

Join [#weekendwithwisdom](#) & Sundar as he unveils Tesla's connection to Dhyana Yoga. Explore the A-P-B Framework & Meditation Monitor.

Date: 30th NOV 2025 | Sunday (TOMORROW)

Time: 11:00 AM - 12:30 PM IST

Dive into the power of "lifetime charging" and learn how to turn inward.

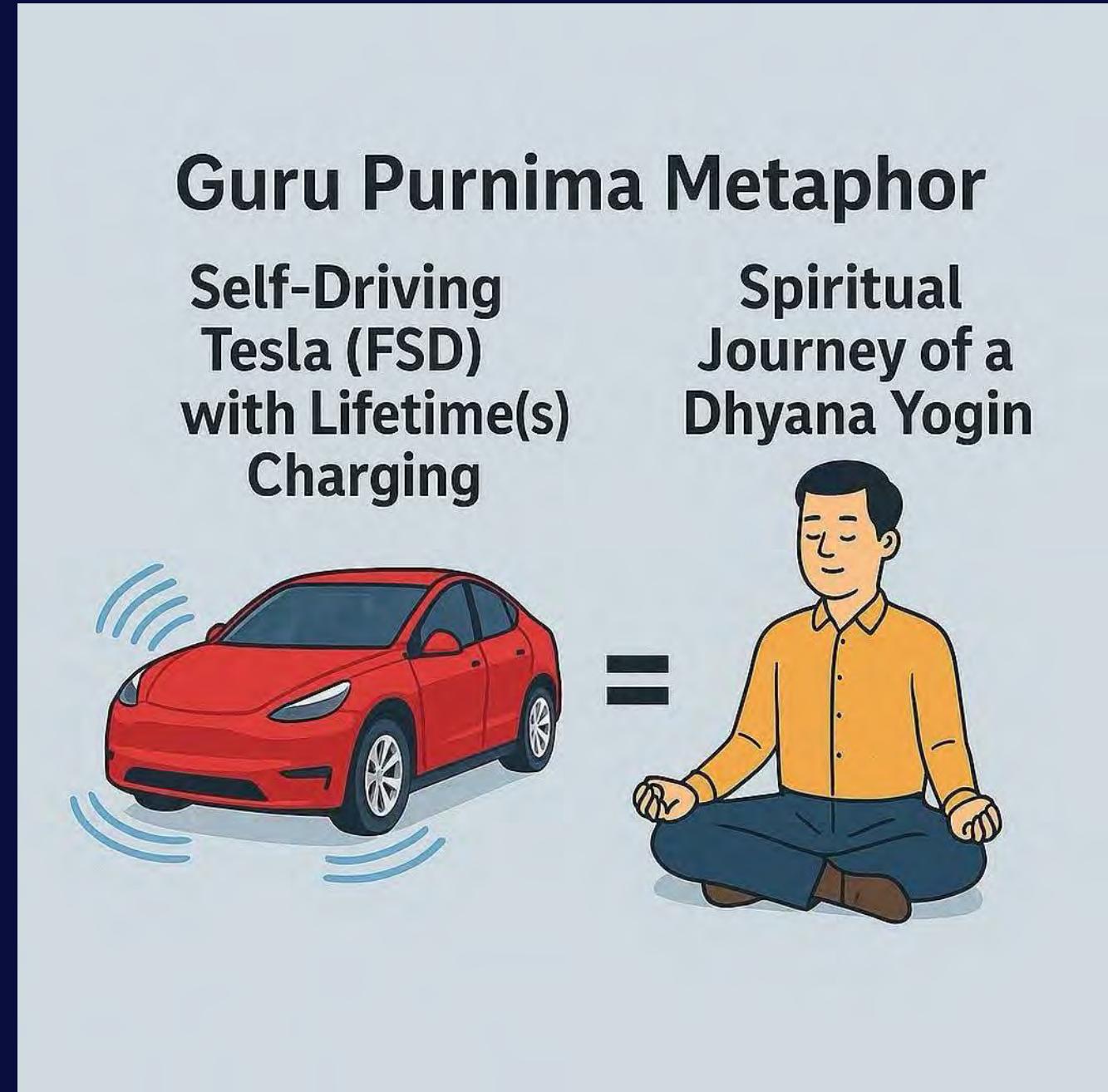
Register: [indica.events/event/tesla-as...](https://indica.events/event/tesla-as...)

