

Vedanta Reflection/Questions: Lesson 48

1. **TRUE/FALSE:** Meditation is to just sit still with a thoughtless mind, and do nothing.
 - If False, **justify** reason.

2. 4 Causes for Mind's Restlessness:

REMINDER: All questions below **don't touch** Ātman (Consciousness, true "I"). However, there is a body-mind operating while it's alive, and it's a role model for other people. Thus **consider** the discussions for **Body-Mind only**. **Do NOT mix them up with "I"**.

1. **IDENTIFICATION:** Happens when one **loses objectivity & "I" identifies (as though becomes) with thought**. EG: *Their son not studying, invokes sympathy. But MY SON not studying, invokes agitation*.
 - **QUESTION:** Discuss solutions which can DECREASE identification towards things close to oneself. (EG: Parents, hard work "I" put in, siblings, friends, religion, views about life, etc)
 - **QUESTION:** What is difference between being **SUBJECTIVE** and **OBJECTIVE** in life?
 2. **JUSTIFICATION:** Happens when intellect becomes our lawyer who defends us, proving our actions/thoughts innocent. EG: *"I don't deserve permanent happiness (mokṣa) because I'm not that smart to figure it out! Easier way is to escape one more day in saṃsāra since that's all I know."*
 - **QUESTION:** Next time such self-righteous thoughts arise (about anything in life), how may one look at it differently to empower oneself in light of dharma (universal ethics)?
 3. **CONDEMNATION:** Mind's nature is basically like a child. It easily loses self-confidence or breaks down. Anytime it can 'become' rebellious towards self/another. EG: *"I'm not progressing! Nothing works. It's all an illusion!"*
 - **QUESTION:** Discuss ways to reassure/sooth the child-like nature of mind when it unconsciously falls to criticism.
 4. **ESCAPISM:** Mind is not ready to face it's own weakness which need to be addressed (EG: loneliness, dependence on things-people for meaning & purpose in life). It then strategically **distracts itself** to NOT acknowledge these weaknesses. EG: *"I got time to resolve this later!"*
 - **QUESTION:** How does one sincerely defeat this escapism tendency (vāsanā) when it arises in the moment?
3. IF "my" Ātman (Consciousness) is different from "your" Ātman (Consciousness), what kind of logical fallacies (problems) would arise out of this thinking?
4. **Anything else?** Flowers, bees, pollen, home time?, etc. 😊