

jeevan vidya shivir

(first introduction to madhyasth darshan)
exercises/ practice. ~ abhyasa

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madhyasth-darshan.info

Parichay Shivir Outcomes

चरण #1 परिचय शिविर

युवा एवं प्रौढ़ों के लिए मध्यस्थ दर्शन की यात्रा सात दिवसीय जीवन विद्या परिचय शिविर से प्रारंभ होता है | जीवन विद्या परिचय शिविर से मनुष्य के जीवन के सम्पूर्ण आयाम एवं सारे परिस्थियों के बारे जानकारी मिलती है, व इनसे सम्बंधित रहस्यों का उन्मूलन होता है, साथ में समाधान का रास्ता स्पष्ट होता है | **एक से अधिक प्रबोधक का 2-3 परिचय शिविर करना सुझावित है | इसमें 6 माह से 1 varsh का समय लग सकता है |**

* परिचय शिविर के सामान्य फल

(*सभी फल, पूर्व संस्कार, अध्ययन-अभ्यास एवं वातावरण आधीन है)

स्पष्टता

- मनुष्य जीवन एवं सच्चाई के प्रति स्पष्टता
- आध्यात्म/इश्वर/देवी देवता सम्बन्धी भ्रम दूर होना
- व्यक्ति, परिवार, समाज, एवं प्रकृति के स्तर संगीत हेतु व्यक्तिगत समाधान की आवश्यकता स्पष्ट होना
- मानवीय शिक्षा, उत्पादन, विनिमय, न्याय के प्रति ध्यान जाना
- जागृत होने, अध्ययन की आवश्यकता स्पष्ट होना
- जिन्दगी की सार्थक दिशा मिले

~गुणात्मक परिवर्तन

- रूप/बल/धन/पद के प्रति भ्रम-भय का क्षय होना
- भौतिकता से ध्यान हटकर व्यवहार, समाज एवं बौद्धिकता के ओरे जाना
- व्यवहार में सतर्कता बढ़ेगा, बड़ें गलतियों से बचना
- निकट संबंधों में ध्यान एवं सुधार: माता-पिता, पति-पत्नी, पुत्र-पुत्री...

Outcomes

- Ordinary delusions about Nature, Existence, Human Purpose & dimensions of Living clarified, synthesis, interconnections give intellectual rest.
- Disturbances in various internal, familial, societal & ecological issues finds resolution-direction.
- Need to understand becomes clear. - As solution to self, and worlds many problems.
- Self-Attention begins.
- Sensitivity in Relationships inceases. Empathy with people better.
- Relation with money and things clarified.
- Social-contribution quotient improves.
- Ecological quotient improves.

परिचय शिविर मुख्य सन्देश

1. सम्पूर्ण अस्तित्व (वास्तविकता) स्वयं सहअस्तित्व के रूप में है
2. व्यापक रूपी शून्य + जड़ प्रकृति + चैतन्य प्रकृति
3. प्रत्येक-एक स्वयं में व्यवस्था है, बड़ी व्यवस्था में भागिदार है
4. मानव भी ऐसा होना चाहता है
5. मानव चैतन्य-जीवन और शरीर के संयुक्त रूप में
6. चैतन्य जीवन निरंतर, भारहीन, जड़ शरीर सामयिक, भार युक्त
7. समस्याओं का कारण = अपूर्ण समझ / मान्यता = भ्रम = ४.५ क्रिया
8. समाधान = पूर्ण समझ = जागृति = १० क्रिया
9. समाधान = समझ से | समझने की वस्तुएं: स्वयं, परिवार, समाज, प्रकृति, अस्तित्व में व्यवस्था = क्यों और कैसे का उत्तर
10. समाधान पूर्वक सुख-शांति-संतोष + निश्चित मानवीय आचरण + स्वतंत्रता + परिवार एवं समाज के लिए उपयोगी
11. समझ के लिए अध्ययन आवश्यक

