Dear Friend,

Here is a short introduction to **'Introduction to Life'** workshop of Medha Jananam.

Medha Jananam:

I have founded the initiative of Medha Jananam in the year 2009. Medha Jananam is a Sanskrit phrase. It can be loosely translated into English as 'Ignite the Intellect'. For those who mistake everything in Sanskrit to be something to do with religion or gods or spirituality, I would like to offer a brief clarification. Sanskrit is the lingua franca of a civilization that is 5000 years old that is still living. Everything that is produced by this civilization is captured in Sanskrit. Not only the spiritual texts but many other texts dealing with many other subjects including Kama Sutra (the science of sensuality) and Ardha Sastra (the science of state craft and fiscal management) were also written in Sanskrit.

Workshop background:

As part of this Medha Jananam initiative, I offer this workshop titled **'Introduction to Life'**. Every culture in the world has a 'coming of age' ceremony of some sort. It invites the young adult into full adulthood. Elders provide tips and insights into 'being an adult' besides giving a view of the responsibilities of adult life. There is no equivalent for it in modern times. I designed this workshop with the hope that it fills this gap reasonable well.

Workshop content:

In this workshop I provide a narrative of life and universe and try to make it enjoyable for everybody. Just like a good recipe turns the raw taste of the ingredients into an exquisite taste of a dish, I try to turn the raw insights from three different sources into a nice, enjoyable narrative that will tickle your intellectual buds, that will 'ignite your intellect'.

My first source for the insights is the modern research into sciences and humanities, which includes the discoveries in physical sciences such as the expanding universe, energy matter equality, quantum mechanics and carbon cycles, discoveries in biological sciences such as cell biology, theory of evolution and human genome, discoveries in psychology such as psycho-

analysis, neuro-psychology and transactional analysis and discoveries in sociology such as cognitive theories, linguistics, micro-economics, macro-economic, political sciences, anthropology and computer architecture.

My second source for the insights is the Dharmic Thought. This is a generic term I use to represent everything that came out of the civilization of India in the past 5000+ years. It includes discoveries into human nature such as the playing relationship between man and women in the form of Nayakas and Nayakis, primal relationships in the form of Purusha and Prakriti, the stages and states of mind, the discoveries into the nature of society such as values and goals of the individual vs. the society, family vs. society, kingdoms vs. economies and discoveries into the nature of universe, such as the unification of all organisms with the model of Pancha Kosa, understanding of the relationship between the finite and the infinite.

My third source for the insights is the developments in human thought world over. This includes the evolution of Abrahamic Thought, developments in the oriental philosophies like Tao, developments of cultures that led to the building of pyramids, great wall of china and the achievements of the Mayan and Inca civilizations.

Like I mentioned, I am inspired by all of them, but my goal is to create a tasteful, useful, revealing and simple narrative out of all these insights. And that became this workshop.

Two key Concepts of the workshop:

I boil down all of these insights into two simple and easy to understand concepts in this workshop. They are **Context** and **Colors**.

1) **Context**: None of us are living in an island cut off from the others. Everything in our lives is happening in a context. Everyone is operating in the same context. Our goals, aspirations, choices and careers are bounded and influenced by that context. Not only us, but everyone in our life, our children, employers, scientists, politicians are all bounded and influenced by the same context. The context consists of the current socio-economic conditions of the world, current changing civilizations of the world, current prevailing religious and spiritual movements of the world, and current changes in the environment and climate, which are all happening in the larger context of huge geological and cosmological changes. In order to

gain a true perspective of life, you need to get a feel for all of these layers of the context.

To get a grasp of such a vast context is a challenge. It feels so overwhelming and we like to postpone dealing with it. In this workshop, I reduce this complexity, by introducing an easy to understand, four layered model. Everything in our personal lives, everything that is going on in the society becomes much clearer, when viewed with the help of this four layered model.

