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Beena Gokhale

Introduction and Mindfulness

Mindfulness

- Mirror Thought
- Non-Judgemental Observation
- Impartial watchfulness
- Non-conceptual awareness (bare attention)
- Present time awareness
- Non-egoistic awareness
- Awareness of change

- It's not the knowledge that scores.
- It's how you presents your knowledge
- We don't have 100% presence of mind in the things we do.
- Mindfulness is not self-selective.
- " comes with practice
- In Buddhism if from Buddhism it came for and it is essential
- What's wrong with our mind?
Mind not where it should be thinking something else, this isn't multi tasking. This happens with our willingness. Distraction and it gets stuck get lost there, don't come out of it. Have to take care of it to be successful. If fully attentive to we don't need to revise. We hardly use 20% of our mind. Two central problem.
 - fix on something
 - Wandering (wandering off mind)

Concentrate on your mind.

If mind is somewhere else not in present.
If I am thinking of my mother then it is memory.
If I am aware that I am thinking about my mother then it is mindfulness.

Not thinking is only observation

e.g. Sent a wrong msg.

→ Mental Thought -

No act of addition
" Subtraction
" distortion .

→ Non-judgmental observation

No pride
" shame
" surprise
" criticism

→ Impartial Watchfulness

No favorite
everything is equal

→ Non-conceptual awareness

Mindfulness ~~not~~ does not involve thinking
It is full observation without thought

We are always in a hurry

originality lost

avoid thinking

↓
perception

↓
past exp — varies

Hurry to label thing.

↑↑ process of observation lost

Stop using "I think"

In Vipassana we practise this.
You have to learn to stretch that moment of
not thinking

→ Present time awareness

→ Non-egoistic awareness

"I have pain in my right leg"

↑
an egoistic statement

"There is some sensation in the right leg."

↑

Non egoistic awareness

pain → perception

↑ labeled it

"I have problem."

↑
perception

Detach from labelling and you will observe
things better.

Mindfulness makes you observe.

its vaguefull experience

What do you think you will change from this
discussion?

Create a space b/w observation and thinking-

Perceptions can change can vary.
Many times we have borrowed perception;

Reason for teaching philosophy:
philosophy helps to think out of the box

What is Philosophy?

Fundamental activities

• Reminding what one is supposed to be doing at present
• Seeing things as they are

Prime characteristics of Buddhism

Anica

Dukkha

Anatta

Understanding self with mid mindfulness

Body is not me

I don't have any control over it

It is governed by the laws of nature

How did we arrive at the concept of ugliness

When opinion and vanity comes together facts become
~~ugly~~ suppressed

We live in the world of vanity and opinion

See things as they are

per person is not his body, his clothes

Feelings

Are your feelings your own?

How are the feelings born?

Feelings depends on sense impingement

(striking)

Do the feelings last long? No.

If we have a control over our feeling then we could
have chosen to be happy.

Feelings don't last long
Feelings arises and dies much faster than our body do.

Should you try to grasp your feeling, hold on your feeling or you should let it go? Don't try to make the temporary feeling permanent. If you try to hold them you will be in trouble. If you hold on you will be living in the past. If you accept don't run away don't run after them. If you do you will be in trouble. past exp.

Perception is based on your perception. Perception can be changed given a different kind of atmosphere.

I hear the knock and percepts that somebody is in the door.

Volition action

You feel you have freedom but it is governed by situation

What is consciousness?

You need to be conscious to be alive.

When you are dead is your body conscious? No. Conscious does not mean mindful

Without body can you be conscious?

Without senses can you be alive?

Would we be able to sense if we don't have perception?

perception need thinking

body → sensory action → perception

They are not you and you are not them.

Why do students need to practise mindfulness?

Mindfulness keeps you focused

We have done but we don't miss flight or train
our priorities are all messed up

Mindfulness helps you to make optimal choices
deliberately

If you have to excel in studies in your sessions
do well.

How would you plan deliberately to study?

What are the steps that are required to excel in studies?

How would you plan for a 'A' grade?

