Medha Jananam

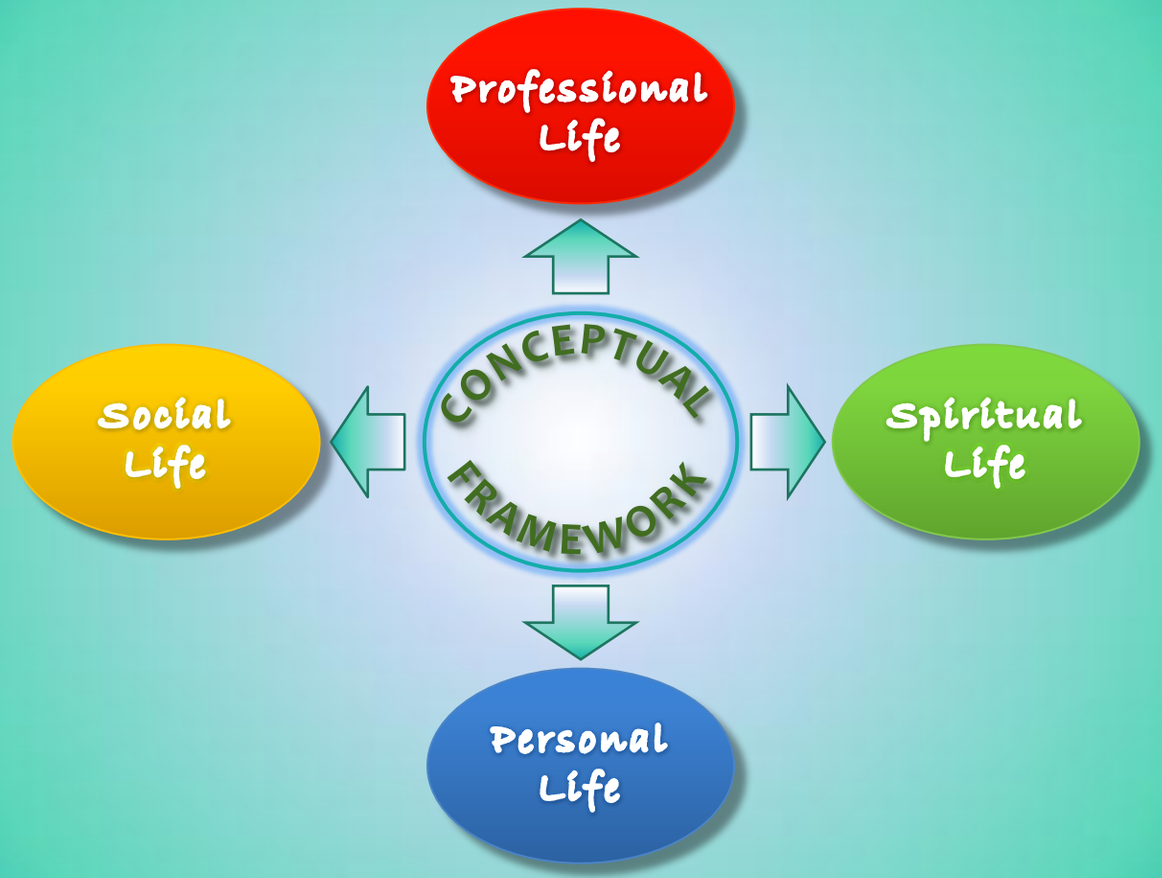
An organization dedicated to fostering harmonious and balanced living

www.MedhaJananam.org

Medha Jananam

Introduction to Life Workshop

We are inherently capable of dealing with
any amount of complexity,
if it makes sense.



Overview

Medha Jananam's Introduction to Life workshop provides deep insights into life. It is based on a framework of 30+ concepts developed by the founder of Medha Jananam Mr. Krishna Sharma over a period of 3 years based on 30 years of research into Sociology and Psychology, drawing from multiple disciplines of human thought, from classical as well as modern times.

The concepts follow conventional as well as unconventional approaches to bring a rich and deep perspective of life. The concepts are unique, generic and scalable. They can be applied to many aspects of life, such as Personal life, Professional life, Social life and Spiritual life.

