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CREDAI-MCHI Webinar: Key to the Lockdown - Episode 14

Date 19th April, 2020 (Sunday)

Time 11:00 am

Topic: Dharma is not a Ritual - It is Life Based on What is Real

Speaker: Shri. Vallabh Bhansali Co -Founder Enam Group

Moderator - Shri. Vyomesh Shah, Past President, CREDAI MCHI

Shri. Vyomesh Shah introduced Shri. Vallabh Bhansali and about Dharma - Is way of life - how you behave - how you perceive things about life

Shri. Nayan Shah gave his introductory remarks about Shri. Vallabh Bhansali. He is a business man and an economist. He is extremely well read and have conducted programs to leading big Indian Corporates.

Shri. Vallabh Bhansali

- Knows the real estate industry and businessmen for 50 years and I understand what they need in order to start, complete and sell a project
- Dharma must deliver what we expect from it
- Dharma means way of life
- Dharma must deliver what we expect for, we get result every soon
- Everyone is doing their work as per their Dharma
- Our Dharma is natural science
- The properties and the rule of product are the dharma of that product
- A small Anapana meditation experiment done:
(Sit comfortably, wherever you are and concentrate, shut your mouth, shut your eyes, keep your back, head, stomach, neck and keep your entire attention on your nose. Concentrate on your breathing, our mind never stands on one place but try to concentrate. Observe the moment. Be in this position in some time.)
- In Anapana meditation is for your breathing to understand
- This is a very big and helpful science
- If you are doing only one work automatically your concentration should be on only what you are doing. If you are not able to recollect your thoughts, it will go

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- Breathing changed while Anapana meditation:
 - The emotions of our mind affect our body
 - Our mind and body are attached with each other
 - We cannot control our mind but we can control our breathing
 - We can observe deep reaction of our body
 - Emotions also come up
- Buddha said that one could not hold the mind but can hold the breath
- Twitter Patrick Dorsey liked doing Vipassana
- Nature keeps changing and we all need to adapt to the situations as it arises
- Truth, body and mind are inter connected.
- We should accept the problems/difficulties and the truth which will help our mind not to lead to conflict.
- Anapana meditation is the 3 days' exercise in Vipassana
- Problems are everywhere, but we need to see how do we align them
- Vipassana is path of science
- We reached here after facing and resolving many problems from our childhood
- Our body is interconnecting with mind
- Human desires not limited hence decide your limits
- Not to force Dharma to anyone who does not like it
- Keep half our distance between Anapana meditation and other spirituals.

Q and A Session

Q Through vipassana can we win over all our emotions?

Ans.: Emotions won't stop anytime but they may stop affecting you.

Q Without bribing any work is not done then how to align with nature?

Ans.: At least try to be honest to your customers and do not do any other bad things in life.

Q. How to pay salaries, as government has instructed to pay even when the business is zero?

Ans.: Be truthful to your workers. Build good human relations, be truthful to them and share your sorrow.

Q. Can't kill mosquitoes but if I don't then they will make us ill, What to do?

Ans.: Put camphor, close windows before evening, keep cleanliness in your house.

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Q. Ravana was most intelligent of all. Then why he met with his fate like this?

Ans.: Because he thought he was entitled to do anything. He was full with pride due to his intelligence.

Q. How to control expectations?

Ans.: Keep reasonable expectations and if they are also not getting fulfilled don't get disappointed keep margin for them.

Q. How to concentrate during meditation?

Ans.: Go to website www.dhamma.org which has tapes of Shri Goenkaji in his original voice. You can listen to those which will be helpful.

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