

The Nature of Mind

Mastery of our self begins with mastery over mind. In this video, I'll start to explain what the mind actually is, and what the mind isn't. Our being is composed of an observing aspect, or sakshi bhava, as well as mental function (thoughts & emotions). As we dig into the nature of consciousness and mental functioning, we'll start to develop a road map to controlling ourselves.

Glossary

Dhyana

Flow State

Psychosis

Sakshi Bhava

Cognitive Behavioral Therapy (CBT)

Vairagya