- Study 5-6 hr daily

- How to learn deeply and widely
- to learn with others and individually
- Eat healthy and timely food
- Must have positive frame of mind (Negative thinking
~~destroys your productivity~~ which comes
from meditation)
- Should know how to handle anxiety and failure
with the outlook
- Must not be involved in any kind of fighting (your
record is not good for sure)
- Do exercises, sports because variety brings more
positivity
- You should remain connected with your parents that
will make you feel secure

2/Feb/2017

Mindfulness

Not an intellectual awareness but a wakful experience.

In mindfulness one matches the universe in. Mindfulness is an alert participation in the ongoing process of living. It is a method of investigating and has power to reveal the truth.

The buyer was genuinely asking but the seller interpreted it wrong because of his insecurity. He thought he was making fun of his bangle. They both misad. listening temperament is missing. His genuine question was interpreted. He was hurt & they did not end up a good relation.

Why to develop listening temperament
openness means that I might not know this ego has to set aside I am able to broaden myself. In order to widen your horizon
listening empowers your visual power.

Rules and regulation creates harmony with us. It is within the boundary. It suits us comfort us. It relates to our life.

Voice

It has to be polite it has to be firm soft and clear

We are able to convey our thoughts and not suppress others by loudness.

Conscientious Voice

Perfect \rightarrow develops ego

but we should evolve.

How to involve peace?

- By prayer and silence \Rightarrow when you are in contemplation with your own good.

- Through honesty and simplicity

Lack of imbalance

Action and reaction are not in same phase
When they are not balanced
Exercise intervention

Deficient response means not listening to inner voice because of shyness and fear.

When you are universal, listening your cons
then we can balance our action and rxn.

Takeaways:

- Going by values you strive better if you are happy & your productivity? If you give by value you touch chords of others
- Considered voice: Which should be able to convey the people's meaning.

The Moral Bucket List

It is not through book that you gain wisdom. If people do wrong things they don't do it thinking it to be ~~the~~ wrong. That is right according to your there depiction. If something is said to be right does not mean it is right. All philosophy should be checked rebuilt.

• Deeply good;

• Radiate inner light; \therefore in their presence you feel the light;

- looking after people/cause : people are busy taking care of people and their cause.
 - Thinking about me get work or about themselves.
 - Infused with gratitude for the opportunity.
The look infused with gratitude: They are grateful that they are provided an opportunity to serve others.
 - make you feel valuable: They never look down at you. They make you feel valuable.
 - could be from any walks of life: They may be literate/ illiterate, men/women, young/old or any caste or colour.
- We see what we want to see. If we want to see negativity we will see negativity and vice versa.

\$ People who serve always look so happy.
When I look at such people I realise I don't have that generosity of spirit
• depth of character.

After so many years of experience suddenly I found that I am not like them. I am not as happy as them, I have that consciousness of boredom within them. I don't have generosity of spirit. My education have failed to provide me that. Better do something about enriching about my life: There are two types of virtues

- Resume virtues - Skills and Strategies which take us to the market.
- Eulogy virtues -

After someone's death talk about them at the funeral about that death person, 'he a good- or bad person was.'

Why do we push this eulogy virtue in the background? Culture and Education system is the reason. No body talks about the eulogy virtue. Big Me & I have to stand out of the crowd and how can I stand out of the crowd. By Merit list; there is nothing wrong with Merit but Meritocracy wants you to ~~provide yourself~~ promote yourself.

What does social media do?

They broadcast, Broadcast the highlight reel of your life

How you are better than others.

When we read about Sundar Pichai. everyone wanted to get the credit like He was in my school, was my neighbour etc. Your teacher will try to recall everything about you, your parents will remember all your good. That's how Eulogy virtue does not come into picture.

What is the impact of this education system and culture?

1. Lack of moral vocabulary.

How many times we use a word that is morally high.

We do not get involved in any moral adventure. Moral adventure

* Ultimate happiness comes from moral adventure.

