Invitation: Sah-Astitva Life Knowledge Workshop (Jeevan Vidya)

1. Background: The Need & The Human Quest

Human beings on this planet have always grappled with answers that explain creation, themselves, the material reality outside, life, human happiness, relationships, and social and economic systems. Many have put extensive effort into seeking unbiased answers to these questions.

Do You Ever Wonder?

- **About the Self & Life:** Who & What am I? What is my purpose? What is life? What is happiness?
- **About Relationships:** What are values? What is love? Can relationships be harmonious? What causes conflicts and misunderstandings?
- **About Society:** Is making money my only aim in life? What is Equality, Justice, and Education? Why are there so many laws, rules, and regulations? Can we survive without each other? Why is there exploitation in society? Is society needed? What is my role?
- **About the Universe:** What is this world? What are these planets, stars, and galaxies? Are we alone in the universe? What is the universe?

The Core Dilemma: Materialism vs. Renunciation

The fundamental human quest is to seek a happy, secure, harmonious, and sustainable way of life. Specifically, this means:

- **Individual Level:** Happiness
- **Family Level:** Security
- **Society Level:** Harmony
- **Planetary Level:** Sustainability

At present, this quest has generally been reduced to acquiring wealth, power, and influence over others. However, no matter how much wealth or influence one acquires, fulfillment continues to elude us as individuals. Long-term seekers quickly realize that materialism helps achieve many things externally but leaves an "emptiness" inside.

This pursuit of wealth and power is causing a deep deterioration of the self (mental health, physical health) and relationships (unfulfilled expectations). It results in a society that is constantly fighting and exploiting within itself. In the mainstream, we have accepted this

exploitation as inevitable, and harmony is no longer a consideration. The impact of this destructive way of living is all around us. While none of us desires this destructivity in our living, we are all unfortunately, knowingly or unknowingly, participating in it while simultaneously hoping for harmony and sustainability. Do we need to do considerably better as a society?

On the other hand, philosophies, darshans, and approaches that focus solely on "internal experience" seem to deny or ignore our first-hand human experience of the outside world, alongside its many relationships, systems, and conflicts. "Withdrawal" from reality does not bring satisfaction.

Neither the approach of "consuming our way out" (consumerism) nor "meditating our way out" (renunciation) has worked for humanity. Human Purpose remains unclear. Many are asking these questions, attempting to answer them, or trying to present solutions to these related issues at various levels.

The Alternative: Madhyasth Darshan

Is there an approach or philosophy that reconciles these seeming contradictions? Can it provide holistic answers without denying our internal or external experiences? Is there a possibility for a sustainable lifestyle where humans live in harmony and nurture our relationships, families, communities, and society? Can we find something that covers all facets of external reality, individual experience, familial, educational, economic, and social systems—leading to qualitative improvements in our human experience "here"?

Madhyasth Darshan could be the answer. We say "could be" because this is not a belief system. The methodology is entirely dialogic. The seeker needs to verify in their first-hand experience if it is indeed the answer for their own questions and the questions of the world.

> **Core Principle:** *Living inspired by Saha-Astitva-vaad (Jeevan Vidya) is a family-based, society-based, robust, responsible, interactive, and harmonious living. Saha-Astitva-vaad proposes that each person is capable of understanding-based living, and in the absence of proper understanding, they live according to their assumptions. According to Jeevan Vidya, understanding is that which takes one towards harmony in self and simultaneously harmony with others. If harmony is absent, it is just an "assumption," not understanding, which needs to be examined. In fact, education is the journey from assumptions towards understanding. Those who have engaged with Jeevan Vidya have slowly developed a "worldview" that helps in living a more comprehensive, meaningful & harmonious life.*

2. Current Challenges vs. Possibilities

Dimension	Current Challenges	Possibilities
Individual	Boredom, confusion, loneliness, disillusionment, depression, aggression…	Meaningfulness, clarity, rootedness, purposefulness, self confidence, calmness
Family / Relationships	Unfulfilled expectations, interference, betrayal, injustice, dominance, abuse, discord, money problems	Fulfilment of responsibilities, mutual support, trust, justice, inspiration, nurturing, cordiality, prosperity
Society	Fear, hate, exploitation, inequality, unemployment, poverty, struggle, war	Security, respect, complementarity, equality, self employment, development, cooperation, peace
Planet	Pollution, climate change, global warming, air, water, food scarcity crisis	Clean air-water-food, climate reliability, Global balanced cycles of minerals, plants, animals, temperature, precipitation, wind, for the blooming of the planet with humans.

3. What happens in the Workshop?

This introductory course provides a comprehensive view of life in 7 days, introducing the basic concepts of JV regarding Self, Relationships, Society, Nature, and the principle of coexistence governing all of these. With these basic concepts, one is able to understand the structure, purpose, responsibilities, expectation, and fulfillment of various aspects of life.

