



# University of Harmonious Living

*for Undivided Society & Harmonious Systems*

Based on: Madhyasth Darshan (Worldview of Harmonious Coexistence) propounded by A. Nagraj, India

Run by: Centre for Harmonious Coexistence, Calgary, Canada

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## WHAT IS THE UNIVERSITY OF HARMONIOUS LIVING?

The University of Harmonious Living (UHL) is self-sustaining community initiative comprised of people from various backgrounds and ages. Collectively we explore, learn, research, live, and educate a way of living which ensures harmony within, with each other and with the environment. We have cultivated our relationships based on mutual understanding, trust, and respect which has given us deep confidence in each other and in humanity. UHL is an environment which is transparent, cohesive, sustainable and ethical where together we can develop our intrinsic human nature of perseverance, courage, generosity, kindness, graciousness and compassion. UHL is a small emerging relationship based harmonious system where we do not need to live with any kind of artificiality, inferiority, superiority, greed, domination, cleverness, cheating etc. All of this has been made possible by the clear and comprehensive worldview of Harmonious Coexistence as propounded by A. Nagraj for which we are incredibly grateful.

Prior to establishing UHL, through practice in our own living we have gained confidence in the possibility of a living system where matter, plants, animals and humans can coexist harmoniously together without friction. After experiencing this evidence in our collective living, we decided to share our learnings and experience so that we can bring a larger momentum to realize a better world together.

## WHY THIS UNIVERSITY?

Considering there are already so many mainstream and alternative universities across the world then why do we need another one? What is unique about this university?

In our current system, we have created a set up where we learn skills at one place, work in another, and live somewhere different altogether. There is a growing disconnect between our education and living. In addition to this, we can also witness the following:

- Contradiction between our innate wants, our actions and the resultant outcomes
- Non-coherence in our thought, speech and actions
- Friction between and within individuals, families, societies, and nations
- Discord in our culture, civilization, norms and governance systems
- Disconnect between human beings and nature

UHL works to bring coherence in the above points. This is not a regular or alternative university, neither a way of learning and education that we have seen in general. In this model living itself is one's education, and education is the way we live with each other and the environment. In other words, having understanding is knowing how to live in harmony and living in harmony itself is understanding; Living and Understanding are synonymous.

At UHL we recognize the following four inseparable aspects of human living:

