

1. **Ice breaker quiz:** A young girl answers her cellphone and asks “*Who is this?*”. A man’s voice responds “*Your mom’s mother is my mother-in-law*”. What’s the man’s relation to the girl?

2. When is BEST TIME to divert attention AWAY FROM a juicy, spicy, yummy, seductive, electrifying, irresistibly delicious and insanely worthwhile WORLDLY thought... to an **ordinary, unexciting** and **plain** thought of Self (Ātman)?
 - a. 1 min after entertaining worldly thought.
 - b. After sharing it with friend, contaminating their minds also.
 - c. After MEGA indulging in the thought in creative ways.
 - d. Immediately/milliseconds after recognizing anātma (object) thought.

3. **Justify answer in #2.** (Metaphor: Small ripple becomes strong wave by power of wind)

4. Does answer in #2 mean to deny oneself (body-mind) of worldly pursuits/success/pleasures/family? **Justify/defend the answer.**

5. Does #4 above mean that one can now **SECRETLY** (while noone’s watching) maintain one foot in the world (EG: food indulgence, self-critical himsa thoughts, checking out chicks, gossip, looking down on other religions, vulgar language)... **while chirping** “TOTAL and I are One”? **Justify/defend the answer.**

(**TIP:** World may not know. But self knows. Self is not apart from the world. So ironically, the world DOES know! This is why some sensitive minds can pickup “energy” from individuals who don’t say anything. “**I want my privacy**” is to say “*I have lost touch with all-pervading God*”).

6. **Read and comment...**
 - a. The reason we don’t find enjoyment or much cheerfulness in the simple fact “**I am full, ordinary, non-dual Awareness**” - is because for lifetimes the mind has formed saṃskāras (impressions) which cause mind to ONLY recognize joy in saṃsāra (world of limited appearances to which one gives reality as ABSOLUTE and glorifies by means of fame, name, power, status).
 - i. **Comment on above. Expand it. Paraphrase it. Translate it.**

 - b. Everytime one OVER-REACTS to big joys/sorrows or ups/downs in life, one gives mithyā appearances Absolute Reality (satyam). Which reinforces saṃsāra, and unconsciously discounts the fact “**I am Brahman, the TOTAL**”.
 - i. **Comment on above. Expand it. Paraphrase it.**

7. **Anything else?** Water molecules forming different patterns depending on environment. How rainbows are made. Home time, etc. 😊