2) **Colors**: Since we don't live in an island, it is imperative that we interact with people. Your success, in every sphere of life, at home and at work, is greatly influenced by your ability to interact with people, which in turn depends on your understanding of people. As you walk into life, you see people of different personalities, with very diverse attitudes. It poses a problem because guessing them wrong could lead to any sort of unexpected and avoidable problems, subtle as well as ugly. I introduce the concept of **Colors** in the workshop which makes it orders of magnitude easy for you to understand the diversity among human personalities. I found references to this concept of colors in ancient texts of Dharmic Thought and expanded on it in a big way. This concepts establishes that there are only four types of personalities in this world, in spite of the seemingly infinite diversity of humanity. I color coded the personality types as Green, Yellow, Red and Blue. Hence, I call them personality colors. Your personality color has an unbelievable influence on you, from what food you eat to how you raise your children to what car you buy to what career you choose to what political views you hold. I use almost two days of the workshop to train you to recognize the four personality colors. Using this training you can quickly understand the personality colors of everyone you come across in your life. The cool thing about these Colors is that you can recognize the color of any person, without asking them to take a personality test (which is true with the other personality analytics tools like MBTI, the Myers-Briggs Type Indicator, for example). You can recognize the personality color of anyone in a matter of minutes by observing their simple behavior and the words they use in their conversation.

5 days, 5 aspects:

This workshop goes for five days and focuses on five important aspects of life.

1) **Childhood**: Childhood is full of dreams and full of questions. The questions could be related to the meaning and depths of the universe. Or they could be related to the injustices in the family or society that you suffered as a child. Or they could be related to the hypocrisies and contradictions of the society you observed early on. These questions carry into adult life and can help or drag, motivate or inhibit your progress in adult life. You cannot be at peace with yourself until all these questions are answered, even if life happens to go well for you and even if you could realize all the dreams of childhood. You cannot find answers to these questions unless you put together many factors of life. In this workshop, with the helps of the concepts of Context and Colors, I help you sort these questions in a systematic, logical and intuitive manner. Participants of the earlier workshops said that they could gain a perspective on their questions, which were lingering for many years.
2) **Youth**: Youth is a time of awesome fun, but also a time of awful loneliness. It is a period of life, in which you experience rapid internal growth. So much goes in your head than you have time to find an occasion to share with anybody. There will be gaps between the thoughts that are popping up in your mind and the way society deals with things. This gap creates the loneliness, the rebelliousness or the simple disconnect between what is going on inside of you and what is going on outside of you. This workshop provides you a very open environment and a framework under which anything and everything can be discussed without any apprehensions and without feeling awkward about it. The more you can bring out what is going on in your mind, the less it will be a block for your future progress.

3) **Marriage**: The other gender is attractive before marriage and puzzling after marriage. Unless you get a grasp of the puzzling behavior of the other gender, you will not have the best possible marriage. If luck is not on your side, it could lead to deep trouble or even divorce. In this workshop, I delve deep into the differences between the sensitivities and sensibilities of the two genders. I spend almost a full day on this topic, drawing insights from all the three sources of insights I discussed earlier. These insights will help you interpret the behavior of the other gender much more easily and clearly. You will gain a whole new insight into the nature, attitudes, sensitivities and sensibilities of the other gender after this workshop. You will find new ways of getting more joy out of your marital life after gaining these deep insights.

4) **Parenting**: Children start like sweet dolls. But soon you would realize that they are also complex and independent individuals just like you are. Raising children is certainly more complex than giving birth to them. Apart from the physical and financial craziness involved in raising children, there are also challenges in understanding their behavior and personality. On an average, we are poorer than we think in understanding children in particular and people in general. Our attitude to life in youth is to keep to those friends that we really like and dump all the other crazy people in the world out of our life. That attitude doesn't work in the case of children. You cannot drop them out of your life. You have to still raise them, no matter how different is their personality from yours. It is not only the difference in personality, but also a difference in the phase of life, when it comes to children. In this workshop, using the concept of Context and Colors, I provide a easy way of understanding your children in a much better fashion.

