



Inner Engineering

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A top-down view of a white oval plate containing a meal. On the left is a thick, yellow-orange vegetable curry with visible chunks of vegetables. On the right is a large portion of fluffy white rice, garnished with finely chopped green herbs and small dark seeds. A piece of golden-brown, slightly charred naan bread is tucked behind the rice. The plate is set against a dark, textured background.

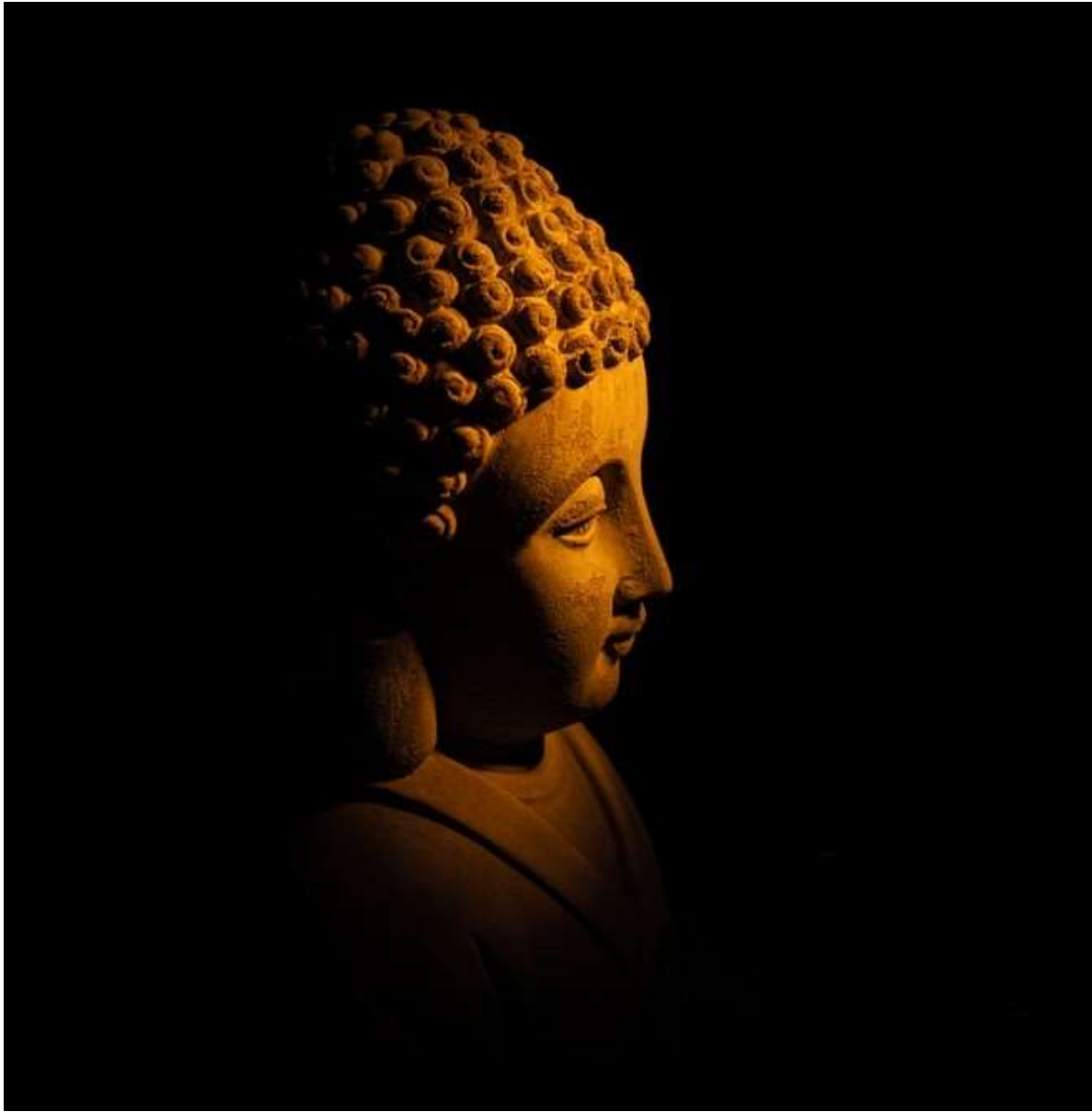
**VEGETARIAN FOOD IS BETTER THAN
NON VEG FOOD**

A woman with long dark hair, wearing a purple dress and a white shawl, stands on the right side of the frame, looking towards the left. In the background, a large, ornate castle with multiple spires and towers floats in a hazy, golden sky. The castle is connected to the ground by a chain. A seagull is visible in the sky on the left. The overall scene is ethereal and dreamlike.

"Karma" Is The
Most Patient
Gangster Ever



Pre marital Sex vs Sex after Marriage : Your Views



Gautam Buddha



Patanjali



Judges have emotions , and emotions influence decision making

Dispassionate Judges are like Mythical beings

The image shows the Supreme Court of India building, a large, classical-style structure with a prominent white dome and a central statue on a pedestal. The building is surrounded by lush greenery and a well-maintained lawn. The text is overlaid on the image, centered horizontally and vertically.

Judges being flesh and blood are subject to the same emotions and human frailties as affect other members of the species

The image shows the Supreme Court of India building, a grand structure with a prominent white dome and a central statue on a pedestal. The building is surrounded by lush greenery and a well-maintained garden. The text is overlaid on the image, centered horizontally and vertically.

Judges are not robots and do have feelings .
Good judges recognizes these feelings and
puts them aside

