

Conditional Love

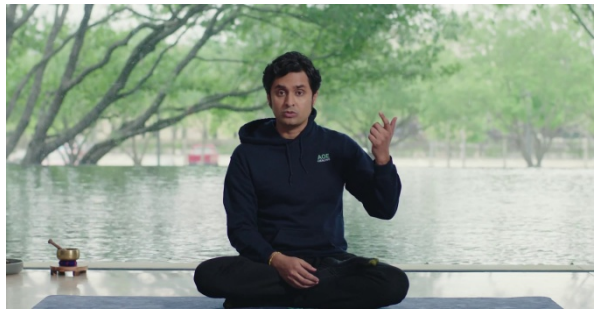
In this video, I'll explore a common mental pattern that leads to feelings of depression, specifically the problem of conditional love. For some people, the nature of their depression is a feeling of internal worthlessness. They hold the idea that their worth is dependent on their performance. If they stumble, they start to think poorly about themselves. As they think of themselves as incapable, they start to perform worse, which in turn makes them feel even more incapable. We'll explore this vicious cycle in this video.

Glossary

Negative Self Attitude (NSA)

Samskara

Meditation Videos



P19 – What is self?



P20 – Neti Neti