

My Experience of Lead for Change

"Who wants the change?" Almost everyone raised their hand.

"Who will start the change?" and a deep silence in the room. This is how my journey started with Asia Plateau.

One of my cousins recommended me to visit and participate in 'Lead for Change' programme of Asia Plateau. And so I participated in the event in May 2016 along with my sister.

We were welcomed with very primitive and essential question, who will start the change? Almost everyone is dissatisfied with their life. If you are a student, you may want to change teaching technique. If you are corporate, you may want to change your boss. You are a housewife, you may want to change your family etiquette. All the changes that we are expecting, are outside. Rather than saying we are living in a highly competitive world, I would say we are in a highly responsive edge. Everyone has quick response/reaction to every action they received through outside. We don't have time to think about our reactions.

Everyone tries to remain as is and thinks how the world will change with their thoughts. Though this is a very motivating idea but this is a half-truth.

And here 'Lead for Change' comes to picture. First, change yourself. The first fight with your inner-self. First, control your emotions. First, find who you are! Lead for Change will help you to get closer to answers of all above questions.

And the answer from my perspective is, which I learned from Asia Plateau,

(1) silent introspection in nature

(2) Keep your surrounding positive and if not try to make it positive.

Add values in your life as much as you can. And silent time helped me to do so. Again this is not a hasty process, which I learned in 5 days and my world changed. It is practice and yes it is hard. But gradually you will taste its sweetness. If I take my example. I lived outside of my hometown for my professional work and my relation with my father was not so gentle. And the problem is simple (and most probably global problem;)), I want my father will work in my way and he wants me to work in his way. Gradually, I started to think in his way. Slowly, I started to accept his views. And as the reaction, he also started to accept my views. Though it takes 7-8 months but now our relationship is tightened than ever. So, the moral of the story, it's always you who will and who could start the change.

And the another most wonderful thing I learned is 'meaning of life'. Though this is a very old cliché that I heard since my college time. But to understand is very essential, especially for money-minded people like me. Find your world or create your world in your life. Find the reason how could you make someone happier. Sadhu, Paresh, Mayur, Marta, Pravin, Kawsar, Asma, Lorena, Eunsoo, Iskandar and many more. These all are live examples for me, whom I met so closely, I observed their life, I heard their experiences, how they came out of 'chakra' of money and gave beautiful flowers to society. Really, I couldn't have words to describe struggle life of Pravin, Kawsar, Mayur. Thank you lead for change to meet such wonderful hero of the society. One of the most touching concrete lines I heard from one of my friend from Asia Plateau is "Till 20 you always say, I want to be this and I want to be that and after 30 you would think, I wanted to be this or I wanted to be that. So 20-30 age is the most precious time when you can twist your life as you want to be." This was a very touchy line for me.

And the hidden gems I found in Asia Plateau is smiling on the face of my sister Neha!!! She always wants a platform to express herself. She was so satisfied and so confident as she found herself equally competent as others. This was one of the most precious moments of my life.

I would say Lead for Change is must needful break from your daily life. It would be your much-awaited pause, which will helpful to fast-forward your life.

Lead for Change is not just 5 days of seminar for me. It is an experience. It is soothing feeling. It is a mirror of my life.

Thank you Shrenik bhai (my cousin) to encourage me to attend it. Thanks, Parag, Mayur and Asia Plateau for creating hope in my life.

Shashwat Mehta