



Jeevan Vidya Workshop

Typical 7 Day Syllabus



Day 1: Introduction

- Appraisal of current state of affairs in: Self, Family, Society and Nature
- Basic Human Questions: Why to live? & How to live?
- Basic Human Requirement = Resolution in Intellectual, Behavioural, Material & Spiritual Dimensions = Happiness = Knowledge
- Resolution = Understand reality & live accordingly =
- Knowledge of entire Existence, Knowledge of myself, Knowledge of Humane living = my role/purpose in existence



Day 2: Order in Myself:

Understanding the Conscious Self & its faculties

- Human as Conscious Self and Body
- Distinguishing between conscious and other activities – role of Assumptions
- Activities in the ‘Conscious Self’
- Tasting, Selecting, Analysis, Desiring, Visioning, Contemplation, Understanding, Realization
- The different perspectives or drishti's in us. The basis for the experiences we have.
- Reasons & Solutions for problems and lack of purpose in the Self
- Need to understand form-full and formless dimensions of reality: appearance, properties, true-nature & innateness



Day 3: Order in the Family: Understanding Human Relationships

- Basic Nature & basis for Human Relationships
- Values & Expectations in relationships: Trust, Respect, Love, Affection, Care....
- Reasons for conflict between human beings & their resolution
- Various roles we play: Father, Son, Wife, Teacher, Friend...
- Basic Structure & purpose of the Human Family



Day 4: Order in Society: Understanding its Relationships & Systems

Assessment of current human society and its issues:


- Current Problems in the Education System
- Current Problems in Health Systems
- Current Problems in Production & Commerce Systems
- Current Problems in Justice & Security Systems



Day 5: Coexistence in Nature: Understanding Nature & its dimensions


- Form, Properties, True Nature and Dharma of the Material Order, Plant Order, Animal Order and Human Order
- Inherent interconnected-ness & 'cyclicity' in Nature
- Causes for the current ecological imbalance and solutions





Day 6: Coexistence, Order in Existence:

Understanding Reality, the Universe & Evolution

- Reality as Coexistence = Insentient (Pshysio-Chemical) and Sentient (Conscious) units saturated in void
 - Space (void) as all pervading and energy in equilibrium
 - Evolution and progression in Existence. Mans place in Existence
 - Clarity on Knowledge, Wisdom & Science
 - Knowledge = of Existence, of Conscious jeevan, of Humane Conduct
 - Wisdom = Knowledge of true & false, human goal
 - Science = Procedural knowledge = Material Science, Behavioural Science, Spiritual Science
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Day 7: Questions & Sum up

- Brief about the background of the Philosophy, stages in workshops & next steps for study (adhyayan).
- Open Questions on everything under and beyond the Sun!
- Participant sharing and feedback



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