

Anter Vidya
an institution promoting the Science - *vidya* of
Essence - *antar*



**The Science of Essence in which the human realizes to be a complete cosmos in itself.
When you touch that beyond within you, when the flow of the essence supports the flow of senses,
the relationship with the cosmos is experienced as a common vibratory frequency.**

Essence and senses are connected and their interaction produces knowledge and wisdom through our experience and this creates the basis for individual growth, from which we are given the ability to manage ourselves in the most unmanageable circumstances. If the interaction between essence and the senses is lost, the person loses their balance, their grace, dignity and projection cannot be maintained.

Grace is a state of being in which we just are, and we perceive reality by going beyond our limits and individuality.

Dignity is the combination of integrity and the compass to find our own center.

Projection is one's intrinsic ability to allow and sustain the essence of an intention, permeating time and space and spreading the seed of its expression even before acting or confirming the action itself.