

# CLARITY

Newsletter of 7C Life Realization Centre Group of Companies

**VOLUME 1, ISSUE 2 – 15 MARCH 2019**

<https://quantuminnocreat.com>

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## UPCOMING EVENTS AT 7C LIFE REALIZATION CENTRE

- Retreat in Bandung, Indonesia – 25 to 28 April 2019
- Mind Focus Meditation Sessions (Monday to Friday: 7.45 pm – 9.00 pm and Saturday: 9.30 am – 10.45 am)

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## NOTE FROM THE EDITOR

Greetings!

Thank you for the positive feedback to the first edition of CLARITY which we sent out last month.

In this edition, Paul generously shares his experiences attending his first-ever LETs Release session. SwamiGuru answers a question I often hear which is, 'Is This Guru Right for Me?' And Catherine's piece is based on our last Speaker Series, 'Cyberbullying and the Impact of Technology'.

I have also received a few queries from people who'd like to share their stories and experiences. Indeed, if you have ideas about stories you'd like to read or answers to questions we can answer, I am ever-willing to listen. Please send me an email at [newsletter@quantuminnocreat.com](mailto:newsletter@quantuminnocreat.com)

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I have also received queries about whether or not you can share this newsletter and the stories in it. Please share this newsletter in totality and not bits of it. If you're interested in only one story, then please let me know you're doing this, do not change the text in any way and state that you first read it in CLARITY, Newsletter of 7C Life Realization Centre Group of Companies.

Life is simple.

Aneeta Sundararaj  
Head of Corporate Communications  
7C Life Realization Centre Groups of Companies

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## RELEASING WITHOUT COFFEE

By Paul Adaikalam

It was still dark when I left home that morning in mid-February 2019. I didn't have much of an idea of how to get the place for this LETs Release programme by 7C. Also, it wasn't in Kuala Lumpur and I was anxious if I will be able to get there by 6 a.m. And with no morning coffee!

The programme I'd signed up for was called LET's Release. It was described as follows: 'This is a unique session to help you with deep-rooted emotional traumas. These traumas could have been experienced in this lifetime or previous ones. You do not need to remember each and every trauma in order to release them. Sometimes, people experience hurdles which include prayers being unanswered or projects failing. Others experience ulcers, abdominal pain, indigestion, stomach discomforts and other ailments. Our unique method of releasing these traumas will help you look at your life in a more positive manner.'

I knew that LETs Release was just what I was looking for. I am 48 years old and have been married for 10 years and we don't have any children. I've been leading a happy and contented life with good family and friends. Passionate about work, I love that I get to travel for business.

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Suddenly last year, everything came crashing down. I felt really low and depressed. In the beginning, I thought it was just a short phase. Day after day, though, it just got worse until I could not wake up in the morning. I couldn't go to work. I couldn't talk to people. I was suffering from anxiety attacks and was often in a state of panic. I started to seek help because I was desperate to get back to how I used to be.

In my search I remembered Andrew Rajan and 7C Life Realization Centre. I had lost touch with both for more than five years. I managed to contact him and he told me to join their meditation classes on Thursdays and Sundays. I did. In the beginning, the meditation helped me calm down during the session, but my depression and anxiety would return the next morning.

Still, I continued to regularly attend meditation classes. I received a lot of encouragement and support from everyone at 7C Life and SwamiGuru. In the process, I learned about this LETs Release sessions which were meant to help in cleansing the solar plexus chakra. If something emotional or traumatic has happened, this is usually where all the negative energies are stored.

With all this in mind, my opportunity to take part in my first LETs Release session came on 16 February 2019. This session, I was informed, was particularly special because SwamiGuru was going to conduct it.

I managed to get to the Konifer Forest Eco Park in Janda Baik, Pahang in time. There were about 30 of us there. I always loved nature and felt really at home in Janda Baik. SwamiGuru made it very easy by joking and showing simple steps to get ready during the warm up session.

