



Thinking into Character Study Circle



Thinking into Character

Personal and Professional Development programme that is unique to Regent students.

The programme was created in 2018 by Regent Group CEO, Dr. Selva Pankaj, to help students exemplify the Regent HE motto:

The End of Education is Character.



Thinking into Character Study Circle



Set up for:

- ✓ creating community of practice
- ✓ deepening the understanding of the programme
- ✓ sharing resources
- ✓ implementing the knowledge in real life situations
- ✓ helping the members to grow , feel more confident, more driven, more resilient and more able to succeed academically, professionally and personally.



Structure:

- ✓ Meet every Wednesday and Friday from 9am till 9.45 am via MS Teams (term time)
- ✓ Two weekly sessions are linked together and based upon one lesson from TiC programme
- ✓ Each meeting is focused on discussion of and engagement with content of the lessons on the digital platform and practising exercise
- ✓ Regular engagement will maximise the benefits of the programme



As a result of regular engagement, you will :

- Learn how to identify, set and achieve inspiring goals
- Improve self-image and re-write life script
- Close the gap between intentions and actions
- Understand how to turn non-productive habits into productive habits
- Overcome challenges and barriers to success
- Develop leadership qualities



Thinking into Character Study Circle

Rules of the House

- ✓ Be honest and open minded
- ✓ Respect others



Lesson 1

A worthy Ideal Setting goals



Don't concern yourself too much with how you are going to achieve your goal - leave that completely to a power greater than yourself. All you have to do is know where you're going. The answers will come to you of their own accord, and at the right time.