5 Practices: For development of

1. Bouddhika *{1+ hr Reading & 1+ Hr Video-Audio}*
 - Practice Of Reading/Listening/Intake from Granthas (*~relationship with word-meaning*)
2. Self /Bouddhika (*~ live awareness, + exercise diary*)
 - Practice of Self Scrutiny. (*~relationship in, with myself*)
3. Vyavharika / Behavioural (*~ 30 min diary*)
 - Behavioural Practice. -> (*~relationship with, in family*)
4. Vyavharik-Samaj/ Behavioural, Society (*~ few hrs per wk/days /mth*)
 - Contributing to Society (*~relationship with society*)
5. Bhoutika/ Material (*~ 1-4 hrs shram per day, + lifestyle choices*)
 - Practice of Work. (*~relationship with material*)

*** Attend 2-3 various Parichay Shivirs, plus reading > adhyayan bindu**

1. Practice of Reading/ Intake of
right proposals/ darshan.

(shastrabhyas)

- Shastrabhyas...
- Kalpanasheelta ke liye nirdeshika
- Bhasha ka vikas, sateek paribhasha vidhi
- Nishkarsh ~ chitran + tarka
 - = Vyakti, Parivar, Samaj, Prakruti/Astitva me vyavashta
 - = charo avastha ka rup-guna-swabhava-dharma
 - = Nyaya dharma satya
 - = Astitva Darshan + Jeevan Gyan + Manveeytapurna acharan gyan + viveka + vigyan

[See Next Steps \(bit.ly/jv-intro\)](https://bit.ly/jv-intro)

[परिचय कड़ी का विवरण एवं अध्ययन सामग्री देखें](#)

2. Practice of Self – Scrutiny / Awareness

~ relationship in, with myself.

(swa-nireekshan abhyas)

Distinguishing Self (jeevan) & Body

Recognising the Distinction of Self (jeevan) and Body

- Based on Activity
 - Intentional / Automatic
 - Self/Jeevan: Assuming. ~ conscious ~ Imagination.
 - Body: Recognising-Fulfilling.
- Based on Needs
 - In Time
 - Qualitative/Quantitative
 - Weightless/has Weight. ~ is continuous
 - Wrt Money.
- I am the Seer, Doer, Enjoyer (*take responsibility*).

		Self <i>Mental-Aspect</i>	Body <i>Material-Aspect</i>
Needs	Needs	Affection, Respect... Happiness	Food, Clothing...
	In Time, needs are... →	Continuous	Periodic / Temporary
	Enjoyment from fulfilling the need	Long lasting / continuous	Momentary
	In Quantity, needs are... →	Qualitative (not quantifiable)	Quantitative (limited)
	Needs are fulfilled by...	Understanding / Knowledge	Material things
	Role of wealth/money	Cannot be bought with money	Can be purchased
Activities	Action	Entity that takes responsibility for actions	Does not take responsibility. Set of activities that are occurring with the consent of the Self

	Activities are...	Desiring, Thinking, etc <i>Weightless</i>	Breathing, heartbeat, etc <i>Has weight</i>
		Knowing -> Assuming -> Recognizing -> Responding	Recognizing > Responding
		Seer, Doer, Experiencer	Body is a resource
Type	It is of type...	Conscious (<i>chaitanya</i>) (Non-material, Sentient) <i>jeevan</i>	Physico-Chemical (jarh) (Material, Insentient)
Living	Why do I Live? / Basic Goal	I want to live with Happiness...Resolution	I keep the body alive and healthy via Material things
	How to live: Basic Plan / Program	Study, Understand & live in Coexistence in all aspects of our living	Production, protection and proper utilisation of material things.

4 aspects, 3 gyan

Self Alertness

Self-Scrutiny

- Pay attention to yourself, what is happening within, in the imagination.
- See that there are 3 distinct layers
 1. interacting with the external world via the body
 2. internal thoughts
 3. internal images (chitran) leading to desires (ichhas).
- Notice that
 - this activity-set never stops.
 - is weightless.
 - can be boundless
- Identify that basic unhappiness, is **within...*due to conflict, no accepting the situation or outcomes***

Desires of Human being - Exercise

Make a list of your desires. Include all or most of them.