We were then told to spread out and choose a spot somewhere along the path. For one moment, I was again anxious because I didn't know if I could do it right and benefit from the session. Still, it was too late to turn back. I took a deep breath and we started.

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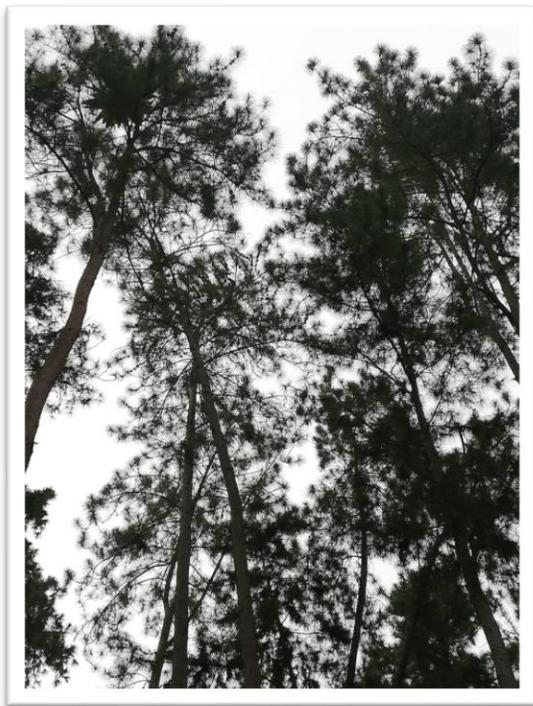


Figure 1: Conifer trees in Janda Baik, Pahang

surrounded by Mother Nature. Finally, we showed our gratitude to Mother Nature by placing a flower at the foot of the tree. We looked up and thanked the Divine. It made me feel complete and at peace.

After this, it was time for coffee. At last!

During the subsequent Q&A Session, I couldn't help but ask SwamiGuru if I could practise this more often. Could I share it with others? This will help so many people I know. I was so keen to share it.

The first part of this session was that we had to speak in tongues or gibberish. As legend has it, the word 'gibberish' comes from the Sufi mystic, Jabbar. Jabbar didn't speak in a proper language, but uttered nonsense. He told his disciples that their minds were nothing but gibberish. Once this gibberish was cleared, they would be able to identify their being.

It was absolutely what I needed to let go. I didn't have to think of any words. I thought of something and immediately let it go by blabbering. This released a lot of the blocks in my mind.

The second part of the session, to shout and release all the pain, hurt and frustrations felt even better. I was relieved. I felt good because for the first time in my life, I could just release my emotions without worrying what people would think or fear that I might hurt someone else.

The third part was to meditate and let the music repair and heal me. It was very soothing and comforting especially in the environment of being

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There are many more people out there who are suppressing and keeping the hurt, frustrations and pain inside. They don't let all this go and it eats them up slowly. This subconsciously makes me judgemental and blocks me from receiving good things and feeling good about myself

Doing the LETs Release programme has transformed my life in so many ways. Now, I can accept myself just as I am. I don't look at only my weaknesses or faults. Instead, I am excited and confident that I can be happy and nothing is impossible for me to achieve.

I'm very grateful and inspired by SwamiGuru for his guidance and contribution as well as all the members of 7C Life who so generously reach out and genuinely help people live a better life. I wish everyone the best and believe everyone can have an awesome life.

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Paul Adaikalam works in a logistics company in Malaysia and looks forward to many more soul-cleansing retreats at 7C Life Realization Centre.

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## [IS THIS GURU RIGHT FOR ME?](#)

**BY SwamiGuru**

A Guru, like everybody else, is the embodiment of the Divine. I see myself in you. My energy is within you. There is no difference between the spiritual self within you and me. The energy that dwells within us is part of the greater energy that controls everything. The only difference is how we treat that spiritual self.

