



A PEEK into the work  
with SAMPLE INSIDE PAGES

# YATRA "THE OTHER"

*Our Journey of Experiences*



## WHAT THE BOOK COVERS

**AnshYatrra - Our Journey of Experiences - THE OTHER** is about Life Experiences and Energy Relations.

Ansh, in Sanskrit, means 'to be a part' and Yatra, 'a journey from one place to another'. In the context of this work Ansh refers to 'a human being' and Yatra 'our journey of experiences'.

Broadly, AnshYatra is about our Interactions as energy forms in the production and reception of experiences. Thus, the work draws attention to Energy-Synergy Relations in the shaping of Environments (both the physical conditions and the Mood) and experiences thus generated. The work focuses on Balance of Energies in these Interactions - both Voluntary and Involuntary, Direct and Indirect.

All in all, The work focuses on our engagements and our individuality - as both the whole representing all its parts and a part in the connected togetherness of all things else.

Some of the areas the book covers (form the work's Contents Pages) are presented below.

### FORMING AND BEING FORMED

Highlights how the Inside and Outside are connected in the process of forming and being formed, how the two aspects are involved in sharing energies for existence and experiences, and that we are a whole representing all our parts and a part in the connected togetherness of all things else

### ENVIRONMENTS AND EXPERIENCES

Highlights how Environments for Interactions are formed (both the physical conditions and the Mood), how experiences are produced as well the make-up of experiences

### THE MAKE-UP OF HUMAN ENERGY FORM

Highlights both the pronounced aspects (concreteness) and subtler aspects (abstractness) in the make-up of each person, and, thereby, also draws attention to what each one of possesses for energy input during our interactions

### CURRENT EXPERIENCES: PERSONAL RELATIONS

Draws attention to the state of our personal relations with other people from close to distant



## **WHAT THE BOOK COVERS contd...**

### **TRANSIENCE**

Draws attention to the role of Transience in the Fluctuations we experience

### **CONFUSION AND CONFLICT: CYCLICAL ORDER OF THINGS**

Draws attention to how over time our Values Change

### **INSUFFICIENCY**

Draws attention to how the experience of Insufficiency is connected to our nature of the ONE

### **STATES OF BEING**

Draws attention to the natures of our States of Being the ONE and the OTHER

### **BALANCING ENERGIES IN OUR ENGAGEMENTS: VARIETY**

Draws attention to how bringing variety to our engagements helps in gathering strength

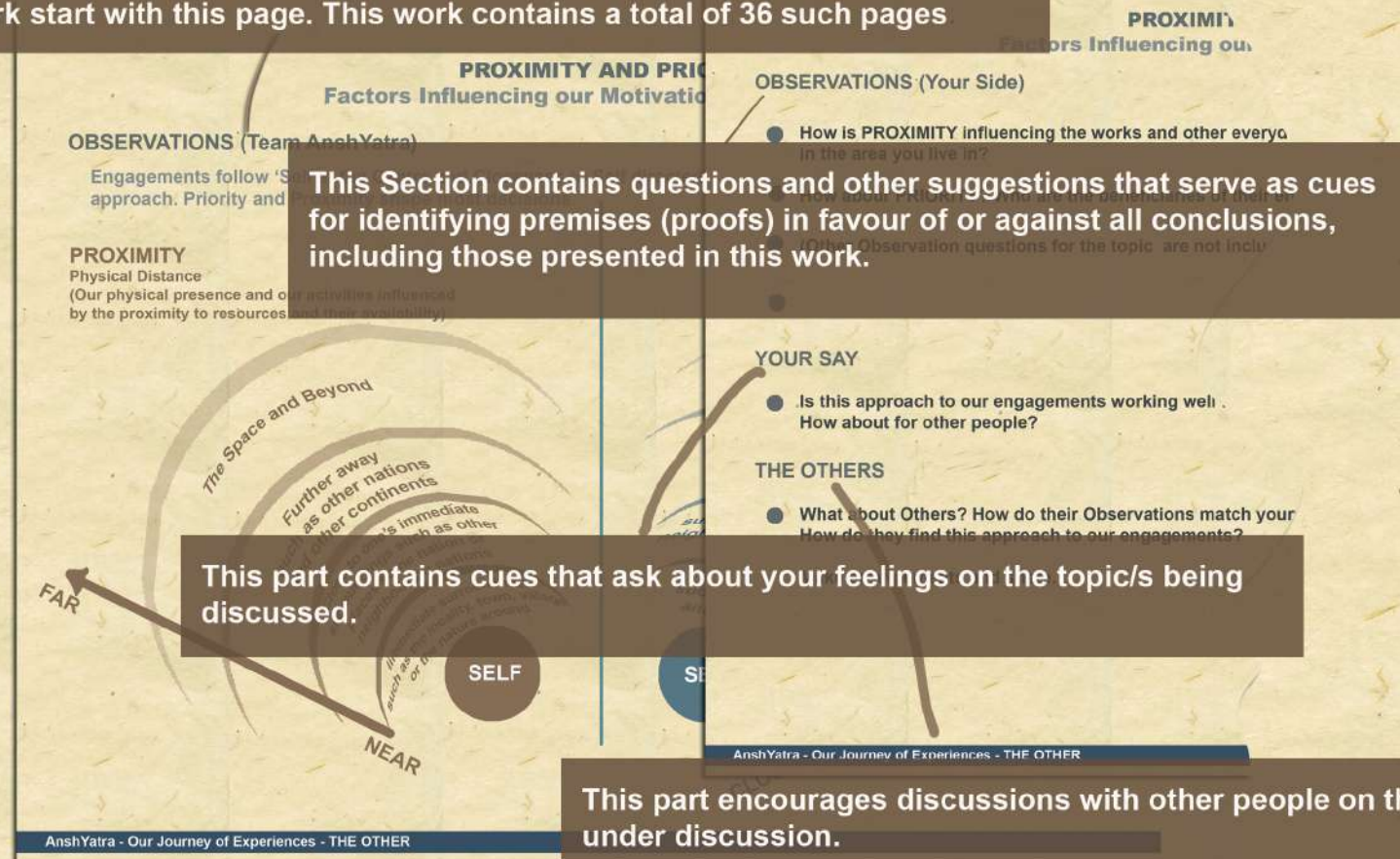
And ...



