

Vedanta Reflection/Questions: Lesson 42

What could be various reasons why Vedanta doesn't have significant **transformation** in one's life? What **OBSTACLES** could be **blocking** one's sincere desire to be at **peace** with:

- (1) Body-Mind-Intellect person (Jīva),
- (2) World (Jagat)
- (3) God? (Īśvara)

Examples of self-inquiry. Discuss each... ("I" is used because individual talks in first person tense)

1. "Hmm! This movie is funny. But **WHAT** finds it funny? "I" or the Mind? If it's the Mind, then why we say "*I find it funny*"?
2. "I love my child/spouse! Wait a sec! **What is LOVE?** Who loves? What exactly is meant by saying "I love"?"
3. Yummy object! **I want it NOW!** But wait... if all is Consciousness... then how can Consciousness want Consciousness? Doesn't my desire for THAT OBJECT mean that I am giving a separate/independent consciousness/existence to that Object? Why do I want stuff, when I know stuff isn't going to last?
4. I hope Vedanta works for me, and I attain Liberation.
 - Above statement is sourced in ignorance. Identify all the false notions. Speak about them.

Example of kind of self-inquiry goes through Vedantin's mind:

(Discuss or reflect in own time)

"Hmm! There is anxiety/fear of ___ right now! The fact that anxiety is **NOTICED** means there is **Awareness** (Ātman) OF **this Anxiety**. And since **Awareness** is the **FINAL TRUTH**, this means even during experience of **anxiety**, I actually **haven't forgotten** who/what **I am**, because **Awareness** (Ātman/Truth) was even available during **Anxiety/Fear**. Which means nothing can actually cover **me**! Even when saying "**I feel lost**", the fact that there is **Awareness** of this **lost feeling**, means I (**Awareness**) actually am NOT lost... because **TRUTH OF ME IS AWARENESS**. Thus **I am NEVER NOT the Truth!** Which means I can't do anything about what I **already am**... other than own up **mind's stubborn resistance** that **I AM helplessly the TRUTH already.**"