When applied to Personal life, they provide insights into health, happiness, stress reduction, marital relationships, raising children and relationships with extended family members.

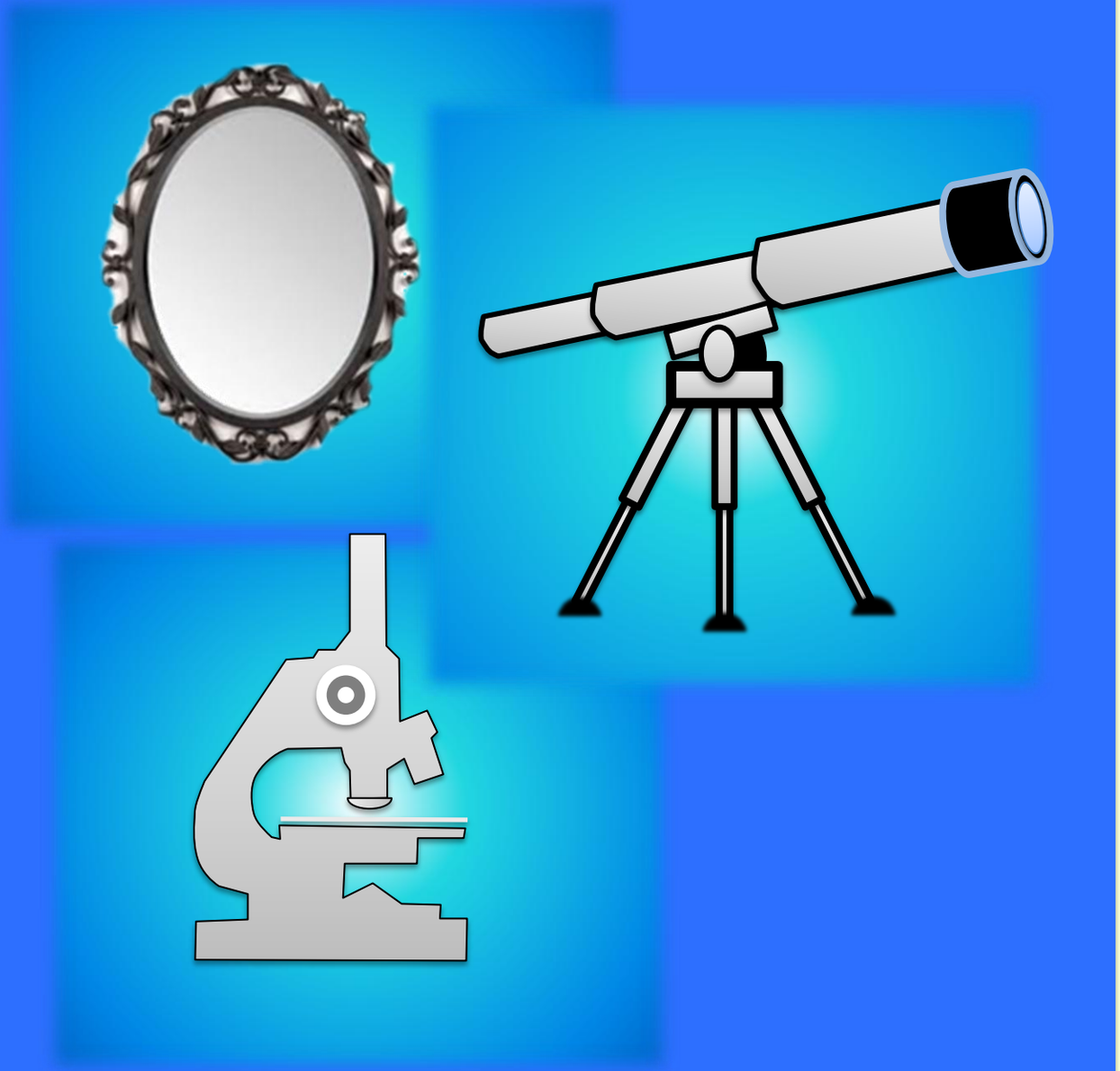
When applied to Professional life, they provide insights into work demands, opportunities, team dynamics, product development, market segmentation, business development and personality types of colleagues, bosses, and subordinates.