### **"IS THIS GURU RIGHT FOR ME?"**

The answer depends on how a particular Guru teaches and guides you. Perhaps, the proper question is this: Is a Guru asking you to pray to him or beyond him? Praying to the Guru will certainly mean that this Guru is not right for you. When he is asking you to pray beyond him, it means that you need to understand that when you pray, you're praying to something that is beyond

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his physical form. When you do this is that you will come to see that you're fortunate enough to have the opportunity to be taught by one who is both instructed and inspired by the Divine.

You may then wonder what a Guru is supposed to teach you. The teaching, in essence, asks you to answer a simple question: "Am I happy all the time?" If the answer is no, then you know that you are not on the right track. You feel directionless; you're not connected to your self; and, you fall back into your old ways and bad habits.

A Guru will show you that each one of your problems is resolved when you believe that the Divine will take care of them. You will no longer worry about living as you will be truly successful. That clutter in your mind, the one filled worry, shame, hatred, anger, fear, frustrations and all manner of negative thoughts is cleared up. When there is nothing but clarity, you will be able to listen to the voice of the Divine.

## **"I FOUND MY GURU. NOW WHAT?"**

My role as a Guru, therefore, is to guide you. You will hear, listen, change, transform and lead. This doesn't mean that your destination stops when you find me. You have found where you need to go and the only way to reach the destination is to apply what you learn. If you don't practice the teaching, you will go nowhere. Quite simply, you walk with me while I teach you what it is to surrender in totality to the Divine.

What does it mean to surrender in totality to the Divine? It is when you accept everything that happens to you as a blessing or gift from the Divine. You will never worry about the challenges to your ego because you will operate at a soul level and nothing will affect you. It can be something as simple as reading this article or coming face-to-face with a Guru.

What happens when you have nothing left to surrender? Would you still need a Guru? Would this Guru still be right for you? I asked some of my students these questions and here's one answer:

"Let me use the analogy of my mother taking me to school. She holds my hand as we take the path that leads to the school. I know that once I'm in school, I will become immersed in the lessons and

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will no longer focus on holding my mother's hand. It doesn't mean that I forget my mother. I still love and want her near. But I don't need to hold her hand anymore. Until I reach the school though, I trust her to take me on the right path to reach this school. I'm not scared and I don't worry that I'm on the wrong path.

"Likewise, when I choose a Guru that is right for me, I know that what awaits me is a point when I will be in eternal communion with the Divine. Once I am there, holding the Guru's hand will become immaterial because I won't even think about it. Until I get there, though, I will enjoy this walk with my Guru. I surrender the worries and fears to him for he will not let me fall. And when there's nothing left to surrender, while I am still on this journey with the Guru, I will look at the world around me. I will live. I will be happy."

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SwamiGuru is the Founder of 7C Life Realization Centre. The aim of those within 7C Life is to teach people to achieve clarity of mind and live successful lives by practising mindfulness. SwamiGuru's teachings have been delivered through mind focus classes, retreats, personal interactions and counselling sessions. For more information, please visit <http://www.7clife.org>

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## [CYBERBULLYING AND THE IMPACT OF TECHNOLOGY](#)

**By Catherine Yong**

What starts out as a straightforward panel discussion about cyberbullying and the impact of technology, turns into a meaningful discourse during the second Speaker Series' panel discussion on 1 March 2019. We consider the use of digital devices among the younger generation, and the examples that we, the nurturing generation are setting for them. It also serves as a timely reminder that no one is safe from the effects of social media and all the online services that the Internet enables. Unless we make a conscious decision not to use social media, even the older generation is vulnerable to online fraudsters who know how to prey on their weaknesses, perceived or otherwise.

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First things first. What does bullying actually mean? The Senior VP, Outreach and Capacity Building, Cybersecurity Malaysia (CSM), Lt. Col. Mustaffa Ahmad, views bullying as a part of life in boarding schools. When a member of the audience agrees with him, this former student of the Royal Military College says that bullying can be likened to ragging which is a way for new students to get to know their seniors.

The others on the panel however, feel that bullying is a negative aspect of life, with various definitions ranging from intimidation and an imbalance of power, to a form of violation and a way of dehumanising a person. In fact, Dato' Dr. Andrew Mohanraj, Consultant Psychiatrist and President of the Malaysian Mental Health Association (MMHA), shares that in Malaysia, 30 per cent medical interns drop out and a majority of them cite bullying as a main reason.

