

# SM TIMES- PEGASUS



## THE JOURNEY OF SELF-DISCOVERY AS A TEAM

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- 1) The journey of self-discovery as a team
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- 4) Finding myself [Inspirations and powers within us]

Have you ever felt inspired and driven, like a spark has been lit in you and like you are ready to take on the world! This drive and inspiration can be a movie, a play, a performance, a story, a poem, a leader, a friend, and anything or anybody else. This drive and this inspiration can be the smallest of things to the largest, that can make a difference and that can ignite the 'powers within you', don't you think? Here, at Sparkling Mindz we have a theme every year and the year 2019-20 's theme was 'power within me'. But what is 'power within me'? The unique skills, tools, passion, resources, and much more that each of us carries with us are 'our' special powers or the powers within us. Using this as our overall theme we went on a voyage and a journey of self-discovery, of the powers within us. As the year came to an end we were inspired, elevated, and different, to pull all this inspiration, elevation, and change together we were going to use our annual day. We were searching for a story, an example that expressed our discovery in the simplest way possible. A story that deeply resonated with us was *Invictus*, it touched us and gave a clear-cut example of the theme 'power within me'. Bits and pieces of the movie were played to us and now we were even more inspired, inspired by Nelson Mandela. This is when the facilitators saw an opportunity to give us a house wise challenge. But what are houses? Houses here, are children of various ages and from all over the school, put together in a team. These teams compete against each other in many ways and by the end of the year, a team wins. The houses are Griffins, Pegasus, Phoenix, and Sphinx.





What was the house wise challenge? The challenge was, each team amongst themselves will get the opportunity to discuss and explore inspiration, to understand how this inspiration can translate into the powers within us and to represent this in our creative way for our annual day! We are in the house Pegasus, in our house each of us is different and diverse, each of us carries our own special powers and this challenge allowed us to use the diversity in the team to bring us closer together. We got the chance to understand each other, to collaborate, to contribute, and to be ourselves. We saw the opportunity to build a strong tribe, a strong team and we started finding ways to it. But first, we needed to hear each other's inspirations and we needed to sit 'together as one team'. And to sit together as one team we needed the time and space, we needed circle times. Circle time is the space and time where everybody who is a part of it, sit together in a circle, reflect and think together and share their thoughts and feelings. Usually, the circle times were led by the facilitators or teachers largely because there was a lot of skill, thought, and effort that goes into planning it. But now the facilitators decided to give us, the Falcons an opportunity to lead circle times, to plan them, and to learn about the art of facilitation. The Falcons of our house were excited, and so, we started to plan what questions we were going to ask, how we were going to introduce power within me and how we were going to facilitate. We asked a few questions like, 'what and who are you We asked the questions, 'who are you inspired by and why?', 'how can this inspiration become the power within you?' and 'how can you use this power within you?', when we asked these questions we got the most beautiful responses like 'I am inspired by Elon musk because he cares about the environment', 'I have the power within me to choose', 'I am inspired by my brother because he is so focused and committed', 'I have the power within me to control my emotions' and we heard so much more. Now, we had the choice to use all strengths in our team, all the powers in our team to become a stronger team. We took on and faced all the challenges that came our way, we used them to move a step further. Finding the power within us is a challenge, and our journey was not an easy one. We were helped along by improvising, and more importantly, ownership. It's our journey, our story.

"We took the time to understand each other and then we moved forward"



.All of us in Pegasus are unique, we believe in different religions and belong to different families, but our differences are what bring us together at the end of the day as Pegasus. It's what makes us sit together at our circle times, knowing and accepting that each person is different. Our tale will never end, our voyage will never end. We are walking a path towards individual and team trust. To express this, we had agreed to present it on our annual day. Due to the current lockdown, our school was shut down and we were working online so that plan was put on hold, that's where our newsletter emerged. We took inspiration from infinite corners to present to you our story.

Our endless story.....

"It is a choice we made to be together as a team, we didn't force it upon each other"



## HOW WE FOUND THE POWER WITHIN US AND HOW YOU CAN TOO!

Each of us who are a part of Pegasus were a little uncomfortable with openly sharing thoughts, standing up for our thoughts, disagreeing with something and saying no. But after we started doing circle times we learnt that we can find the power within us to talk to each other, to share without hesitation and to be ourselves in the house. We found the power within us to be a team. Can you find the power within you to face challenges, to be a team, to love yourself, to make a change, to be grateful, to accept your feelings, and more ? How can you do this ? Here, is a way you can do this but remember that this is not the only way, there are many more and this is just one of the possibilities.

