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āpyāyantu mamāṅgāni - 3

1. Problem following Dharma

1. samanya dharma

- universal-Ethical values
  - culture/nation/gender nonspecific
  - doesn't change over time
  - ahiṃsā
- humans born with it
  - not taught
- eg. Why child hides cheating/stealing/lying?
  - knows it's unethical
- why we break it?
  - YES
  - NO
  - rāga-dveṣa
    - likes-dislikes
    - eg. Scammer assessing per this
      - cheating provides him/her benefit
      - won't gain by following samanya
        - STOP
        - hence won't STOP
        - unless educated of LOSS if continue
- if go against samanya
  - (1) seems like gain
    - initially
  - (2) actually results in loss
    - 1. dṛṣṭa-phalam
      - seen
        - "I know I did it!"
      - result is...
        - guilt
        - fear
          - "I may get caught!"
        - low self-esteem
          - can't live up to Noble values
        - inferiority-complex
        - mind can't enjoy the "scammed" items
        - CONFLICTS
          - Stress
          - Physical illness
    - 2. adṛṣṭa-phalam
      - unseen
        - modern life difficulties
        - someone else cheats me
        - can't place back to our misconduct
          - so I get retaliate (ahiṃsā)
          - creating further Karma

2. svadharma

- own duties/responsibilities
- easy to know in old times
  - eg. son copies father
- how to know mine?
  - do what needs to be done
    - appropriate
      - for moment/situation
  - roles I play
    - daily
      - reference to different people/situations
        - friend
        - sibling
        - parent
    - skills relating to someone/thing
      - JERK
      - NP
      - can damage them
        - if not playing right role
          - passes on generationally
      - "I don't care!"
- script for every situation
  - script evolves

māṁ māṁ brahma nirākarot

- "Let brahman not ignore me"
  - how can this be possible?
    - rub against Īśvara(2)
      - it's rub against you
      - can't misuse this Knowledge
    - Śāstra may create wrong interpretation
  - eg.
    - "I AM the WHOLE, All is Mithya"
      - yet still selfish, low esteem
- Let me make effort
  - understand this Knowledge
    - correctly
    - hence grow in clarity
    - else
      - tangent
      - deeper into Mithya
      - bubble bursts
      - becomes destructive
      - learners also victim
        - Teacher BIGGER then Teaching

anirākaraṇam astu anirākaraṇam me astu

- non-rejection
- More I understand Self-Knowledge
  - more it Blesses Me
- more I apply it
  - more I can understand
  - absorbing capacity increases
- investigate experience
  - in Light of Upaniṣad knowledge

tat ātmani nirate yaḥ upaniṣatsu dharmāḥ te mayi santu

1. qualities needed to understand Brahman

- contained in Upanisads
  - let them be in me
    - so inquiry is fruitful
- foundation for Vedanta

2. 4 distortions humans face

3. Self-Esteem

- inferiority-complex
  - sense of inadequacy
  - not your fault
  - due to Maya apparently hiding Self
- cause
  - 1. Born
  - 2. I am centre of Universe
    - "Yet I feel small"
  - 3. Fails to get what it wants
    - while seeing others have it
    - reinforces smallness
- Superiority-Complex
  - compensate for...
  - project
    - onto world
      - I AM 'Somebody'
  - 'Can't stand my low self-image'

SOLUTION

- 1. vāk prānaḥ cakṣuḥ śrotam
  - Īśvara2 GIFT
    - permanent satisfaction
- 2. know your life itself
  - sarvam brahmah
    - then no time for low self-esteem

4. Conclusion about (1) World (2) People

1. World

- statement about one's mind
  - newspaper
  - media
  - "World is in a mess!"
    - narrow view
    - fact
      - many doing good ALSO
        - Scientists
        - Economists
      - broaden view

2. People

- grievance = separation
  - settle accounts
  - forgive
- 4 ways of communicating
- else mind bogged down
- ban't move forward
- refuse to call others "Lost Souls"
- do best you can in any moment

3. loka-sangraha

- extending/expanding yourself
  - eg. how many helped maintenance of roads
  - to all
- seeing interconnectedness
- yogi
- usually proved by...
- Vedānta says...
  - presence of compassion
    - care for the whole
      - not just yourself/family
      - then personal issues disappear
  - samanya/svadharma is NOT enough
    - doing good job
    - being good person
- bigger contributor
  - GIVE UP smallness
    - self-preservation is inbuilt
      - don't feel guilty
  - recognize connectedness with all
    - because
      - mind seeks what is NOT present/working
      - forces mind to seeks what IS Present/Working
  - give back
    - many helped you along way
    - Universe rewards

2. Dharma

Indicators

- quality of mind
- kind of distortions present

2. Emotional Maturity / Growth

- young age
  - we divide emotions
    - we promote this
      - good
    - we avoid this
      - bad
      - "Good boys don't get angry"
      - "Good girls don't get sad"
      - do you avoid a bad (painful) hand?
        - then why avoid 'bad' emotions?
    - SUPPRESSES
      - cause adult distortions

Management Solutions

- suggestions - not commands
  - Vedānta never commands
    - only expands your mind
    - up to YOU to utilize teaching
- 1. Acknowledge presence
- 2. Reframe
  - relook at from different angle
  - parent didn't know any better
  - now I'm adult
    - stop focusing on just 1 person
    - my responsibility to address
    - have capacity to UNDO
    - can choose
      - live empowered Point of View
  - think example of reframing in your life
- 3. Write it out
- 4. Ask Universe for help
  - Ask and you shall receive