

Falling Behind

In this video, we'll explore the phenomenon of being depressed due to having "fallen behind." I'll explain where "falling behind" comes from and how it manifests in our life. I'll also dive into how our mind responds to this issue, which can often cause us to fall behind even more. And finally, I'll offer a different way of looking at falling behind, and how to overcome it.

Glossary

Buddhi

Samskara

Meditation Videos



P19 – What is self?



P20 – Neti Neti