When applied to Social life, they provide insights into bringing social changes, understanding cultural influences, optimizing social services, empowering disadvantaged sections and making policies conducive to harmonious growth.

When applied to Spiritual life, they provide insights into understanding self, consciousness, spirituality, relationship with Universe, Yoga and religions.

The success and appeal of this workshop is due to this fact that the same generic concepts can be used to understand multiple areas of life. One of the former participants of the workshop put it as "Medha Jananam gave me a master key, which I can use to open many locks.".

The workshop is offered multiple times since 2009, to a broad range of audience from IT professionals to University professors in USA to government employees and farmers in India.



Purpose

The ultimate purpose of this workshop is to make good people strong and strong people good, so that they foster better and harmonious conditions all around them and in the far reaches of the society.

Every successful person has three tools with him/her that make them good and strong. A mirror, a microscope and telescope. This workshop gives those three tools for every one.

Mirror

The first step for external progress as well as internal peace is knowing exactly what one is, what one needs and what one wants, without giving in to fantasies, distractions or misgivings. This workshop gives multiple mirrors, so that one can understand oneself better, so that one can chart a course of life, with confidence, that truly reflects one's personality.

Microscope

The key to success and happiness lies in seeing the detail in life. Newton saw gravity, in a falling apple. Gandhi motivated people by asking them to set aside a morsel of grains from their daily measure of intake. Most successful business people saw opportunities where everyone else saw vacuum. This workshop gives you several microscopes, i.e., several ways of looking at the detail of life, to enjoy it more, to benefit from it more.

Telescope

There are many things in life that are supporting our lives, from the legal frameworks to the financial systems to the natural systems, than we understand. Understanding all of them is essential, but not easy. This workshop gives multiple telescopes, i.e., multiple ways of understanding this big picture, which lifts you off the narrow vision that the environment one grew up or one's profession afforded, so that one could make smart choices about life, in the long term.