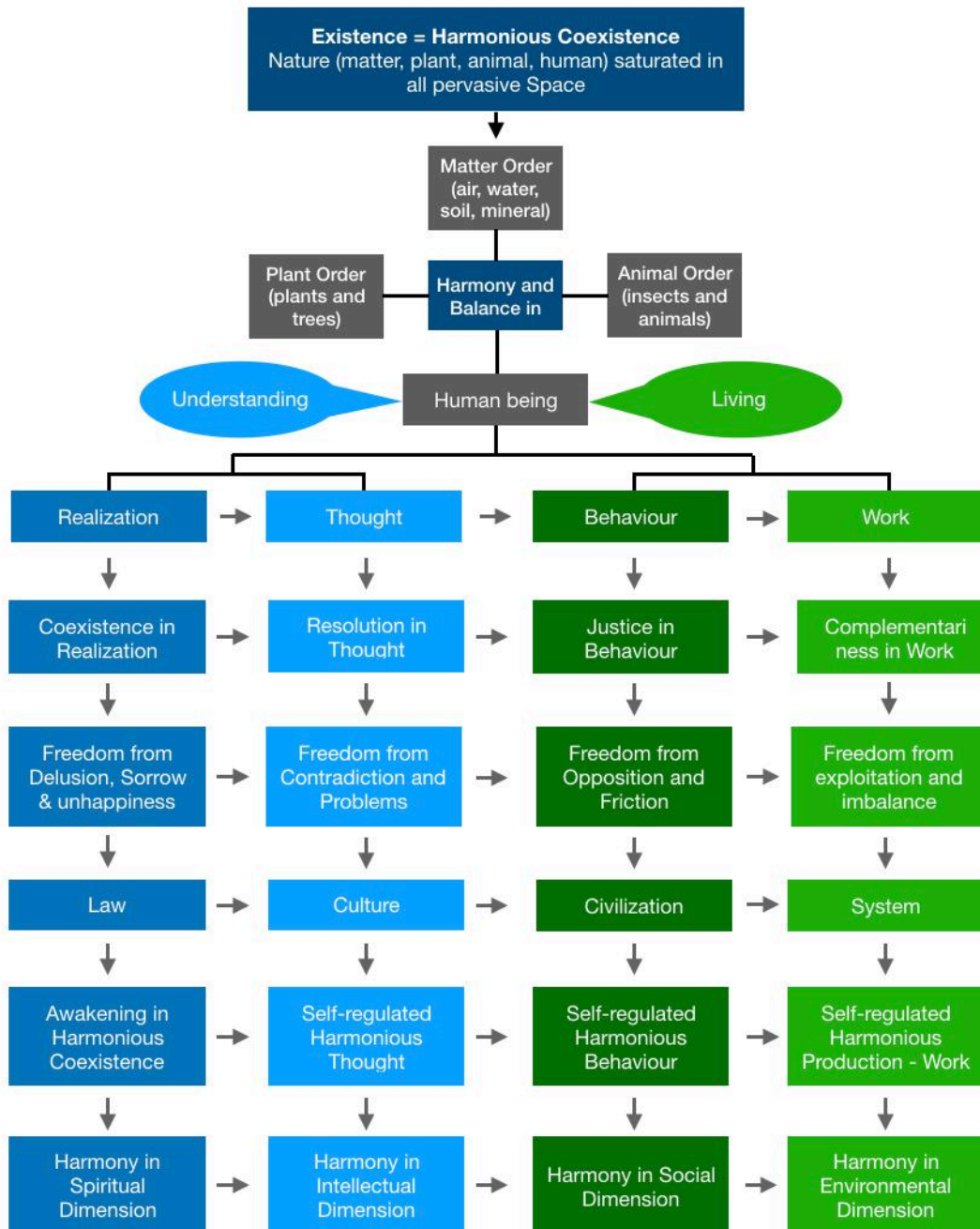
1. Realization
2. Thought
3. Behaviour
4. Work

Our living is arranged for balanced focus in all four aspects of life. Simply through daily routine at UHL one can foster:

1. Realization of Harmonious Coexistence in existence; The vision of a global system where all of matter, plants, animals and humans can sustainably coexist in harmony and balance.
2. Resolved thought which is free from contradictions, confusion and problems.
3. Judicious behaviour which is free from friction and opposition with others.
4. Complementary and sustainable work which is free from exploitation of natural resources and human labour.

# WHAT IS HARMONIOUS LIVING?

Harmonious living is synchronicity and balance in the four above mentioned aspects of life:



## OUR OBJECTIVES

- To provide an educational environment and framework of living that is relevant for the transition from the current state of society and environment to a harmonious and sustainable state.
- Enable a holistic and inter-connected view of life, leading to self-transformation and realization of one's full potential
- Develop the ability for solution-centric, whole systems thinking and comprehensive reasoning to properly understand harmony in the existence from the atomic to the cosmic level
- Apply the holistic understanding of harmony in living to lead an ethical life and take control of one's well-being
- Develop the ability to assess current issues and challenges facing humanity from local to global levels and find sustainable solutions in purview of holistic understanding of the innate harmony in natural systems
- Develop necessary life skills, soft skills and occupational skills to ensure employability as well as exposure to new, meaningful and dignified livelihoods to gain confidence in starting green enterprises
- Lead a profound life with genuine happiness, prosperity, harmony and balance by comprehending our role in the existence
- Enable inculcation of the following to transform one's own life and improve life around oneself:
  1. Universal Human Values such as trust, respect, affection, kindness, compassion , etc.
  2. Social Character such as commitment in relationships, dignified livelihood and kindness in work and behaviour
  3. Ethics of responsible utilization and protection of all resources

