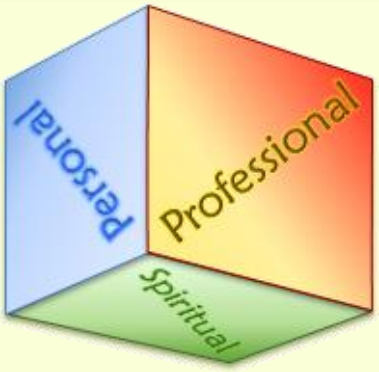

3D Workshop

Get to know the mega picture of life,
for a mega lift in all the three dimensions of your being.

For the schedule, venue and to register, go to :
www.medhajananam.org
Click on My Page,
and then on
'register for a workshop'

Personal development is far more than finding your strengths and weaknesses. It is about understanding how your mind works, getting a handle on the various layers inside of it, understanding what you really are, knowing what you potentially can be and knowing how to bridge the gap.

Professional development is far more than developing leadership and communication skills. It is about chalking a path of life that is in alignment with your core personality. It is about being an active agent of the society and to derive satisfaction out of it.

Spiritual development is not just praying to god or thinking about the self or consciousness. It is about recognizing, respecting and pursuing your quest to connect with the universe and get in harmony with it. It is about contemplating on your role, place and purpose in the universe.

These three dimensions are not independent of each other. They affect each other. They feed each other. It is rare to find a workshop that delves deep in to all the three dimensions in an integrated manner.

Bring your own model of life, with all the jewels and all the gaps in it. Soak your model in the mega picture of life, called framework of Aum. Get many of the gaps filled, beyond your expectations. Take your very own model of life back with you, substantially enriched. Feel a mega lift in your being, in all the three dimensions, And by the way, get rid of that 'stress' in your life, once and for all!

www.medhajananam.org
Since 2009.

3D Workshop Outline

The 3D workshop starts with a self assessment exercise. The exercise identifies whether one is at equilibrium in one's life or not. It discusses the factors (both the micro and macro) that affect the levels of personal equilibrium. It delves into the effects of equilibrium on one's behavior and progress in life. Later it proceeds to explain two key ingredients of life that bring one quickly back into equilibrium.

Then it proceeds to discuss models of the universe. Models of the universe proposed by Science delve mainly into the physical and biological aspects, but not into the emotional, moral, social or spiritual aspects. Models of the universe that do not speak to the complexities of the emotional, moral and spiritual worlds, such as communism (which dilutes the complexity to social existence) and capitalism (which dilutes the complexity to individual accomplishments and enjoyments) quickly deteriorate the societies as has been the experience over the past hundred plus years. Models proposed by religions are too many and full of simplistic, shaky and even absurd notions about life and universe and fraught with innumerable contradictions. This workshop gives clarity about how these models evolve and how we get entangled with them even before we understand them.

The workshop then moves on to walk through a composite model that combines the physical, biological, emotional, social and spiritual aspects of the world. The strength and key differentiator of this workshop is the intricacy of this model and its ability to stir your mind in multiple dimensions and in multiple areas. The model involves several concepts that are drawn from the fields of mathematics, physics, biology, sociology, psychology, economics and Dharmic Thought. The primary concepts of the model are: identity, fractals, organisms, colors, energy and matter, growth, expression, balance, and harmony. Like any other model, this model also has some unfinished edges and open vistas to explore. But it proved to stir the minds and lift many people beyond their current state of wisdom, understanding or confusion.

The workshop starts describing a very unconventional method of getting a handle on the unknown and mysterious aspects of the universe. Then it presents a simple abstraction of identity that gets established in this universe at the time of our birth. The identity separates the 'inside' of us and the 'outside' of us. The workshop delves into the resulting fascinating relationship between the inside and outside.

Then the workshop proceeds to delve into the fractal nature of the universe. It starts with how identities arise in the universe, including human identities. The concept of identity combined with fractals provides a uniform model in which everything from rocks to flowers to animals to humans to institutions to planets to stars to galaxies fit. This powerful abstraction has proven to stir the imagination of the participants in multiple ways.

Using the same concept of 'identity', the workshop goes deeper into the relationship between the world 'inside of us' and the world 'outside of us'. It helps the participants get a handle on their urges, fears, hopes and their relationship with the people and society around them.

Then the workshop presents the four fundamental energies of the universe that are imbibed into every single individual. The proportion of these energies gives every one of us a distinct personality, which can be thought of as personality color (Green, Yellow, Red and Blue). The same energies turn into social forces at society level. We derive insights into multiple areas of life using the concept of colors, such as human behavior, social structure, organizational structure, family structure, etc. This concept gives the participants deep insights into marriage, raising children, choosing a career and so on.