### 3 Simple Steps To Access The Power Within You

The journey of life is littered with obstacles, and as a part of the human experience we are often faced with challenges and situations that can cause us to feel stressed and overwhelmed. Often when we find ourselves in a difficult situation we make it worse by worrying incessantly about it, and therefore seek to solve our discomfort immediately, by any means necessary. We try to push through and past what we see as difficult, and most of the time we do this by seeking advice from somewhere outside of ourselves. As technology has rapidly advanced, our society has become dependent on being able to find answers immediately. If we have a burning question, all we need to do is reach for our smart phone or computer and within seconds we have an answer.

But life's challenges contain powerful lessons, which simply cannot be rushed. Learning takes time. Impatience hides a most powerful truth; that within us resides all of the knowledge we need. But how do we access this inner knowing? Is it something that you have to be a guru or spiritual master to find? The truth is that we all have access to this great wealth of inner knowledge, and if you follow a few simple steps you will be on the way to knowing how to wield it.

#### Step 1 – Ask!

How often do we seek the opinions of others when we have a problem that we cannot seem to solve? The next time you are faced with a challenge, before you ask everyone else for the answers, try asking yourself first.



By doing this you are setting an intention to the Universe that you require assistance, and you are opening your own mind to seeking beyond its default reach.

**Step 2 – Trust yourself.**

At this point you may be thinking to yourself: “This is stupid, I don’t have the answers, if I had them then the problem wouldn’t be there in the first place!” This is simply your ego mind playing tricks on you. It is the impatience in you trying to win, your old habits attempting stop you from changing.

**Step 3 – Be present.**

As cliché as it may seem, and the total opposite to what we do normally, being present and still in the moment is where it’s at. When you are present from moment to moment you allow the answers you seek to come to you. You can sit and meditate, or even just make yourself a cup of tea. How you do it does not matter. Even if your mind is running a million miles an hour, telling you that you are being ridiculous for sitting still, stick with it and breathe.

"Inspiration kept us  
going"  
-Pegasus



## 'AS WITHIN, SO WITHOUT' IT IS!

Disha ma'am

Sometime in March last year, I remember sitting with Sreeja ma'am at school. "When does someone find the power within themselves?", she asked me while also pondering over it herself. Little did we know that one year down the road, the majority of the world would be pushed to their limit to find their resilience and power in combat with a tiny being, the Coronavirus. However, I am not here to talk about Coronavirus or how I am dealing with its effects. I am here to share with you an experience from the past that opened my eyes to my own power. I was born to parents who love me dearly but are also very protective of me. Another addition to this protective coop is my overprotective brother!

I often jokingly would tell my friends that I had three parents at home and not two. "What were they so protective about?" you may ask. Good question! Just like any parent, they worried about my safety. But their worries were amplified, especially because I was a girl. Now, they had their beliefs about how girls should be - things they can and cannot do. I, on the other hand, wanted to do everything (okay, most things) that they believed was not ideal for a girl to do - ride bikes, climb mountains, go on adventures, travel and so on. So I kept dreaming the dreams of a caged bird, only to be weighed down by the fact that I would not be allowed to explore.

I understood my parent's perspective too but I would feel sad when I had to keep pushing my dreams away. I felt helpless. You see? My power was never with me at that point. I felt powerless, and every request or argument about me wanting to travel or explore would fail and leave me feeling hurt and disheartened. I had chosen to be the victim... Until one day, I understood what had been happening. By this time, I had read a lot of books and watched videos that helped me gain perspective. I realized that my power did not lie in fighting and arguing, but in BELIEVING that I had the power within me; the power to express myself, the power to manage my emotions better, the power of responsibility and most importantly the power to stay calm.



I was then able to sit my parents down and express my longing to travel and explore. My stance had shifted. My parents saw me as a calm, confident and responsible individual. What was even more magical was that I could urge them to reach out to their inner power to trust me. In shifting myself, I was able to shift them too! I have travelled to a lot of places ever since and have been quenching my thirst to explore every now and then. Finding the power within you can be quite an intense journey sometimes. It is like climbing a mountain or running a marathon. You might feel like giving up. You might feel exhausted mentally, emotionally and physically.