- Enable balanced living by having harmony in the following four dimensions of personal life:
  1. Realization
  2. Thought
  3. Behaviour
  4. Work
- Capacity building for social and civic engagement and becoming a responsible global citizen by recognizing and fulfilling one's participation in:
  1. Family
  2. Society
  3. Nation-state & Inter-nation
  4. With nature / the Earth

## OUR BELIEFS AND PRINCIPLES

This innovative model is founded on the following beliefs and principles:

- The entire existence innately is in a state of harmonious coexistence of space and mutually interacting units (nature or matter)
- Units (nature) are saturated in all-pervasive space (equilibrium energy) - Thus, units are continuously energized, active, and self-regulated
- The harmonious coexistence of limitless space (energy) and nature (activity) is inseparable, indestructible and imperishable
- Matter, plant, animal and human are inseparable entities of nature
- The Earth is one (undivided)
- The human race is one
- The human purpose is one: harmony within oneself, harmony within humankind, harmony with the environment
- A harmonious society is undivided



- Everything (other than human beings) in the existence from the atomic to cosmic level coexists together in harmony naturally
- Human beings have the potential to actualize the inherent harmony in the existence through systematic study, education and practice

These principles are the basic propositions of the worldview of Harmonious Coexistence, and are the core assumptions for our education and living.

## BASIC COURSE GUIDELINES

The course content satisfies the following guidelines mentioned below:

- **Universal:** It is not dependent on any religion, nationality, race, caste, creed, or sect. It is universally applicable to all human beings from all places.
- **Rational:** Yields to logic and reason; free from mysticism, preaching, rituals, and blind faith
- **Verifiable:** It can be self-investigated and verified
- **Accessible:** Shareable, inclusive, and understandable by all
- **Leading to Harmony:** It enables participants to live in peace, harmony and balance within as well as with others (human beings and the environment)
- **Practical:** Not merely an intellectual exercise but a practical guide to transform thinking and living
- **Comprehensive:** It proposes a holistic basis for harmonious living, encompassing all facets of life

UPCOMING PROGRAMS (2019)

.... UHL Presents ....

a three months course on:

**Holistic Understanding &  
Harmonious Living**

.....  
**{ June 1 - August 31, 2019 }**

[www.thecoexistence.org](http://www.thecoexistence.org)

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## KEY CONCEPTS TO BE EXPLORED DURING THE COURSE

- Harmonious Coexistence in the Existence
- Togetherness
- Human Being
- Consciousness
- Human Nature
- Relationships
- Values, Character and Ethics
- Justice, Religion and Coexistence
- Family and Society
- Culture and Civilization
- Norms, Law and Governance Systems
- Expertise, Proficiency and Wisdom
- Humane Conduct
- Global Citizenship
- Harmonious Networked Systems
- Human Security Worldwide
- Global Cooperation
- Evolution, Development & Nature's Design
- Natural Law, Self-regulation and Balance
- Climate Balance and Sustainability
- Tradition of Humanity
- Progress and Success
- Living in Celebration





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## DAILY ROUTINE

At UHL we do not see education and living separately. Over the 3 months course, each participant will engage in the holistic daily routine of the community. This everyday living itself becomes ones education. Below is our schedule on campus. Participants are expected to participate in all activities.

### **Monday to Friday:**

07:30 - 08:45 Exploration, Theory and Class Study  
08:45 - 09:30 Breakfast / Social Integration  
09:30 - 10:30 Collective work and socialization in the food garden  
10:30 - 12:30 Learning production work\* in a group setting  
12:30 - 01:30 Lunch and social integration  
01:30 - 03: 30 Learning production work\* in a group setting  
03:30 - 06:30 Free Time  
06:30 - 07:30 Dinner  
07:30 - 08:30 Group discussion  
08:30 - 09:30 Gathering, Sharing and planning

\*Production work: Making natural wellness products, Carpentry, Cooking, Gardening, Food processing/Pickling/Fermenting, Wild Foraging / Harvesting native plants, Building Construction, Repair and maintenance, Cleaning and upkeep of Lodge, Trail Maintenance, Designing and building natural play ground, Felting, Basic Sewing, Photography, Home remedies for healing etc.

