Dear Friend,

Here is a short introduction to **'Welcome 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 provide some 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 including Kama Sutra (the science of sensuality) and Ardha Sastra (the science of state craft and fiscal management) were also written in Sanskrit. Medha Jananam is not about spirituality, but about 'Igniting the Intellect'.

Workshop background:

As part of this Medha Jananam initiative, I offer this workshop titled **'Welcome to Life'**. Let me explain, how I got this name. It was couple of years ago in USA. I needed to go to the doctor. But, my car wouldn't start. I quickly realized that the battery died down. I called AAA for getting a jump start. It was going to take at least an hour for them to come and start my car. I was worried that I would miss the doctor's appointment. I casually shared my problem with a friend. He said that I could call the corporate security and they would provide the jump-starting service immediately and for free. He also said that the jump start service is available at all companies in USA. I never heard about this service even though I had been living in USA for 20 years by then. I wondered why this was not mentioned in the 'welcome kit' given to me by my company when I joined.

Well, I realized that that is how life is. There are many things in life that we discover the hard way. We discover some when it is too late. We never discover some. We don't know what we are missing in life and how that impacts our lives. Wouldn't it be nice, if there something like a 'welcome kit' to life, that provides all the critical and basic information about life? Perhaps, that is why every civilization has some sort of 'coming of

the age' ceremonies. But there is nothing similar to that in modern times. So I thought of creating one. And it became this 'Welcome to Life' workshop.

Workshop overview:

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 'Welcome 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 'Welcome to Life' kit took the form of a workshop. The rest is history, as people say. I successfully conducted this workshop more than 15 times, giving the 'Welcome 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.

Five focus points of the workshop:

This workshop takes five days, and there are five focus points to this workshop, as follows:

1) **Welcome to Adulthood**: Childhood and youth are full of dreams, full of questions and full of rebellion against parents and authority figures. Adulthood is about realizing those dreams and finding answers to those questions and reconciling with everything you rebelled against. If the questions are not answered and if you can't reconcile with things that you have rebelled against, you can't be at peace with yourself in your adult life, even if you have realized all your dreams and accomplished a lot. Those leftover questions could be about how you were treated in your childhood, or how the world was going wrong, or about the complexity of gods and religions. In this workshop, I focus on many vital questions like these, that everyone stumble up on in life. I do not attempt to provide you the answers in the workshop, but try to give you a logical and objective way of analyzing the questions, so that you can find your own answers. In doing so, I draw from the insights of various disciplines of human thought including philosophy, sociology, psychology, economics, science and spirituality. You will find the inside of you much clearer and cleaner, after this workshop.

2) **Welcome to Marriage**: As we become adults, we get naturally attracted to the other gender and it leads to finding a partner and getting married. Once you are married, the other gender looks less attractive and more puzzling. Unless you get a grasp of the puzzling behavior of the other gender, you will not have a good 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 many developments of human thought including biology, psychology, sociology and spirituality. This 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.

3) **Welcome to Parenting**: Children start like sweet dolls, but soon you would realize that they are also complex and independent beings 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. Who have to still raise them, no matter how different is their personality from yours. So, it is to your advantage to learn about the spectrum of human personalities. In this workshop, I make it easy for you to understand the diversity among human personalities. I introduce to you the concept of personality colors. There are only **four major types of personalities** in this world, even though there seems infinite variety of people. I found references to this concept of personalities in ancient texts and expanded on it in a big way. I color coded the personality types as Green, Yellow, Red and Blue. Hence, I call them personality colors. 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, including your children. The cool thing about these personality 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 that requires a formal test). 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. In this workshop I discuss how you can use these personality colors to raise your children. And also how you can get a better appreciation of your spouse, parents, siblings, cousins, in-laws and everyone that you have to deal with in your life.

4) **Welcome to Professional life**: Along with your married and family life, you also have a professional life with your job, business or hobby. **Survival** in professional life depends on your education, training, skills, knowledge, hard work and smartness. But they are not enough for success. **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.

5) **Welcome to the Big Picture**: None of us are living in an island cut off from the others. Your childhood questions, your family activities, your professional endeavors, all are happening in a 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. You don't have to become an expert, but you need to have a sense of it. The real failure in life is to fail to foresee the upcoming successes and failures. The real success in life is to succeed in foreseeing the upcoming successes and failures. In this workshop, I discuss all these layers of context that are influencing your chances of success, so that you are more prepared to handle the success or failure. I paint a big picture of life in this workshop, drawing from many sources of human knowledge such as physical sciences, biological sciences, humanities and spirituality. Even if you know some of what I am going to discuss in this workshop already, you would still find this big picture fascinating, because of the unique way it has been woven together. It will certainly **ignite your intellect**, expand your horizons and give you new eyes, regardless of who you are and what stage and state of life you are in.

Format and style of the workshop:

Let me tell you about the format and style of the workshop. As I mentioned in the beginning, my interest is in the personal interaction with the people. You don't just come, sit, listen and go away from this workshop. You participate in lively and open discussions all through the five days. Even if you are shy, you will be helped to open up yourself, by the vibrancy of this workshop. You share your personal stories and opinions with others. You will listen to the stories and opinions of other participants. 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. I had people of all ages, from 18 to 65, in this workshop earlier and many of them said they felt something different in this workshop than they had ever experienced before.

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. You would bring out all your thoughts, no matter whether they are buzzing in the foreground and dormant in a dark corner of the mind. Come to the workshop expecting nothing. But, take out of this workshop more than you could ever imagine.

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,
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919-636-5472

P.S.:

As I mentioned before, my interest is in personal interaction. So 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.