Conceptual Framework

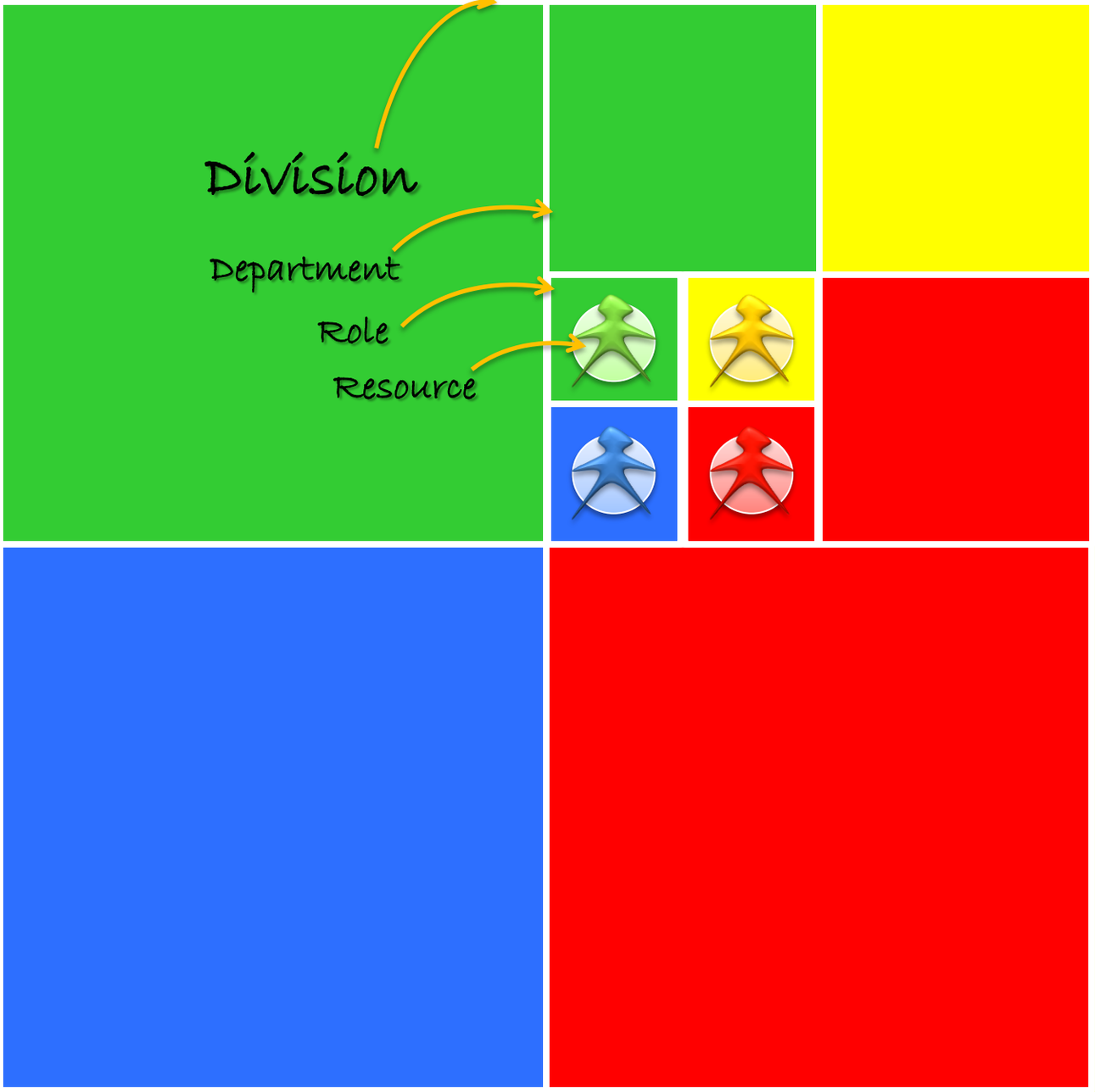
This workshop is based on a conceptual framework of 30+ concepts that are all unique to Medha Jananam. Some of them are original and new and proprietary to Medha Jananam. Others are innovations with bases in classical Indic sciences and modern western sciences. They are derived from varied disciplines of human thought such as psychology, sociology, economics, biology, spirituality, mathematics, anthropology, cognitive sciences, cosmology and atomic physics.

The concepts bear a great theoretical depth, but presented in a simple language with the help of day-to-day examples, making it appealing to both intellectuals and lay people. Thick imagery is used in presenting the concepts to make it easy to remember and apply the concepts from day one.

Our inspiration in designing these concepts comes from the genius of Steve Jobs. Though nothing that went into the making of iPad is new to the world, the way it was put together made all the difference. Simple. Usable. Straight. Intuitive. Similarly, the framework of concepts of Medha Jananam make a big difference, because of the way they are put together. They bring together knowledge from multiple sources and weave a story around them, that truly ignites one's intellect.

This original, straight, simple and intuitive design sets this workshop apart from many other personal development, professional development, social development and spiritual development workshops.

See the detailed list of the concepts in the curriculum page.



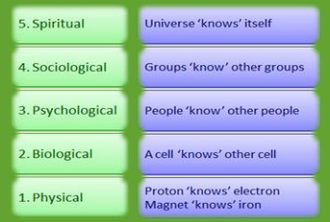
Colors

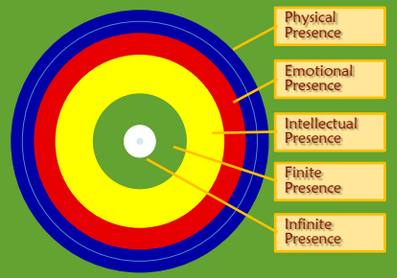
One of the concepts of Medha Jananam that is very unique, special, popular and 'not available anywhere else' is called Colors. This concept is developed by the founder of Medha Jananam, taking cue from the many references to this concept in the classical literature of India.