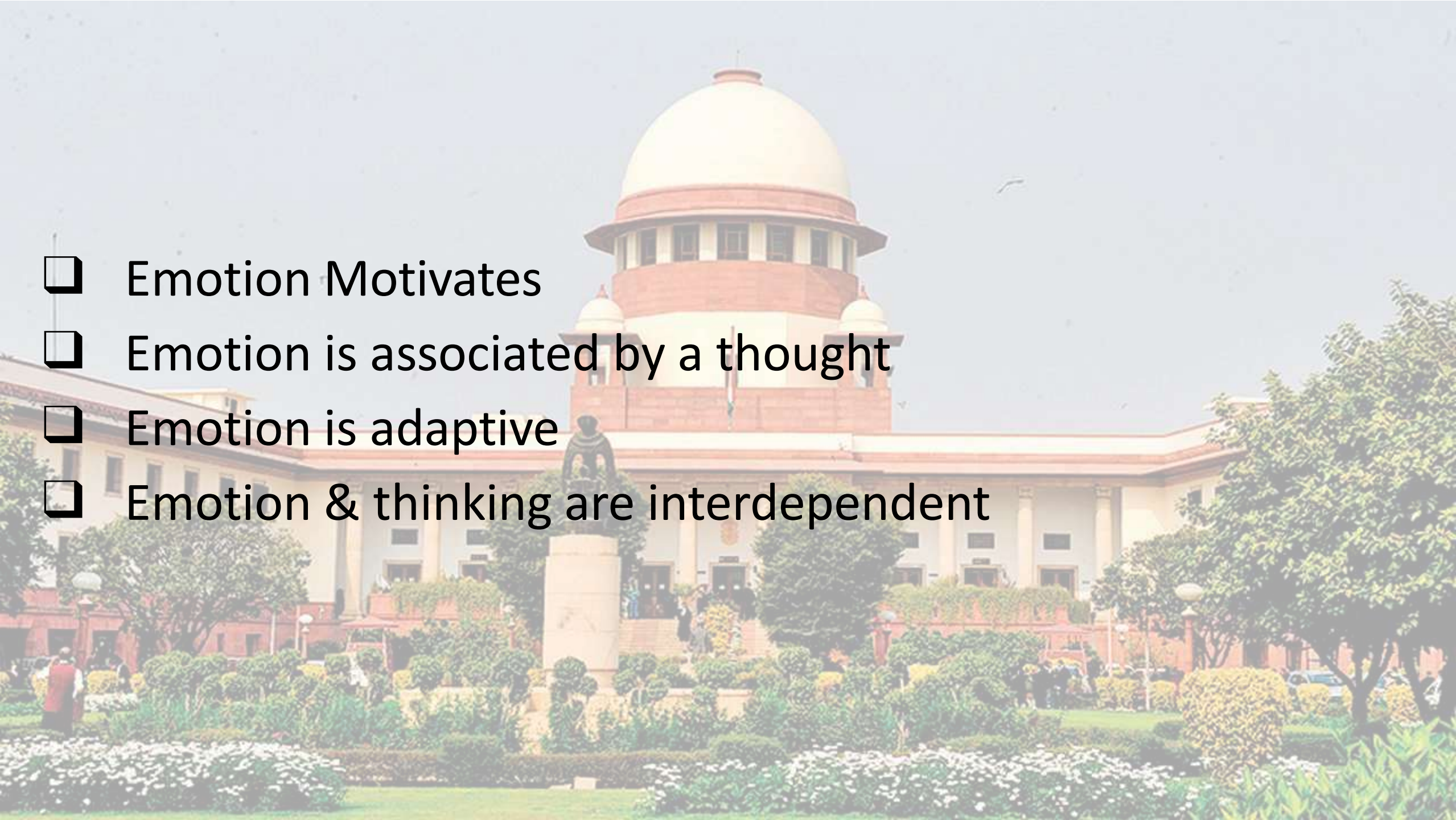
Emotional States

- Deep Satisfaction
- Joy & mood
- Elevation
- Compassion
- Frustration
- Sadness
- Relief





Reputation is a fantasy , Character is the key

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- Emotion Motivates
 - Emotion is associated by a thought
 - Emotion is adaptive
 - Emotion & thinking are interdependent

Scenario: 3

A judge lost his wife ! He does not attend her funeral . His mood is very sad ! He believes in the maxim , ' Work first , Family Next ' !

Your comments





**Mood & Emotion : Critical difference :
Does it hurt or help**



“Beware the happy or the angry judge”

- Judge Posner



Scenario: 4

“I have been honest and conscientious ! I am ambitious ! I did not get the promotion I felt I deserve ! I will retire in 2 years ! I am disappointed and very sad ! Those promoted to the big job are not as good as me”

How can this judge be consoled?

