Madhyasth Darshan Study Journey: Systematic Roadmap (Overview)

A step-by-step guide to studying Madhyasth Darshan in sequence.

Overview

Madhyasth Darshan is presented as a path to gain knowledge and then live by it. The journey takes time. It is organised into four levels, and each level is made up of stages, nine in all. Passing through the stages of a level completes the understanding of that level.

The Journey at a Glance

#	Level	Stages	Typical Time	What it covers	Purpose
1	**Primary Foundation**	Stages 1, 2, 3	- 1 to 2 yrs	Introduction Workshop, Adhyayan Bindu (basic concepts), Overview (Avlokan)	Become aware of the basic elements of the philosophy and develop the ability to read the texts
2	**Systematic Study / Adhyayan (Shravana)**	Stages 4 & 5	~ 4 to 6 yrs	First Book reading, then repetitions with discussion groups (goshthis)	Read and understand the basic texts
3	**Systematic Practice (Manana)**	Stage 6	~ 4 to 6 yrs	Practice	Practice intensifies for inner transformation
4	**Understanding and Knowledge (Sakshatkara)**	Stages 7, 8 9	~ time not applicable	Certitutde Bodh, Realization	The realities are known directly

Level 1: Primary Foundation (Stages 1 to 3)

This phase builds the base. By becoming aware of the basic elements of the philosophy, the learner develops the ability to read the texts.

Stage 1: Jeevan Vidya Parichay Workshop

- **Format:** a seven-day Jeevan Vidya Parichay Camp. This is where the journey begins.
- **What it gives:** an introduction to the complete dimensions of human life and all situations. Confusions and mysteries around these are cleared, and the path toward a solution becomes clear.
- **Tip:** attend Parichay camps led by more than one Prabodhak (facilitator).
- **Typical duration:** 3-6 months

Stage 2: Adhyayan Bindu (Basic Concepts)

- **Format:** the Adhyayan Bindu Shivir, a guided explanation of the booklet of the same name (the Jeevan Vidya 44 Points Booklet) written by Shri A. Nagraj.
- **What it gives:** awareness of the basic elements of the philosophy: knowledge of coexistence, knowledge of consciousness, humane conduct, wisdom, science, a unified human society and a universal global system.
- **Also clarifies:** that Madhyastha philosophy is an alternative to both materialism and idealism.
- **Tip:** attend one or two Adhyayan Bindu camps, 3 to 6 months apart.

Stage 3: Overview (Avlokan)

- **Format:** the Avlokan Camp, a summary-form introduction to the complete literature of Madhyastha Darshan, with a discussion on how to approach reading it. It also explains the method of study and practice.
- **Aim:** to enable reading of the books and to help summarise one's understanding after reading them. The mindset of "existence-based, human-centric contemplation" becomes clear.
- **Typical duration:** about 9 months to 1 year for the Avlokan module.
- **Why it matters:** it prepares the learner well for reading the books in the Adhyayan Shivir.

Level 2: Systematic Study / Adhyayan, Shravana (Stages 4 to 5)

In this phase the basic texts of the philosophy are read and understood.

Stage 4: First Round of Reading the 12 Books

- **Format:** the Madhyastha Darshan Study (Adhyayan) Shivir, a systematic study of 12 books. A senior student explains the teachings. It can be done full time or part time.
- **The 12 books:** 4 darshans (philosophies), 3 'isms, 3 shastras (scriptures), the book on definitions, and the book on human constitution.
- **What it gives:** complete information on understanding, living, the humane system and tradition, and it prepares the mind to understand and live this further.
- **Typical duration:** study camps run from 6 months to 2 years, in full-time or part-time modes.

Stage 5: Repetitions and Discussion Groups (Goshthis)

- **Format:** repeated re-reading of the books, together with Study-Practice Goshthis held in small groups.
- **What the goshthis offer:** a chance to test one's understanding, beliefs and conclusions, to learn methods of practice, and to deepen friendship with fellow students.
- **Character of the stage:** the whole body of language condenses and comes back to the learner in the form of aphorisms.
- **Requirement:** every book is read 2 to 8 times, which may take 4 to 8 years.

Level 3: Systematic Practice, Manana (Stage 6)

Stage 6: Manana

- **Starting point:** after the entire literature has been understood.
- **Focus:** becoming what one has understood, so that one becomes knowledgeable oneself.
- **What happens:** detailed discussion of one's inner and outer behaviour, self-evaluation and understanding.
- **Character of the phase:** language reduces while meaning increases.

- **Duration:** many years are needed to mature in manan. This depends on one's earlier sanskar and the intensity of one's desire to change.

Level 4: Understanding and Knowledge, Sakshatkara (Stages 7 to 9)

In this phase the realities are known directly. The three stages are Realization (Sakshatkara), Understanding (Bodh) and Experience (Anubhava). Time taken: indeterminate (not bound in/by time).

Stages 7, 8 and 9: Sakshatkara, Bodh, Anubhava

- **Sakshatkara (Realization):** direct perception of the realities previously understood and contemplated; knowledge of the unchanging realities in existence. It is beyond language and logic, with faith in the entity understood and a commitment to live accordingly. Books and words begin to be left behind. Stability of avdharna (firm grasp) takes time and depends on earlier sanskar and intense desire. With avdharna, inhumane and prohibited behaviour falls away, and the knowledge of developed consciousness arises.
- **Bodh (Understanding):** firmness in what has been realized. The book is left behind.
- **Sakshatkara-Bodh process:** one begins to gain rest, happiness, peace and contentment in the self.
- **Anubhava (Experience):** bliss becomes continuous, and knowledge and perfection in conduct become complete.

Resources

- English PDF: the journey with a detailed explanation of each stage. It does not include study-material links for each stage.:
- Hindi margdarshika: a detailed Hindi guide that includes the study materials. The English page recommends downloading it for the links.
- Folders with the Stage-wise study materials and guides.

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Based on the Original Madhyasth Darshan in Hindi by Shri A.Nagraj
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