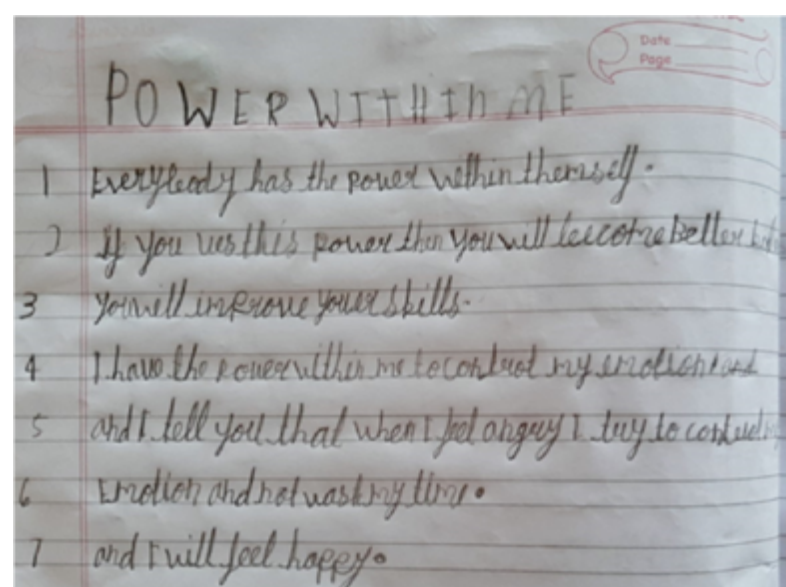
And then, there is the power of choice; to push on and become resilient by learning to manage the narratives or to just give up. A lot of times we realize our powers when we are pushed to a limit, a point where you can no longer hold on to being a victim, which is a very comfortable place to be in; and you make a choice to persist and face the odds. It is in facing these odds and looking within, that I realized the power within me. And, I continue to do so, today and everyday.

"We take  
inspiration  
from infinite  
corners to  
find the  
power within  
us"



## OUR SHARED INSPIRATIONS

WE ALL FOUND INSPIRATION FROM MANY PLACES THAT  
IGNITED THE POWERS WITHIN US HERE IS A GLIMPSE OF  
THE INSPIRATIONS AND POWERS OF OUR HOUSE,  
PEGASUS.



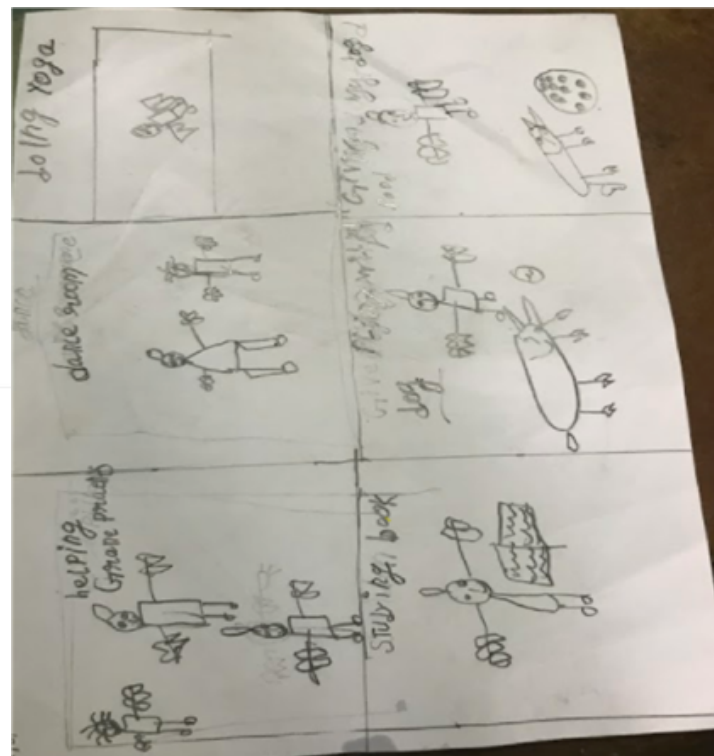
'I have the power  
to control my  
emotions.'  
- Eshwari