Grading on a forgiving curve

Self satisfied mediocrity

The deepest part remain unstructured & unexplored b/w real and desired moral adventure self-wishers Unconscious b

- Grading on a fenguing curve self satisfies me directly
I am better than them, & then we start looking people who are not better than us. Why do you satisfy yourself with media?
- ~~Deepest part in you.~~

The deepest part remain, unstructured & unexplored

In story of Vivekanand

gabbly real and desired

This isn't what you want and we'll live with that. This is unconscious boredom.
What could be the possible steps towards richest possible life?

1. The humility shift
2. Self defeat
3. Dependency leap (vamp)
4. Energizing ~~one~~ love.

From beginning come into humble

How will you define humility? What is humility?

I don't broadcast my ~~g~~ quality → being humble
Great people never broadcast.

I don't do it to broadcast, I do to have peace within myself.

People don't broadcast ~~e~~ their sorrow

Humility is intensive self awareness from the position of other centredness centredness.

Humble You put value to other people, yet they are more inf
Egoistic ~~in~~ ~~in~~ yourself.

If you value yourself
self defeat

External External and Internal achievement

External achievement: compete with others

Internal : Confront your weakness

A president close his room fear his temperment, foul words since his weakness was low tempered

Dependency loop

do you think you can achieve self mastery on your own.

Why are people going wrong. Why are all the religious people going wrong?

Because • Settled philosophy about fundamental things is not enough

- Individual will reason and compassion not enough to consistently defeat selfishness, pride & self deception
- You need redemptive assistance to reevaluate & reevaluate

Vivekanand asked this why god is not taking care of them?

In Mahabharat Arjun said to Krishna that he will not fight with his own brother.

You may have the knowledge of philosophy but that philosophy has to be reevaluated.

When I am trying to save my sin I am trying to be selfish.

You need redemptive assistance, you need people to help. To reevaluate.

Everything has to be reevaluated. Thus we all need that redemptive assistance.

Energizing love

What do you understand by love?

How does love helps you and others?

What does love mean?

Somebody else is very very imp to me if you are selfcentered then it isn't love.

Be a stumbler

One who falls down and gets up.

Face your imperfection with unwarnished honesty

Balance your inner and outer needs

Match your intrinsic talent with one of the world's greatest need.

That's how I am → person is boasting or is ashamed.

look after people, look after others.

Match your intrinsic talent.

We never say how am I going to use my talent for the world. Anytime you can give to the world there is no age.

Satyanarayan Rath:

A person who is giving charity in his will is only giving off which no longer belongs to you. So practise it when you are alive. Try to think how you are going to match your talent with other thing, to the world. More you think of others more the god chooses you for others. To be a better human being is a challenge.

Attitude of acceptance

Acceptance makes the negative situation a propelling force rather than a strain: Don't react in hurry.

20/10/17 Arundhati Roy

A tale of two Americans

Where are you from?

Dreamed of new life

Sep 11th

but the cost on the country
where are you from

excuse him

his agent betrayed him

Revenge of 9/11 millions of bee stinging his pays
behind the country is blood

Resilient versus from Kuma

Since he died, he didn't die, his right eye
and fiancee f leave him

What he could do to repay god for a
second chance to a man we might
think does not deserve chance.

Speaker 6 month → Bombay.

& returns to America.

America fractured

republic of dream
n n fears

He wanted to leave and wanted to write a book.

After he was shot, day after that hospital kicked out. His family is Bangladesh kicked him out

As a developed muslim he refused alcohol but started selling

he got part time

He landed in 6 digit salary job

He observed that fortune of born American

family dysfunction etc.

he heard a similar tale.

Another equally real America

Men who shat out war America

wretched with deemed

Bad parents That little boy is school will
School put a knife in another boy
prison.

Found himself on death row

Strangely dear rob was the first initiate

& people in his life

Regretted Swastika tattoo

One of the men, the survivor fighting for his life

felt immense gratitude

He recall promising god that he will give to help humanity but he got busy
Now it was his time.

We had wanted his mercy
True America

America be merciful to native like it is
with of adopted ones

Despite being attacked, new born
privileged being native white men.

All America is most and least successful countries
in industrialisation

Hit by stroke that sucks the life from living

Stamer was killed by

→ Mark you should know that I am paying for
god, I forgin you, I don't hate you.

