

## Course syllabus

Department of Civil Engineering, Indian Institute of Technology Madras

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### GN5001 – Self-awareness

**Credit Distribution:** C: 9 L: 3 T: 0 P: 0 E: 0 O: 6 TH: 0

**Course Type:** Theory

**Description:** To enable students to understand and explore self-awareness, based on traditional Indian wisdom and modern approaches, and thereby learn to find inspiration, take responsibility for one inner life, live with integrity and contribute creatively towards the well-being of all.

**Course Content:** 1. Understanding and Resolving Human Conflict through Self-Awareness: Martin Buber relationships; Outer behavior vs Inner way of being; Genesis of heart at war and consequent inner violence; Getting stuck in the box; Ego-entrapment and self-deception; Finding and sustaining a heart at peace™; Creative stress vs. Negative stress; Case studies. 2. Evolving Human Consciousness: Integral Inner Presence Model of Self: Quality of inner state of consciousness and its impact on the quality of outer actions; Developing subtle awareness to distinctly sense the working of the physical, vital life forces and different parts of the mind within; Inner Practices to purify and develop the physical, vital and mind; Discriminating and sensing the inner guidance and light; Opening to intuitive knowing. 3. Present Moment Awareness, Coherence, Equanimity, Ego-Self Awareness and Soul-Centered Living: Traditional Buddhist practice of mindfulness; Developing attention, concentration, equanimity and insight; Coherence in human physiology“ rhythms of breathing, prana, heart rate variability; Sufi heart rhythm meditation practices; Developing elevated heart, deep heart, broad heart, driving heart and full heart; Supernormal stimuli; Awareness of the play of ego-self; Awakening from sleep walking through life.

#### Text Books:

- The Arbinger Institute, Leadership and Self-Deception, Revised Edition, Berrett-Koehler, 2010.
- The Arbinger Institute, The Anatomy of Peace, Penguin Books, 2010.
- Menon, D., Stop Sleepwalking through Life!, Yogi Impressions, 2004.
- Hesse, H., Siddhartha (translation by Rosner, H., 1954), HarperCollins, 2000.
- Dev, A., Into Great Depth of your Being, <http://peoplefirst.co.in/into-great-depth-of-your-being/>.

#### Reference Books:

- Bair, P. and Bair, S., Energize your Heart, Living Heart Media, 2009.
- ODea, J., Creative Stress, Pioneer Imprints, 2010.
- Goldstein, J., Mindfulness: A Practical Guide to Awakening, Sounds True, 2013.
- Singer, M.A., The Untethered Soul: The Journey Beyond Yourself, New Harbinger Publications, 2007.

**Prerequisite:** Nil

January 2021