

Sangha

Success in meditative practice requires sangha, which is the Sanskrit word for community. The more our mind is immersed in a particular kind of thought, the more likely we are to take a particular action. The community we spend time with, the people we hang out with, ultimately prompt certain thoughts in our mind. Control your community, select the right sangha, to grow in the direction you want.

References and further reading:

- Syrotuik, J., & D'Arcy, C. (1984). Social support and mental health: Direct, protective and compensatory effects. *Social Science & Medicine*, 18(3), 229-236.

Glossary

Dharana

Indriya

Sangha