The workshop then expands on the fractal nature of the universe and introduces the concept of 'organisms' and 'cycles', which provide a simple abstraction to understand the intricacies of the universe. The concept of organisms, combined with the concept of identity provides deep insights into what we are and what we are not. The concept of 'cycles' provides a stunning perspective of 'time', 'mortality', 'growth', 'change', etc.

3D Workshop Outline .. Contd.

Then the workshop proceeds to delve into the concept energy and matter dichotomy. Energy turns into matter and creates identities. The same energy then reshapes the matter giving the fourth dimension to the identity, that is integral to it. This concept is very powerful and gets to the root of the question of what we are doing in this universe and why the universe and the world is functioning in spite of the myriad contradictions in it.

The same energy and matter concept translates into the male and female dichotomy on the human plane. This perspective provides a strong and intuitive basis for understanding the differences between male and female and the fascinating, challenging, contradicting and confusing relationship between them. It provides a broader, refreshing and deep perspective about marriage.

Then the workshop proceeds to peel the layers of organisms, including humans, by introducing a concept called 'five layers'. It helps us differentiate between our core identity and the influences from the environment, such as parents, community and society at large. These layers explain the contradictions we experience in our own behavior such as thinking one thing and saying another thing, having larger objectives but failing to accomplish even the simpler ones. This concept explains even the peculiarities of nature, which creates male and female as well as the trans-genders. What we call 'mind', happens to be one of these five layers. The workshop discusses mechanisms to understand how to keep it clean, serene and effective.

Combining the concepts of five layers and organisms provides insights into the understanding of social changes around us, such as the emergence of atomic families, increase in the stress levels among the urban societies, rising fundamentalism and so on. It helps us understand the complexities of globalization and the associated issues and opportunities. It helps us grapple with the finiteness of this world and this life and come to terms with it in a dignified and logical manner.

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.

At the end of the workshop, people will be ready to charge into life with more vigor and greater clarity. It gives them the wisdom to accept the existing world as is, and energy to build a future world that is much better, for themselves and for everyone around them. It gives them the semblance to stay calm and poised when factors beyond their control interfere with their plans and goals.

As you have been reading through this, you might be thinking that this workshop is highly abstract and may require a great degree of intellectual aptitude. But that is not true. This workshop proved to be greatly successful, not because of the abstract concepts, but because of the extremely lucid presentation of those concepts using simple language, informal tone and day-to-day examples. Even people with no formal education were able to enjoy this workshop, as much as university professors, MBA graduates and Ph.D. students did.

The workshop proved to be abstract enough to ignite the imagination of the intellectual and simple enough to lift the self-esteem, self-confidence and self-awareness of the common man to a new level.

It is difficult to find a workshop of this depth and intensity combined with the simplicity and informality, elsewhere. All most all previous participants of this workshop reflected that it is eight hours of continuous stimulation, with no single dull moment, throughout all the five days. People always left the workshop energized and not exhausted.

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 is the repository of many things that resulted from this civilization, 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.

3D Workshop Guidelines

1. A rough guideline is that a 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 runs for five days. It 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. You leave the workshop making several new friends. It is very common to see the participants of the workshop becoming friends for life.
6. This workshop concludes with a convocation and every participant gets a certificate. Every participant is required to give a speech during the convocation.
7. You don't become a member or supporter of Medha Jananam after the workshop. You take the workshop, you stir your mind, you find your answers and you get back to your life, with the additional lift.
8. Bring food and share food. It is an excuse to connect with other participants and make friends out of them.
9. The more diverse the participants, the more enriching the experience of this workshop would be. So we try to have both men and women and all ages from 25 to 75 from multiple socio, economic, religious and ethnic backgrounds.
10. Come with an open mind and be prepared to experience something beyond expectations. Come prepared to discover a 'new' yourself, a 'new' world around you and leave with 'new' eyes.
11. When conducted as a residential workshop, it includes breathing and yoga in the morning and talent show (of the participants) in the evening.
12. Is 5 days too long? If you want serious 'lift' you need to do serious investment in yourself. You can upgrade the range in your kitchen in less than a day. But redoing the entire kitchen takes few weeks. Serious development in the three dimensions needs serious investment. And, of course, make sure it is worthy investment, by reading the feedbacks on the website, by talking to previous participants, by asking detailed questions about the workshop.
13. 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.
14. 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.
15. If you happened to read this, the opportunity for serious lift in all three dimensions of your being has already arrived at your doorstep. Do not close your doors.