-Anika



He has the power  
to choose !  
- Daniel



### home :-

1) me-

- I used to write poems and want to continue doing them

2) anna (older brother)-

- sticks to his schedule

- when he decides to focus on a topic he doesn't get distracted

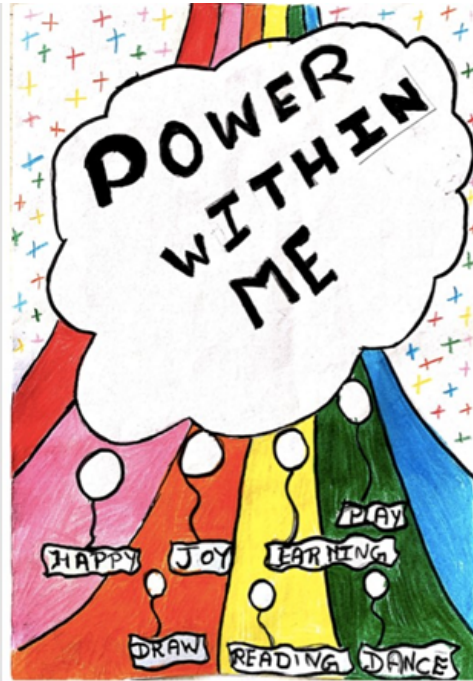
### School:-

1) Sreeja ma'am-

- calm even with a lot to do

-Arya

-Nandana



By Anika Josan

The power within me is I am invincible.  
Invincible means unstoppable.  
Yes I am unstoppable!  
I realize this power because I reflect daily.  
This power helped me fight all my negative emotions.  
I refuse to be sad.  
I laugh, I play, I love, I draw and stay happy.  
This power will never stop me

from learning.

"I am the master of my fate.  
I am the captain of my soul."

Anika Josan



POWER WITHIN ME

H2 I Get Inspired When I Share My Knowledge And Skills.

Eg: 1 When I teach yoga to my father I feel the power within me. I can teach something very well.

Eg: 2 When I share my knowledge about animals I feel the power within me. I can guide anyone in animals.

Eg: 1 When I eat vegetables with my mom I feel the power within me. That I can learn fast and do things accurately.

H2 I Also Get Inspired When I Learn New Things.

The Power within Me

I think the Power within me is my Positive attitude. I am a happy person. I am intelligent, helpful, creative and kind. I aim to achieve.

I am inspired by life around me to be creative. I am inspired by doctors who are fighting the COVID-19. Makes me want to be helpful to others.

People Around Motivate me. The Motivation I got from others helped me Run the Marathon. Shows the Positive Energy.

-Prisha

-Shreyash



### 1. Books I read -

I am inspired by a number of novels and documentations that I have read which I will list below.

**Spy Princess** - I am inspired by Noor Inayat Khan who, in the World War 2 decided to contribute to her country, held her head high and was a successful radio operator on the Allies side. She was shot by the Germans but in months of torture refused to cooperate displaying immense courage and willpower. The qualities I am inspired by are courage, presence of mind and continuous loyalty to the end.

**Women in science** - In this a large inspiration was Katia Kraft, a geologist and volcanist who studied what she loved (volcanoes) and took great risks to understand an unexplored career. Her bravery and determination are exemplary.

