

## Vedanta Reflection/Questions: Lesson 52

1. **Brain crunchy-munchy #1:** Three runners—Frieda, Hannah, and Gina— competed in a high school race. Frieda beat Hannah, but not Gina. Which runner came in first?
2. **Brain crunchy-munchy #2:** What could the following sequence of letters possibly mean? MTWTFSS
3. **Meditation has 4 obstacles: GIVE SOLUTIONS TO OVERCOME EACH:**
  1. **Layah:** Dullness. Sleepiness.
  2. **Viksepah:** Mind is over-active. Hyperactive. Extroverted.
  3. **Kāṣāyaḥ:** Mind becomes non-functional. Neither asleep, neither wonder.
  4. **Rasa-vādaḥ:** Meditation gives relaxation/pleasantness/pleasure. This joy is NOT ātma-ānanda because it's conditional (arrival/departure).
4. **Two most important practices in one's life are:**

What comes to mind about each. Why important? What's the point of practicing them? What happens if don't practice?

1. **Viveka:** discernment/categorization/knowing priorities. Between what?
  2. **Vairāgyam:** dispassion/detachment.
5. Why doesn't mind listen to our intellect. Rational intellect says "No!", but mind says "Yes!". What psychological factors cause this?
  6. Mommy needs not exclusive closed eye meditation to think of her dear youngling. Her mind is absorbed in **baby-dhyānam** most of time. Even during proactive stressful worldly transactions, her mind effortlessly and regularly visits baby-jñānam (knowledge of baby).
    - **How to apply this fact of life to help mind be helplessly absorbed in Self/Ātman/Īśvara?** IE: How do you get mind drunk on Ātman?
      - **TIP:** Think of how **addiction/habit** is formed for cooking/hobby/work/sports/something-enjoyed. Then transfer that EXACT process to above question.

**Anything else? Aha's, insights, non-observations? Home-time? :-)**

**HARI OM**