

# Mentor's Energizer

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## INSIDE THIS ISSUE

- 1 The Cubic Crystal
- 2 Rectitude of Conduct
- 3 1st international Conf. on Universal Human Values, 11-12 June '16
- 4 "Complementarity In Diversity" Game
- 5 How can we help students develop leadership qualities?



Participants at the Workshop for Support Staff of DACOE College of Engineering , Karad, M.S.



Five days FDP at BMS School of Architecture, Bengaluru

## The Cubic Crystal

Much scientific study has been done lately on the different levels of reality. Sensible reality brings us information from the senses—whatever we can see, hear, smell, taste and touch. Intelligible reality explores the concepts of attributes, values, mind power, energy, nature and the human spirit. It's easy to share our thoughts about sensible reality—we can taste the bitterness of the curry or smell the sweetness of the tulsi—but concepts and forces are harder to explain. We describe a happy person as having an uplifted heart; a sad person's heart is heavy. The heart is not literally heavy, nor lifted up, but we understand the intelligible through the sensible. Recently the study of quantum reality has come to the forefront as a way of connecting with the energy that unites all of us-- that some would call spirit-- a reality even harder to describe than a force such as electricity. Quantum scientists have found that human observation of even the smallest particle of an atom can change its appearance or direction. Genes can be modified by focused concentration. This quantum reality explains that subtle shifts in the way we think, feel and act are the keys to positive changes in our health, our relationships and our world. Finally, scientific proof says that we really can be the change we want to see. Universal Human Values are keys to this evolution of thought. As mentors, we help our students read, reflect and respond to study materials that offer opportunities for subtle shifts in consciousness. Perhaps full equality of men and women isn't a reality yet, but as more people begin to observe and question the societal norms, then shift their thinking, followed by shifting their actions, small changes become bigger changes until equality is not just a potential reality, but a reality itself. People have powers of concentration, which, rightly directed, can lead them to greater heights of knowledge, understanding and illumination. Concentration is like a cubic crystal. If you place a ruby in a heated furnace, the heat will have no effect, but if you place it in a cubic crystal in the rays of the mid-day sun, it will dissolve. Whatever we concentrate on, we will draw to ourselves. How important our roles in helping our students turn their concentration to the betterment of the world through pure and goodly deeds, as well as commendable and seemly conduct.

## Rectitude of Conduct

Rectitude of Conduct can be defined as manifesting moral uprightness under all conditions. Allegorically it can be described that to be of service to humanity we must practice rectitude of conduct by walking the straight path and do not deviate from the path of the truth by any means. However, to be able to walk this path we need the light of truth or principles and values to guide us along the way. An indispensable condition therefore is consistent effort to live according to spiritual, moral, and ethical principles. Even so we cannot walk this path blindly. Moreover, the faculty which allows us to see the light of truth with our own eyes is justice. Without it we live our lives in blind imitation and become perpetrators of prejudice. Prejudices of all kinds--racial, national, ethnic, sex and class are veils that prevent us from seeing the truth. In addition to justice other qualities are necessary to walk the path of rectitude, for example truthfulness, sincerity, honesty, fidelity and fair-mindedness. In fact the very foundation of rectitude of conduct is truthfulness. And so the capacity to distinguish truth from falsehood assumes great importance. Besides the spiritual qualities we must show forth attitudes such as being responsible, careful, understanding, forgiving, and learning. If we harbor the wrong attitudes we may fail to distinguish truth from falsehood. Another important ability necessary is that of avoiding situations that may seem innocent, but lead to deviation from the straight path. Therefore, the following skills are important to be developed: critical thinking, analyzing, visualizing the consequences in the beginning and self-control. And when we acquire the above mentioned attributes we become worthy of trust of others. Without trust society disintegrates. Trustworthiness is the most essential condition for the existence of society and prosperity of all. Therefore we may conclude without a doubt that leading a life of rectitude is the harbinger of universal peace and unity.

## 1<sup>st</sup> International Conference on Universal Human Values

Will be held by the Bahá'í Academy in Association with the Department of Education of Shivaji University at Panchgani On **11-12 June 2016**.

### Conf. Sub-Themes:

The Need for Education in Universal Human Values from

- a. Social and Educational Perspectives
- b. Environmental Perspective
- c. Economical Perspective
- d. Scientific Perspective

For presenting papers or attending the Conf. please visit [www.bahaiacademy.org](http://www.bahaiacademy.org) Or Contact the Conf. Coordinator Dr. Mrs. Shashi Gaikwad [conference2016@bahaiacademy.org](mailto:conference2016@bahaiacademy.org)

## "Complementarity In Diversity" Game

**Props:** A sheet of A5 paper, a book and one or more sketch pens for each person

**Time required:** 16 minutes

### **Procedure:**

1. Each person randomly opens his book and picks up an idea from the first line to draw a picture -- for example a flower, a screw driver, or a heart. The picture should occupy the whole page. (Time: 4 Minutes)
2. On the sound of the bell, everyone starts moving around the room to find out a maximum of 5 other drawings that can complement his drawing to compose a concept or a story. (Time: 4 Minutes)
3. On the sound of the bell, each group shows and explains its creation to the rest of the class. (Time: Maximum of 1 Minute per group)

### **Processing the Experience:**

The class then discusses what they learnt from this activity. (Time: 4 minutes)

*Back issues of the Mentor Energizer and the full Energizer Compilation are available on the website. If you've missed an issue, please feel free to download it at [www.bahaiacademy.org](http://www.bahaiacademy.org)*

## How can we help students develop leadership qualities?

The Bahá'í Academy recommends these seven principles, which encourage observing Universal Human Values. They are: unity in diversity, equity and justice, trustworthiness and moral leadership, equality of the genders and races, independent investigation of the truth, service and beauty. As a role model, a morally responsible leader would embody and help others embody these ideals and principles. Four stages will help aspiring leaders develop these qualities.

**Knowledge:** A good leader will move beyond opinions, and cultural, ethnic and religious biases in his/her search for truth. There is no exception with regards to the above mentioned qualities either. Acquiring knowledge and then gaining practical experience by applying them leads to wisdom and development of abilities. At the same time a good leader allows others to express themselves and celebrates diversity of insights.

**Volition:** Volition means that you *deeply want* to achieve a goal, for example a higher state of intelligence, moral principles, skill or ability; it is true individually and as teams. A motivated team will learn more, do more and achieve more. A leader's ability to create unity of vision among his team members and maintain it contributes greatly to their deep desire, or volition, to achieve their goal.

**Action:** A good leader knows that ideas alone, while beneficial, become only philosophy if not acted upon. Hence to become an inspiring leader, one has to put into action these seven values and principles. Through his upright conduct, such a leader proves the validity of the principles he professes. Leaders should be prepared for surprises and do not expect miracles to help others embody these ideals and principles overnight.

**Reflection:** To be an inspiring leader, one should be a reflective leader. Such a leader reflects and evaluates one's actions personally and encourages his/her team also to develop their ability to reflect regularly and reach out to higher levels of accomplishment. To make the process of reflection effective, individuals might be inspired to write a daily journal. Teams might engage in consultation with their members and the communities they serve. The aim of reflection is not to criticize, but to learn, to be positive and future focused.

Finally, an inspiring leader not only subscribes to the Golden Rule of treating others the way he/she wants to be treated, but actually practices preferring others over him. It's amazing how much we learn when we do not prefer us to others.

**Next month: What's meditation got to do with it?**