#Meditation #Mindfulness #InnerPeace #Dhyana #INDICAMoksha  
@nkgrack @Sai\_swaroop @IndicaOrg





Tesla = Dhyana



Outline for the talk

- Invocation- Sloka



# Disclaimer

## Not endorsing Tesla

Nor endorsing Tesla, the car or its maker in any shape or form

## Universal metaphor

If Bajaj or Volvo or any other vehicle has the same features, my title would be Bajaj = Dhyana

# What is in it for me?

If you are a student of Advaita, get a different perspective on Meditation in Advaita.

If you are familiar with or practice Mindfulness, Calm Apps, etc, this should expand your insight into Patanjali Yoga and Spiritual Meditation

If you ~~hate~~ or don't care for Meditation, learn AI in the context of Vedanta Shravana and Manana

## 3 data points that led to the "lifetime charging" Metaphor

### <sup>01</sup> meine bessere Hälfte

Super efficient

Organized

Disciplined

Yet finds Meditation  
super hard

Link: [Blog Post:](#)

**Me**  
not organized  
not systematic  
not disciplined

Yet cannot complain of  
inability to meditate



### <sup>02</sup> Flashback to Guindy Engg

Agnostic,  
Nicknamed “Quantum”

Prided myself on logic and  
Science.

Dim view of Religious folks

Met a senior, working on  
Phd

Answered everything with  
Pure logic

Recognized later as a great  
Yogi and a self-realized soul  
< 24 years of age

Could drop into Samadhi at  
will

## 3 data points that led to the "lifetime charging" (continued)

---

Me

02

In a Social media-centric  
World, we jump  
to post our holiday  
pictures

on Facebook or  
Instagram

03

My Mentor

No Photograph

No Facebook

No Instagram

No LinkedIn

No NAME!

# Introducing metaphor at Guru Purnima

Spiritual equivalents:

Lifetime  
Charging

=

Guru's Grace

Full Self Driving

=

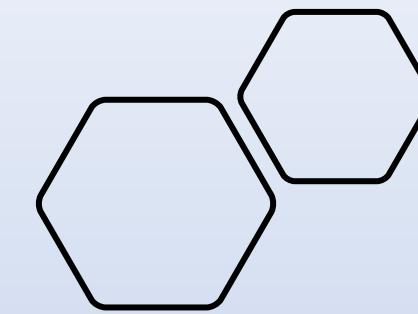
Guru Imparted Goal

Link:

<https://quantumviewpoint.blogspot.com/2025/08/guru-purnima-offering.html>

# Trumpesque Claim!

**Not something  
you'll hear in your  
Sunday satsangs...  
or your Thursday  
study circles 😊  
This one's meant to  
jolt you awake.**



# Tesla - Dhyana? Objections and Responses

## Objections :

This is blasphemy, you say, even mentioning an erratic, unstable Man in the same sentence as a Guru.

## Responses:

I say: Focus on the Car, not the owner for this exercise

Link: [Objections and Responses](#)

## Objection 1: Why Tesla?

Tesla is all about speed (0 to 60 in seconds ⚡), While meditation is about stillness. The metaphor doesn't make sense.

**Why not a Range Rover, Ford, or any other car? Why Tesla?**

**Guru Purnima**

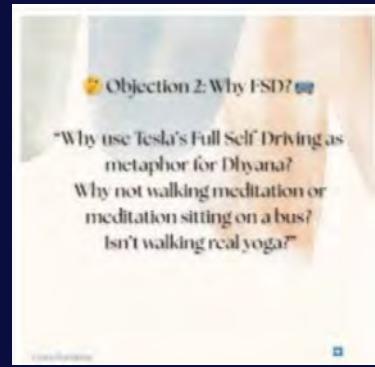
✓ Answer 1

**Hold tight!** The choice of Tesla isn't random – It's deliberate. Tesla has unique features that mirror the spiritual journey and the Guru's role in the path of Dhyana.

**Lifetime charging is a compelling metaphor for Grace that enables Meditation and FSD equates to the internal pull towards the Self.**

## Objection 2: Why FSD?

"Why use Tesla's Full Self Driving as metaphor for Dhyanā? Why not walking meditation or meditation sitting on a bus? Isn't walking real yoga?"