- 1) Now for every desire, mark out whether it is related to the needs of the Self (conscious) or the Body (material)
- 2) Once you have your list, check to see where you have confused these two. I.e. mark out instances where you are trying to fulfill a need of the Self by doing something in the Body / or material.
 - *(ex: Respect-Success from things, Happiness from Comfort, Security from accumulation)*

Observations on Desires

1. All the desires reside in the self. Not in the Body.
2. Desires are the source of fulfillment / not - We are driven by them. We spend our *lives* for them
3. Not unlimited.
4. Unclear Desires
 - Why needed ?
 - When achieve?
 - How achieve?
5. Most of the desires are for the Self. / Time & Efforts ?
 - Confusing the desires of Self..*via the* Body, Material
 - Continuous needs in Self via the Temporal Body, transient things.

Desires:

1. End-Universal Objectives are Similar for all of us (human beings)
2. *Some* can be purchased with money.
3. Are a *means to comprehensive happiness*
4. Of 4 time-sets
 - Short, Medium, Long Term, Lifetime (*many!?*)
5. Some are contradictory
6. Some desires are not possible / have external dependency
7. Desires are *means* to achieve the basic needs, wants.
 - What do I really want. ? ~ *Sarvatomukhi Samadhan,*
 - ***I need to work on myself***

3. Practice in Relationships/ Emotional Life

~relationship with others

(vyavharabhyas)

Exercise

- For each of the relationships below, write down what assumptions/ notions/ expectations you have.
 - Father-Mother; Son-Daughter; Brother-Sister; Friends (both Male & Female), Teacher-Student; Colleague-Coworker; Society - Citizen relationship.
 - What parts of the other person do we dislike?
 - Do we constantly focus on the negatives in the other person (s) or on the positives?
- Now write down what notions/ expectations the *other* member(s) in this relationship have about / from it, from you.

Basis for the Relationship / with other Humans

1. Do I have **Trust** on their Basic Desire. (*swabhava dharma*)
 1. Develop **Kindness**: *They make mistakes by mistake, - hence I don't want to be affected by their inability ~ ayogyata.*
 2. Current seeing the other is based on rupa-guna, or likes-dislikes.
 - *This is their ability*
2. **Gratitude**: Acceptance of assistance from one and all.
 - 'I' am doing very less ~ ego-x ; humility. *Saralta.*
3. **Respect**, Samman for the others on the basis of jeevan, common abilities, aims, etc:
 - In Speech and Deed -> not ghruna, condescending.

Attitudes to inculcate

1. *Letting live & live: jeene dena jeena:*
 - I am not controlling others –*since no one wants to be controlled*
2. I am not self righteous. *Since I cannot be right all the time.*
3. Appreciating the good qualities in others; (*par gun ganana*), Vs the faults in others (*to boost my self-images, perfection*)
 1. *My way of doing things is superior*
 2. *My way of behaving is superior*
 3. *My logic is superior*
 4. *My understanding is superior*
4. Giving Time to others, **listening** to them.
5. Identify our **upyogita** and **purakta** in every relation
6. Accepting that I am solely responsible for all my states.
 - *Even if it is being caused by someone from outside.*
 - *Even if it is being caused by external circumstances*

Family Aims/Structure

- Dialogue on the aims of the family.
- Is it based on Consumerism?
- For mutual monetary or supportive benefit?

OR

- Based on understanding Family & Social Aims
- Based on actual purpose of Roles (*prayojan*)

- *Does it have shram and seva?*
- *Does it have vishvasa, samman, and sneha?*
- *Are we giving enough time to each other, the various sambandha's?*

4. Relating to larger Society

*samagra vyavastha me bhagidari
abhyas*

Objectives

Pose these questions to yourself (column #1). Then repeat them for columns #2 & 3#. Mark out your answers and set them aside. If you choose to proceed to study with this subject, revisit your answer after 1, 2 & 3 years and see how and why your answers have changed:¹⁷³

	1	2	3
	For me	Some Humans	All Humans
I want to live with understanding - and not lack of it			
I want to be awakened - and do not want to be in illusion			
I do not want to make mistakes. I make mistakes, 'by mistake'			
I want to have solutions (resolution) - and not problems.			
I want to have and live with justice - and not with injustice			
I want to live in coexistence - and not in conflict, struggle			
I want to live without fear, with assurance – and not with fear			
I want to have happiness, peace, contentment– and not unhappiness, agitation, discontentment			
I desire balance in nature - and not imbalance			
I want to live with affection, straightforwardness, honesty, simplicity & assurance – and not hatred, pomposity, hypocrisy & doubt			