→ You are remarkable, thank you, love you

→ You may have lost a father but you gained a
uncle.

American becoming some body
America losing its there.

↳ How many Americans became a middle
class

Don't compare your self that you are not
If you fail by year and not hour. Premium

You may not g know what's going on
Moral challenge → To choose Union
over

He is shot

Why was ~~the~~ he shot?

taking revenge of all

Because he was a bangladeshi

By accident

He came to conclusion that all muslims are
bad.

A to G of Attitude

Attitude of Acceptance

~~When~~ you Must accept the negative situation.

In talk did he tried to take a revenge

Accepts the -ve situation

Prays that he will serve humanity if he survive.

Without moral values even America can't
develop.

He accepts the negative situation without
thinking of revenge

You don't have choice. Aggression can destroy

you, you will start ~~an~~ curvy people, th
driving preparing for more danger, ready
you for quantum jump.

One of the terrorist a physically challenged victim
one of the story of violen snuffed. Then he
played with such passion, purity, power.

If you have passion, in ; He played

with such power that people were left spell bound. How did that happen? He invented, he used all the inner resources within him instead of getting annoyed. Angry, agitated. He did not waste time insisting ~~as~~ angry. He accepted the situation, searched his inner resources. Then prepared his for quantum jerk.

Many people, one men drowning, no person saved. A saved one asked who jumped. Savious asked who pushed me. Savious asked them to stop clapping.

- Triggers growth and discipline
- n situation tells us what is absolutely required.
- Makes you tolerant

→ can face any n bigger challenge
Saturn शनि suppose to bring lot of 3-
people in & गति Temple says that don't look at
the eyes of शनि, don't confront the situation.
Acceptance is best antidote of challenge.

- Empowers your balance
- more situation tell tolerant
 - n people tolerance level
 - more compassion more tolerance.

If you have forgiven your worst enemy.
n overcome, fear.

g forgive but not forget.

compassion gives way to forgiveness.

Why forgiveness? Why difficult? Why should we forgive?

forgiven ^{one} will not be grateful.
same forgive ^{one} from heart
universe ⁱⁿ you.

The results
from other

B Better nature - better sense

Talous }
Anger } no matter how they can be
Agitated } justified.
Selfish }

They disengaging you from your better
nature.

Mother gets angry / shouts at you She is
not happy. No body can be happy. Do
not get disengaged.

How is better nature different from the
better sense.

Better sense prevails over better nature
use better nature → ^{containing} heart, soul

or sense → voice of your head
voice of your heart should be more.

I am helping someone by not helping him or
her.

better sense saved you

people will not take your advantage
only sense and only nature X

C Creation and Collaboration

Be creative voice ad C vision

When you start to share your own creative voice or
vision? What happens to the person people talk about?

The resulting conviction in you & the admiration from others gives a sense of superiority. Danger comes → you stop listening. Stop collaboration.

Don't want to work with others.

You become a slave of your own intelligent ego. Creativity should be open to influence, other ideas, more ways of working. Ego X. to creativity.

Creativity → ego.

Shut your ears and eyes to others.

Required to working grp.

Better nature will help most → sense.

→ if people have narrow goals,

Aim narrow but there way are good.

9/11 successful these ways, means are stronger
Peace making not successful.

9/11/2017

B. Nature

Voice of your heart & companion of your soul
(humble, helpful, cheerful)

makes silent appeal

Can trigger conscientious responsible behavior

Avoids temptation of hurting others

A well exercised heart can counter ego better
What we truly value? What we I need/seek
to strengthen?

C. Creation & Collaboration

diff ppt have diff unique voice and vision

Negative ppt have narrow aims b/c tell best
on reading then their ideas may be egoistic
but execution is not.

Q

Dreaming and Doing

- Dreams begin a new cycle of creation
- They bring in energy of hope and anticipation
- They fill in emptiness in you and you feel youthful in your head again
- They connect you to the irrational and warm up your risk-taking ability.
- They free your vision and foster your passion
- Passion makes you work with dedication. If you can't find same in passion, ignite it with dedication.
- Routine won't look drudgery, if you work with passion and dedication.
- Your good intentions and good work will always bring rewards.