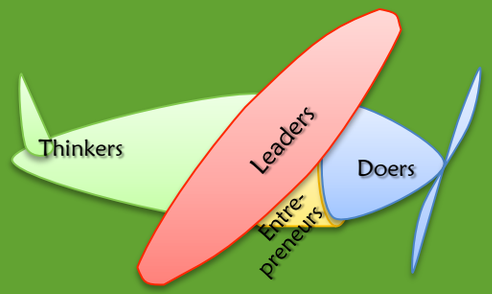
The colors concept refers to the four fundamental energies in the human realm. The four energies are represented by Medha Jananam as four colors, Green, Yellow, Red and Blue. They are the basis for the humanity to come together as a society and to engage in numerous activities, from building families to building enterprises to building communities and governments to establishing religions.

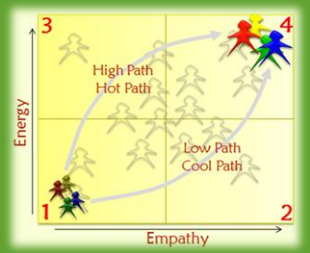
This concept is very powerful and very generic. In the personal realm, it helps us understand the traits, attributes, qualities, propensities and dispositions of people. In the professional realm, it helps us understand the dynamics of teamwork, the structure and processes of organizations and techniques for collaboration. It the social realm, it helps us understand the effectiveness of policies, methods for social change giving an integrated view between human, economic and governmental factors. In the spiritual realm, it helps us understand the evolution and nature of religions and the diversity of approaches people to discuss and relate to the powers beyond.

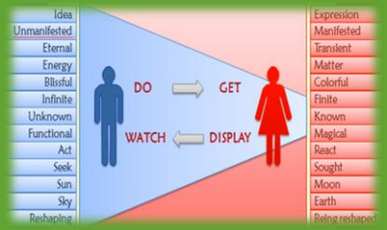
This concept has become the most popular among all the previous participants of this workshop. Every participant , with almost no exception, acknowledged the power and usefulness of this concept, in their testimonials. It has transformed their perception and outlook of the world forever. The transformation is instantaneous, just as they are going through the workshop. It is like the discovery of X-Rays for many of them. Seeing what is inside of people clearly, for the first time.











Curriculum

Part A (8 Hours): Growth and Balance

The story of life, Cup in a dish washer, UQUA (Unconventional Questions, Unconventional Answers), Self assessment on equilibrium, Life Quadrant, Three gods/notions, Breaking the Shell and Four urges.

Part B (16 Hours): Human Potential, Identity and Layers of the Mind

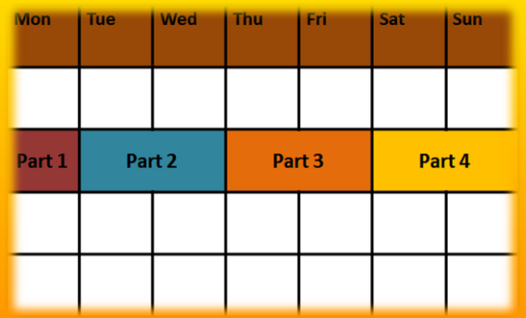
Infinite potential in a finite individual, Organisms, Free will, Identity, Mirror Images, Five layers of an individual, Six Signals, Magical/Functional aspects, Rituals, Three layers of the world, Three types of relationships, Balancing Food, Balancing Mind, Infinite Happiness, Meaning of Yoga, Meaning of self, World is one family, and 'Touching the Universe' exercise.

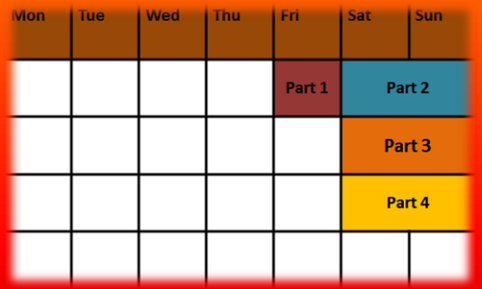
Part C (16 Hours): Colors and organizational structures

Colors, Four types of Human Energy, Fractal nature of the society, Human relationships, Team work, Social work, Understanding societal waves. Understanding contradictions in a society and Individual.