### **Saturday:**

07:30 - 08:45 Exploration, Theory and Class Study  
08:45 - 09:30 Breakfast  
09:30 - 06:00 Free Time (Occasional hiking and sightseeing in the Rocky Mountains)  
06:00 - 07:00 Dinner  
07:00 - 09:30 Gathering, Sharing, Group Songs and Music

### **Sunday:**

07:30 - 08:45 Exploration, Theory and Class Study  
08:45 - 09:30 Breakfast  
09:30 - 04:00 Free Time  
04:00 - 09:00 Dinner, Monthly Folk Tree Festival and/or Celebrations (birthdays, holidays etc...)

## COURSE CONTENT & SCHEDULE

Date	Activities
*May 15-31, 2019	Arrival (please see FAQ for more details)
June 1, 2019	Getting to know each other, introduction of the Centre for Harmonious Coexistence and the University of Harmonious Living, sharing, nature walk, learning about the land
June 2 - 8, 2019	<ul style="list-style-type: none"> <li>• Introductory workshop for understanding harmony at all levels i.e personal, family, relationships, society, nature and existence</li> <li>• Developing skills for gardening, food sovereignty, composting, proper utilization of resources</li> </ul>
- June 2, 2019	<p><b>Section 1: Course Introduction:</b> Need, Content, and Process for Holistic Understanding and Harmonious Living</p>
- June 3, 2019	<p><b>Section 2: Harmony at Personal Level:</b> Self-exploration, solution-centric systems thinking, consciousness, body, health, human needs, human aspirations, freedom, holistic worldview, genuine happiness, prosperity, trust, and balance</p>
- June 4, 2019	<p><b>Section 3: Harmony in Relationships and Family:</b> Human expectations, justice and harmony in togetherness, values, human emotions, character, duties and responsibilities, fulfillment of human's innate wants</p>
- June 5, 2019	<p><b>Section 4: Harmony in Society:</b> The shared human goal, humankind as one race, social interconnectedness, undivided human society, global citizenship, humane conduct, fearlessness, trust-building, reconciliation, global cooperation, social cohesion and its benefits</p>



Date	Activities
- June 6, 2019	<p><b>Section 5: Harmony in Governance Systems:</b></p> <p>Harmonious global governance system, decentralization and power-free structures, happiness and prosperity for all, active participation in decision making, holistic education, integrated healthcare, eco-friendly production systems, fair commerce system, human security worldwide, cyclical economic system, coherence in culture-civilization-norms-law-systems, and tradition of humanity</p>
- June 7, 2019	<p><b>Section 6: Harmony in Nature:</b></p> <p>Natural system and evolution, interconnectedness, interdependence, self-regulation, balance, usefulness, complementariness, mutual enrichment and cyclicity in natural systems, idea of separation and its consequences, undividedness of the Earth, human nature and innateness, sustainable solutions for climate issues, righteous use of resources, appropriate technology, sustainable actions to restore ecological balance</p>
- June 8, 2019	<p><b>Section 7: Harmony in Existence:</b></p> <p>Harmonious systems in the existence, space, nature, energy, matter, consciousness, life in the universe, inseparability, fundamental natural law, various perspectives on the origins of existence, the root cause of all problems, grandeur and beauty of existence</p>
June 9-10, 2019	Holiday/Saturday and Sunday Routine

Date	Activities
June 11 - 30, 2019	<ul style="list-style-type: none"> <li>• Developing understanding and necessary skills for living in harmony through active participation in all community initiatives and strengthening capacity for self-transformation</li> <li>• Practice to develop a solution-centric systems thinking approach for a holistic perspective</li> <li>• Develop the ability to recognize how our choices, thoughts, desires, priorities, work, and behaviours are shaped and conditioned</li> <li>• Develop a vision to be free from uncertainty, instability and mysticism</li> <li>• Practice to move beyond conditioning</li> <li>• Foster an ethical human conduct</li> <li>• Develop the mentality and ability for right-use of one's own body, mind and wealth</li> <li>• Practice active listening and gratitude</li> <li>• Adopting new habits for wellbeing and eco-friendly living</li> <li>• Develop essential skills to live in harmony with each other and with the environment</li> <li>• Develop skills for healthy living, cleaning and upkeep of the lodge and property</li> <li>• Group Project (designing and implementing a nature play ground for children and youth)</li> </ul>
July 1 - 6, 2019	<p>Intensive workshop for understanding:            What is alternative? Why we need an alternative? How can we move from our current state to the state that humans innately wants?</p>

