

Sanjay Mansukhani
(10X Business Strategist)

Call/Whatsapp: +91 9830041652

Email: sanjaymansukhani.mks@gmail.com, mansukhsanjay@gmail.com

MODULE 3: **SAMKHYA KARIKAS**

What is Samkhya Karikas?

Studying the Samkhya Karika, attributed to the philosopher Ishvara Krishna, can offer profound insights and perspectives that may contribute to creating a new world.

Course Structure

- 25 sessions
- 2 hours [1 hour theory. 1 hour Contemplation with Evaluation by Trainer and Interaction with Group]

Outcome

- Innovative solutions.
- Balanced approaches—integrating technology, ecology, ethics, and well-being.

1. Understanding the Fundamental Principles:

- Purusha and Prakriti*: The Samkhya Karika introduces two eternal principles: Purusha (consciousness) and Prakriti (material universe). Understanding their attributes and interplay provides a foundation for comprehending existence.
- Dualistic Realism*: Samkhya affirms the existence of these two unrelated realities. Purusha represents the conscious spirit, while Prakriti embodies inert matter. This dualistic approach allows for a deeper analysis of reality.

2. Counteracting Suffering:

By studying the Samkhya Karika, one explores means to counteract suffering. This exploration can lead to insights on alleviating pain, both individually and collectively.

3. Rationalism and Reason:

In a new world, where critical thinking and evidence-based approaches are crucial, Samkhya's emphasis on reason can guide decision-making and problem-solving.

4. Historical Influence:

With this, one taps into a rich tradition that has shaped philosophical discourse and contributed to cultural evolution.

5. Holistic Perspective:

It recognizes the interconnectedness of consciousness and matter.