



CHETANA JEEVANAM

A 10-Day Strategic Realignment Intensive for Human Systems in Transition

April 22 – May 1, 2026 (Buddha Purnima) | 19:30–21:00 IST

This Document is intentionally designed to be timeless. Current cohort dates, application links & enrolment windows are maintained on the official program page.

Chetana Jeevanam is a structured, high-intensity alignment intervention designed to recalibrate an individual's internal operating system—**purpose, emotion, instinct, intellect, and action**—into a coherent line of direction.

This is **not** a motivational workshop.

This is **not** a traditional coaching program.

This is a **designed process** that integrates behavioral strategy, Vedic frameworks, Jyotisha pattern-analysis, and real-world decision architecture.

Across thousands of data points—global clients, case studies, and long-term pattern tracking—one finding remains consistent:

Human performance collapses not due to weakness, but due to misalignment.

When internal modules stop pointing in the same direction, life loses traction. *Strategic work begins by restoring coherence.*

That is the function of Chetana Jeevanam:

a structured system for internal realignment.

The Strategic Philosophy Behind the Program

Great thinkers across traditions converge on the same principle:

Consciousness is not an abstract virtue. It is a performance variable.

Carl Jung framed it simply:

“Until you make the unconscious conscious, it will direct your life and you will call it fate.”

Sri Aurobindo emphasized transformation as a function of awareness.

Osho spoke of realization as an internal process.

Sadhguru points to conscious action as the defining pivot.

The Upanishads distilled it to the core:

The knower of the Self attains the highest potential.

These are not spiritual sentiments. They are **operational principles**.

When individuals become more conscious of their karmic blueprint—drivers, patterns, and life architecture—they gain the ability to move intentionally rather than reactively.

And intentionality changes outcomes.

Program Summary

Chetana Jeevanam is engineered for **course correction and acceleration**.

Whether you are addressing a challenge or optimizing an already strong trajectory, the system realigns you with your central axis—so your life stops “leaking force” in five directions.

Structure

- 10 consecutive days.
- 90-minute group sessions (Hybrid Mode | LIVE sessions + Recorded lectures)
- 3 dedicated doubt-clearing sessions (60 minutes | LIVE) *(scheduled based on cohort polling)*
- Daily Peer Pod & Journaling Prompts + Exercises
- Daily Self Study assignments + Discussions
- Recordings are shared for every module. *For a limited period only. (because not everyone can attend live every day)*

By the end of the program, participants gain a clearer grasp of the **Ten Strategic Pillars** that define their life architecture. Each day addresses one pillar, mapped to its corresponding Jyotisha indicator.

Curriculum: The Ten Pillars

Day 1 — Ascendant

Identity architecture & directional recalibration

Day 2 — Mana

Mental frameworks, emotional patterning, and internal stability

Day 3 — Aatman

Core intent driving purpose and contribution

Day 4 — Buddhi

Strategic thinking, decision intelligence, alignment

Day 5 — Karma

Work, role, and the operational mandate of this lifetime

Day 6 — Kama

Desire, discipline, and harmonizing competing drives

Day 7 — Tapas

Endurance, resilience, and intentional strengthening

Day 8 — Maaya

Understanding systemic illusions and societal constructs

Day 9 — Jnana

Navigating contradictions and resolving dharmic conflicts

Day 10 — Moksha

Internal liberation and the design of sustainable peace

This curriculum is a synthesis of psychology, strategy, spiritual frameworks, and real-world human behaviour.

How the System Works

Each module follows a consistent structure refined through:

- **2000+ global client interactions**
- **5000+ coaching hours**
- Patterns observed across **6 continents**
- **8+ Years** of iterative refinement and testing

Every session includes:

1) Structured knowledge transfer

Clear explanation of the day's pillar from both a **strategic** and **Vedic** lens.

2) Case studies

How high-performance individuals navigate the same life vectors.

3) Practical tools

Mantra, tantra, yantra, meditative frameworks, and curated resources where appropriate.

4) Study material

PDFs and guidance for deepening comprehension and facilitating self-directed analysis.

5) A themed group meditation

Designed to shift awareness from conceptual understanding to lived insight.

This is not a personality-based program.

It is a **system**—one that continues to work long after the sessions end.

Community Container

This program is designed to be private, focused, and high-integrity.

Telegram Group (Primary Container)

A dedicated **Telegram group** will be used for:

- Announcements & session links
- Recording access
- Materials / PDFs

- Cohort coordination

Telegram is chosen intentionally for **privacy and clean group structure**.

Peer Pods & Breakout Rooms

To support involvement without chaos, the cohort may be organised into:

- **Peer pods** (small groups) for reflection and accountability
- **Optional breakout rooms** during structured moments (where relevant)

This is not “random networking.”

It is a designed environment for people who take inner work seriously.