### 2. People around me -

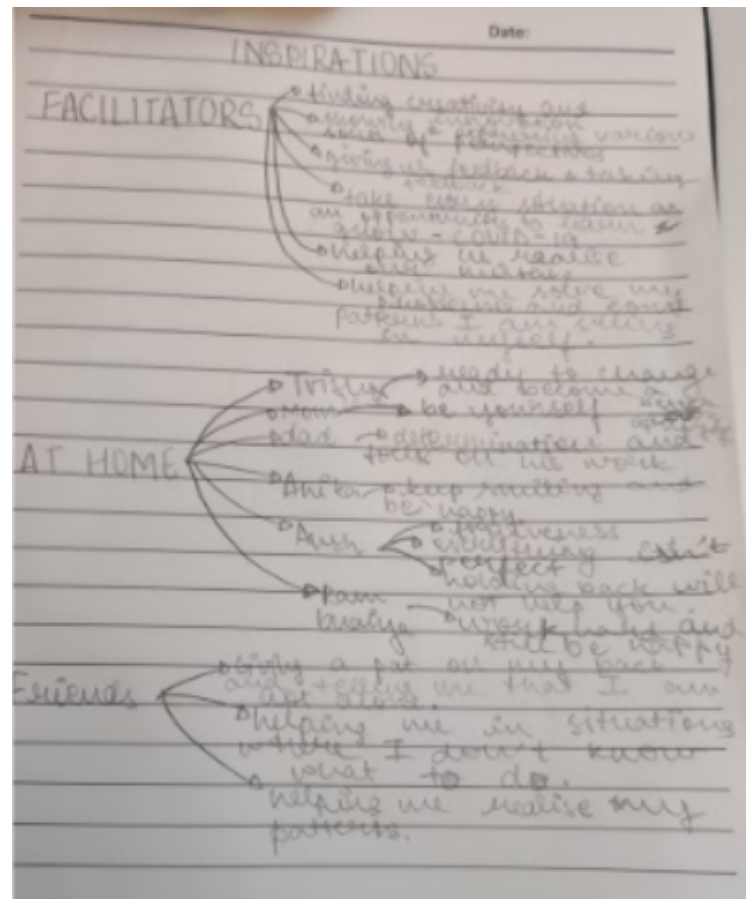
I am inspired by people around me and shall highlight a few here.

**My grandparents(paternal side)** - One key inspiration point from them is their determination to keep up. The world is continuously moving fast and we are moving with it. My grandparents find this hard, but are trying to move up and be there for our family. There is also the point that they are in a way coexisting. They are living in two worlds, past and present and try to balance this out.

**My sister** - One would think there is very less to learn from her, but I am inspired by her happy go lucky attitude. If there's a tease thrown at her she chooses to take it or not. She goes with it and has a way of being so 'up' that creates a fun atmosphere. I see the depth, and it's always been there, I just didn't want to see it before and that changed.

### 3. Mental beings:-

**The past me** - I am able to accept who I was before and am inspired by the fact I used to anticipate work and work towards it at my pace. The acceptance has helped me see inspiration in myself too.



-Tvisha

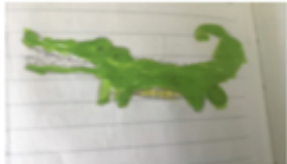
-Aashna

I am inspired by many things and many people around me. All this inspiration keeps me feisty and keeps me going. I am always inspired when I see commitment, persistence, honesty, authenticity, and more. I am inspired by my peers, facilitators, parents and even some people I don't know. A lot of people have played a part in my life and have always inspired me, among them is my mother for her ability to say no, my father for his drive to be happy and my sister for her love and generosity. I am also deeply inspired by the peers in my class who continuously make an effort to learn. Inspiration has added a lot more flavour and colour to my life.

