

## **The Brief-view of the Shivirs & Levels in Madhyasth Darshan Journey\***

*Students estimation*

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*\*Originally Propounded by - Shri A.Nagraj.*

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**[\\*Download the Hindi version for Levelwise Study Resources](#)**

## JOURNEY SUMMARY

Madhyastha Darshan' is a path to live and attain knowledge. The study journey has been shown here. This takes time.

There are mainly four levels in the study. Each phase has some "steps" or 'courses', passing through which, completes the knowledge of that level.

### Level 1: Primary Foundation

- In this level, the ability to read texts is developed by becoming aware of the basic elements of Madhyasth Darshan philosophy
- Consists of 3 stages {Introduction Workshop, Adhyayan Bindu (Basic Concepts), & Overview (Avlokan)}

### Level 2: Systematic Study/ Adhyayan. (Shravana)

- In this level, the basic texts of philosophy are read and understood
- Consists of 2 stages {Book reading + Repetitions with discussion forums}

### Level 3: Systematic Practice. (Manana)

- In this level the practice intensifies leading to internal transformation.
- Consists of 1 STAGE {Practice}

### Series 4: Understanding & Knowledge

- In this level, the realities are known directly
- Consists of 3 stages (Realization-Understanding-Experience)

The guide contains the description of each level/step, possible benefits (symptoms) . This English version does not contain the study material-links for each level. [Please see the hindi for the same.](#)

## Basic Foundation level

**STAGE #1: Jeevan Vidya Parichay**

The Madhyastha Darshan journey begins with the seven-day Jeevan Vidya Parichay Camp. The Jeevan Vidya Parichay Camp gives information about the complete dimensions of human life and all situations. The mysteries related to these are eliminated, along with making the path of solution clear. It is suggested that you attend Parichay camps by more than one Prabodhak. This STAGE may take 6 months to 1 year.

**STAGE #2: Adhyayan Bindu**

The 'Adhyayan Bindu' Shivar is an explanation of the 'Jeevan Vidya 44 Points Booklet' by that name written by Shri A. Nagaraj. In this, one becomes aware of the basic elements of Madhyastha philosophy - such as knowledge of coexistence, knowledge of consciousness, knowledge of humane conduct, discretion, science, unified society and universal system. This workshop also helps clarify that Madhyastha philosophy is an 'alternative' to materialism and idealism. It is suggested you attend one or two Adhyayan bindu camps at an interval of 3-6 months.

**STAGE #3: Avlokan**

The Avlokan Camp offers an introduction to the complete literature of Madhyastha Darshan in a summary form along with a discussion on the approach to reading them. Along with this, it also clarifies the method of study and practice. The objective of the Avlokan Camp is to enable the reading of Madhyastha Philosophy books and to help in summarizing one's understanding post such reading. In this, the mindset of studying 'existence based human centric contemplation' becomes clear. Completing the Avlokan Module may take approximately 9 months to 1 year. Doing the Avlokan gives good preparation for reading the books in the Adhyayan Shivar.

## **Systematic Study Level**

### **STAGE #4: First round of reading the 12 books**

Madhyastha Darshan Study (Adhyayan) Shivir is a systematic study of 12 books (4 philosophies or darshans, 3 'isms & 3 shastras (scriptures), the book on definitions and human constitution). In this, a senior student explains the teachings and it can be completed on full time or part time basis. Complete information about understanding, living, humane system and tradition is revealed and the mind is prepared to understand and live it further. Study camps are available from 6 months to 2 years, in full and part time modes.

### **STAGE #5: Repeated reading and discussions.**

Study-Practice Goshthis - Along with re-reading the books several times, there is an opportunity to test one's understanding/beliefs/conclusions, understand the methods of practice and deepen friendship with each other. This happens in small groups. In this STAGE, the entire language is synthesized and comes to us in the form of aphorisms. In this level, all the books have to be read 2 to 8 times and it may take 4 to 8 years to accomplish this.

## **Systematic Practice level**

### **STAGE #6: Manana**

After having 'understood' the entire literature, the manana level is for focusing on becoming what one has understood, to become knowledgeable oneself. Detailed discussions take place on the aspects of ones internal and external behavior, self-evaluation and understanding. In this level, language reduces, while 'meaning' increases. It takes many years to attain maturity in manan, and this depends on our previous sanskar and intense desire to change ourselves.