Part D (16 Hours): Big picture of life

Five worlds, universe, permanence and impermanence, Rhythm of the universe, cycles, three forces of the Universe, Balancing life, Synchronizing life with natural cycles to release stress and pressure and to gain composure, Polarities of the Universe, Energy and matter, idea and expression, idea and media and Male female dichotomy.





Structure

The workshop has four parts. See the curriculum page for details of each part and the concepts covered in each one of the parts. The workshop is offered in full as well as partial formats as detailed below:

1 Day Workshop

Part A (Life Quadrant, Growth and Balance)

3 Day Workshop

Day 1 AM: Part A – abridged (Introductions, Life Quadrant)
Day 1 PM: Part B – abridged (Organisms, Fractals and 3 Layers (abridged))
Day 2-3: Part C – full (Colors Identification, Colors Applications)

4 Day Workshop

Day 1: Part A – full (Life Quadrant, Growth and Balance)
Day 2: Part B – partial (Organisms, Fractals and 3 layers.)
Day 3-4: Part C – full (Colors Identification, Colors Applications)

5 Day Workshop

Day 1: Part A – full (Introduction, Life Quadrant, Growth and Balance)
Day 2-3: Part B – full (Identity and 5 layers, Organisms, Fractals and 4 layers.)
Day 4-5: Part C – full (Colors Identification, Colors Applications)

6 Day Workshop

Day 1: Part A – full (Introduction, Life Quadrant, Growth and Balance)
Day 2: Part B – partial (Organisms, Fractals and 3 layers.)
Day 3-4: Part C – full (Colors Identification, Colors Applications)
Day 5-6: Part D – full (Cycles and Polarities)

7 Day format

All four parts in full.

Other custom formats are also offered, based on the needs of the specific group.

Format

Concepts discussed in this workshop is only one half of the story. The other, most important aspect of this workshop is the ambience and environment it creates for discussing everything candidly and openly. Days pass by like hours, as you ponder about yourself and discuss about life. Often participants have to be reminded about the lunch break.

Back to college days

This workshop is designed to bring the same ambience that you experienced in the college days. You make friends. You share ideas. You spend time with yourself. Once we step into adult life, we don't get to do this kind of candid and spontaneous things any more. This workshop gives you the opportunity to experience those days and times again.

Open discussions

What if, your thought process is different from your parents? Can you say it aloud and discuss it openly? What if, your thought process is different from your manager's? What if, if it differs from tall personalities like Gandhi, Lincoln, Sankara, Buddha, Jesus, Mohammed or Newton? Can you say it aloud and discuss openly, candidly, meaningfully?

Questions of those sorts linger in our minds longer than we think. Whether you realize or not, those unanswered questions block your creativity and happiness from coming out, they prevent you from being what you are, in ways that you would not expect.

This workshop gives you a framework that is broad and deep enough that no question feels odd or controversial or personal to discuss. People open up in this workshop beyond everyone's expectations, and beyond their own expectations, to discuss issues and topics that they have been holding close to their chest, for a long time.

Benefits

The concepts of Medha Jananam are so relevant to the day to day life, that one would start applying them from day one, regardless of their specific background or walk of life.

The concepts discussed in this workshop doesn't make sense in a vacuum. They make deeper sense only against a backdrop of thick life experiences. One's own experience and one's own quest about life bear a lot on reaping benefits out of this workshop.

The more one is experienced in life, the more one is thinking about life, the more one has questions about life, the more one is looking about improving themselves, the more one is interested in improving this world, the more one would benefit from this workshop.

People who have rich experiences in life, people who have done a lot of analysis of life, people who are overwhelmed by the complexities of life, people who are disenchanted by the idiosyncrasies and hypocrisies of this world find numerous insights into life from this workshop, that connect many dots and that clear many clouds.

Since the concepts of this workshop are generic and applicable to personal, professional, social and spiritual aspects of the workshop, the benefits of this workshop are as diverse as people themselves are. You can see the diverse benefits people derived from this workshop, by reading their testimonials.

We will try to enumerate the major classes of benefits in the next few pages.

Benefits – Personal

Clear mind

From early childhood we develop ideas about ourselves and about the world around us. Those ideas grow wild and get tangled over time. In this workshop you take time to sort them out and come with a clearer idea of what you are and what the world is.

