

CONSCIOUS LIVING

Towards Holistic Lifestyle and Leadership



INTRODUCTION

Conscious Living enables persons to move towards a new evolved awareness that affects all aspects of life and work.

Awareness Programs on the subject have produced consistently good results. Conscious Living practices are useful even for tackling burning issues like climate change, poverty and inequality.

CONSCIOUS LIVING PRACTICES

The program builds on the wisdom of thought leaders of different civilizations across time as well as real life experience of working among the most disadvantaged people for three decades.

Conscious Living practices are universal in nature and have already contributed significantly to new perspectives in life and work of practitioners and scholars, especially youth, from different countries in South Asia, Europe and Africa.

These are simple practices in daily life that enable us to be more conscious of the different parts of our being, our biases, habits, relationships, priorities through deep reflection and action enabling new perspectives in life and work. Beginning with elementary steps, a practitioner can move towards a deeper understanding of reality and hence a new consciousness at individual and collective level.

Program Structure

One and half hours online learning per day three days a week for two weeks. This will include a mix of presentations, discussion and reflection with a focus on practical change. In addition there will be an Introductory and Closing Session.

An institution can have ten to fifty participants with one mentor for local guidance, supervision and report collection.

About Manavodaya

Manavodaya in Sanskrit means “Human Awakening”. The institution has been promoting reflection and action among a wide spectrum of social workers for more than two decades. It is credited with introduction of self help methods for poverty alleviation and social justice that have spread widely in India and other parts of the world.



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*This has made me realize that, for any complex problem to be solved, everyone needs to recognize how we, often unwittingly, are a part of the problem. Once each one of us recognize our own responsibility for the present, we can begin by changing the part of the system over which we have the greatest control: **ourselves**.*

MAREN MOSS



The emphasis on the development from within concept is just what I needed most, having been exposed to development work for a couple of years now. Development and social change without focus on issues that affect you as a person within is useless.

KABANDA MWANSA



The course has given me insights into myself and a broader look upon the world and its realities. I now think that I can help a friend, family or someone else by facilitating options or seeing their individual resources as strength, never as a weakness compared to someone else.

An important perspective is connecting with oneself and one's values. Self reflection and staying vigilant to my values and goals is a challenge.

MADS WAADELAND

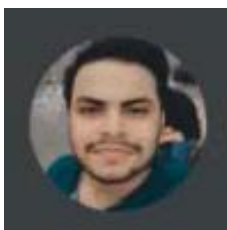


I have learnt that I am not the expert, people themselves know what is best. To do this you have start with yourself. You have to reflect on your own thoughts and ways of learning who am I and who do I really want to be?

Now I am willing to step out of my comfort zone, ask more questions to myself and from others to learn. I want to be a better listener and be more open to others. I have learnt that yoga helps to calm the mind and I want to do this in future.

The course has challenged me to reflect on my habits and my values. It has been hard to go deep in myself, but I have learnt a lot.

KAROLINE



I learnt how to live a simple life with more happiness. Simple living refers to practices that promote simplicity in one's lifestyle. These include reducing the number of possessions one has, less dependence on technology and services.

AMAN SINGH