Core Areas of Deliberation:

- **The Human Being & Consciousness:** Study of the Human. Fundamental nature of Reality, Consciousness, Mind & Brain co-relation. Spiritual, Intellectual, Behavioural & Material aspects of the Human: their enquiry, experience & fulfillment.

- **Existence & Relationships:** Study of Existence and Reality. Study of man's relationship with everything else. Purpose & nature of family, Parenting, understanding interpersonal Behaviour, and dealing with deviations.
- **Humane Conduct & Social Systems:** Study of Humane Conduct, Humane Education, Humane Society, and Humane Governance & Systems of living. Fulfilling a Universal Human Society: Humanistic Education, Production & Banking, Justice, Security, and Health Systems. Universal Human Religion. Humane Sociology, Economics & Psychology.
- **Human Destiny & Ultimate Purpose:** Human Destiny and Human Purpose. Achieving genuine Happiness, Peace, Contentment, and Bliss (sukha, shanti, santosha, ananda).

Traditional Metaphysics & New

- This 'Vidya' also 'brings into open light' very deep concepts engaged with by Indian Knowledge Systems, as well as connects to them here and 'now' & our experience of Daily Human Living. These could be: Brahman, Jarha, Chaitanya, Chetna, Citta, Buddhi, bandhana, mukti & moksha, Drishta, Drishti, adhyatma, jnana, Satya, dharma, nyaya.
- We will also not shy away from tackling subjects such as: Light, Energy, Space, Time & Magnetism, Brain, Birth & Death.

4. Method of Presentation (*Never charged, always free)

- **Dialogic Approach:** Proposals are made by the facilitator for the participants to examine. Participants assess the validity of the statements based on their own scrutiny, observation, and first-hand experience. Clarifications on the proposals introduced during sessions are welcome and directly addressed.
- **Structure & Logistics:** It is usually a seven-day residential course. Typically, the classroom sessions last for over 6 hours a day, so participants need to be mentally prepared for that intensity. Besides formal classroom interaction time, participants are entirely free for informal interactions.
- **Free of Dogma:** This course is completely free of "Do's & Don'ts"; therefore, there is no preaching. This course is not associated with any specific religion, sect, or commune.
- **Environment:** There are no "mandatory rules" in this course. Participants are suggested to maintain civility, cooperativeness, and politeness with each other, so as to nurture a learning and contemplating environment within the participant group.
- **Objective of Sharing:** Non-monetary, shared out of a sense of responsibility towards Society and other human beings.

5. Benefits of the Introductory Session

- **Cuts Through the Clutter:** Gives a comprehensive, integrated view of Reality, Myself, and all aspects of my Living.
- **Demythologizes Truth:** Allows you to move away from mysticism and blind belief, helping you better understand the true meaning of "spirituality," meditation, etc.
- **Clarifies Goals:** Ascertain the "ultimate human purpose" behind all the current goals we have.
- **Holistic Development:** Helps focus on ignored areas of Living: Behavioural, Intellectual, Spiritual, and Health, while sharpening the mind, logic, and intellect.
- **Transforms Relationships:** Better understand other humans and inherent relationships; find the place and purpose of family life. Helps you be a better Parent, Spouse, Brother, Child, and Friend.
- **Aligns Material & Social Life:** Clarify your relationship with material things and money. Expand your living to find your role and meaningful participation in Society.
- **Cosmic Placement:** Place yourself in the grander evolution of the Cosmos.
- **Provides a Concrete Pathway:** Get a clear picture of human living and its fundamental purpose with a concrete pathway to get there.

6. About Madhyasth Darshan & Next Steps

About the Philosophy

Madhyasth Darshan (Jeevan Vidya) or "Coexistential Philosophy" is a new discovery, a "darshan" (vision), by A. Nagraj of India, via the method of meditative "sadhana–samadhi-sanyama". It propounds that "Existence is fundamentally in the form of Coexistence". It is not related to past knowledge systems.

The possibility for humans to be imbued with 'human-consciousness', 'humanness' & wisdom, to be awakened, is expedient in the form of Madhyasth Darshan (Coexistential Philosophy). This is a proposal for an Undivided Human Society & Balance in Nature. Human Race is One, and Human Religion (dharma) is Universal.

Through this philosophy, the "hard problem of consciousness" has been solved. The "conscious-atom" (Jeevan) has been discovered, and its structure, workings, and destiny have been unraveled. The expectation of "jnana" (knowledge) from India (Bharat) has now been completed.

Next Steps after the Introduction

Those interested can go on to serious, life-long study and practice of the official "Darshan" texts comprising 4 Darshans, 3 Vaadas, and 3 Shastras.

- **Course & Workshop Information:** jvidya.com