

1. What is samatvam (**balanced mind** / mental equipoise / pause!)?
2. **Give example how** would one **apply** samatvam **next time worry comes** regarding *money/career, spouse, children... ?* Can use own situation.
3. How are new saṃskāras (SCARS) formed? Why are they formed? (TIP: Emotional immaturity/over-reaction)
4. If “I” is shifted to Ātman (Self), then suddenly there will be no care for my family/work anymore because of total detachment from the *apparent* world. TRUE / FALSE? Explain why.
5. Why does it mean to renounce concern/worry for future?
6. When does Karma Yogī GROW OUT OF *Karma Yogī identity*, and into Self-Inquirer identity?
 - a. **TIP:** When free from sense pleasure **Obsessions**.
 - b. Because you got free TIP above, explain it in detail. 😊 (Artha/Kāma, etc)
7. When does Self-Inquirer GROW OUT OF Self-inquirer identity?
8. What is difference between **Fatalism** and **Fate**?
9. Mind is best friend or worst enemy. Explain.
10. If I don't self-manage my thoughts by means of samatvam (Karma-Yoga), then I'll be successful in Meditation. TRUE / FALSE
11. Purpose of Vedantic Meditation is to **actualize/internalize** the Upaniṣads/Gītā knowledge so it's a **LIVING REALITY** on **autopilot**. TRUE / FALSE

Other comments about anything? General, comments, observations TIME.