

Title: Ape Sutras

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Sutras are a nice way to distribute information.

Example:

Ape Sutra 420: Buy, hold, drs

For more complicated sutras I need more wrinkles. I think it can be helpfull to convert DD to sutras. It is a really helpful tool to organize and learn information. Also disregard information that is not necessary. (you can always add it in a commentary).

My inspiration are the The Yoga Sutras of Pantanjali. Patanjali combined all the information of Yoga in to a small text of sutras (not alone but with a group). (its in Sanskrit, so I cannot read the direct text) but there are translations with commentary.

Here is a nice example I find very helpful.

The Yoga Sutras of Pantanjali – Book one – Samadhi Pada – sutra 33 (translation by Sri Swami Satchidananda)

By cultivating attitudes of friendliness toward the happy, compassion for the unhappy, delight in the virtuous and disregard toward the wicked, the mind-stuff retains its undisturbed calmness.

I love this sutra, it is very nice to counter skills and bad actors. The sutra gives and explanation about 4 kinds of people. (and 4 ways to handle them)

- Happy (friendliness)
- Unhappy (compassion)
- Virtuous (delight/gladness)
- Wicked (disregard/indifference)

At any giving moment you can place people in those 4 categories. (from your own perspective).

Mind-stuff is just everything that can happen to your state of mind. Personally I think the insight Patanjali gives is really helpful at work or any other place. When somebody is mad at you, you don't yell back. But act with compassion. If the person is acting wicked you can better ignore this person for a while.

It is probably harder on the internet to recognize a state of mind. But nonetheless the text written will affect you less, unless you want to.