## Understanding level

In sakshatkara, we have direct perception of the realities that we have previously understood & contemplated on. We get knowledge of the unchanging realities that exist in existence. There is no language and logic, due to realization, there is faith in the entity understood and commitment to live accordingly. Once we have sakshatkara, the books/words start getting left behind. The stability of avdharna takes time in the process of sakshatkara & bodh. It depends on our previous sanskaar and our intense desire.

- As we have avdharna, all inhumane and prohibited behaviour is left behind. It gives rise to the knowledge of developed consciousness.
- In bodh, there is firmness on the things that have been realized. The book gets left behind.
- In the sakshatkara-bodh process, one starts achieving rest, happiness & peace, contentment in the self. There is continuity of joy based after anubhava.
- Knowledge and conduct get complete in anubhava.

## DETAILING OF THE LEVELS

### Basic Foundation Level

stage #1 Parichay Shivr

~Typically 1 to 2 over 6 to 9 months.

| STAGE 1         | Parichay #1 - Jeevan Vidya Parichay - Prathmik.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|-----------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Content</b>  | <p>Human Goal/ Purpose - Happiness, Resolution...</p> <p>Comes from knowing order in.</p> <ul style="list-style-type: none"> <li>● Human: Self, Body, Activities, Problems, Solution.</li> <li>● Family, : Basic Feelings, issues. Resolution. 9 values/ 7 relations.</li> <li>● Society, 5 aspects, issues, desirable state.</li> <li>● Nature / Existence: 4 orders, 4 dimensions, space, units, coexistence.</li> </ul>                                                                                                                                                                                                                       |
| <b>Intent</b>   | <ul style="list-style-type: none"> <li>● Introduce that there is conscious jeevan, in coexistence</li> <li>● Wants to know, be happy. Has to become jagrut, awakened.</li> <li>● Need for further adhyayan</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>Outcomes</b> | <ul style="list-style-type: none"> <li>● Ordinary delusions about Nature, Existence, Human Purpose &amp; dimensions of Living clarified, synthesis, interconnections give intellectual rest.</li> <li>● Disturbances in various internal, familial, societal &amp; ecological issues finds resolution-direction.</li> <li>● Need to understand becomes clear. - As solution to self, and worlds many problems.</li> <li>● Self-Attention begins.</li> <li>● Sensitivity in Relationships inceases. Empathy with people better.</li> <li>● Relation with money and things clarified.</li> <li>● Social-contribution quotient improves.</li> </ul> |

|                  |                                                                                                                                                                                                                                                                                                                                                                     |
|------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                  | <ul style="list-style-type: none"> <li>● Ecological quotient improves.</li> </ul>                                                                                                                                                                                                                                                                                   |
| <b>Practices</b> | <ul style="list-style-type: none"> <li>● Preliminary Reading/Watching/Attending shivirs.</li> <li>● Self &amp; Body, needs, activities and program.</li> <li>● Relationships: Trust, Intention, mistakes we make: respect, etc. Self-regulation.</li> <li>● Things/Money: Price, Value, Utility</li> <li>● Self: Conditioning, adopted persona's, goals.</li> </ul> |
| <b>Resources</b> | <ul style="list-style-type: none"> <li>● <a href="#">सामग्री को हिंदी में डाउनलोड करें</a></li> </ul>                                                                                                                                                                                                                                                               |
| <b>Next Step</b> | <ul style="list-style-type: none"> <li>● Adhyayan Bindu Shivr</li> </ul>                                                                                                                                                                                                                                                                                            |