Date	Activities
July 7 - 31, 2019	<ul style="list-style-type: none"> <li>• Active engagement in all endeavours on campus</li> <li>• Deeper study to gain clarity about key concepts (see topics in key concepts section)</li> <li>• Competence in relationships and social life</li> <li>• Emergence of values i.e. trust, respect, affection, gratitude etc. in togetherness</li> <li>• Ability to make proper choices in the right direction of human progress, development and success</li> <li>• Ability to identify the scope and characteristics of ethical and harmonious living, ensuring the well-being of all</li> <li>• Foster deeper relationships based on shared human aims</li> <li>• Develop skills for cooking, wild foraging, trail maintenance and design, construction and design of natural play area, carpentry, repair and maintenance</li> </ul>
August 1 - 31, 2019	<ul style="list-style-type: none"> <li>• Study of important literature and integration of learning in living</li> <li>• Adoption of socially and ecologically responsible views &amp; actions</li> <li>• Competence to develop social connections</li> <li>• Utilize behavioural competence for augmenting Harmonious Systems</li> <li>• Identify and develop appropriate skills, expertise, and management for eco-friendly production systems</li> <li>• Engagement to establish a fearless society through nourishment, rather than perpetuating fear through exploitation</li> <li>• Leadership for actualizing harmonious coexistence among all human beings and with the environment</li> <li>• Engagement and development of harmonious community living and systems and planning for future collaboration</li> <li>• Skills for making natural wellness products, learning about healing with home remedies, felting, basic sewing, photography etc</li> <li>• Establishing deep lifelong relationships in togetherness and gaining confidence to live without friction and opposition</li> </ul>

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The following components have been embedded in the course. Participants can expect to gain skills and experience in all of these points:

## THE KEY COMPONENTS OF THE COURSE

- **Holistic Perspective of Harmony** leading to a meaningful and fulfilling life
- **Strengthening Inner Capacity** to cultivate and nurture a strong social character and ethical living
- **Instilling Values** in living to experience harmony within, with each other and with the environment
- **Life Skills** for inner qualities (*psychological competency*)
- **Soft Skills** for harmonious behaviour (*relational competency*)
- **Occupational Skills Training** for a prosperous life (*production competency*)
- **Adopting Healthy Living** leading to vibrant health and environmental balance
- **Embodying Balanced personality** by gaining a holistic vision about humane food, daily activities and behaviour
- **Project Work:** Project based learning, project planning and its implementation
- **Engage, practice and participate** in a harmonious, sustainable and cooperative community to develop proficiency in production skills, services, behaviour, help and cooperation
- **Research and Teaching** practice in a holistic integrated education model
- **Internship** to build confidence with hands on experiences
- **Effective Communication** to develop the ability to communicate by comprehending the meaning and definition of words leading to mutual understanding

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## LEARNING METHODOLOGY

We have cultivated a relationship based co-learning environment where self-exploration, and inner reflection take place naturally. Each participant will engage in workshops, project based learning, and participatory hands-on activities. Every student will have opportunity to experience the joy of living together in harmonious community life and understand the importance and necessity of help, collaboration, productive labour, and selfless service. Through active involvement, participants will learn a variety of skills, perform cooperative tasks and gain confidence in living a meaningful, happy, and prosperous life.

## FAQ:

### COST

**- What is the cost to attend this course?**

There is **no fee** for this course. **Room and board** are also **free**.

**- Why do we provide everything free?**

We have ensured our sustainability through our own labour and effort. We have created a self-sustaining community where we all live with a feeling of abundance. We see the importance and necessity of sharing this vision and way of living with all, so together we can actualize a better world. We feel great and fortunate just to share this knowledge. We would like this knowledge and living to be accessible for all.