Contribute to Society

- Jeevan Vidya Program
 - Organise Awareness Workshops, *dhan ki udarta, mun ki udarta*
 - Media, Website, etc.
 - Discussions with other Families @home
- School Education
 - Content Development
 - Best Practices,
 - Teaching.
- Systems.
 - Exchange Systems.
 - Networking with those in govt policy making.

5. Practice of Work, Material Dimension

~ relationship with things

karmabhyas

Material Interactions

Examine my Relationship with...

- With the Body, Appearance, Gender.
- With Senses.
- With the Organs
- With material objects / possessions
 - Land
 - House
 - Car
 - Clothes, etc
 - Phones, Gadgets.
- With Money ~ Psychological
 - Stocks! ?

- Price – Value relationship (keemat, Mulya)
- Relationship with Money – Accumulation for Assurance (Fear)
- Gratitude for natural-wealth
- My Material Lifestyle:
 - Based on conditioning ?/ imported desires
 - For Respect, self-image
 - Environmental friendly material choices: resource usage, pollution
- Health
 - Exercise, physical work
 - Organic Food
 - Vihar – Wake –sleep cycle.

Calculation: Money in the House, in the *Mind*

Grahasthi	Services	Lifestyle	Fear
BASIC NEEDS	Education	Bhog – Food	Uncertainty
Food	Health	Vihara - ghoomna	Retirement
Kitchen/implements	Sambandha Nirvaha	<i>For Respect</i>	Next Generation
Clothing		House,	
Awas, Shelter, Furniture		Car,	
HIGHER		Clothes, jewellery	
Phone		Gadgets	
Transport/Travel			
Laptop/Gadgets			

Quantitative Poverty > Psychological Poverty > Attitudinal Poverty

- Physical Efforts with the Body are needed (*karmabhyas*)
 - Stay Healthy/ Fit.
 - Be a Responsible Human Citizen (*Vs only some Produce, the rest Consume*)
 - *To Fulfil material needs of the Family.*
- Prakrutik Niyam
 - To sustain cyclicity (reduce pollution, resource consumption)

Summary: 4 Jeevan's and the 5 abhyasas

- Vidyarthi/Student Life.
 - Practice of Reading. /*shastrabhyas*
 - Practice of Self Scrutiny. / *swa-nireekshan abhyas*
- Bhoutika/Material life.
 - Relationship with Body & Things.
 - Vyavsaya/ Work or Seva. / *karmabhyas*
- Grahastha Life.
 - Feelings-Expectations, / *vyavharabhyas*
 - Daily Chores
 - Responsibilities-Seva.
- Samajik Life
 - Being Responsible.
 - Contributing / *samaj vyavastha me bhagidari*

The Study Journey Ahead:

Step #1: Understanding, *shravana*

- **Foundation Phase**

- Parichay Shivar +1
- Adhyayan Bindu
- Overview/Avlokan
- Reading (*see Online Pathan doc*)

- **Adhyayan Shivar Phase**

- Part-Time options
- Full time Options
- Online Option:

- => ***Continue Journey for shravan, manana...***

- ***Daily Living Practice:***

- *vidyarthi - student, intellect*
 - *Shasatrabhyas*
 - *Swa-nireekshan*
- *bhoutik - material & occupation*
 - *karmabhyas*
- *grahasthi - family & relations*
 - *vyavharabhyas*
- *samaj - the world*
 - *Samagra vyavastha me bhagidari*

- ***bear in mind***

- *(Objective & Circumstantial truths) vastu gat and vastu sthiti satya's*
- *\$ to support.*

- ***4 abhyas's for the 4 aspects.***

Materials

Next Steps Reading:

- See next steps in Website
 - **YouTube:** 'Jeevan vidya official program'
- English Translations:
Telegram Channel
- Darshan in English
 - madhyasth-darshan.info
- Darshan In Hindi
 - madhyasth.org