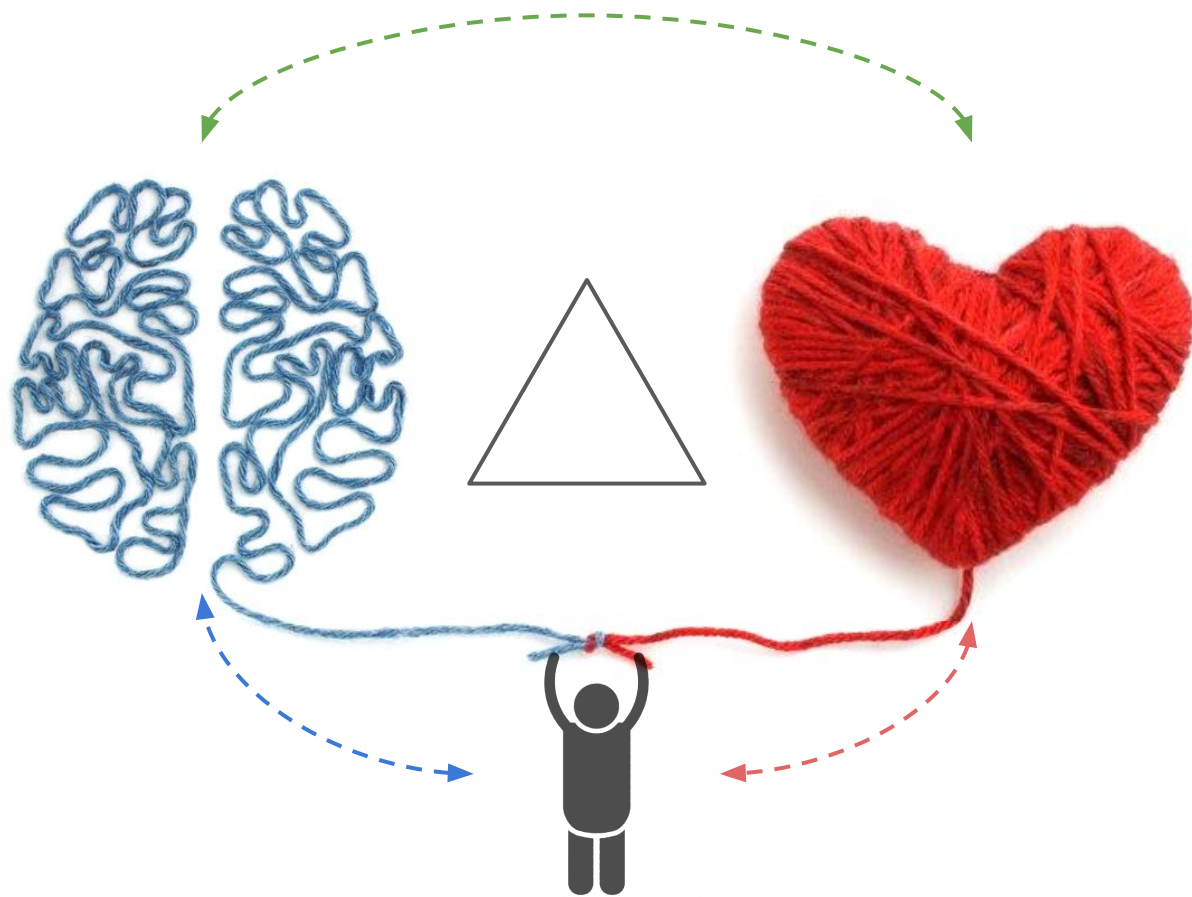


They are like a friends **who do not judge**.  
If we are not feeling well, everything around will feel the same.

# THE COURAGE SCALE

By Dr. David R.  
Hawkins

GIVING	
LEVEL	LOG
Enlightenment	700 - 1000
Peace	600
Joy	540
Love	500
Reason/Logic	400
Willingness	310
Openness	250
<b>COURAGE</b>	<b>200</b>
Anger	150
Fear	100
Grief	75
Apathy	50
Guilt	30
Shame	20
Death	0
TAKING	



**That's all folks**