### Answer 2

**Not all meditations are the same. Walking meditation or mindfulness (apps, gym classes) are great for health. But Dhyanā in the Cita and Upāsīhas is a vehicle for spiritual transformation. FSD represents a Guided Focused Journey**



Link: <https://quantumviewpoint.blogspot.com/2025/09/what-makes-good-meditation-session.html>

## Not Measures of Meditation



### Clock Time

"I sat for 30 minutes straight."



### Physical Refreshment

"I felt less tired afterwards."



### Posture Perfection

"I sat cross-legged without moving."



### Thought Suppression

"I had no thoughts for ten minutes."



### Pleasant Sensations

"I felt blissful and floaty."



### Visual Fireworks

"I saw lights and colors."



### Strange Sounds

"I heard ringing or humming."

## Real Measures of Meditation



### Absorption,



### Joy,



### Peace

Why? Because meditation isn't about duration, posture, or sensory drama.



# What Makes a "Good" Meditation Session?

ChatGPT isn't just for creating apps or planning trips—it can help with your inner journey too. When asked "What makes a good meditation session?", I used the Vedantic method of *Neti, Neti* ("not this, not this") to discover what meditation **isn't**.

# Stripping Away False Measures

What Meditation ISN'T

Clock time sitting

Physical refreshment

Perfect posture

Thought suppression

Visual fireworks

Strange sounds

Impressive stillness

## The Breakthrough

Once I stripped away external factors, three authentic measures emerged from deep reflection:



Absorption

True focus and engagement



Peace

Genuine tranquility arising



Bliss

Quiet joy emerging naturally

# AI Maps the Inner Journey

I asked ChatGPT: "If absorption, peace, and bliss were on the y-axis, and meditation methods were on the x-axis, how would the chart look—using Chapter 6 of the Bhagavad Gita as a framework?"



The AI mapped the entire inner journey—bridging 3,000-year-old wisdom with modern approaches—completely autonomously.

