

New Year Self-Inquiry Assignment:

Attitude for questions 1-6: Imagine teaching a qualified class ready to hear Vedanta for first time. If you were to respond to below Q's, what would be the answer...

(Half a page +- for each number).

1. What is life?
2. Why are we born?
3. Who/what am I?
4. Why do we die?
5. What is nature of Īśvara?
6. Śāstra declares "*This too will pass*". What is "this" referring to?

Personal Reflection:

Suppose your mind was considering some changes which could lead to **wider and deeper clarity and appreciation** of HIGHER & LOWER nature of Īśvara. What ideas would it come up with?

Examples:

- Add something **new** to life. **EG:** Right after waking up, "*Lord, how can I serve your creation today? What would you have me do today?*". Then let go of expecting an answer, and continue day as normal.
- Make a game of seeing human bodies, including own, as vehicles made of inert matter (saguṇa), which Awareness (nirguṇa) is illumining.
- Sprinkle doses of ___ unto thyself. **EG:** Patience, self-acceptance, faith in own abilities.
- Set new boundaries, which allow more time for a simpler / inquiring lifestyle.
- Learn to say "no" more often to likes/dislikes.
- See Īśvara in the daily food on your plate.

Hari Om,