Compatriation

All people in world are my brothers and sisters

Dreamt big

Created big

Martin Luther King

Dream bring in hope, it makes us energetic
fill in emptiness

This feeling that we can dream should be always with you.

Dream changes with years. They connect you to the irrational. They are also very important.

Dream helps you to increase your risk taking ability. They connect you to irrational.

No one was successful immediately

- + They free your vision and foster your passion
- There are must. If you can't be passionate

Af/ast be dedicated. These do dedication made them work. The moment you de-centre yourself and that's dedication and you become passionately automatically. Find your passion, dedication.

If you are passionate, you will not find routine or boredom.

You can take horse to the pond but you can't make it drink.

Dreaming is vimp.

If passionate you will be happy doing routine things. If you keep focus.

- Your good intentions and good work will always bring rewards.

E Emptiness and Enthusiasm

You must empty yourself.

Ego of past keep you in trouble
failure in past " " " "

People are full of ego.

They don't want to take a chance in fear of failure.

Achievement of past makes you so smug.
white clean of state of achievement. And be like a child.

Empty yourself of achievement, failure
do not empty your experience.

Learn from the one who is better than you.
emptiness when you look someone very previous.

This emptiness makes you wiser.

People who can fight the negative situation
" come out much stronger, wiser.

You can explore your destination cause you
are empty.

Emptiness must be dealt with more creativity

F: Faith

- Faith and trust are prime movers of creativity

No faith in doctor / Auto driver / poisoned food.

SD1. Medicine work

SD2. faith and doctor

You should have more faith

It is unshakable, it keeps you rooted
The moment says I have faith in you. It -

G: Gratitude and Giving.

- How is thankfulness diff from gratitude?
Thankfulness is expressed in words

Gratefulness is seen in attitude, action

In Bhagvat Gita it is said that everyone do not
have the desire et to payback. These were
called Asur or Demons.

- Don't have good conduct for thankfulness no party of
heart

• arrogant, proud, vein.

Bharmasur.

If a person do not appreciate what was given to him
That asur was ungrateful

How can I anticipate that a person is not good, is ungrateful?

How should one give - to whom and in what form? Gaze toward ground when you are giving. Don't give for recognition, give for glaze and not for your glory. You are not giving, you are just a medium. You can give money, cheer, food, cloth, motivation. If a person leave his will, this isn't giving. He/she is giving which no more belongs to him. Should giving be seen superior to taking.

Sudama brought few grains of rice for Krishna. Krishna accepted it.

If you receive though you are capable in yourself.

Giving and taking are equally imp.

Keep on chopping your ego.

To work towards creative living.

What is creative living?

Journey of coming closer to yourself most aligned with your conscience.

most distanced from your ego.

Sensitive to others needs.

Responsive to environment.

Mindful of your blessing, forgetful of your achesities.
Creator of the realities.

~~Remember~~ Remember experiences and not its consequences.

Perfection is the call of nature, ego.

Nature evolves, expands.

With

Nature evolves with each passing

→ Experience.

→ Situation.

→ Challenges.

Gender Issues

14/Feb/2017

Men

Skin & skull thicker and stronger
like high speed activities and riskless behavior
rely heavily on left brain to solve problems
hierarchy of chair or command
memory - with competition / phy activities

Women

- have 4 times as many brain cells
- have efficient access to both sides of brain
- prefer solving problems than multiple activities
- would rather be in conversation than play
- intuitive global thinkers, selective intelligence
- memories with emotions

Gender equality movie

Ted talk by Ann Shulter (All her talk)

Blood winner → Men

Beti Bacho Beti Padhe

Movie Bagavan, Patriarch society

where man has all the power

Why girls not making to IIT

→ girls not given independence for late class
discuss openly.

Repetition are still on.

Honor killing

Many diff cast, race, religion were killed
Should we treat them as terrorist?
Kill boy/girl or both

Law does not solⁿ for all the problems.

Boys school, girls school
In one university → uniform

diff. staircase for boys and girls

Psychology → More restriction, more rel^d.

Awkward in cooperative world, not socially mature
Power of bg → search.

