

Viveck Shetty at Lions Clubs International Conference



Mumbai, Jan 21, 2020 (Issuewire.com) - The Lions Clubs International Conference for Region 6 was truly an engrossing event with **Viveck Shetty** taking centre stage as the **Keynote Speaker**. He was specially invited to speak on “ **Friends, Enemies and Frenemies** “, a topic that is extremely **relevant to the age and era that we live in**.

The **Chief Guest** for this event was **Dr. Ajeet Jain** and it was organised under the dynamic leadership of **Shilpi Rastogi**. Viveck Shetty opened the address in his trademark style requesting the audience to completely be in the moment and then setting the tone and tenor by explaining the vital **difference between our psychological truths and existential truths**. He further elaborated that the **more we live with our psychological truths, the more restless we remain**. He **urged the audience to operate life with this perspective to ensure that relationships are a joyful experience**.

He went on to explain how our mind and system responds and behaves when we classify an individual as an enemy, despite there being no serious threat to our life by him or her. He opined that it triggers a series of reactions that ensures that our immune system is compromised, our digestive system also is not at its peak and even memory starts failing. The Human mind is always in the habit of putting people in boxes, labelling them and dissecting them. But Existence according to Viveck Shetty functions as a whole and not in parts. Therein lie the secrets of existential intelligence.

Viveck Shetty added that our **real friends are Sun, water, earth, air and space**. These elements, he asserted, continue to invest in every human being, despite our fallacies and irresponsible behaviour towards them. **No life on the planet can be sustained without these forces of nature**. The least that we can do is have an **attitude of gratitude**.

Viveck Shetty further observed, “**The real enemy is when our own intelligence starts working against us**. And this is a widespread phenomenon. Nearly **seventy percent** of the **ailments that people suffer from are psychosomatic in nature**. This is clearly disease for the people, by the people and of the people.”

He concluded by urging one and all to bloom like a rose flower and not worry about how long the boom will last and be least perturbed by what people think of them. Simply bend in the direction of light. That is existential intelligence at its very peak.

Dr. Shashikant Modh Of Lions Club was all praise for Viveck Shetty’s Keynote address and stated: “ **Viveck Shetty had the entire audience mesmerised by his talk**”.

Picture Caption:-

Pic - 1 Viveck Shetty addressing the gathering as the Keynote Speaker at Lions Clubs International Region Conference

Pic -2 Viveck Shetty Being Felicitated by Dr. Ajeet Jain . Other dignitaries on stage are Shilpi Rastogi , Mudassir Khwaja and Dr. Shashikanth Modh

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