

Self Awareness Program to Survive & Prosper in the World of Artificial Intelligence

About the Program

We live in times of ever accelerating pace of Change where Stress is Omnipresent. Our inability to cope with it leads to “*Life Style Diseases*” that plague most of us. With rapid evolution of Artificial Intelligence, Humanity is at an inflection point. **We are fast losing THE distinctive trait of our Species – Our Ability to Think Independently**⁽¹⁾. Unless we realize the potential of our Individual and Collective Consciousness, we are on the verge of being overwhelmed by Technology. That much is slowly being recognized. But the solution cannot be to live without Technology. We have to retain our ability to Think **and** Develop the Habit of Thinking Positively.

Science tells us a Human Brain has **86 billion** neurons. **Each Neuron is a Unique Spark for a Unique Thought**. Each Neuron makes connections to other Neurons. These networks – called Synapses number **500 Trillion in a single human brain**. No matter the colour of the skin of the body which houses it nor the religion which the body professes to believe in. neither is the language of communication used relevant.

Today we neither use our Synapses fully. Even the limited use that we make of some of them is marred by negative emotions of Fear, Anger and Hate. Even negative emotions have their uses. War in the Middle East or Ukraine or in Kashmir are bad and could lead to a Nuclear Armageddon. But they can be averted by Fear of Mutual Assured Destruction (MAD).

What of the greater existential threat posed by Artificial Intelligence? No negative emotion will be of any use in stopping relentless march of technology. We must preserve our Ability to Think and Grow it exponentially. We can do so by filling each our Neuron and Synapses with Positive Energy of Love. Not because it will benefit others but because it will benefit us.

This is the long journey that the Humans need to embark on. Tread on Path of **Vipassana** shown by. Gautam Buddha – The Enlightened discovered and taught 2,500 years ago. Only an ever expanding community of Enlightened Individuals is Humanity’s best bet for a survival and growth in the World where Artificial Intelligence is a reality that cannot be wished away.

Where do we start? As a first step let us first learn the Science of Managing Life Style Diseases by complimenting Life Style Changes with modern medicines. This Self Awareness Program is the first step in this journey. Test of Self Awareness at its basic level i.e. control over Life Style Diseases; is expected to be visible. Success will depend entirely on individual efforts and can therefore never be subject of an external guarantee. For instance, the lead Dhamma Sevak – 66 years old having undergone angioplasty and bypass surgery suffering from Diabetes and Blood pressure on a daily dosage of Pioglitazone/ Glimepiride attained a 22% reduction in Blood Sugar levels despite a 30% reduction in medicine intake after a 11 day limited Self Awareness Program (Detailed Chart will be shared on registration)

* Opinion in **New York Times**, March 28, 2026 - **We are Losing Our Ability to Think** by Cal Newport, Professor of Computer Science at Georgetown University and author of “Deep Work”



The program will provide a serene atmosphere over a period of 10 days. A structured routine of assisted practice of Yoga, Meditation and Music Therapy will be followed complimented with a Walk to blend with the Nature. Diet will be simple healthy and nutritious, adequate to sustain oneself but will not cater to indulgence. Day will conclude with a Camp Fire Roundabout, where participants will have an opportunity to interact with Prof Dr Pankaj K Phadnis, author of the forthcoming book -**A Corporate Monk's Journey for Peace**"

Participants are expected to maintain Five Vows – Abstinence from Lies, Consumption of Intoxicants, Stealing, Sex and Violence. For first nine days, Participants will follow Golden Silence and practice **Anapan** (observing one's own natural breathing) **Vipassana** (observing sensations on one's own body) with **Adhithan** (firm determination). 10th day will be Day of **Mangal Maitri** – process of forgiving all those who have harmed us and seeking forgiveness from all those we have harmed. This is the culmination of process of Detoxification of Synapses that we have clogged with our Negative Emotions of Anger, Fear and Hatred.

Resources

“Dhamma” refers to the Universal Law of Nature. Fire is Hot and Ice is Cold – it does not care if the Person is rich or poor, White or Black or Brown. Hetro sexual or Gay. Religious or Atheist. Any touch will arouse the same sensation. Dhamma Sevaks are volunteers.

Lead Dhamma Sevak – Prof Dr Pankaj K Phadnis – B.E.(Mech) Master in Management (Manila). Ph.D. (University of Mumbai) Post Doctoral Work at a State University in Louisiana . He started off as a Shop Floor Trainee and rose to become Senior Advisor to Patriarch of Tata Group– late Mr. Ratan N Tata from 2017 to his demise in 2024 on matters of Corporate Governance. Tatas are a worldwide conglomerate with an annual turnover exceeding \$ 150 Billion. Practioner of Vipassana Meditation for last 25 years (Available On Site)

Dr Ashwini Sandu – Doctorate in Intellectual Property Rights, Diploma in Basic Natural Therapeutics, knowledgeable in Healing with Nature & Managing Human relations (Available on site)

Manjiri Phadnis – Organizer and Teacher of Lilavati Hospital and Research Centre, one of the top hospitals in Mumbai of Yoga Vidya Niketan for over 20 years. Bestowed with Life Time Achievement Award. Author of book on Teaching Values to Children Through Yoga. Presented Paper on **Management of Migraine Through Yoga**. (available on VC from India)

