

JEEVAN VIDYA SHIVIR
(Workshop on JEEVAN VIDYA)
- Conscience, Science & Sense of living -

What is it ?

1. It is a process of dialogue between what I am and what I really want to be (स्वत्व).
2. It is a process of self-exploration and self-evolution.
3. It is a process of knowing oneself and through that knowing entire existence.
4. It is a process of recognizing one's relation with every unit in existence and fulfilling it.
5. It is a process of knowing human conduct, human character and living accordingly.
6. It is a process of being in harmony in oneself and in harmony with entire existence.
7. It is a process of Swatantrata and Swarajya.

स्वतंत्रता Self organised- being in harmony in oneself

(*Swatantrata*)

स्वराज्य Self Expression- living in harmony with others

(*Swarajya*) Self Extension

स्वतंत्रता



स्वयं में व्यवस्था

स्वराज्य



समग्र व्यवस्था में भागीदारी

स्वत्व → स्वतंत्रता → स्वराज्य

Self Exploration

1. Content of Self Study:

1. Desire (चाहना) - Aim, Objective, Purpose
What do I want to achieve?
2. Program (करना) – Process of achieving the desire, action.
How do I achieve it ?

2. Process of Self Study:

Whatever is being said is a PROPOSAL.

- Don't assume it to be true.

VERIFY AT YOUR OWN RIGHT

-On the Basis of it being readily acceptable

Not on the basis of scriptures

Not on the basis of equipment/ instrument

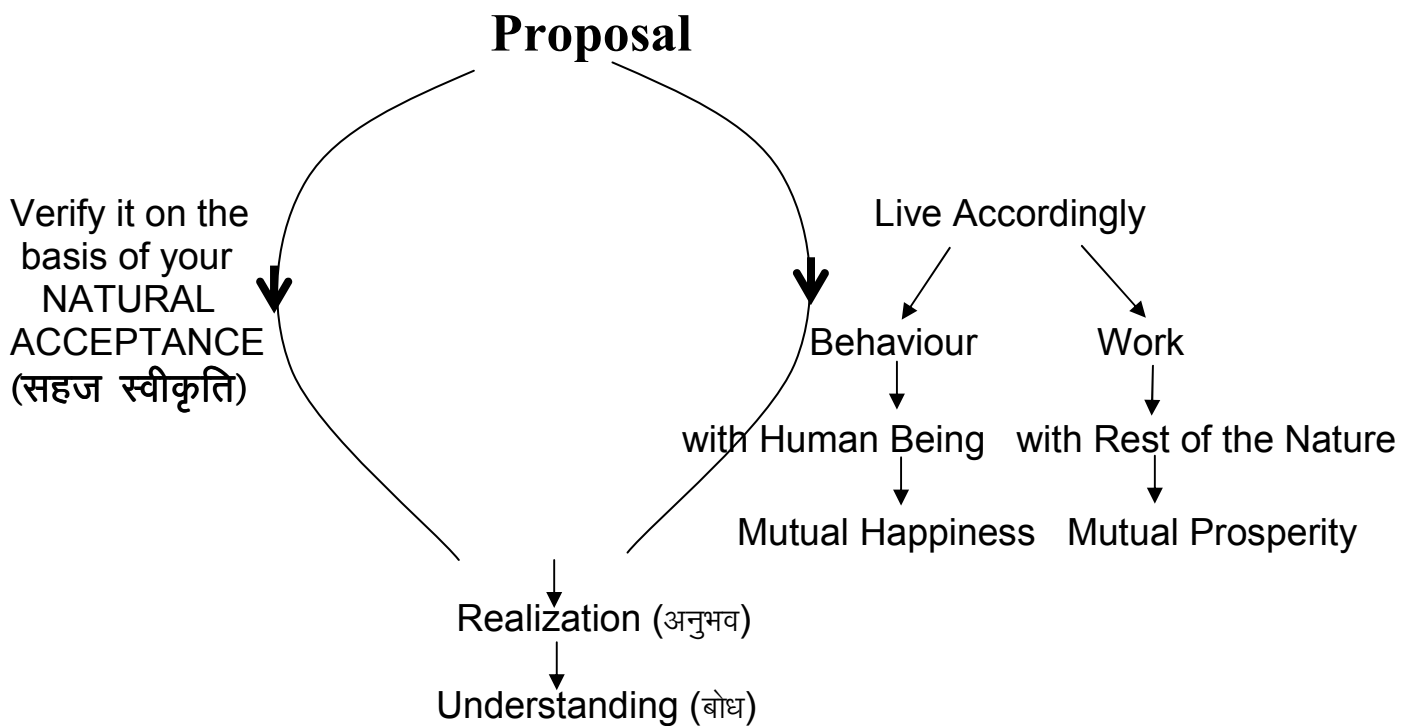
Not on the basis of other humans.