Who is buddy?

Two people paired together for each other safety.

Trust is more imp. than love in boy girl relationship.

Should not get involved too much and trust should go on.

Keep it more at platonic level; yes it is physical to some extent.

Mixed Relationship → Problem

How religious and what religion.

Imp. that boundaries are drawn.

Keeping it a severe secret is dubious.

Not suppose to be in public place.

If someone is defensive then smthg wrong

Relationship are good provided we know how to respect each other, their, our parents etc.

Polygamy → Legally you can have more than one mate.

living in → law will make it equivalent to marriage
She left job bc because he she was unable to take care of her teenage boy.

Breadgiving and caregiving are of equal value both for men and women.

If men and women both breadgiver and caregivers are most successful in life.

If family comes first to me does not mean work comes second to me, life comes together.

More productive → less stress, more satisfaction in case when both breadwinner and caregiver.

Culture should change, both breadwinning and caregiving imp but if men is ~~far~~ only caregiving his masculinity is questioned by other women.

Both men and women show equal desire to look after their children

48% men have the desire to care
52% women for their children.

Family comes first, good person working for family, name even after sacrificing
Family first should comp.

Equality which benefit all should be worked upon
We are very diff from each other, we have our identity
our individuality.

- If quality in men required to be a leader and not the one which are in women.

Margaret Thatcher - speech:

Don't bring doubt in answer

Don't say in my opinion

Write clearly.

Give support, evidence to your answer.

X We, You, One ✓

SS Chokhle Sir

Professional Ethics

Nationalism

Patriotism

JNU

Sensitized ourself over diff. issues

Parliament leg-jam

If p. Parliament functioning properly? Is it helping us.

Donald Trump

Anybody from these 7 countries can't come.

USA belongs to Germany, Spain, Indian etc.

USA is preferred destination.

North Korea - Dictatorial

Pillars of Democracy.

We immediately starts blaming Modi ji. Politician starts

treating us as illiterate idiots

In Canada : Freedom, Representation, Equality & Justice

It starts from bottom (structural Elements: Democracy)

pure personal desires.

No one want to say that they don't want to grow professionally.

Placement interview → competition

sitting in the competition

Self Esteem, Good Health

Individual → Society

You can't be happy by having all the wealth in an island.

Safety, Health → epidemics. Chikungunya
Swineflu

Education, Livelihood: Should be capable to earn
to be able to survive

Peaceful co-existence.

personal desire → Society → Structure

State functioning

FREEDOM AND RIGHTS

Authority

Responsibility

Accountability

Paying money to get educated.

What should I do?



Obedience: Rules are made for society and not for individual

Tax payment:

Public Spirit:

Honest exercise of franchises:

Maintenance of law and order:

If we find someone is robbed

Tolerance:

Resistance:

When you go to the temple, priest may be younger but we bow to him because we bow to his knowledge.

Shashikala → Search

Guess Who?

Rabindra Nath Tagore

Mohandas Gandhi



Anne-Marie Slaughter

can we all "have it all?"

If family comes first does not mean work comes second life comes together.

Real equality means valuing family just as much as work and understanding that the two reinforce each other

Breadwinner who are also caregiver have much wider range

Caregiving develops patients patience

if breadwinning and caregiver caregiving equal why don't govt invest in care as it does in physical infrastructure

Norway, Sweden, Denmark Netherlands
top 15 countries invest in

- Care for disabled
- Early childhood education
- Protection for pregnant women
- Universal child care
- ^{Support} Protection for caregiver

- Road
- Bridges
- Tunnels and
- Train

Top 15 countries of most globally competitive economy

OECD better life index

vs 1st to income but ↓ OECD better life index

Need Culture change

Resocialise men

Feminist resolution not complete

Women can decide breadwinner or both caregiver

Women like career successful men and not
a caregiver.

Men take pride in cooking
taking care of baby

In Norway men were given 3 month paternity
leave and they doubt if they don't take it, it is
considered as a character defect of not wanting
to be a fully engaged father

We have to family value family.

feminist revolution → humanist revolution.
black white

heterosexual
women cigarette. cigarette