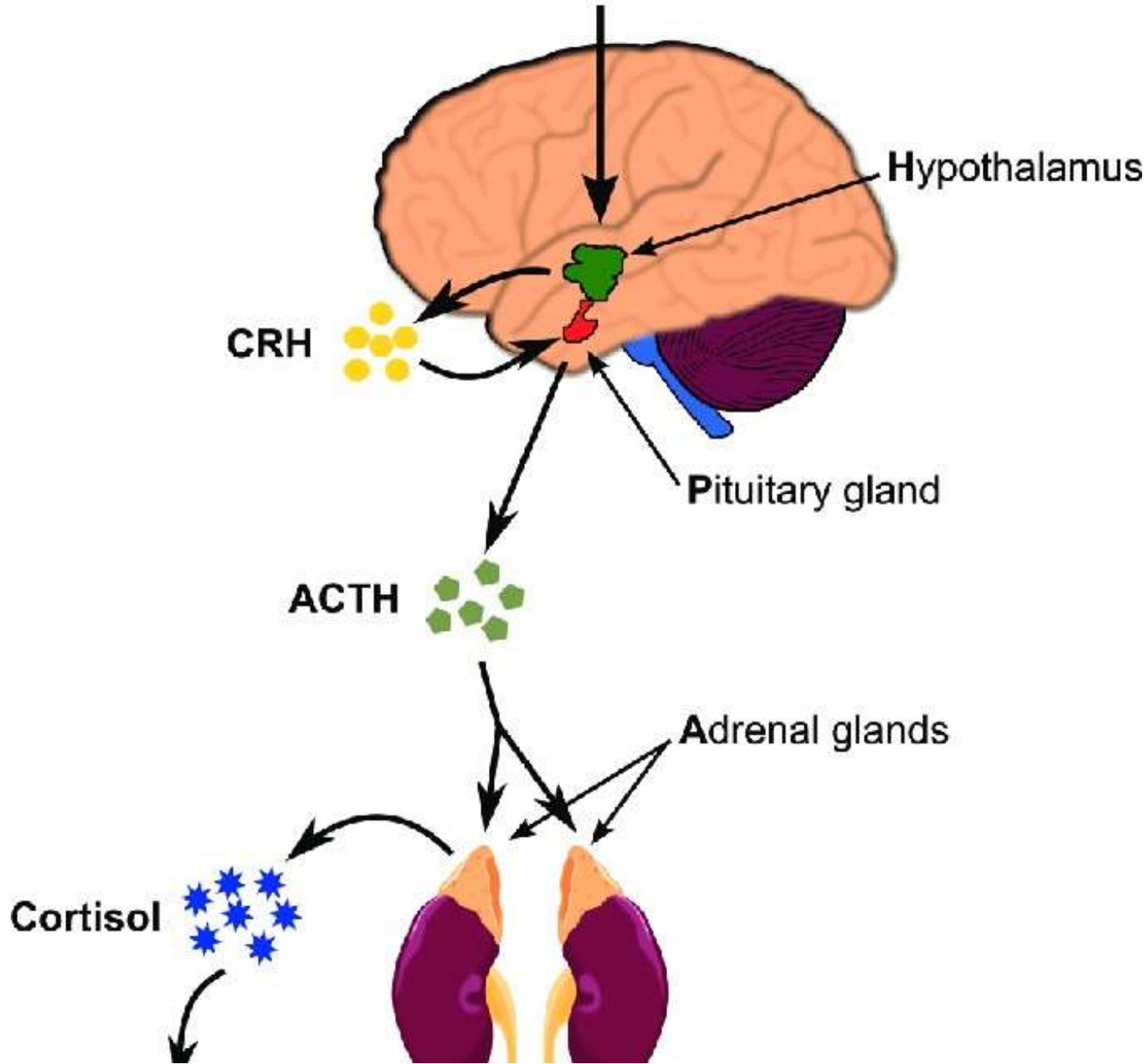
How can he continue with the same efficiency & zeal ?



❑ Emotional regulation is the key

❑ Dysregulation is dangerous

Environmental stressor



Hypothalamo
Pituitary Adrenal
Axis

Reset the Mind Body
Orchestra

11 Daily Tools:

- Externalize the thoughts
- Micro Pranayama
- Movement improves mood
- Stretching helps relaxation
- Black humour
- Walking inside the chamber
- Silence
- Greeting staff
- Loosening your facial muscles
- Self talk
- Micro Distractions

Faulty Emotional Regulation:

- Indifference
- Avoidance
- Suppression
- Denial
- Iceberg phenomenon
- Emotional overcontrol



Consequences:

- Anxiety
- Hypertension
- Heart disease
- Diabetes
- Rigidity & Arrogance
- Poor empathy & Periodic explosion



