This note serves as a beginner's overview to the content of **Jeevan Vidya Saha-astitva Workshop**. It is intended for those seeking a life of clarity, harmony, and meaning, but who have not yet had the opportunity to attend a workshop.

The Knowledge, Wisdom & Science of Coexistence: A Roadmap to Human Resolution

Jeevan Vidya Workshop: An Overview of the Saha-astitvavad Proposal

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The Context – Our Current Reality

We live in an era of unprecedented technological advancement. We have mapped the human genome, touched the surface of Mars, and built systems that can process billions of data points in a second. Yet, a fundamental question remains unanswered for most: **Why is there so much discord?**

Despite our increasing material comforts, we witness rising rates of depression, broken families, social inequality, and environmental destruction. The Jeevan Vidya workshop begins by identifying this "Human Paradox." We have mastered the art of *making a living*, but we have still do not know the wisdom of *why to live* and the science of *how to live*.

Most of our current problems stem from a fragmented understanding of reality. We see ourselves as separate from nature and each other, or else everything subsuming into some 'whole'. We attempt to solve psychological problems with material solutions or by aiming for renunciation. This workshop is a proposal to shift from this fragmented view to a **Coexistential** view—a way of seeing the world where everything is interconnected and purposeful.

The Nature of the Proposal

The Jeevan Vidya workhop introduces the *Sahaastitvaad* Philosophy of Shri A.Nagraj. This is not a religion, a belief system, or a philosophy to be memorized. It is an understanding, presented as a **proposal** (prastav). The workshop asks only one thing of you: **Do not accept it on faith, and do not reject it on bias.**

Instead, use your own reason & innate swabhava (*nature)* as a guide. Your natural swabhava is that inner anchor that remains constant regardless of time, place, or culture. For instance, do you naturally accept a relationship of trust or a relationship of fear? The answer is universal. By aligning our thoughts and actions with our Natural swabhava, we move toward a state of resolution.

Saha-astitvavad, or Coexistential Philosophy, is presented as an 'alternative' or *vikalpa* to existing Spirituality & Materliasm.

The Human Being – A Coexistence of Self and Body

To understand human life, we must first understand its "center". The workshop provides a logical & studiable breakdown of the human entity. You are not just a body, and you are not just a mind; you are the **Coexistence of the Self (Jeevan) and the Body.**

3.1 The Body as an Instrument

The body is a material, physio-chemical entity. It has quantitative needs: food for nourishment, clothes for protection, and shelter for security. These needs are limited. You can only eat so much bread or wear so many clothes at once.

3.2 The Self (Jeevan) as the Knower, Seeker

The Self is the conscious entity. It is this "I" that thinks, feels, and desires. Unlike the body, the needs of the Self are **qualitative and continuous**. You do not want respect "*sometimes*"; you want it always. You do not want happiness and peace "in *installments*"; you want it to be a constant state.

3.3 The Great Confusion

The root of modern unhappiness is our attempt to fulfill the qualitative needs of the Self (like respect, love, or peace) through the quantitative accumulation of material things. We try to buy respect with a luxury car, or seek love through expensive gifts. Because a material thing can never satisfy a conscious need, we remain perpetually dissatisfied, leading to greed and the "rat race."

The Four-Fold Human Goal

The workshop clarifies what we are actually striving for. It identifies four universal goals that, when fulfilled, lead to a complete, wholesome life:

1. **Resolution (Samadhan) in the Individual**: Moving from confusion to clarity. Having an answer for every "Why" and "How" regarding life and existence.
2. **Prosperity (Samriddhi) in the Family**: The realization that "we have more than what we need." Prosperity is a *feeling*, not just a bank balance. It leads to the desire to share and nurture.
3. **Fearlessness/Trust (Abhay) in Society**: Moving from a society based on competition and exploitation to one based on trust and mutual fulfillment.
4. **Coexistence (Sah-astitva) in Nature**: Living in harmony with all other entities—animals, plants, and the planet—rather than trying to conquer them.

Understanding the "Self" – The 10 Activities

Jeevan Vidya goes deeper than modern psychology by mapping the **10 Activities** of the Conscious Self. In our current state, most of us only operate using the "lower" activities:

- **Imaging (Chitran)**: Creating mental pictures of our desires.
- **Analyzing (Vicharan)**: Figuring out the "how-to" of those desires.
- **Selecting (Asvadan)**: Choosing what gives us fulfillment.