## **ON THE ONE HAND**

To detect bullying in the first place, it takes understanding and awareness at a fundamental level. As an example, I offer my own experience. As a tall woman, all I need to do is stand next to a short person. Invariably, this person will turn to me and say something along the lines of, "You intimidate me."

Who is the bully here?

No one is physically harmed and neither are abusive words uttered. Yet, both of us feel the unpleasant emotions caused by the other. I have developed a thick skin after so many years of being at the receiving end of such comments; I've accepted who I am and roll with whatever life throws at me. This isn't the case for those who are vulnerable such as youths and children. They don't necessarily know how to properly respond to negative comments. And when bullying happens online, the situation and the impact from it is exacerbated.

## **ON THE OTHER**

Case in point is the story that Dr. Andrew about a 9-year-old girl who became suicidal because, unknown to her teachers and parents, friends were calling her "fatty" and other body-shaming words. Thankfully, with intervention, like strict monitoring of social media usage and more quality

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time spent together as a family, she recovered and returned to school a year later. What was shocking, however, was that prior to the diagnosis being made, both parents were hooked on their electronic devices and did not know that their child was being bullied on social media.

A key takeaway is that bullying can have debilitating effect upon a child. But when it happens online, it is harder to detect and carries on for a longer time. In fact, Philip Ling makes an interesting observation – in many cases of bullying, boys tend to use words, while girls exclude the person they are bullying from group activities.

“When tagging persons in a picture [on Facebook],” the Head of Sustainability, DiGi Telecommunications elaborates that, “there is an intentional approach to tag all their friends, and not those that they are bullying. As a child, they just want to know what they’ve missed out on, are trying to catch up and become stressed trying to keep up too.”

## LICENSE TO USE

Although this is far from being a healthy scenario for our children and youths, the experts on the panel do have a suggestion to rectify the situation. The question to ask is this: If children are not allowed to ride motorbikes until they obtain a license to do so, can the same apply to children’s use of the internet?

“Children should also be taught that they are responsible for what they post online,” says Dr. Andrew. He moots the use of a digital licenses in schools, where children are allowed to use digital devices only after they have demonstrated their comprehension of cyber safety topics like risk behaviours, online reputation, private messaging, and Internet and technology addiction. In other words, being a minor should not exempt children from being taught responsibility, accountability and consequence of their actions when they use social media.

To sum up, 50 per cent of the audience admits to being bullied, while the other half say that they’re not sure. That said, there is a general consensus that we now have a culture where bullying and ragging are used as an excuse to toughen up one’s character. Also, in some ways, bullying is similar to scamming, because the scammer dehumanises and takes advantage of a person’s weakness. In a

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love scam, more than the loss of money, more often than not, the victim also loses his or her reputation and integrity.

Ultimately when it comes to cyberbullying, the point that all speakers make is that the emphasis should be on building trust between parents and their children. Dr. Sekar Jaganathan, Founder of 7C Life Realization Centre, underscores this by adding that there should be legislation, like a Personal Integrity Protection Act, where the onus to prove that a cybercrime has been committed shouldn't be on the victims. Instead, the perpetrators must show that they haven't bullied or committed fraud. We have to go back to basics and make everyone (teachers, parents, children and social media users of all ages alike) become aware of what they're doing.

The final conclusion of the entire panel discussion is simple: We should control the impact of technology has on our lives and not allow technology to control us.

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Catherine Yong owns the Speaker Series Programme (SSP) and develops it to all it can be by connecting the dots between social issues and people with relevant expertise to share their knowledge. She is determined to create the stage for current issues and opinions to be openly discussed. Ultimately, she'd like to help the audience manage the impact these issues will have on their lives and empower themselves to be happy. To know more about SSP, please [www.quantuminnocreat.com](http://www.quantuminnocreat.com)

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