

Vedanta Reflection/Questions: [Lesson 46](#)

- 1) Krisna message to Arjuna is: “**Lift yourself by yourself**” (6.5). Context is applicable to life in general.
 - What does this **mean**?
 - What are some **ways** it can be legitimately **done** *without* causing distress to others?

- 2) **Non-possession** for householder is: **Which 2 are correct...**
 - A. Abandon everyone/everything. It’s all an illusion! Selling all stuff.
 - By the way: To say “*It’s all an illusion*”, means the one whose saying it is **also** an illusion. In which case, even the **words** “*It’s all an illusion*”, **is an illusion**. Then why make such claim! It’s both untrue and disconnected from reality.
 - B. Mental understanding “**All this belongs to God alone**”.
 - C. Living life of **simplicity**. Meaning not getting too entangled in Artha (Wealth), Kāma (Desire), Dharma (saving the world!)

- 3) What is **purpose** of meditation?

- 4) What is the **point of meditation** even though one **fully assimilates** “*aham brahman asmi*” (IE: total clarity of ātman/anātman)?

- 5) 2 things **disturb** mind , Past and Future.
 - **How to relieve** oneself of Past regrets/irritation? (IE: Make mind not automatically go to past)
 - **How to relieve** oneself of Future anxiety?

- 6) During meditation, focus is on: **Which one...**
 - A. Personal God (Jesus/Rāma/Buddha/etc...)
 - B. God as creator of universe. And that creator, I am meditating on. “I AM THAT”
 - C. Self (mediat**OR**/meditat**ED** are inseparable). “THIS”

- 7) Explain 6C please. ☺ What does it mean to say “*Meditate on the Self as the Self*”?
- 8) “**Only good comes to one who does good.**” (6.40). Explain.
- 9) Anything else? Objective comments/observations about anything? Personal learnings? Home time? ☺