what did you learn in the lesson today?

1. learned about the nature of our human mechanism

2. Our fulfillment is not complete in life , it keeps changing when we try to find through some external mechanism

3. To keep our human system bliss full, we should fix it within our self

What is the relevance of this in your life

1. In my life i constantly keep fixing the things external.

2. I Usually compare my self with others or external situations , this process of comparison tries to find blissfulness

What is the highest goal you can think of? (Answer in a minimum of 6 sentences.)

1. Atma Sakshatkaram is the highest goal of human being

2. Human service is the greatest service and the happiness which comes out of it is great.

3. Want to eliminate all these caste based games in india and spread only yogic sciences as sanathana dharma

class 2

10:56

Question 1. What did you learn in today's session?

1.about bondage and desire and how it effects as a compulsion in our lifes

2.is the body yours? - body, god, me are not different its all manifestations of god

3. who am i? the question needs to be turned inwards

Question 2. How compulsive are your desires?

1. compulsive in such a way that job, family and education and even life are run by somebody rules

2. every aspect of life as a compulsion keeps looping all the time. But when i think what my guru(sai baba) thaught to me, i feel like crossing a ocean with the help of a boat called guru

Question 3. In the roles that you play, are you conscious that it is only a role that you play or have you become the role? What is your experience?

1.I am consious because my sadguru (sai baba) reminds me all the time that its just a role to play for some time;

it doesnt matter whether i am intelligent, talented. Everthying i do is predetermined.

class 3

Question 1. What did you learn in today's session?

1. How to live every moment of life

2. how to be conscious of what i am responsible and be responsive responsive according to that

3. Responsibility is limitless, we cannot apply constraints to it.

Question 2. Write 5 situations when you are aware that your responsibility is unlimited and what is your experience? For example, when you were working in your office or while you were driving or just sitting, if you are aware that you are responsible, what is your experience?

1. while working at office i feel the responsible to my work, colleagues and every one around me and i try to help in all the way with my ability to grow my self and others as well

2. while doing work am aware that my responsibility is to do my best in every aspect. If i feel that particular work is my responsibility i may get anxiety and feel frustrated.

Question 3. Write any one situation when thought you were not responsible and what is your experience?

1. When a person who is physically well, couldn't do work but begs on the streets. I feel i am not responsible, but he is responsible for his own action

class 4

Question 1. What did you learn in today's session? Be aware and use this from now on and record your experience every 24 hours and then answer the below questions.

1. To Live the present Moment the Way it is

2. Our Mind is the one which oscillates between today and tomorrow

3. The Current moment is inevitable and it is the way it is, so we need to be conscious about it and live the very moment

4. Difference between pain and suffering

5. Pain is essential but suffering is the one which is magnified by our mind.

Write 5 situations when you are aware of the inevitability of the moment and what is your experience? For example: when you were working in your office or when you were driving or when you were just sitting and you were aware that this moment is inevitable, what is your experience?

1. When i was working in the office i could not deal with a situation which is not in my hands or which is am not able to, to by pass this i thought that whatever will happen will happen, and this is predetermined according to the will of god at this very moment. So, i feel that i made this moment inevitable

2.

Write any one situation when you were not aware of the inevitability of the moment and what is your experience?

1. I didn't get my salary from last company, i was not aware of the inevitability that it is happen according to gods will and we should try as much as we can.

class 5

Mind

Question 1. What did you learn in today's session? Be aware and use this from now on and record your experience every 24 hours and then answer the below questions.

1. About Mind its cognitive and re cognitive functions and how it affects

2. difference between conscious, sub conscious and unconscious mind

3. what is the role of unconscious mind

Question 2. Give 3 situations when you are accepting what is there right now, when you are equanimous; beyond like and dislike; what is your experience?

1. I am equanimous especially to my job because thre are many situation where i liked and disliked but ultimately i decided to be equanimous

2. I am equanimous to my salary because this amount is decided not by me but by god

Question 3. Give 3 situations when you were aware that the way you are within is 100% your responsibility and what is your experience?

1. I took my work as a 100 percent responsible and achieved it successfully

2. I took my Job as 100 percent responsible and i done it successfully

3. My Profession i took i feel 100 percent responsible and i am happy that i am feeling aware of it

class 6

Question 1. What did you learn in today's session? Be aware and use this from now on and record your experience every 24 hours and then answer the below questions.

1. How the sound and form are linked

2. how everything is made of sound

3. how silence is essential for sound

4. how restfulness is linked to activity

Question 2. What was your experience of chanting AUM? Were you able to notice the vibrations?

1.It is the Root sound to Experience the whole balance in the universe

2. I am able to notice the vibratons

3. How Preservance, creation and Destruction are interliked to maintain balance

Question 3. What is your experience when you chanted aah, ooh and maa separately?

1.I have noticed particular chakara reverberates along with the sound

2.How 72000 nadis are been flown in direction

3.In which direction they are guided by the sound