## HOW THIS WORK IS STRUCTURED

**Designed for Discussions with Self and Others, the sections under each heading in this work come as OBSERVATIONS (Team AnshYatra), Observations (Your Side), Your Say and Observations of Others and what they say.**

**OBSEERVATIONS (Team AnshYatra) contain conclusions reached by Team AnshYatra on topics relevant to this work. Diagrams and other drawings assist in presenting these conclusions. Discussions on all topics in the work start with this page. This work contains a total of 36 such pages.**





## PROXIMITY AND PRIORITY

### Factors Influencing our Motivations/ Engagements

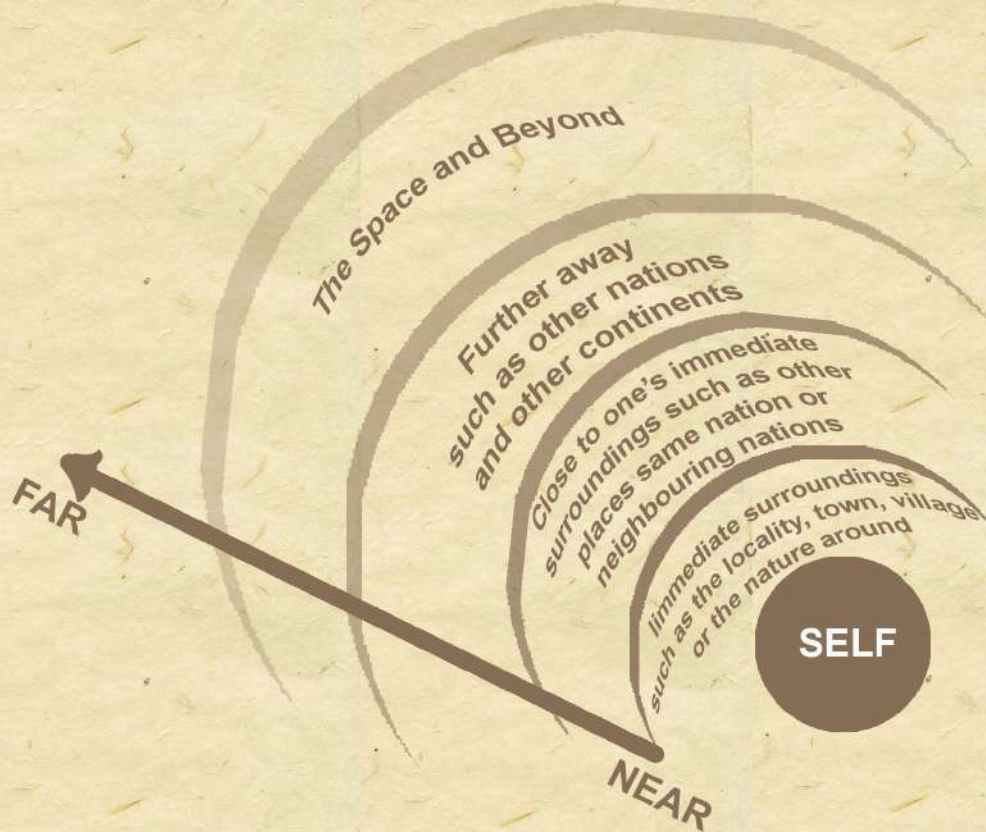
#### OBSERVATIONS (Team AnshYatra)

