

EGO

Western vs. Eastern research

↓
people talking
↳ extrapolation
into thinking

↳ DIRECT OBSERVATION

Parts of the self

MANAS

- emotional
- reactive / automatic
- likes / dislikes
- ~ can't be controlled / chosen

BUDDHI

- analytical
- / reasoning
- memory

can change perspective
 analyse a thing from one way and then another ...
 no attachment

- don't build up over time
- variable
- ~ can be influenced by Samskar

Samskar

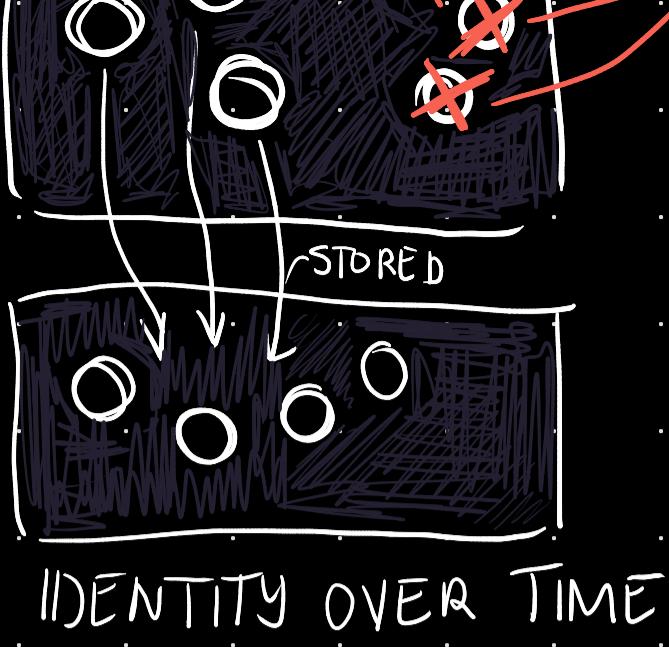
Experience = emotional Energy
 ↳ Buddhi Activation

MIND



→ Processed

- sense of identity =



highly variable (modes)

Ahamkara = collection of samskars

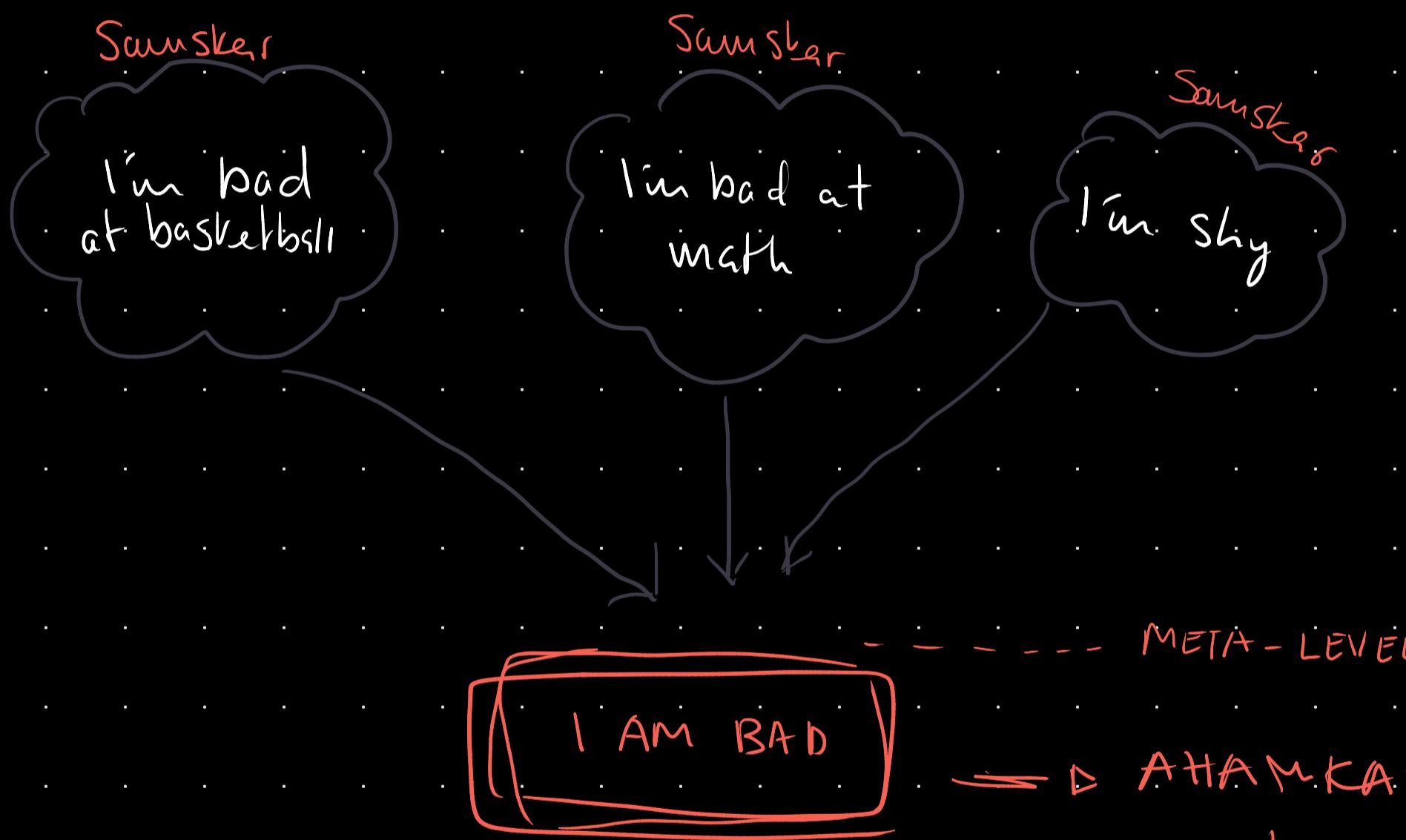
Default Mode Network (DMN)

"makes us human"

- ~ humans can make Meta-Level conclusions

→ evolutionarily less allowed division of labor

Ex.



↳ sense of identity

- ~ ↳ shapes thoughts (logic) and emotions