# Ancient Wisdom Meets Modern Validation



Absorption

**Classical:** Bhagavad Gita 6.19—"steady mind like "a lamp in a windless place"

**Modern:** TM shows measurable brain coherence; flow states in psychology



Peace

**Classical:** Gita 6.15—"the yogi attains supreme peace" (*sānti*)

**Modern:** Harvard Health mindfulness studies; Art of Living stress reduction



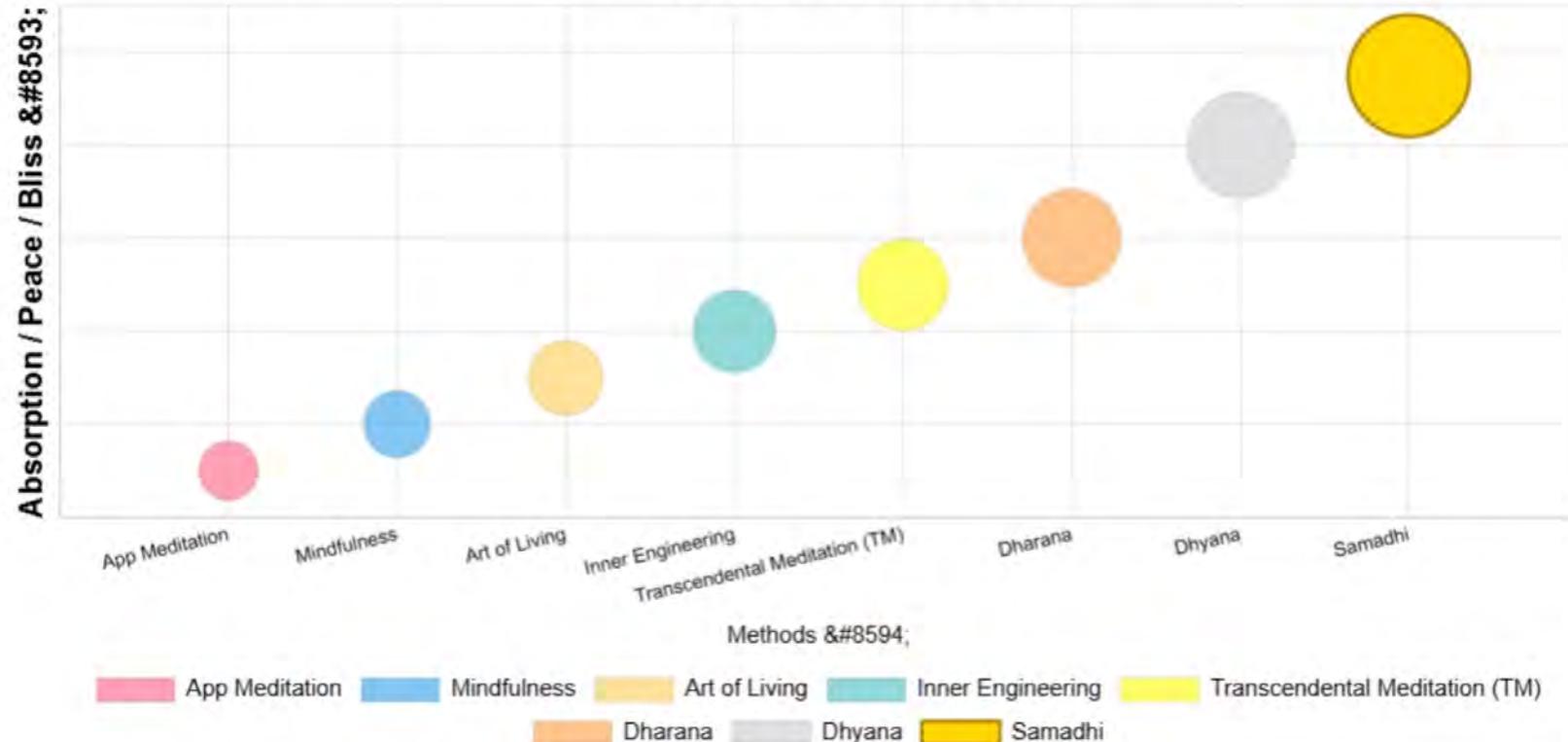
Bliss

**Classical:** Gita 6.20-22—"supreme joy beyond the senses"

**Modern:** TM's bliss consciousness; neuroscience gamma waves; Psychology Today research

## Absorption / Peace / Bliss vs Meditation Methods

Meditation Depth Across Methods & Stages

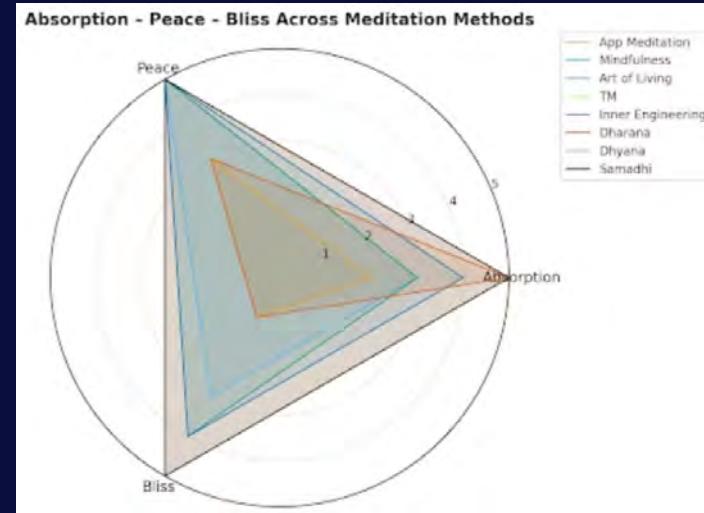


**Transcendental Meditation (TM):** TM uses a mantra to quiet the mind, achieving a state of effortless concentration. It exemplifies steadiness and mental clarity as described in the Gita. BG 6.19: “As a lamp in a windless place does not flicker.”

## The Profound Insight

The AI recognized authentic patterns, creating a map of the inner journey that bridges three millennia of wisdom. Notice how Samadhi achieves the golden culmination—complete balance across all three measures.

