

Knowledge and the Mind

In this video, I'll explain the meditative perspective on how knowledge enters the mind, as well as how knowledge is recalled. As we begin to understand the relationship between external knowledge and the mind, we can begin to understand how to learn more efficiently – whether it be studying, skills acquisition, or enhancing our skillset for work. Finally, I'll share some insights of how I studied in medical school, and how we can start to use Ayurvedic principles to optimize our performance.

References and further reading:

- Adolescent Sleep Working Group. (2014). School start times for adolescents. *Pediatrics*, 134(3), 642-649.
- Bedrosian, T. A., & Nelson, R. J. (2017). Timing of light exposure affects mood and brain circuits. *Translational psychiatry*, 7(1), e1017-e1017.
- Valdez, P. (2019). Focus: Attention Science: Circadian Rhythms in Attention. *The Yale journal of biology and medicine*, 92(1), 81.

Glossary

Citta

Indriya

Brahmamuhurtha

Dosha

Kapha

Pitta

Vata

Meditation Videos



P12 – Activating Ajna Chakra (Charging the Laser Beam)