Human Relationships

The Life quadrant, the colors and the cycles concepts together give a simpler way of dissecting the human behavior. This helps you in improving relationships and effectiveness all around in your life – with your spouse, children, siblings, parents and with your colleagues, bosses, subordinates and customers. You can go to a new city, new country or any new situation and figure out the other peoples behavior instantly with the help of these concepts.

Opportunities and challenges

The organisms, cycles, fractals and colors concepts together will give you a big picture of life. You can use this framework in any facet of life. For example, you will become more aware of the opportunities and challenges of this world, using these concepts. You will be able to find answers to the big questions of life, which can be used to enhance your spiritual life. You can use them to interpret the sensitivities of people around, who are in different context and phase of lives.

Growth and balance

Part A of this workshop brings you many interesting concepts that help you understand balance, equilibrium and growth in life. They help you tread in life in a balanced manner and grow in a steady manner. They help you deal with competing priorities, external distractions and fads. They help you sift out goals and objectives that are neither worthy nor suitable for your personality.

Benefits – Personal ..Contd.

Magic of the Mind

There are many layers to your being than what we simply refer to as 'mind'. The concept of identity and layers that you learn in Part B of the workshop brings you a great awareness of yourself and how you relate to the world. It helps you divide your strengths and weaknesses among the multiple layers, so you understand how to work with them. It is often said that 'man is a product of the environment'. It is partly true and partly untrue. You will understand the difference in this workshop.

Gods, Religions and Spirituality

This workshop gives you concepts that you can apply to the spiritual realm, so that you gain a rich and balanced view of spiritual life. Whether you are religious or not, spiritual or not, you have to face the questions like, 'Who am I?', 'What is this life about?', etc. Whether you are interested in these questions or not, you still have to interact with the people who are interested in them. This workshop removes the discomfort in discussing matters of gods, religions and spirituality. It makes it easy to appreciate people of different faiths and also people of no faith.

Female and Male Sensitivities and Sensibilities

Part D of the workshop traces the differences between genders all the way back to polarities of the universe, a concept derived from various observations of Indic Philosophy. You have to deal with the other gender in your life on a constant basis. You not only have to deal with your spouse, but also with your parents, children, colleagues and customers that come in the form of two genders. Their sensitivities are different. Their sensibilities are different. Unless you know them, you can find it crazy dealing with the other gender. This workshop opens your eyes to those differences and teaches you a way to appreciate and enjoy the differences.

Benefits – Professional

Career choices

The colors concept holds a mirror to one's personality so that one can recognize one's strengths and weaknesses like never before. One learns about the major energy and minor energy that is emanating from the core. One will learn to how to tune one's career accordingly, without being distracted by extraneous factors.

People Management

You don't choose people, in work life or business life. They happen to come across to you, in the form of colleagues, employees, bosses, customers and partners. Those who know how to judge people accurately and know how to deal with them successfully, succeed. In this workshop you will learn the powerful 4 way classification of human energies, which help you understand the people in a matter of days and weeks – and not months and years.

Benefits – Professional .. Contd.

Team work

Almost a full day of the workshop is spent throwing light on how people of different energies (colors) come together to make a team. It teaches how to collaborate for the simultaneous benefit of self and for the benefit of the team.

Team Management

Everyone team member does not respond to the same motivation and incentive techniques the same way. The colors concepts explains how people respond to various motivation techniques and incentives and how a manager can use them effectively and positively.

Building a practice and Recruitment cycle

Part D of this workshop teaches how to build a practice or team in tune with the desired objective and outcome of the practice or team. It teaches how the colors concept extends from individuals to teams, departments and divisions and how they can be balanced appropriately using this concept. It delves into aspects of chiseling a role to filling the role with the right candidate, by using colors as part of the interviewing technique.

Benefits – Professional .. Contd.

Market / customer Segmentation

Businesses use different techniques to divide the customer base into multiple segments. The colors concept help one recognize the four types of customers, regardless of the industry or country. Using this as an additional parameter makes every campaign, communication and touch point with the customer much more effective, and some times, very dramatically.

