



INDIAN CHAMBER OF COMMERCE



Press Release

## Special Interactive Session With

**Sister Shivani**

### **“Globally Renowned Spiritual Guide And Mentor”**

**Kolkata, 18<sup>th</sup> December, 2017: “Intuitive decisions are always more effective than decisions made through logic –intuitive decisions are more likely to align with your core values and sense of purpose.”**

Delivering her keynote address on **“Strategy for Successful Decision Making”**, organized by the **Indian Chamber of Commerce** at The Taj Bengal, Kolkata, **Sister Shivani** emphasized on the word ‘stress’ that is being used in our daily routine. Scientifically, stress is equivalent to the pressure divided by resilience. She mentioned that the level of pressure is changing with time, but we can’t blame the situation for our stress levels. Everyone has different inner strengths and depending on the strong inner-strength, people can bear more pressure. Today, the numerator is increasing where nobody is concentrating on the denominator, which in turn is creating a kind of fear among all. Due to this rising imbalance in the relation of pressure and resilience, stress level is too high. It is making people aggressive and leads them to hasty decision making.

She emphasized that the stress of individuals adds stress to the air; likewise the weak hearted individuals are affected more by the stress which makes individuals aggressive. The environment comprises of not only physical resources, but also human consciousness. It includes the subtle energy or vibrations—our intentions, thoughts, emotions, choices, culture and morals—that we radiate. Once we radiate these subtle energies into the environment, they are in the air so they influence everything around us. The environment we see is both a direct and indirect manifestation of the effect of our thoughts. A sum total of our individual thoughts form the collective human consciousness which is today filled with greed, lust, anger and pain.

With so many stakeholders in the environment being at the receiving end of human behavior, it is not just prudent but imperative that we recognize what is to be done to heal the planet, and start doing it.

In the same manner any organizational leader’s vibrations affect the workplace environment. Addressing the growing crisis, she pointed out the subtle lifestyle changes are required. The same way schools empower children, organizations also need to empower their employees. By providing a better work-life balance condition and cultivating a **‘no anger zone’** where tasks can be evaluated without annoyance and criticism can be made without shouting, the employee will not feel overburden. A good leader understands that **“Peace is power and not weakness”—where the peaceful individual gains from the peace and reverberates positive energy in the workplace.**



**“A leader’s energy is field in the workplace” –**

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**responsible for the energy**

followers can be empowered,

through good vibrations

along with better productivity from the individuals. Thinking about employees and your client’s benefits before oneself, is going to pay off through more blessings and positive vibrations in the surroundings. She ratified that, **“Nobody can evade from the consequence of their karma.**

blessings can be earned

**When we give out positive energy we get back positive energy and when we give out negative energy, we get back negative energy – this is the logic of karma.”**

In order to nurture self, Sister Shivani advocated practices of calming the body and mind so you can clearly hear your intuition and create positive vibrations that linger in the atmosphere. Devoting half-an-hour in the evening and ten minutes in the morning to read, listen and think about things that has high positive vibrations silent our minds that can help in better decision making. In place of useless information from the newspapers that clutters our minds, we need to absorb quality peaceful information that is relevant for us.

She noted that early morning introspection makes for better intuitive decisions since lesser people are awake therefore; the air is peaceful and has less negative vibrations. In order to take your lifestyle to a higher vibration, high energy natural ‘satvik’ food is to be consumed along with introspection and subtle changes in the lifestyle.

**Mr. Shashwat Goenka, President, Indian Chamber of Commerce** presented the event while **Dr. Rajeev Singh, Director General, Indian Chamber of Commerce** delivered the formal vote of thanks.

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