Take for example: a Proposal- Respect is a basis of human relation

If it is readily acceptable to you, it is True, Otherwise it is untrue..

This is the basis of self-verification:-

Verify at your own right



1. Desire:

Happiness, Prosperity → Continuous
सुख समृद्धि निरंतर

What is Happiness?

Happiness: the state / situation, in which I live,
if there is harmony/synergy (संगीत/व्यवस्था) in it,
then I like to be in that state or situation.

To be in a state of liking is happiness.

To be in harmony Is Happiness.

Unhappiness:-

If there is contradiction /disharmony (अंतर्विरोध) in it,
then I don't like to be in that state .

To be forced to be in that state of disliking is unhappiness.

2. Program:

To understand & to live] in harmony at all levels of our living /existence.

There are six Levels of our Living\ Being\ Existence -

- | | |
|--------------------|--------------|
| 1. In the self (I) | स्वयं में |
| 2. With the body | शरीर के साथ |
| 3. In Family | परिवार में |
| 4. In Society | समाज में |
| 5. In Nature | प्रकृति में |
| 6. In Existence | अस्तित्व में |

1. Harmony in the Self (I)- स्वयं में व्यवस्था

Human	I (self)	Co-existence Information	Body
Need	(Respect)		(Food)
Need	Happiness (सुख)		Physical facilities (सुविधा)
In Time	Continuous (निरन्तर)		Temporary (सामयिक)
In Quantity	Qualitative (गुणात्मक)		Limited (Changes with respect to time and quantity)(सीमित मात्रा में)
Fulfilled by	Right understanding & right feeling (सही समझ , भाव)		Physico-Chemical Things food, shelter etc. (भौतिक-रासायनिक वस्तु)
Activities	Desire, thinking, selecting (इच्छा , विचार , आशा)		Eating, breathing (खाना , साँस लेना)
In Time	Continuous		Temporary
Activities	Knowing, Assuming, Recognizing, Fulfilling (जानना, मानना, पहचानना, निर्वाह करना)		Recognizing, Fulfilling (पहचानना, निर्वाह करना)
Type	Consciousness (चैतन्य)		Material (जड़)

Knowing, Assuming (Accepting), Recognition & Fulfillment

Fulfillment depends on Recognition

Recognition depends on Assumption

Assumption depends on knowing or not knowing (मान्यता-belief)

If Acceptance is based on knowledge, then recognition will be correct & fulfillment will be correct.

If Acceptance is not based on knowledge, then things may go wrong/right.

1. Harmony in the Self (I) – स्वयं में व्यवस्था (Contd....)

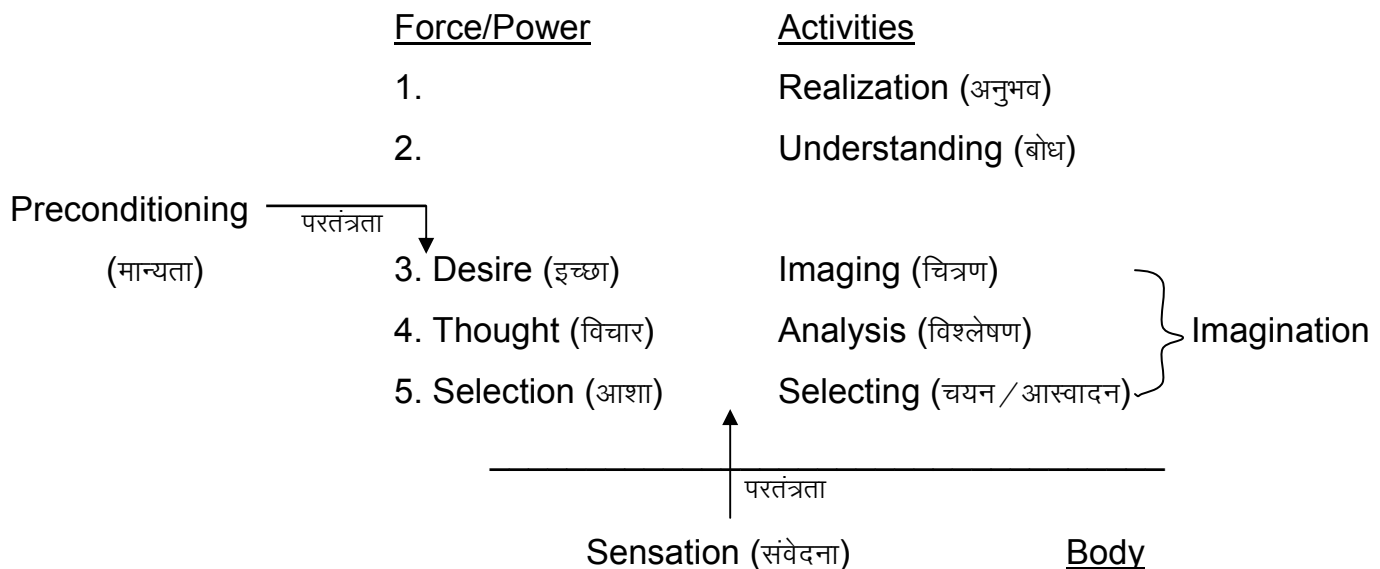
Let us explore into the following proposals-

