

1. **VERSE 6.1-4:** Krishna starts by re-gloryfying importance of Karma Yoga... as means to prepare mind for Vedantic Meditation.

**HELPER:** Karma-yogi, through selfless performance of duties, attains **desirelessness** (niṣkāmatā) **AND** a **quiet mind** (citta-samādhāna).

2. **VERSE 6.5:** One's own mind is one's **best friend**, and one's **worst enemy**.

Take charge of your life. Take accountability/**responsibility** for everything you do in life.

3. Object of Meditation is **NOT** an external object which can be objectified. But the very **subject "I"** (ātman).
4. Purpose of Meditation is **NOT to remove anger/vāsanās, desires...** because this is done in Karma Yoga stage.
5. Purpose of Meditation is to remove traces of superimposed false notions of subject "I", by **entertaining ātman-related-thoughts** learned in Vedānta class.
6. **VERSE 6.16/17:** Moderation in everything. **Avoid extremes**. Including: Appropriate Food, sleep length, entertainment, work hours.
7. **How to Meditate simplified in 2 steps:** (1) **Withdraw** mind, and (2) **Absorbing** it in the Self.

8. **VERSE 6.20: Self-realization. Someone read this...**

Ten fools went to pilgrimage. After crossing river, a head count only revealed 9 fools. One person is missing! They are all worried and sad. Wise man comes and understood their problem. All 10 fools then realized they ALONE were the missing 10<sup>th</sup> person. *Thus Self-Realization is...*

Each ONE found himself (ātmanam) in himself (ātmani) by himself (ātmanā). This is what happens in Self-Realization. **Individual's intellect realizes the Self WAS NEVER MISSING.**

9. **VERSE 6.21:** Role of Intellect in Realization: If Intellect is finite, then how can it know the infinite Truth?
  - a. Just like how small mirror can reflect the entire sun. In same way a **SUBTLE intellect**, followed by **EDUCATING it...** can "reflect" Original consciousness (Ātman).
10. **VERSE 6.23:** Yoga is to **dissociate with Lower** in order to **associate with Higher**. Also WHO is doing the association?
11. **Result** of Vedantic Meditation (nididhyāsanam): "**Peace that passeth all understanding.**" Don't turn this into a mystical statement. Answer from down-to-earth standpoint.
12. **Verse 6.29:** **Vision of a Realized Mater (Jñāni) is vision of Oneness (sama-darśanam). Jñāni sees one Self in all, and all in one Self. Just like same WATER in all oceanic waves While from standpoint of WATER, there are no waves... there is ONLY WATER ALONE.**
13. **VERSE 6.36:** Why do good people suffer? They don't! Only materialist identified jīva can pose this question... thinking if one doesn't have wealth/luxury/options they're suffering. From good person's point of view, they **feel good being and doing good...** no matter how seemingly insignificant it appears.

**Well done. Chapter 6 over! Next week CHAPTER 7. Hug yourself for persistence.**