**- How do we manage our finances?**

We have various endeavours to generate resources. Every participant who engages here will be able to be involved in our production activities and work. Every participant is an asset for the community, not a liability. Whatever they need to live here they are able to generate through their participation in our efforts. While participants engage in the course they are living in a self-reliant way. In fact, not only are participants able to sustain themselves, they are able to produce more than their own requirements, and this way the campus becomes enriched and prosperous.

**- Do we receive any funds from government or private agencies?**

No, we do not receive or take any funds from any kind of institution.



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**- Do we accept any donations?**

No, we do not accept any donations or money from anyone.

**- Why do we not accept any donations or financial contribution?**

As mentioned, we do not require any funds because we are able to ensure more than what we need through our various work activities. We live together with self-reliance and do not require any more. Secondly, we don't believe in receiving just contributions. We engage in this process of living with our full involvement, not just contributing partially. This living brings wellbeing and satisfaction for us, and we also see that it is good for our future generations and for all.

## ATTENDING

**- Who can attend?**

The course is intended for anyone between the ages of 18 - 30

**- How do I sign up?**

To register, simply send us a short email introducing yourself to [info@thecoexistence.org](mailto:info@thecoexistence.org). Upon receiving your email, we will confirm your registration based on whether or not we still have spots available. Registration will be capped at 10 participants to maintain an intimate and immersive learning experience.

## PREPARATION

**- What is the weather like?**

We are located in the foothills of the Rocky Mountains, so weather can vary quite a lot. There can be quite a difference between day time and night time temperatures, with peak day time temperatures reaching 30 °C in August, and night time temperatures as low as 5 °C.

**- What clothes should I bring?**

In addition to normal summer clothes, make sure to bring enough for cooler morning and evening temperatures (long pants and sweaters). Activities range from making herbal health products to working in the garden, so also make sure to bring distinct clothes which you don't mind to get dirty, and others for leisure.

**- Do I need to bring towels, sheets, pillow, blanket etc?**

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No, you do not need to bring any of the above as we can supply whatever linens you require.

**- What are some other important things which I should bring?**

Some other things which will be useful during your stay: Headlamp/Flashlight, Water Bottle, A Lined Notebook, and Personal Toiletries. Please be prepared, but rest assured if you have forgotten something, we are not far from the city of Calgary and the town of Bragg Creek. We also have a surplus of supplies here at the lodge and are glad to share if you need something.

## ARRIVAL

**- When should I arrive?**

Participants should arrive no later than May 31st as the course introduction will begin 10:00 am on the morning of June 1st. Please do not plan to arrive the morning of June 1st. With pre-arrangement, participants are welcome to arrive early to the community anytime in the month of May.

**- How do I get there?**

UHL is located 30 minutes from the City of Calgary. There is no public transportation access to reach to the property. Please inform us of your flight or bus schedule, and we will plan to pick you up from the airport / bus terminal. For our exact location, simply search "Folk Tree Lodge" on Google Maps.

## FOOD, ACCOMMODATIONS AND MORE

**- Where will I stay?**

You will be staying in one of the 5 tiny homes on the property. Some are large enough to be shared, and others are more suitable for one person. If you have a preference where you would like to stay or questions regarding accommodations please let us know. We have two common bathrooms and one outhouse.

**- What will be the food?**

All food at UHL is organic and vegan (with exception of honey). Meals will be shared 3 times a day. Learning healthy cooking and kitchen management is part of ones education, so occasionally you will participate in the food preparation.

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**- In what language is the course?**

The course will be conducted in English, however do have people on the property who can speak Spanish, French, German, Hindi and Hebrew.

**- Is there internet access?**

Yes, we do have internet access. Based on our semi-rural location we have a monthly data limit and thus ask participants to use the internet responsibly.

*May Earth Be Heaven, May Human Be Benevolent.  
May Harmony Prevail, May Goodness Arise Forever.*

A. Nagraj