Product Design

Products are different from gadgets. Gadgets do not have a personality. Products do. Products make statements. But they become salable and lovable, only if their personality matches the personality of the customers. There are numerous techniques to understand the personality or avatars of the customers. But the power of colors concept in identifying the customers properly is to be seen to be believed.

Benefits – Social

Root cause analysis

Many social problems. Many types of analysis. Many solutions. But of necessity, we need to be optimal. We need to be optimal in approaches. We need to be optimal in execution. Even the fraternal skirmishes can stop up from becoming effective. If we know the main course of life, we can deal with the fallouts. If we confuse normal course to a fallout and a fallout to the normal course, we will waste precious time and resources. In this workshop you will get great tools to analyze the social problems, their origins and effective means of addressing them.

Beyond ideologies and –isms

We create theories to analyze and explain social problems. Then we become slaves to our own theories. We get caught in liberal vs. conservative, communist vs. capitalist, faith-based vs. secular and so on. In this workshop you get tools that take you beyond these popular dichotomies, to see straight into the heart of societies and people's minds, their strengths and their vulnerabilities, so that you give them a true helping hand and not take over their lives.

From division to harmony

For the last two hundred years, it has been the realm of people who take sides, to throw light on issues. Once one takes sides, one cannot be objective or see the full picture. Solutions born out of taking sides will only tend to be divisive but not harmonious. In this workshop get beyond, 'male vs. female', 'east vs. west', 'science vs. religion', 'career vs. marriage', 'individual vs. society', 'modern vs. ancient', 'conservative vs. liberal' and so on, and get to think of 'male and female', 'east and west', 'science and religion', 'career and marriage', 'individual and society', 'modern and ancient', 'conservative and liberal'

Benefits - Spiritual

Gods, Religions and Spirituality

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Differences between Religion and Spirituality

Spirituality is getting into the an extra dimension that is beyond life to throw light and to understand the normal dimensions of life. Religion is a social structure that propagates a belief system. But many people can not separate the two and get caught in the middle. This workshop gives a crisp view of the differences and how you should reconcile your intuition with the popular notions.

Knowing your faith

There is no one who agrees 100% with their own faith. Given a choice, they always like to purge some aspects of it. In this workshop gain a understanding of how faiths develop, what it means to you and how to live and enjoy life along with those who wants to purge something else, than you do.

Connecting with the Supreme

You are infinite, embedded into a finite body, finite circumstance from which you have no escape. But you can see the infinite in yourself, through the windows of the finite. You are a mirror image of the universe. These concepts sound esoteric. But in this workshop, they become as clear and evident as 1 + 2 = 3.

Testimonials

"In the past five years, I have done MBA and attended sales and management workshops. None of them compare to Medha Jananam ! I got great insights into managing team members and dealing with the tough ones." - Program Manager at Cisco. Age 50.

"The best thing that happened to me in 2009 is Medha Jananam. Medha Jananam had been an exciting journey, more like a field trip into the concepts of Indic Philosophy." - Ph. D. student at NC State University. Age 27.

"Each of the modules made perfect sense to me and gave me the perfect reason/explanation as to why the world works the way it works." - Professional at RTI International. Age 26.

"When I attended the intro session, I came back home thinking 'hmmm, this could be interesting', little did I know how it would transform me !" - Systems Analyst at Duke University. Age 39.

"Medha Jananam is the best 36 hours in my 39 years of life." - Firmware consultant. Age 39.

"I wish my father took Medha Jananam. He would have probably saved himself from bankruptcy." - Research associate at UNC, Chapel Hill. Age 35.

"I completed my Ph.D. and Medha Jananam in the same week. Guess what excited me most? Medha Jananam !" - Student at NC State. Age 27.

"Medha Jananam is definitely life changing and enlightening. You get to talk about things that you have knowledge of, but no one has ever really pointed it out or talked about with you." - Student at Duke University. Age 18.

"I wish I got Medha Jananam 20 years ago. I would have given better guidance to my children." - Parent with teenage children. Age 43.

"Medha Jananam delves deep into difficult aspects of life, which are skipped by every other forum." - Professional at NC State DOI. Age 48.

For more information

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