Who This Is For

Chetana Jeevanam is built for individuals who:

- Feel the need for **structure**, not just insight
- Want to correct course and regain traction
- Are navigating transition, responsibility, or inner instability
- Can commit to a 10-day container with seriousness

This is especially suitable if you are:

- High-functioning but internally scattered
 - At a decision point where clarity matters
 - Rebuilding discipline after a period of drift
 - Seeking alignment between purpose and execution
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Who This Is Not For

This program is **not** suitable if you:

- Want entertainment, prediction, or “quick relief”
 - Are looking for repeated reassurance without action
 - Cannot commit to the container (time + attention)
 - Want a purely academic teaching format
(*This is applied work.*)
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Outcomes

By the end of Chetana Jeevanam, participants typically walk away with:

- Greater **clarity of identity and direction**
 - A cleaner **decision framework**
 - Stronger internal stability and reduced “mental noise”
 - Better alignment between desire, discipline, and action
 - A clearer understanding of recurring patterns and how to work with them
 - A practical structure to keep moving after the program ends
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Logistics

Dates

April 22 – May 1, 2026 (Buddha Purnima)

Timing

19:30–21:00 IST (Hybrid | LIVE + Recorded sessions)

Doubt-Clearing Sessions

3 sessions of 60 minutes (LIVE, taken by Jay Kaushal)

Timing decided by cohort polling.

Recordings

All recordings will be shared.

This is intentional—people have work, travel, family constraints.

You can stay in the loop even if you miss a live day.

Investment

Standard Enrolment

₹8,500 + 18% GST

Early Enrolment (Limited Window)

₹7,500 + 18% GST

Instalment Options (available on approval)

(Higher total reflects administrative overhead.)

2-Installment Plan: ₹9,000 + 18% GST

- ₹5,000 + GST at enrolment
- ₹4,000 + GST before **Day 5**

3-Installment Plan: ₹9,500 + 18% GST

- ₹4,000 + GST at enrolment
- ₹3,000 + GST before **Day 4**

- ₹2,500 + GST before **Day 7**

Important: Access beyond each phase is conditional upon receipt of the corresponding instalment.

PayPal Fee (International Payments)

If paying by PayPal, **7% extra** is charged over and above the **program fee + taxes**, to account for platform fee and currency conversion costs.

Application for Immersion

This application is for **Chetana Jeevanam**, my current immersive format.

You will be asked:

- Name
- Email
- WhatsApp number (with country code)
- Your reason for joining at this point

Submitting an application does not guarantee a seat.

The goal is to maintain a cohort with the right seriousness and intent.

Frequently Asked Questions

1) Is this therapy?

No. This is a **structured realignment intensive**. It is educational + strategic + applied. It may be emotionally profound, but it is not positioned as clinical therapy.

2) Is this astrology?

Jyotisha pattern-analysis is used as one layer of the system, but this is **not** a casual “chart reading.” The focus is realignment and action—not prediction.

3) Do I need prior knowledge of Jyotisha or spirituality?

No prior expertise is required. However, the program is best received by people who have at least some openness to self-inquiry and inner work.

4) What if I can't attend live every day?

The program runs in Hybrid mode. Therefore, there is balanced mix of recorded lectures + LIVE sessions. Recordings will be shared for all LIVE modules. You can stay aligned even if you miss sessions. Live attendance is recommended, but the design accounts for real life. Do bear in mind recordings shall only be available for a limited period (7-10 days).

5) How “intense” is it, practically?

It is 10 consecutive days with layered insight + tools + reflection. It requires seriousness and attention. You don't need perfection—you need participation.

6) Is there homework?

You will receive structured prompts and practices. The aim is not “homework pressure,” but integration.

7) What happens in the doubt-clearing sessions?

These sessions are not only for ‘doubt clearing’ but spaces for integration/reflection and sharing. These sessions are used to resolve confusion, deepen understanding, and unblock participants where they

are stuck—without turning the program into individual counselling for one person.

8) Will I get personal guidance?

This is primarily a group program, but it is designed for personal applicability. You'll receive frameworks you can apply directly to your own life architecture.

9) What if I'm already doing well in life?

Then this becomes optimization: refining your axis, reducing internal contradiction, and strengthening your execution structure.

10) Will this replace private counsel?

No. Private counsel is a different format (1:1, high-intensity intervention). Chetana Jeevanam is the immersive group container built for structured realignment.

11) Is this confidential?

Yes—this is why Telegram is used, and why the program is kept intentionally contained. Participants are expected to maintain discretion and respect the container.

12) Can I join if I'm outside India?

Yes. International participants can join online. Time zone management is your responsibility; recordings help significantly.

Tech Specs & Requirements

To participate smoothly, please prepare the following:

A) Device

- A laptop is strongly recommended (phone works, but laptop is better)
- Stable camera and microphone

B) Internet

- Reliable broadband or strong 4G/5G
- Backup hotspot recommended if your connection fluctuates

C) Apps / Platforms

- **Telegram** installed and functional (group access + materials)
- Video-call access (Zoom/Meet link will be shared; ensure you can join)
- Zoom Account (Free account works; needed for Peer pods & Breakout rooms)
- Ability to open PDFs (Adobe Reader or equivalent)

D) Environment

- Quiet room with minimal interruption
- Headphones recommended (better focus + better audio clarity)
- Notebook/journal for daily notes

E) Participation Guidelines

- Join on time (even if muted)
- Complete Recorded lectures issued within the recommended time limit.
- Keep distractions away (multi-tasking reduces the program's value)

- Respect the group container and confidentiality

Closing Note

Chetana Jeevanam exists because insight alone doesn't change lives.
Structure does. Coherence does. Repetition does. Practice does.
This program is a designed container for that shift.

If you feel the pull, apply.

If not, let it pass without force. Timing matters.