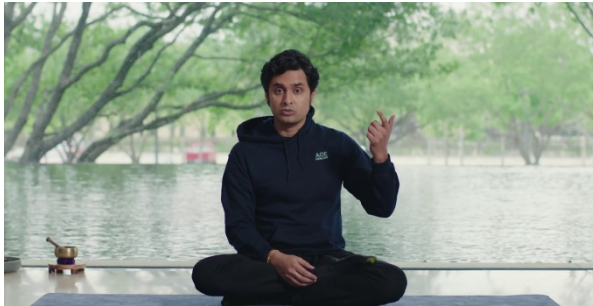


Protective Hopelessness

In this video, I share another common samskara, which is protective hopelessness. Some people have lost hope, lack motivation, or feel stuck. These people often look for ways to increase motivation or get unstuck. Despite trying different techniques, reading different books, and exploring productivity methods, they still stay stuck. As we dig into this phenomenon, we'll discover that the hopelessness isn't exactly a problem, it is actually a solution.

Meditation Videos



P19 – What is self?



P20 – Neti Neti