I

Body

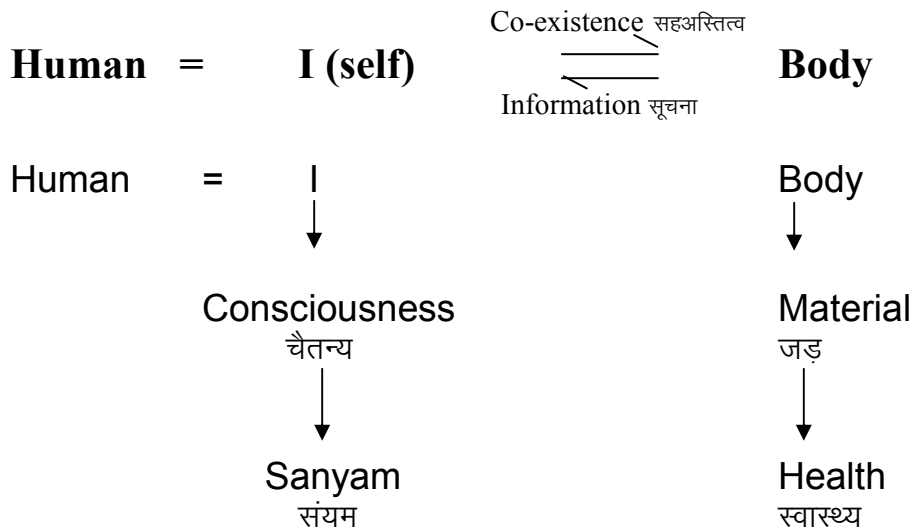
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|---|---|
| 1. I am | 1. My body is |
| 2. I Want to live | 2. Body is used as an instrument (साधन)(of I) |
| 3. I want to live with perennial happiness (निरन्तर सुख) | 3. Needs of food, clothing, shelter is for nurture, protection and Right utilization of the body. (पोषण, संरक्षण, सदुपयोग) |
| 4. To understand & to live in harmony at all 6 levels is the program for my perennial happiness | 4. Production, protection and right utilization (संवर्धन, संरक्षण, सदुपयोग) of physical facilities is a part of my program (it is 1/6). |
| 5. I am the seer, doer and enjoyer
(द्रष्टा,, कर्ता,, भोक्ता) | 5. Body is an instrument. |

I (Self)

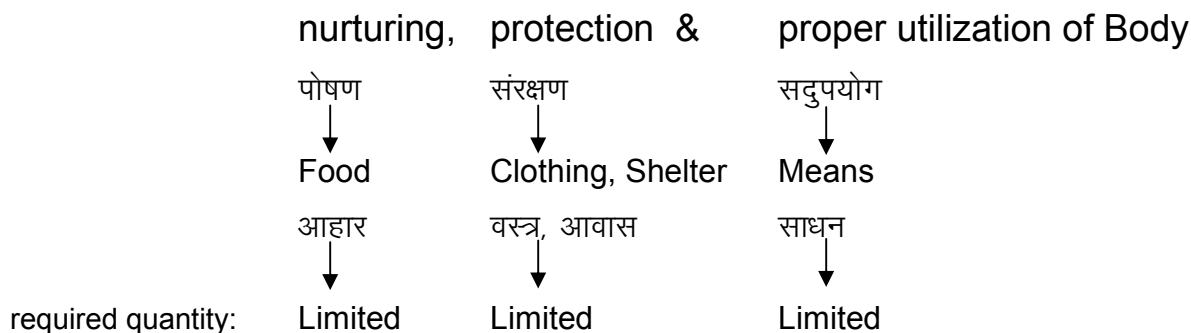


If we operate at the level of 3, 4, 5, there is uncertainty. If we operate at the level of 1, 2, there will be certainty (definiteness).

2. Harmony with the Body- शरीर के साथ व्यवस्था



Sanyam = I, takes the responsibility of



⇒ Need for Physical facilities is limited in quantity

Health = 1. The Body acts according to I

2. There is harmony among the parts of the Body

Prosperity- Feelings of having more than required physical facilities.

⇒ For Prosperity, two things are required-

1. Identification of the quantity required for physical need &

2. Ensuring availability/ production of more than required physical facilities

Today, we are not able to identify as to how much quantity is required & therefore we continue to be deprived, disregard of any amount of physical facility we have.