5) **Career**: Education, training, skills, knowledge, hard work and smartness are good enough only for survival in the career. **Success** in professional life depends on a) your ability to **manage relationships** with people around you, such as colleagues, employees, managers, partners and customers, and b) your ability to **understand the context** in which all these people and your company operate. I have seen many people trying to rise through their career by acquiring another degree, another certification and another MBA, but really not making any noteworthy progress in their career because of their lack of understanding of the context and lack of ability to manage relationships.

   In this workshop, I discuss how things really work in the so called 'dog eats dog' world. I discuss the dynamics of the entire cycle of hire to retire and how the context of your environment and personality colors of people around you play a role in it. This knowledge helps you in being hired for better positions, and hiring better people if you are a manager. In this workshop, I also discuss the techniques of marketing and selling to customers of the different personality colors. If you are into marketing, you can target your products and campaigns to the different customers based on their personality colors. Even if your work does not involve marketing or selling to people, this information is helpful in understanding your own behavior as a consumer. You will understand how your personality color is influencing your consuming behavior. It helps you understand why you and

your spouse differ in your consumption attitudes and habits and how you can make choices that would be satisfying to both.

Format and style of the workshop:

Picture is worth more than thousand words. To get a feel for the environment of the workshop and the kind of people who attend the workshop, I suggest you see the pictures in the video: http://www.medhajananam.org/videos/MedhaJananam-Introduction2Life-Workshop-InfoVideo.swf

This workshop provides you with an unbelievably open, informal and candid atmosphere that you can discuss things that you were not able to discuss elsewhere because you feel them too personal or too deep or too silly or too controversial. Even the most shy, most tightlipped will open up by the end of the five days. You would bring out all your thoughts, no matter whether they are buzzing in the foreground or dormant in a dark corner of your mind. People share personal stories so that you can learn from real examples and real people, rather than abstract concepts. And they will all become your friends for life. If you haven't added good friends to your life lately, this workshop is a great opportunity to add great friends of all ages, to your life.

To get a feel of the workshop in other people's words, read the feedback from the previous participants at: http://www.medhajananam.org/?p=feedbacks

Register to the workshop at : http://www.medhajananam.org/?p=register.

Yours,
Krishna Sarma.
919-636-5472

P.S.:

Feel free to give me a call (919-636-5472) or send an email krishnadvr@gmail.com. Please ask any question you have about this workshop. Your questions will help me understand what you are looking for, so that I can make it a point to discuss those questions in the workshop. Thank you.

My personal story, if you are curious

Ever since my childhood, I loved everything about life. I love arts, movies, music and all those soft and nice things in life. I love science, economics, business, technology, medicine and all those concrete stuff in life. I love psychology, sociology, philosophy and all those abstract things in life. I love people, the cultures, the languages, the customs and all those fascinating stuff in life. I love learning about universe in the physical sense as well as spiritual sense. This love for 'everything' made me read number books, magazines, websites, on many subjects, both from the ancient times and from the modern times, both of eastern origin and western origin. And I had been doing that for over 30 years, without even knowing that is what I have been doing.

During the 2006-09 timeframe, I seriously thought about sharing all this information with others in a systematic manner. The idea of creating a 'Introduction to Life' kit started taking shape. However, I was not interested in writing a book or articles in newspapers or blogs. I was rather interested in the direct interaction with people. The 'Introduction to Life' kit took the form of a workshop. The rest is history, as people say. I successfully conducted this workshop multiple times, since 2009, giving the 'Introduction to Life' kit to more than 100 people, so far. Everyone of them got something significant out of it. Most of them recorded how it helped them, transformed them, and gave new eyes to them. You can see their feedback on the website: http://www.medhajananam.org/?p=feedbacks. When I am bored or feeling down, I go through this web page and read their feddback. I feel good about the additional clarity I could add to their lives, the additional boost I could give to their morale, the additional confidence I could instill in them, the additional knowledge I could impart in them and the additional value I could add to their lives.