

Working with Samskaras

The Western concept of “personality” is captured in the East by a collection of “samskaras” or mental programming. This mental programming can result in things like self-sabotage in relationships or progress in life. In this video, I’ll dig into more detail about how samskaras are formed, how they function, and how to digest them.

Glossary

Buddhi

Citta

Yoga Nidra

Sankalpa

Samskara

Meditation Videos



P09 – Yoga Nidra