## stage# 2: Adhyayan Bindu Shivr

~Typically 1-2 over 6 to 9 months

| STAGE 2              | Parichay #2 “Adhyayan Bindu Intro Shivr”                                                                                                                                                                                                                                                                                                                                                                                 |
|----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Duration</b>      | <ul style="list-style-type: none"> <li>● 8-10 Days, 9AM to 6 PM</li> </ul>                                                                                                                                                                                                                                                                                                                                               |
| <b>Prerequisite:</b> | <ul style="list-style-type: none"> <li>● At least one basic introductory workshop/parichay shivr.</li> <li>● Ideally, completed the post introduction reading module</li> </ul>                                                                                                                                                                                                                                          |
| <b>Content</b>       | <ul style="list-style-type: none"> <li>● Need for resolution via consciousness development or samadhan via chetna vikas.</li> <li>● Knowledge of Existence (astitva darshan gyan)</li> <li>● Knowledge of Conscious Self (jeevan gyan)</li> <li>● Knowledge of Humane Conduct (manviyata purna acharan gyan)</li> <li>● Wisdom &amp; Science (Vivek evam vigyan)</li> <li>● Akhand Samaj, Sarvbhoum Vyavastha</li> </ul> |
| <b>Intent</b>        | <ul style="list-style-type: none"> <li>● Aims to focus on the core tenets of the darshan.</li> <li>● Explains how this as an alternative or vikalp</li> <li>● Directly listen to the main Darshan Vastu</li> <li>● Connects to ‘Adhyayan’</li> </ul>                                                                                                                                                                     |
| <b>Outcomes</b>      | <ul style="list-style-type: none"> <li>● “Basic scope” of darshan vastu gained</li> <li>● Bhasa, Abhasa of various aspects begins.</li> <li>● Readiness for shastra-pathana, adhyayan / Samajhna avashyakta prathamika.</li> </ul>                                                                                                                                                                                       |
| <b>Practices</b>     | <ul style="list-style-type: none"> <li>● Jeevan - Sharir bhed.</li> <li>● Jeevan – 10 kriyas improved introduction</li> <li>● Sambandh, Vyavhar issues.</li> <li>● Samaj vyavastha me bhagidari.</li> </ul>                                                                                                                                                                                                              |

|                  |                                                     |
|------------------|-----------------------------------------------------|
|                  | ● Shastra intro reading                             |
| <b>Resources</b> | ● <a href="#">सामग्री को हिंदी में डाउनलोड करें</a> |
| <b>Next Step</b> | ● अवलोकन शिविर                                      |

## stage#3: Avlokan Shivir

~Typically 6 months. (Suggested, complete the [Avlokan Module](#))

| STAGE 3      | “Adhyayan Bindu Complete” -Mool Tatva Avlokan/ Foundation                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|--------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Duration     | ● 15 Days                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Prerequisite | <ul style="list-style-type: none"> <li>● Atleast 1 Parichay Shivir + Adhyayan Bindu Shivir</li> <li>● Ideally, some reading</li> </ul>                                                                                                                                                                                                                                                                                                                                                                               |
| Content      | <ul style="list-style-type: none"> <li>● Gyan Viveka Vigyan connectivity.</li> <li>● Akhand Samaj, Sarvbhoum Vyavastha, 10 sopen details.</li> <li>● Adhyayan, Abhyas marg familiarity</li> <li>● Darshan Shastra text details.</li> <li>● Beginners reading &amp; media.</li> </ul>                                                                                                                                                                                                                                 |
| Intent       | <ul style="list-style-type: none"> <li>● Clarity on the core-vastu, the darshan-layout and the path</li> <li>● वस्तु: मध्यस्थ दर्शन के मुख्य अवधारणाओं पर क्रमबद्ध स्पष्ट होना</li> <li>● दर्शन: लिखित दर्शन रूप रेखा स्पष्ट होना</li> <li>● मार्ग: अध्ययन, अभ्यास एवं वर्तमान जीने से सम्बंधित स्पष्टता</li> </ul>                                                                                                                                                                                                  |
| Outcomes     | <ul style="list-style-type: none"> <li>● All Important words and concepts to focus on becomes clear.</li> <li>● Summary-view: “Vastu connectivity” becomes clear.</li> <li>● “Jagriti” based outcomes in Parivar &amp; Samaj clarified.</li> <li>● Readiness for full-pathan-adhyayan - (<i>shifting from bhoutik &amp; samaj issues to self</i>)</li> <li>● मध्यस्थ दर्शन सहज सम्पूर्ण मुख्य वस्तु क्रमवत स्पष्ट (चित्रित) होने में सहायता</li> <li>● जीने से सम्बंधित निर्णय, अभ्यास, विधि में स्पष्टता</li> </ul> |
| Practices    | <ul style="list-style-type: none"> <li>● Shastra Pathan</li> <li>● Jeevan - Sharir bhed.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                  |

|                   |                                                                                                                              |
|-------------------|------------------------------------------------------------------------------------------------------------------------------|
|                   | <ul style="list-style-type: none"><li>● Jeevan kriya swa-nireekshan begins</li><li>● Samaj vyavastha me bhagidari.</li></ul> |
| <b>Next Steps</b> | <ul style="list-style-type: none"><li>● विधिवत अध्ययन</li></ul>                                                              |
| <b>Resources</b>  | <ul style="list-style-type: none"><li>● <a href="#">सामग्री को हिंदी में डाउनलोड करें</a></li></ul>                          |