Music Therapy Resource – pending finalization for Off Site Availability

Typical Day in the Self Meditation Program

6.00 – 7.00	Wake up and prepare for the day
7.00 – 8.00	Yoga Session by Manjiri (joining on VC from India)
8.00 – 9.00	Breakfast
9.00 – 10.00	Meditation assisted by Dr Pankaj and Dr Ashwini
10.00 – 11.00	Walk to Blend with the Nature
11.00-12.00	Contemplative Silence
12.00 – 14.00	Lunch & Rest
14.00 – 15.00	Meditation assisted by Dr Pankaj and Dr Ashwini
15.00 – 17.00	Narration of Contemplative Silence for Self Learning
17.00 – 18.00	Last Meal of the Day (Light Snacks)
18.00 – 19.00	Meditation assisted by Dr Pankaj and Dr Ashwini
19.00 – 19.15	Break
19.15 – 20.30	Music Therapy Session (joining by VC from India) - Instrumental & Vocal
20.30 – 21.30	Campfire Roundabout led by Dr Pankaj. All Dhamma Sevaks will join physically/by VC
21.30	Retire for the Day

Logistics

Date: July 16, 2026 @ 6 pm (with Supper) to July 26, 2026 @ 8 am post Breakfast.

Location Ananda Viplava Meditation Center at 151 Silver Spur Rd W, Purling, NY 12470

Charges On Site \$ 2,500 (shared room) / Off Site \$ 1,500
Vegan Breakfast / Lunch and Supper with plain water included for all

\$ 250 – Balance by 06-30-2026 / 10% Discount for Full Payment by 06-15-2026

On Site accommodation is limited. Information about offsite accommodation, available on request.

Contact Prof Dr Pankaj K Phadnis + 91 98 201 44474 / drpankajphadnis@gmail.com
He will be available for personal meeting in New York / Chicago/ Washington area between May 10 to May 24, 2026

Important Notes

- 1 This is a Self Awareness Program. Level of Success will vary with individual efforts. The Organizers can offer NO GUARANTEE of any kind.
- 2 Every Individual is responsible for His/Her own Health. Diabetics may witness a dramatic fall in their sugar levels and must remain in touch with their individual Doctors to ensure they do not suffer from Hypoglycemia.
- 3 This is inspired by Vipassana but is NOT a Vipassana Program. Those who wish to tread further on this Path of Enlightenment should contact Vipassana International Academy website – <http://vridhamma.org>
- 4 Yoga Therapy will consist of practice of different Asanas for which instructions shall be given by the Off Site Dhamma Sevak - Manjiri In case of any discomfort, please stop and consult the On Site Dhamma Sevak.
- 5 Music Therapy will be a collective immersive experience through recorded performance of noted Indian Masters of instruments such as Flute, Shenai, Sarangi etc. It will be followed by two pre-recorded vocal songs and one live vocal song.

Dress Code

Comfortable body covering loose cloths suitable for the climate. Upper Garment – White. Lower Garment – Black (for Men) / Deep Blue (for Women)

Recommended Reading

New York Times

March 28, 2026

We are Losing Our Ability to Think

Cal Newport

Mr. Newport is a professor of computer science at Georgetown University and the author of “Deep Work.”

Underneath all of the frenetic busyness and hyperactive communication that defines the modern office, uninterrupted focus actually has the biggest impact on the bottom line. The knowledge economy, however, has systematically undervalued such efforts. This presents an opportunity: If you are one of the few organizations or individuals to prioritize concentration as a prime skill, you could reap a disproportionate reward.

That was the thesis of my 2016 book “Deep Work,” which recently celebrated its 10th anniversary. This milestone led me to ask a natural question: How had its arguments held up?

As I elaborate in a [guest essay for Times Opinion this week](#), the issues I described then have since become *much* worse. In the office, interruptions exploded as email became augmented by instant messenger services like Slack and low-friction videoconferencing tools like Zoom. (A 2025 [report](#) from Microsoft found that the average knowledge worker is now interrupted once every two minutes on average.) Our lives outside of work are even more distracted as apps like TikTok, Instagram and X have become increasingly adept at locking our slack-jawed attention onto our smartphones. Generative A.I. has joined this assault on concentration by filling both our inboxes and our browsers with low-quality slop, while simultaneously offering shortcuts for completing tasks that once required sustained focus.

This adds up to a persistent destabilization of one of the most fundamental of human activities: thinking. We’re losing our ability to apply our minds to sustained cognition, and to what end? So that a small number of technology billionaires can become even richer? Or because we want to squeeze every ounce of friction and strain out of our jobs? Some of our species’ greatest satisfactions, not to mention innovations — and even our closest encounters with the transcendent — have come out of the intentional application of our minds. And yet, seemingly all at once, we’re giving this up.

This state of affairs is intolerable. As I argue in my essay, the only reasonable response is a revolution in defense of thinking, similar to the health revolution that erupted into our cultural consciousness during the 20th century. I, for one, am not willing to cede my brain to the relentless onslaught of the digital. Perhaps it’s finally time to fight back