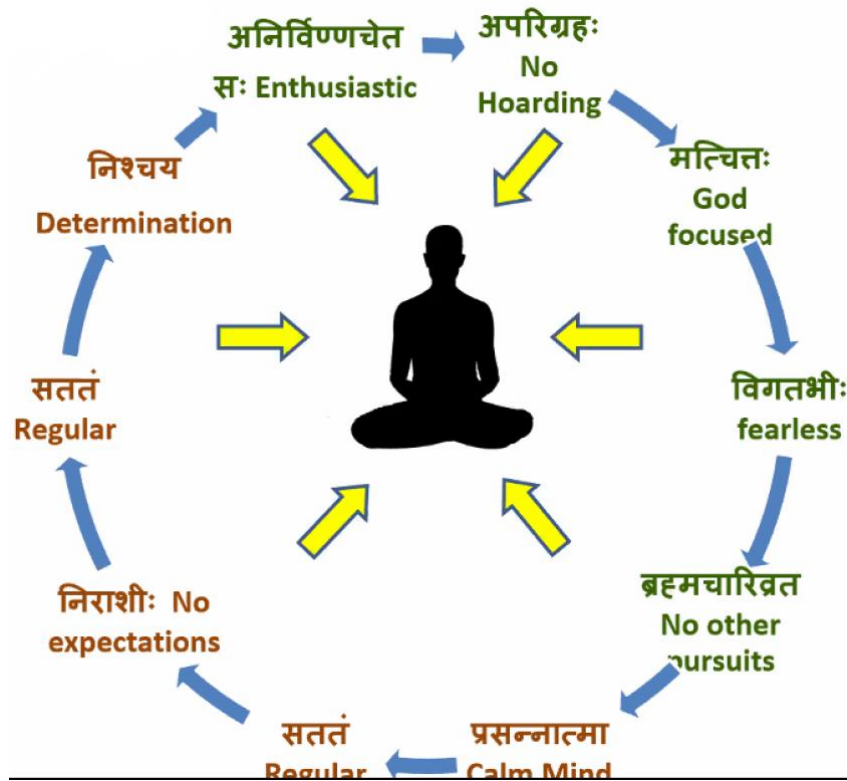


- Ice breaking QUIZ:** A train leaves Melbourne for Sydney traveling at the rate of 150k/h. Another train leaves Sydney for Melbourne an hour later, traveling at the rate of 100k/h. When the two trains meet (cross each other), which one is nearer to Melbourne?
- READ then ANSWER:** A uncontrolled mind is one that frantically gallops on, seeking satisfaction among sense objects. A controlled mind is one that has “lost itself” in it’s own truth (Self)... or is completely absorbed in the Self (6.18).
  - Differentiate between an “uncontrolled mind” and a “controlled mind” in your own words?
  - Which of two is a Sattvic (peaceful, intelligent, discerning, SUBTLE) mind?
  - How is a Sattvic mind gained? Give some ideas/practices according to Vedanta so far.
- Śrī Kṛṣṇa gives “practice” (abhyāsa) and “detachment” (vairagya) as twofold means to control the mind. If mind is not FIRST controlled from withholding the need to jump on the next best thing, then how can it ever develop detachment from the entire world of anātma (Mithyā).
  - In light of above, why does Krishna FIRST recommend to practice controlling the mind, and only then detaching from worldly fascinations?
- Discuss:** Misguided God is a man. Rightly guided, a man rediscovers himself to be nothing other than the Supreme. (6:30) (Note: Man also means woman)
- Internal preparations before Meditation according to CH6: Discuss each:**



## Vedanta Reflection/Questions: Lesson 51

6) Anything else? Questions, comments, observations about anything? Home time? 😊