Session 1

Vedanta 101

Not blind faith
Even though it is
You're Already Complete
Provokes thinking
Vedanta gives logic/reason for it
A+ Methodology
Else you'll doubt

4 stages of Enlightenment

1. Samsara
recognized by...
lack of understanding
that I AM WHOLE, COMPLETE
believing...
world, my thoughts, experiences are REAL
caused by self-ignorance
1. Attachment (raga)
situations
ideas
people
perceptions
things
2. Mental Disturbance (shoka)
conditionality
expectations
predict thought in 5 min!
I'm not in control
causes pain
thought of loss
3. lack of discrimination (aviveka)
provokes emotionality
unclear

2. Samsara can't be removed on one's own
how should I react?
what should I do?
can't solve illusion myself
I need a teacher
we're helpless

3. To solve Samsara - need one out of IT
if seeking is sincere - teacher will appear
if seeking teacher - probably not ready
astrologer, therapist, physiologists, etc...
all caught up in Samsara

4. Surrendering to teacher
willingness to be taught
put your knowledge-experiences away
we don't tell you what to do
only teach what is to be done
to get out of illusion
"I KNOW THAT!"
not qualified

Existence
Samsara
Has no effect on ME.
Needs Consciousness
Insentient

I AM EXISTENCE
When did it begin?
Are you separated from it?
Liberation
Discrimination
Subject-Object

B.Gita Story

Plot
A/D get together event
Gamble
Life is like Dice
Rolling dice
Du cheats
Very insecure
Ar loses land/money
Exile 13 years
Decides to fight Du
Must stand up to it
On the battlefield
Army
Du
Krsna Knowledge
Arjuna
A/D pledged allies for help
Confront Krsna
Equally matched forces
Arjuna rides with Krsna to middle
Sees his own guru, cousins
Arjuna gets emotional
Throws down his bow
guru taught him all he knows
Twenty8ight

Arjuna
Having crises
Can't decide
wants to run away
Emotional
Overwhelmed by situation
Seeker of Truth
Casts down his weapon
...surrenders to Isvara 2

Teachings
Spiritual-Material conflict
Battle
Good-Evil
how to live, manage

Duryodhana
Selfish
Cold
Unforgiving

Krsna
3 reasons NOT to Grieve
pleasure-pain
reality for Samsari
most can't walk away from it
no choice but to endure
one who sees no difference...
is fit for liberation

Eternal Teacher
Self
begins teaching of Self
even though Arjuna thinks he's body/mind
You, I, these people have ALWAYS EXISTED
even if don't believe
you (Jive) will get another body - different story
will exist forever
wise people don't grieve for living or dead
what is UNreal - doesn't exist
can't destroy THAT which pervades everything
what is REAL - never ceases to exist

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