

Challenge #1: Self-Condensation is a Problem

Vedanta Reflection/Questions: Lesson 49

Task: Read, then discuss below...

A contemplative, discriminating (self/not-self) and cheerful mind **takes time, energy and effort to develop**. Meaning there's no reason for despair or frustration. Never look down on yourself and conclude:

"I am not fit for Self-Knowledge. He/she is, but I'm not! This isn't for me. I'll claim my full, bright, complete, perfect, independent, free, immortal, shining, beautiful nature in the next lifetime. Let me play in saṃsāra with limited impermanent objects - just one more lifetime".

This thinking stems from childhood **inadequacy, abandonment, criticism** from environment. Hence we conclude "I'm useless". In this case, even God cannot help such a person. So Krishna (Īśvara) tells Arjuna: **Lift yourself by yourself. Do not condemn yourself (6:5)**

QUESTION: Propose ways to **NOT fall victim** of Self-condensation, as illustrated above.

- How to **stay STRONG**?
- How to **refuse to listen** inner **voices of diminishment** sabotaging our permanent fulfillment/freedom?
- What does it mean to **"Lift yourself, by yourself"**?

Challenge #2: The Problem of Habit

Task: Read, then discuss below...

Even though one has seen and clearly understood that the snake he/she feared is only a rope... the **tremor** in one's body or the **aftermath** of fear... **remains** for some time.

Similarly, in spite of seeing the meaning of the teaching clearly ("THIS", I am Ātman) -- when one is **away** from the teaching, one takes oneself to be a limited person. He/she **automatically re-identifies** with limited Body-Mind. **"I can not seem to own up to what was taught and reap its rewards!"**

This is due to the **habit** of taking oneself wrongly for lifetimes!

QUESTION: Analyse and Propose ways one can **gradually shift** the habituated "I" from Body-Mind, to Awareness/Consciousness. **How do you change a habit?**

Non-Dual Devotion: (Bhakti)



It is only because of Īśvara (God) that we can read these words, appreciate life, love others, enjoy food, discuss and recognize our LIMITLESS, FULL, WHOLE nature. Īśvara is the only "friend" which has remained in all lifetimes, always available to help. Everything else came and went.

QUESTION: What are some ways to demonstrate our reverence, love, appreciation to Īśvara (the TOTAL)? (**CAUTION:** There is **ONLY** God. We're not speaking of "I'm this SMALL person worshipping that BIG power")