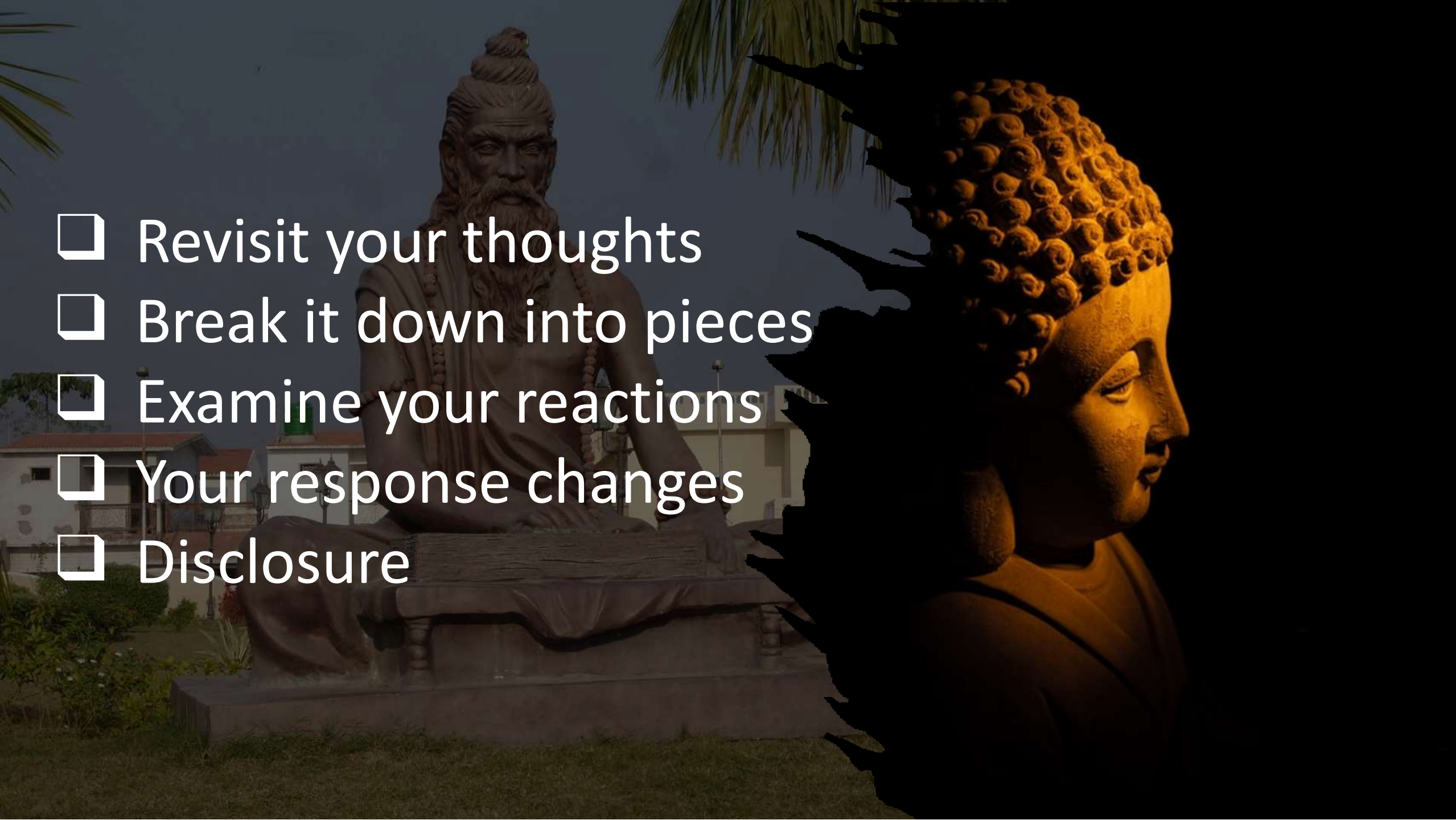


Indifference vs Awareness

Dehumanisation vs Equanimity



Awareness
Awareness
Awareness
Awareness
Awareness

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- Revisit your thoughts
 - Break it down into pieces
 - Examine your reactions
 - Your response changes
 - Disclosure

Panch Amrut : 5 Rules

- Yoga
- Exercise
- Diet
- Sleep
- Kindness





Thank you so much !