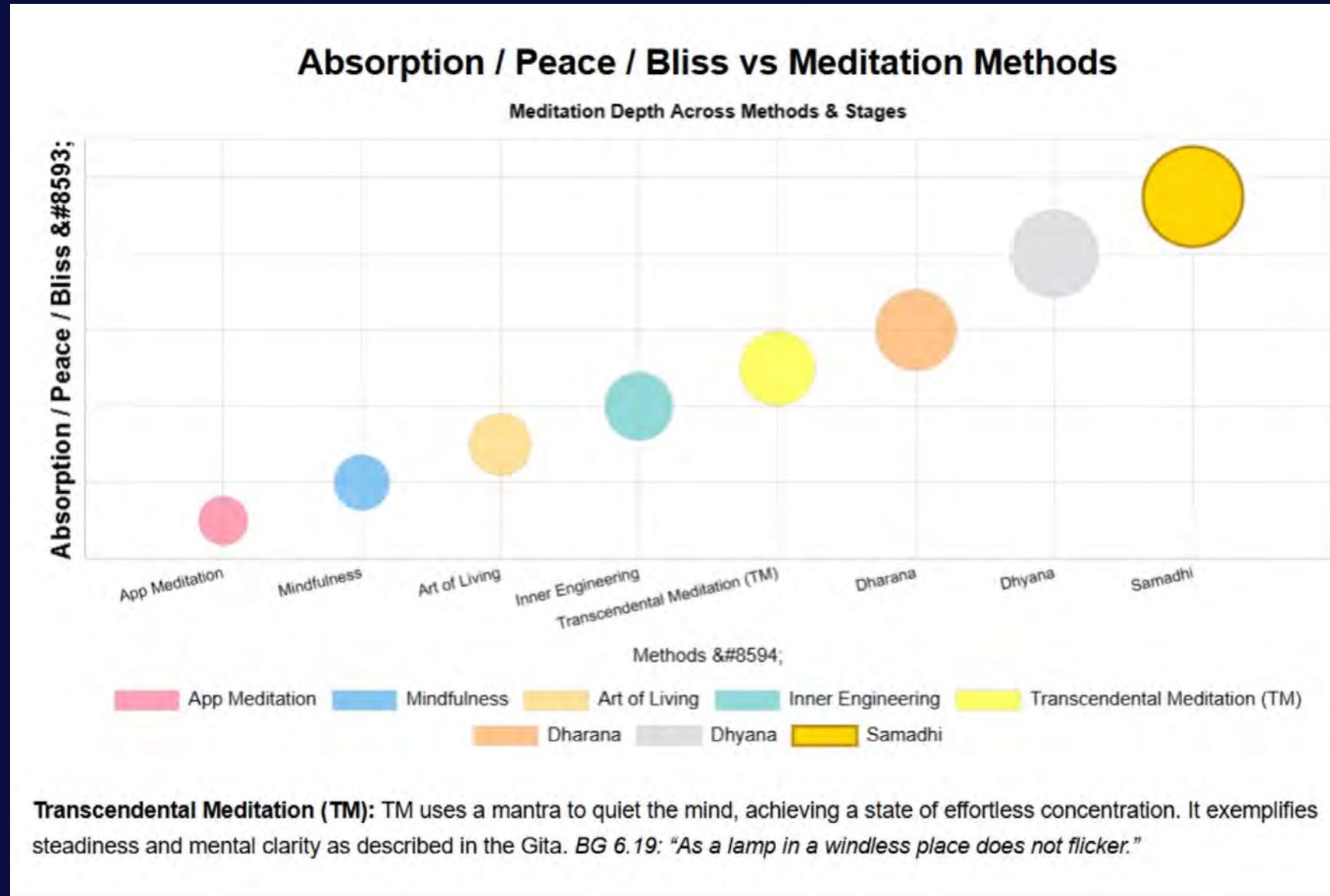
# Distinct Strengths Across Methods



ChatGPT's radar chart reveals how different meditation methods score across the three measures. Each approach has distinct strengths, while Samadhi achieves complete balance.

- ❑ **Real meditation isn't about duration, posture, or sensory fireworks—it's about genuine Absorption, Peace, and Bliss.**

# The Complete Progression



**App Meditation** introduces beginners to practice—guided, accessible, primarily reducing stress and creating mindfulness habits. A modern gateway, though not in the Gita, serving as beginner calming practice.



## Your Inner Journey Awaits

3

### Core Measures

Absorption, Peace, and Bliss define authentic meditation

3000

### Years of Wisdom

Ancient insights validated by modern science

1

### Your Choice

Which measure matters most to you?

What's your take?

If you had to choose just ONE measure of a good meditation session, what would it be?