Because these are not grounded in "Understanding," our desires are often conflicting. Also, we are only currently able to use 'partial' faculties in ourselves. The workshop teaches us that we need to use our higher faculties: **Understanding (Bodh)** and **Realization (Anubhav)**. When we "know" the truth of a relationship or the truth of nature, our desires automatically align, and internal conflict ceases. This is the state of **Awakening (Jagruti).**

Harmony in Relationships – The 9 Values

Relationships are the core of human experience. We often feel that relationships are a "struggle." The workshop proposes that relationships are already there; we just need to **recognize** the values within them.

6.1 Trust (Vishwas) – The Foundational Value

Trust is the assurance that the other person truly intends my happiness. An assurance of their 'innate swabhava'. We usually judge ourselves by our *intentions* ("I didn't mean to hurt you") but others by their *ability* ("You are always late"). When we realize that every human fundamentally has the same innate swabhava & desire, we stop reacting and start helping each other improve their abilities.

6.2 Respect (Samman) – Right Evaluation

Respect is not about seniority or status; it is the **Right Evaluation** of the other. It is the recognition that "The other is similar to me" and also recognizing the *shresthata* in the other. We both want happiness, we are both a coexistence of Self and Body, and we both have the potential to understand.

6.3 Love (Prem) – The Complete Value

Love is a state of understanding and being where all surficial distinctions between humans cease. It is not an emotion that comes and goes, but a state of being where you see yourself as part of the whole.

Harmony in Society – The Undivided Human Order

The workshop extends the concept of harmony from the family to the entire world. It proposes the concept of **Akhand Samaj** (Undivided Society).

Currently, we divide ourselves by nation, religion, caste, and ideology. These divisions are based on "assumptions" rather than "knowing." When we transform to "Human Consciousness," we see that the human goal is the same everywhere. This leads to a **Universal Human Order (Sarvabhaum Vyavastha)**, where every child receives the right education, every family is prosperous, and every individual is resolved.

Harmony with Nature – The Four Orders

Human beings are not masters of nature; we are a part of it. Existence consists of four orders that are naturally self-regulating:

1. **Material Order (Padarth Avastha)**: Soil, air, water.
2. **Bio Order (Pran Avastha)**: Plants and trees.
3. **Animal Order (Jiv Avastha)**: Animals and birds.
4. **Knowledge Order (Gyan Avastha)**: Human beings.

The first three orders exist in **Mutual Fulfillment**. Plants enrich the soil, and animals help in seed dispersal. However, the Human Order is currently **parasitic**, taking from the other three without giving back. The

workshop shows how we can use our "Knowledge" to enrich the other orders, ensuring a sustainable and thriving planet for future generations.

Existence as Coexistence

At its most profound level, Jeevan Vidya explores the nature of **Existence**. It proposes that everything in existence is "saturated" in **Space (Shunya)**.

- **Units** are limited, active, and energetic.
- **Space** is all-pervading, equilibrium, and transparent.

Because everything is in space, everything is inherently connected. There is no such thing as an "isolated" individual. We are always in a state of coexistence. Realizing this truth removes the fear of death and the anxiety of loneliness. It gives a larger, deeper purpose to life.

The Process of Transformation

How do we move from our current state of confusion to this state of resolution? The workshop outlines a clear process:

1. **Shravan (Listening)**: Receiving the proposal accurately without adding your own assumptions.
2. **Manan (Reflection)**: Thinking deeply about the proposal and living it.
3. **Sakshatkar (Direct Perception)**: When the truth of the proposal becomes a part of your "seeing."
4. **Bodh & Anubhav (Understanding & Realization)**: The final transition into Human Consciousness.

A Call to Action – Why Attend the Workshop?

Reading this summary is like looking at a map of a well organised city. It gives you a sense of the layout, but it is not the same as walking the streets, breathing the air, and meeting the people.

The **Jeevan Vidya Workshop** is an eight-day immersive experience that allows you to:

- **Engage in Dialogue**: Ask the difficult questions you've always had about life.
- **Experience Community**: Meet others who are also seeking a more meaningful way of living.
- **Reflect Deeply**: Step away from the noise of daily life to focus on your internal development.
- **Gain Tools**: At the minimum, leave with a practical framework for improving yourself, your relationships, your health, and your career. At the maximum, experience a paradigmatic shift in the way you see everything.

The workshop is not about changing the world; it is about changing the *way you see the world*. And as you change, the world around you—your family, your workplace, and your environment—begins to transform naturally.

Join us. Step into a life of resolution. Step into the workshop.

See more about the workshop at www.jvidya.com .