

- 1) Why do we need Self-Confidence in ourselves for Self-Knowledge (or anything in life) to work?
How does one gain confidence?
- 2) Imagine a **person** with FIRM **equipoise**/equanimity/samatvam in life. **How** would they **deal with** business, spouse, work, children, train, on the road? **Add OWN idea** onto this imaginary person.
TIP: Remember **philosopher > What! > So What!**
- 3) Why is recognition of Ātman (Self) **easier** than 1+1?
- 4) To “Know Thyself” requires going to some special **state of mind**. **TRUE / FALSE**
 - a. **If False, why?**
- 5) To “Know Thyself” requires making someone rich by having them show me some **SECRET**, mindblowing **technique**... which will magically solve all my problems... low price of \$999! **TRUE / FALSE**
 - a. **If false, why?**
- 6) **Experience** (while body is living) = Consciousness + _____
- 7) What is **Tattva Viveka** (Discriminating Real/Unreal)? **Describe** it's process **briefly**?
- 8) Difference between **jñānam** and **vijñānam**?
- 9) **Equanimity** (samatvam) towards **human** beings is generally **most difficult**. Because we **develop expectations/likes/dislikes** towards others. **How** can one **come to place** of seeing **sameness** in all (sinner/friend), **while** still **treating each appropriately** according to environment/circumstance?

Anything else? General discussion about anything. 😊