Engagements follow 'Self at the Centre and Closeness to Self directed Motivations' approach. Priority and Proximity shape most decisions.

#### PROXIMITY

Physical Distance

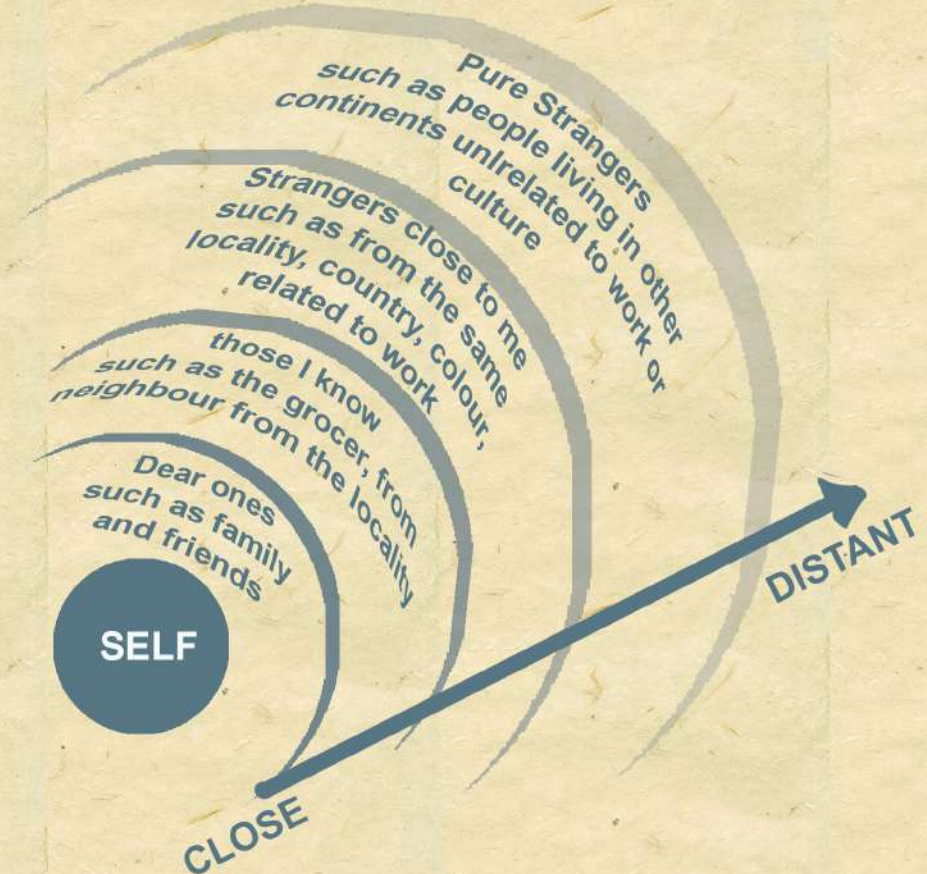
(Our physical presence and our activities influenced by the proximity to resources and their availability)



#### PRIORITY

Closeness to Heart

(such as our relationships with other people (example in the diagram), Humans vs animals and/or plants (how we treat them - as Strangers or Dear ones as displayed in our Interactions with them)) as and so on)





## **PROXIMITY AND PRIORITY**

### **Factors Influencing our Motivations/ Engagements**

#### **OBSERVATIONS (Your Side)**

- How is **PROXIMITY** influencing the works and other everyday engagements of people in the area you live in?
- How about **PRIORITY**? Who are the beneficiaries of their engagements?

#### **YOUR SAY**

- Is this approach to our engagements working well for you?  
How about for other people?

#### **THE OTHERS**

- What about Others? How do their Observations match yours?  
How do they find this approach to our engagements?

Make arrangements and share.

(Some questions and cues for the topic are not included on this *Sample Page*)