Enlightenment

When I go to India, I get enlightened.
Not by talking to a guru or a swami or a baba.
But by talking to the taxi driver.
He explains why the previous government fell,
and how long the new government will last and
how the movies are tantalizing people by exposing skin.
And finally, why it makes all the sense in the world
for him to make a living by nothing but driving a Taxi !

Model of life

The taxi driver has a model of life, based on which
he is making sense of the world and operating in it.
Just like him, everyone of us have a model of life. It
influences our goals, choices, fears, perceptions,
effectiveness, and ultimately our growth and happiness.

Larger by life times, in just Five Days

Our model of life is based on our
partial window into reality complemented by our intuition.
If it evolves to be bigger than the reality,
we will be the winners in life.
If it remains smaller than the reality,
we will be the losers in life.
This workshop soaks your model of life in a
larger model of life, called Framework of Aum,
which draws from the cumulative experience of
multiple life times of humankind's experience.
Your model of life gets larger by life times
in a matter of five days, in this workshop.

See your core; speak from your core

We are, for the most part, measured, guarded and defiant
in our interactions with people and situations.
We do not delve into the things that are close to our heart
or share them with others, because we feel them as
too personal, too controversial, too deep or too silly.
This workshop takes you on a journey into your core
so that you see your core and speak from your core.

Three dimensions

Once your model of life gets enriched,
once you see your core and speak from it,
you see phenomenal enrichment in the
three dimensions essential to your being.
The **Professional** dimension, which connects
the skills and talents inside of you
with the opportunities and challenges outside of you.
The **Personal** dimension, which connects
the emotions and yearnings inside of you
with people and relationships outside of you.
And the **Spiritual** dimension, which connects
the core inside of you with the universe outside of you.

Since 2009

Soak your model of life,
in a larger model of life
called Framework of Aum
(Aum is a Sanskrit word which means 'Everything')
to Enrich all the three dimensions of your being:
PROFESSIONAL, PERSONAL AND SPIRITUAL.

For the schedule, venue,
contact information
and to register to the workshop:
www.medhajananam.org

MEET THE REAL YOU

ONE IDENTITY
TWO EXPERIENCES
THREE DIMENSIONS
FOUR ENERGIES
FIVE LAYERS
FINITE EXISTANCE
INFINITE PRESENCE
ZERO STRESS

3D Workshop

FIVE DAYS OF JOURNEY INTO YOUR CORE
Along with people like you and unlike you.

Workshop Outline

This workshop enriches all three dimensions of your being, Personal, Professional and Spiritual, and brings them in balance and harmony with each other.

This workshop takes a unique approach in doing so. It presents big picture of life called Framework of AUM, which is based on many deep concepts and insights into life provided by the works of Indic civilization and the research of Modern times into various aspects of the life and universe. The following are some of the highlights of the workshop:

- A self assessment exercise to identify one's level of equilibrium, followed by a discussion on the factors that affect the equilibrium and methods to regain the equilibrium.
- An unconventional method to get a handle on the unknown and mysterious aspects of the universe.
- The power of finite - the myriad complexities of life that arise from combinations of few simple basic aspects.
- The concept of identity and how it separates the 'inside' of us from the 'outside' of us and the resulting fascinating relationship between them.
- The concept of energy and matter, not only as it relates to physical aspects of the universe, but to the workings of human mind and how it creates the fascinating, intriguing and challenging male/female dichotomy.
- The concept of organisms and cycles that unifies everything from rocks to flowers to animals to humans to institutions to planets to stars to galaxies into a single model and explains the hierarchy of forces that are keeping the universe and our lives in equilibrium, and how your can get in sync with that hierarchy.
- The concept of four fundamental energies of the universe that are imbibed into every single individual, that give a distinct personality to each one of us.
- The concept of five layers that explains the inner workings of our being, the sources of the contradicting impulses and the sources of various types of stress.
- Towards the end, the workshop brings all the concepts together and distills them into 'growth patterns' and 'balancing patterns', which provide a very intuitive and simple yet profound understanding of life.

The workshop concludes with a convocation and each participant gets a certificate. Each participant is encouraged to give a convocation speech.

Workshop Guidelines

1. Participant must be at least of age 25. You get most out of the workshop, if you have been 'on your own' in life for at least three years, i.e., thinking about it and experiencing it and acting on it by yourself, independent of influences from parents, culture and tall figures.
2. This workshop is five days of fun. It is like a field trip into the recesses of your mind. This is time you take for yourself, in the company of people who are just doing that. Hence plan for it as you plan for a vacation.
3. At least one major or minor concept is introduced every ½ hour, throughout the workshop. And they build on top of each other. Hence, even if you miss ½ hour of the workshop, you will miss some connections in the concepts.
4. Avoid attending the workshop with a family member or a friend or a co-worker. You have to come out of your world, to explore yourself.
5. Bring food and share food. It is an excuse to connect with other participants and make friends out of them.
6. You leave the workshop making several new friends. It is very common to see the participants of the workshop becoming friends for life.
7. The more diverse the participants, the more enriching the experience of this workshop would be. So we try to have both men and women of all ages from 25 to 75 and from multiple socio, economic, religious and ethnic backgrounds.
8. When conducted as a residential workshop, it includes breathing and yoga in the morning and talent show (of the participants) in the evening.
9. You are not only a beneficiary, but also a contributor into the workshop. You share your wisdom, life examples, etc., with others to make the discussions more lively and useful.
10. Your feedback and observations are actively solicited during the workshop and they will go into improving the workshop's content, for the benefit of the future participants.

Is five days too long? Yes, it may be. But it is by design, to accomplish the core purpose of this workshop; to let everything in you come out, to let every part of your model examined thoroughly and to take stock of everything going in your life.

Plus, the workshop is a group experience, by design. You need to give at least five days for the sharing and caring to develop organically and spontaneously among the group. The friendships that you develop during the workshop are free to take with you.

Workshop Benefits

- Gain a deeper, broader perspective on life, universe and yourself, both from scientific and philosophical aspects.
- Understand the dynamics among family members, between spouses, between parents and children and among siblings.
- Understand the dynamics of workplace. Understand bosses and what they look for.
- Understand the types of customers and what they look for in your product or service.
- Understand the three major types of civilizations of the world, and how they are influencing your thoughts, choices and goals, without your knowledge.
- Understand why 'judgment' or 'beyond life retribution' is a common theme in all major religions.
- Understand why people in the same family differ in their understanding and preferences about god.
- Understand the four types of energies that drive yourself, your family members and your coworkers.
- Understand the three key coordinates of your personality, that puts you somewhere on the spectrum of the human possibilities.
- Understand the deeper traits of your children, beyond what their apparent behavior indicates, to assist and guide them in their future plans.
- Gain a unique perspective on the question of whether god created man or man created god.
- Understand the social changes all over the world and how human nature contributes to it.
- Understand why we often engage in many 'non-productive' activities, but why they are important and what they mean in the larger picture of life.

Medha Jananam is a Sanskrit phrase, and we chose it for its poetic beauty and with reverence to the language that has been the lingua franca of one of the oldest surviving Civilizations on the face of the planet. Sanskrit has a vast repository of works, ranging from astronomy to mathematics to medical sciences to management to architecture, drama, dance, music and sensuality. Similarly, Medha Jananam also deals with a vast number of subjects from science to management to economy to raising kids to becoming effective in interactions with people in this '3D' workshop.