## Systematic Study (Adhyayan) Level

stage #4: Adhyayan Shivar (with the books)

~ 6 Months to 2 years in Full Time and Part time modes.

| STAGE 4      | Adhyayan Shivar. (with 12 books)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|--------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Duration     | <ul style="list-style-type: none"> <li>● <b>Part Time: 2 to 3 years.</b> <ul style="list-style-type: none"> <li>- 7-10 days every 3 months for 3 years: Key concepts with reading of the Books</li> </ul> </li> <li>● <b>Full Time: 6 months to 3 Years.</b> <ul style="list-style-type: none"> <li>- An intensive program for 6 months to one/two/three years: Key concepts with reading of the Books &amp; practice in production, etc.</li> </ul> </li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Prerequisite | <ul style="list-style-type: none"> <li>● Parichay Shivar + Adhyayan Bindu (<i>ideally 2 each</i>)</li> <li>● + Avlokan Shivar (preferred)</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| About        | <ul style="list-style-type: none"> <li>● 'Study' or Adhyayan is a necessary step in the 'Method of Understanding'.</li> <li>● Systematic Study of the Madhyasth Darshan Literature is essential in order to make reasonable progress in Understanding and Living accordingly.</li> <li>● It enables all-round investigation into every facet of reality – in nature, humans, human living, family systems and social &amp; economic organizations.</li> <li>● There are facilitated classroom sessions, followed by sessions of self-study, discussions and some physical activity on campus.</li> <li>● There is an opportunity to interact with individuals and families that have been involved in study and practice since many years in the evenings.</li> <li>● Participants are usually adults from diverse backgrounds, that have completed a few 'Parichay' shivirs.</li> </ul> |

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|                     |                                                                                                                                                                                                                                                                             |
| <b>Content</b>      | <ul style="list-style-type: none"> <li>● कुल १४ पुस्तक</li> <li>● ४ दर्शन, ३ वाद, ३ शास्त्र,</li> <li>● परिभाषा संहिता, संविधान, संवाद -</li> </ul>                                                                                                                         |
| <b>Intent</b>       | <ul style="list-style-type: none"> <li>● 'मध्यस्थ दर्शन' सम्पूर्ण का प्रथम परिचय</li> </ul>                                                                                                                                                                                 |
| <b>Outcomes</b>     | <ul style="list-style-type: none"> <li>● Shabda-paribhasha comes in focus</li> <li>● Layout of 'vastu' in darshan becomes clear.</li> <li>● Comparison with prior beliefs/views.</li> </ul>                                                                                 |
| <b>Practices</b>    | <ul style="list-style-type: none"> <li>● Shastra Pathan: paribhasa</li> <li>● Jeevan - Sharir bhed.</li> <li>● Jeevan kriya swa-nireekshan</li> <li>● Vyavhar me dhyān</li> <li>● Karma-abhyas - avashyakta</li> <li>● Samaj vyavastha me bhagidari -avashyakta.</li> </ul> |
| <b>Registration</b> | <ul style="list-style-type: none"> <li>• Contact the Study Locations</li> </ul>                                                                                                                                                                                             |
| <b>Next Steps</b>   | <ul style="list-style-type: none"> <li>• Adhyayan Goshti (Shravan Goshthi)</li> </ul>                                                                                                                                                                                       |
| <b>Resources</b>    | <ul style="list-style-type: none"> <li>• <a href="#">सामग्री को हिंदी में डाउनलोड करें</a></li> </ul>                                                                                                                                                                       |