-Meenakshi



1. Steve Irwin. I am inspired by him because of how much he cares about animals



2. Elon Musk I am inspired by him because of how much he cares about the environment and tries to make it better



3. Nelson Mandela I am inspired by him because of how he takes on challenges

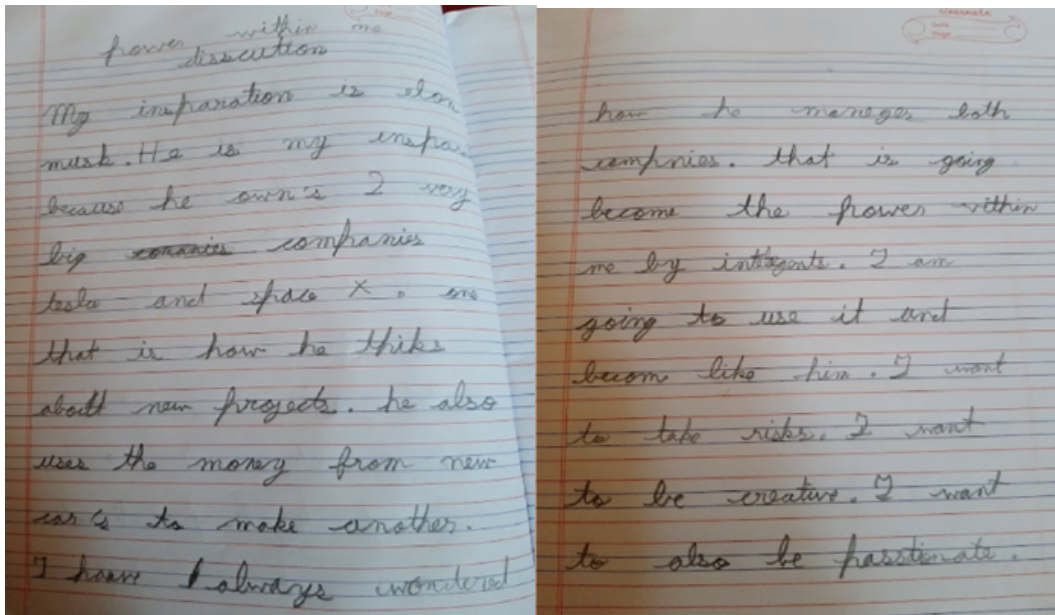


-Trikey

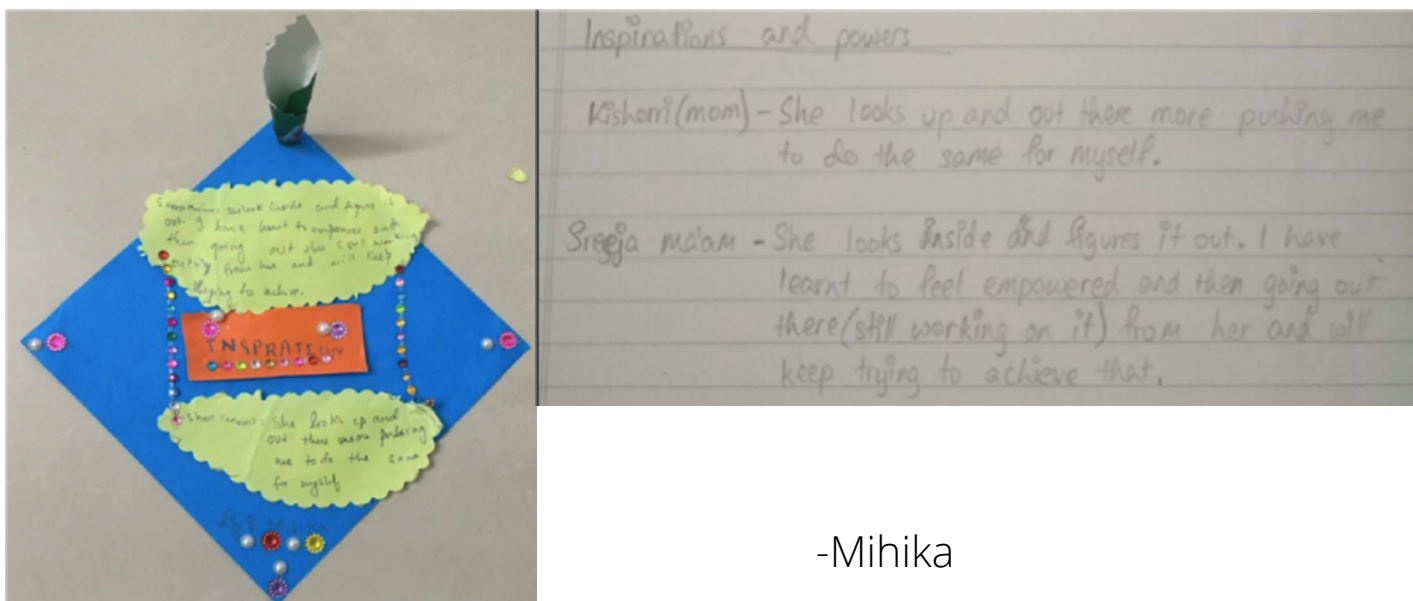
Sean is inspired by the movie character, Boyka because he works hard and tries his best.

Driti is inspired by her gymnastics teacher and the stunts he does.

Sahasra is inspired by her mother because she is hardworking.



-Yohan



-Mihika

I am inspired by how the facilitator's teach and i want to find the power within me to teach that way. -Saanvi

I am inspired by my mother because she is a data analyst and i want to find the power within me to understand how and what she does. -Maximus

i am inspired by Ronaldo because of his determination and hardwork. -Nikhil

**We are inspired Pegasi, and will continue to be.**