

System of Mind

In this video, I'll explain the "system" of mind – or the rules that govern where thoughts come from. As we understand where thoughts come from, we can start to cultivate the right thoughts. Once our mind is dominated by the right sorts of thoughts, it will prompt us to the right action. In order to cultivate the right actions, we have to start with understanding how the mind works.

Glossary

Pratyahara

Indriya

Meditation Videos



P21 – Rotating Sound Awareness



P22 – Notice Faculty of Hearing