## stage #5: Shravan: Adhyayan Goshthi

~Typically 4 to 8 rounds of reading and Audio-Video over Four to Eight+ years

| STAGE 5 | Shastra-bhyas Maturity – Adhyayan Goshthi                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
|---------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Content | <ul style="list-style-type: none"> <li>● Entire Published Literature + Audio + Video. - <i>multiple rounds.</i></li> <li>● Unpublished literature + sankalan</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Intent  | <ul style="list-style-type: none"> <li>● Complete shravan-nishkarsh.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| About   | <p><i>About Adhyayan-Abhyas Goshti</i></p> <ol style="list-style-type: none"> <li>1. Do many rounds of self-reading. <i>&lt;this is where your theoretical-logical understanding will mature and you will find you can explain this darshan to others&gt;</i></li> <li>2. <b>Make changes in priority of living</b>, place, location, etc to find a favourable environment/location for your study and practice based on these 6 factors:             <ol style="list-style-type: none"> <li>1. Suitability of <b>physical location</b> for living (locale, schools, etc) (भौतिक-प्राकृतिक वातावरण)</li> <li>2. Company of good people/ <b>fraternity</b> (सहभागी लोग, सांस्कृतिक वातावरण)</li> <li>3. Intellectual or <b>scholarly</b> atmosphere/ study <b>guidance</b>. (बौद्धिक वातावरण)</li> <li>4. Opportunity for <b>meaningful physical activity</b> (work, seva, etc) – (कर्मभ्यास)</li> <li>5. Availability of socially <b>meaningful participation /program</b> (समाज व्यवस्था में भागीदारी, सार्थक योजना)</li> <li>6. Stability/ Availability of <b>monetary resources</b> to support your journey (अर्थ व्यवस्था)</li> </ol> </li> <li>3. Get involved in one or more of the yojanas to make good use of your time and for inspiration – but remember, this is a <i>part</i> of your practice</li> <li>4. You can also take help from, and contribute to the student library at this STAGE</li> </ol> |

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| <b>Outcomes</b>  | <ul style="list-style-type: none"> <li>● Shabd-Paribhasha-Vastu nishkarsh ka smaran me hona.</li> <li>● Logical-view complete. Clarity on               <ol style="list-style-type: none"> <li>a. Janane-Manane ki vastu (sakshatkar)</li> <li>b. Pehchanne-Nirvaha (jeene) ki vastu</li> <li>c. Vyavastha, parampara ki vastu</li> <li>d. Adhyayan-abhyas Vidhi clear.</li> </ol> </li> </ul> |
| <b>Practices</b> | <ul style="list-style-type: none"> <li>● Shastra - paribhasha, <i>ek hi artha men.</i></li> <li>● Jeevan kriya swa-nireekshan</li> <li>● Vyavhar</li> <li>● Karma-abhyas pravesch</li> <li>● Samaj vyavastha me bhagidari.</li> </ul>                                                                                                                                                          |
| <b>Resources</b> | <ul style="list-style-type: none"> <li>● Resources – <a href="#">सामग्री को हिंदी में डाउनलोड करें</a></li> </ul>                                                                                                                                                                                                                                                                              |

## Systematic Practice (Abhyas) Level

stage #6: Manan: Ongoing Abhyas, Manan Goshthi-  
Typically 4-6 years, ongoing.

| STAGE 6   | Ongoing Manan, Abhyas. – Manan Goshthi                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|-----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Content   | <ul style="list-style-type: none"> <li>● All literature - <i>published + unpublished.</i> , all audios, videos.</li> <li>● All sankalans, Shodh patras.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Intent    | <ul style="list-style-type: none"> <li>● Complete manan, start sakshatkar</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| About     | <ol style="list-style-type: none"> <li>1. One has now become an ‘expert’ in the written darshan.</li> <li>2. <i>Adhyayan &amp; Abhyas</i> for ‘<i>manveeyata</i>’ &amp; ‘<i>Jeevan Jagruti</i>’ are now the <b>prime priority</b> in your living.</li> <li>3. Manan is when the theoretical/intellectual/logical understanding you have gained shall be translated into inferences, insights and changes in internal &amp; external conduct</li> <li>4. You will need the <u>entire library of originals</u> as material for your <i>manan</i>, especially the section on <i>adhyayan - sankalan</i> and <i>shod-patra</i> by student-practitioners.</li> <li>5. Maturity in manan is followed by <i>sakshatkar</i> – this is when/where ‘<i>chetna vikas</i>’ <i>really begins, or happens</i>.</li> <li>6. Maturity in <i>sakshatkar</i> results in <i>avdharna</i>. We have minimal dependency on the books/written words after this level.</li> <li>7. <i>Avdharna</i> is followed by <i>Bodh</i> and <i>Anubhav</i></li> </ol> <ul style="list-style-type: none"> <li>●</li> </ul> |
| Outcomes  | <ul style="list-style-type: none"> <li>● Distillation of sakshatkar vastu, jeene ki vastu</li> <li>● Self-correction, sanskar correction...</li> <li>● Nyaya-dharma-satya prathmikta: <i>ichha, vichar, asha me. - shravan ke bhaavon me jeena, svayam hona. to become sakshatkar yogya.</i></li> <li>● <i>Citta tantrit jeevan.</i></li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Practices | <ul style="list-style-type: none"> <li>● Chintanabhyas: mun, vritti, citta kriyaon ka kramsha drishta, mulyankan.</li> <li>● Vyabharabhyas</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |

|                  |                                                                                                                             |
|------------------|-----------------------------------------------------------------------------------------------------------------------------|
|                  | <ul style="list-style-type: none"><li>● Karmabhyas</li><li>● Samaj vyavastha me bhagidari</li><li>● Shastra-bhyas</li></ul> |
| <b>Resources</b> | <ul style="list-style-type: none"><li>● Resources for Manan – <a href="#">सामग्री को हिंदी में डाउनलोड करें</a></li></ul>   |

## Understanding, Knowledge Level

stages #7, 8, 9: Avdharna – Bodh - Anubhav

Following stages take place *within* as *internal accomplishments* and do not have a formal program, but take help of peer-groups and an *accomplished teacher (bodh, anubhav sampann teacher)*.

| STAGE 7   | Avdharna.                                                                                                                                                                                                                                                                                                                                                                |
|-----------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Content   | <ul style="list-style-type: none"> <li>● Artha</li> </ul>                                                                                                                                                                                                                                                                                                                |
| Intent    | <ul style="list-style-type: none"> <li>● Stability in vastu - nyaya-dharma-satya</li> <li>● “Dharana” sthapan.</li> </ul>                                                                                                                                                                                                                                                |
| Outcomes  | <ul style="list-style-type: none"> <li>● Nyaya dharma satya desh evam tatva me citta-vrittiyon ka sanyant hona. -</li> <li>● Manviyata purna jeevan ka prateeti purvak jeena, <i>apradh, anyaya, asakti ka abhava</i>.</li> <li>● Atma bodh rahit buddhi tantrit jeevan. - pragya. viksit chetna gyan.</li> <li>● Citta ke sanskaron/sweekritiyon ka drishta.</li> </ul> |
| Practices | <ul style="list-style-type: none"> <li>● Chintanabhyas: citta, vritti, mun kriyaon ka drishta, mulyankan.</li> <li>● Vyabharabhyas</li> <li>● Karmabhyas</li> </ul>                                                                                                                                                                                                      |

| STAGE 8   | Bodh, Purna bodh                                                                                                                                                       |
|-----------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Content   | <ul style="list-style-type: none"> <li>● Avdharna ka saar bhoot bhag.</li> </ul>                                                                                       |
| Intent    | <ul style="list-style-type: none"> <li>● Sthirta, Kendrikrut hona.</li> <li>● Dhyan.</li> </ul>                                                                        |
| Outcomes  | <ul style="list-style-type: none"> <li>● Viksit chetna #2 (dev) ka bodh.</li> <li>● Prakhar pragya, atmanushasit jeevan. , nishtha.</li> <li>● Drishta pad.</li> </ul> |
| Practices | <ul style="list-style-type: none"> <li>● Chintanabhyas: buddhi, citta, vritti, mun kriyaon ka drishta, mulyankan.</li> <li>● Vyabharabhyas - <i>prem</i>.</li> </ul>   |

### STAGE 9 - anubhav, (*\*can/may occur along with purna bodh*)

- drishta pad pratishta, purnata.
- Manav, dev, divya manav anubhav mulak pramanit hona.
- Sehaj nishtha.
- Practices: Praman. Chintan, Vyavhar, Karma abhyas.