

Vedic Psychology

In this video, I'll share an incredibly useful perspective on the mind developed by yogis in ancient India. In the West, our understanding of the mind was developed by external observation. In India, it was developed by internal observation. The internal understanding of the mind, or vedic psychology, is far more accessible to the average person because the tools you have to study your mind are the same as what yogis used. Understanding vedic psychology is a crucial first step to understanding yourself.

Glossary

Buddhi

Samskara

Yogi

Oedipal complex

Manas

Ahamkara

Citta