Earl Nightingale

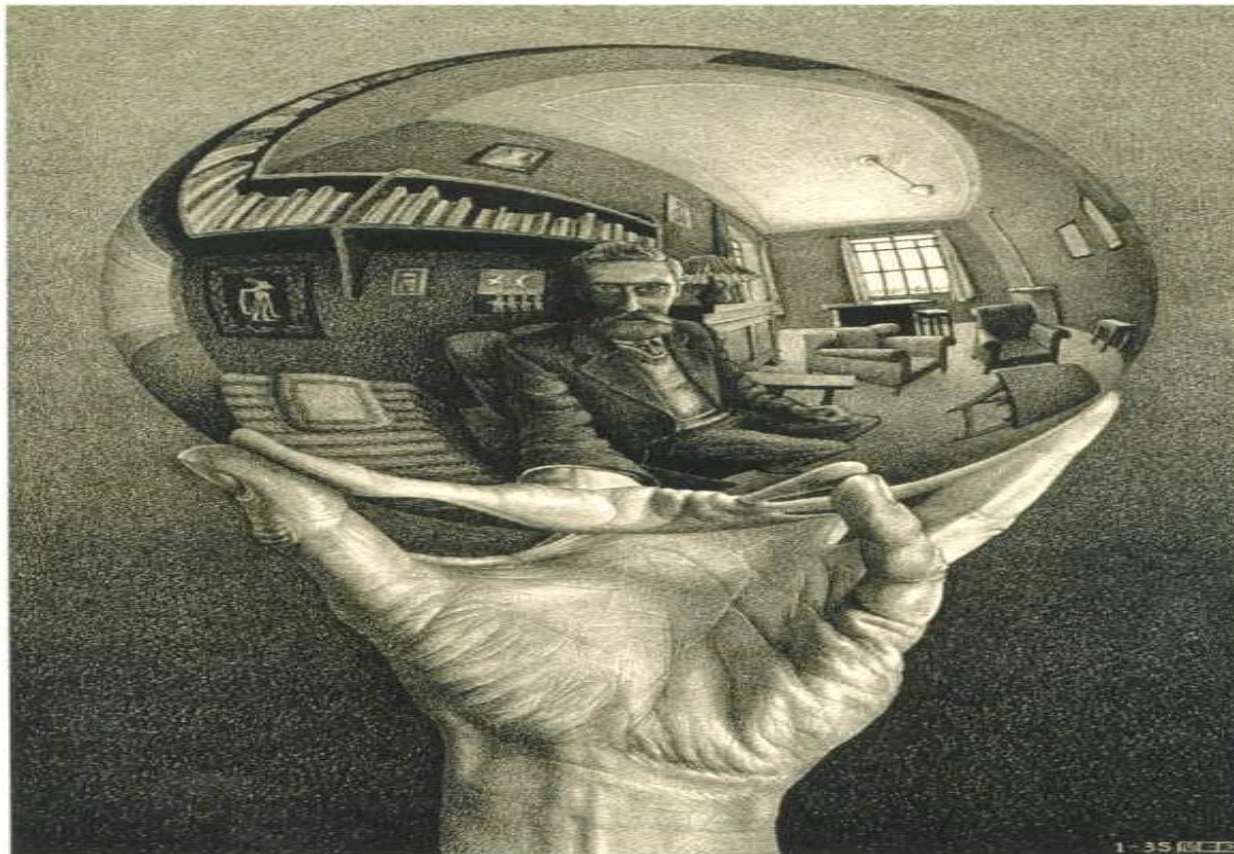


- ✓ From duality to non-duality
- ✓ Subjective reality (Qualia)
- ✓ Mirror, mirror tell me: is that true?
- ✓ Accessing hidden subconscious thought patterns (**Engagement exercise-meditation 15-20 minutes**)
- ✓ We are not who we think we are, but we are what we think.

Practice to take home:

1. To do a mini - ceremony of gratitude in their own space and time, by burning or cutting the paper document on which they have written negative thought patterns (it will be identified and revealed by engagement exercise-meditation). Like this participants will make energetic space for the new thought patterns and goals).
2. To invite everyone to practice awareness until Friday by simple, but extremely powerful Buddhist practice, which will be introduced in the lesson (the key is to shift focus from negative and disturbing thoughts). The only difficulty is to be aware of that moment when the thoughts arises.
3. To complete the exercise from the TIC, lesson 1 in their own time and space. (To do it until page 9 only).





***Maurits
Cornelis
Escher***



Subjective Reality



Conditions

I will do this, when I am going to have money.

I will do that, when I will get retired.

I will keep a diet, after this week.

I will spend more time for myself, when my children will grow up.

I will dream, when I will have time.



Heart's Nervous System

Intrinsic Cardiac
Afferent Neurons

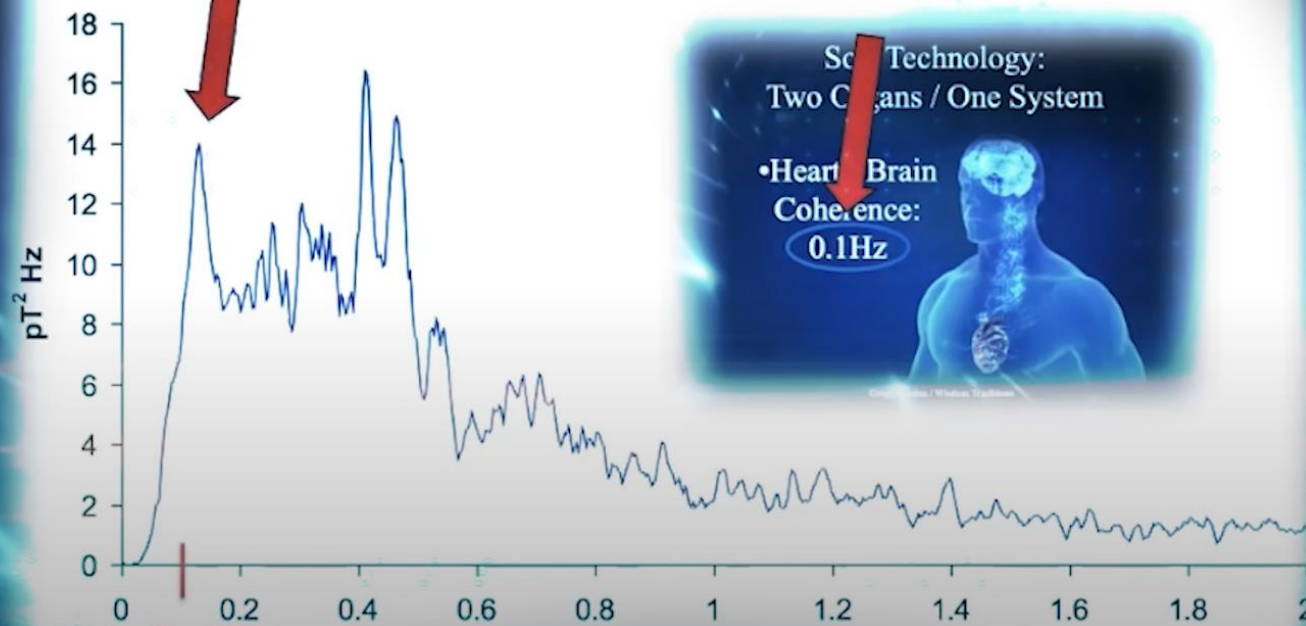


Optimized Heart /
Brain Coherence
0.1z



Earth's Magnetic Field Line Resonance

July 5, 2009 5 AM - 6 AM UTC
(5 minute Average PSD)



0.1Hz

Harmonizing Heart / Brain / Earth

