

(Based on Podcast Series by Sam Harris)

- Future of Technology: chip in body for extreme cases.

- Resolve the fallacy by doing both simultaneously ie have a good life, do work, achieve things, at the same time recognize that its just happening on its own [but practically in life, you are held responsible for what you do].

- Science is ground truth for even spiritual practices.
Paying attention certain ways only causes meditation.

A Conversation with Adam Gazzaley

- A Conversation with Steven Laureys

- Meditation cuts the idea that you are 'thinking'. There is no Free will.
- Free Will: You don't have control on what thought will come next. You feel you are directing the movie, but the direction itself is part of the movie.

A word cloud featuring various words related to the 10 Commandments. The word 'live' is the largest and most prominent, written in a bold, black, sans-serif font. Other large words include 'really', 'effective', 'altruism', 'made', 'free', 'well', 'charity', 'needed', 'better', 'everything', 'play', 'plain', 'poor', 'beautiful', 'will', 'morally', 'household', 'solutions', 'fortunate', 'homeless', 'luxurious', 'suffering', 'luck', 'generosity', 'Bangladesh', 'ground', 'make', 'support', 'meet', 'tax', 'parents', 'vegetarian', 'boat', 'sick', 'USA', 'minimum', 'even', 'one', 'alleviates', 'donates', 'away', 'help', 'done', 'conformable', 'pump', 'income', 'equality', 'need', 'targets', 'anonymously', 'potential', 'engagements', 'sur', 'huge', 'personal', 'speaking', 'giving', 'may', 'compassion', 'location', 'failure', 'Example', '25hrs', 'education', 'save', 'anime', 'Apart', 'rather', 'wealth', 'less', 'Notes', 'job', 'earned', 'prel', 'Themes', 'major', 'monk', 'timing', 'rich', 'Bill', 'euro', 'online', 'altruism', 'made', 'free', 'well', 'charity', 'needed', 'better', 'everything', 'play', 'plain', 'poor', 'beautiful', 'will', 'morally', 'household', 'solutions', 'fortunate', 'homeless', 'luxurious', 'suffering', 'luck', 'generosity', 'Bangladesh', 'ground', 'make', 'support', 'meet', 'tax', 'parents', 'vegetarian', 'boat', 'sick', 'USA', 'minimum', 'even', 'one', 'alleviates', 'donates', 'away', 'help', 'done', 'conformable', 'pump', 'income', 'equality', 'need', 'targets', 'anonymously', 'potential', 'engagements', 'sur', 'huge', 'personal', 'speaking', 'giving', 'may', 'compassion', 'location', 'failure', 'Example', '25hrs', 'education', 'save', 'anime', 'Apart', 'rather', 'wealth', 'less', 'Notes', 'job', 'earned', 'prel', 'Themes', 'major', 'monk', 'timing', 'rich', 'Bill', 'euro', 'online'. The words are arranged in a dense, overlapping manner, with some words appearing in different colors (green, blue, orange, red, purple) and sizes. The background is white.

A Conversation with William MacAskill

- Themes: Generosity, effective altruism.
- Minimum 10% of pre-tax income to most effective charity ("Give-Well")
- Better if done anonymously? Not really!! Taking public pledge.
- Altruism needed? Be self-made?
- You didn't pick location, parents, timing and plain luck. So, not really "self"-made. Like Will in Free-Will may not be really be Free.
- Even if you feel you have earned it, why not help? Have compassion for less fortunate.

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- Solutions should come from the ground. Example of failure: 25hrs on play-pump needed for one household.
- What are targets for charity? Homeless in USA or poor in Bangladesh?
- Make life boat better, to save more.

- To alleviate animal suffering: be vegetarian, support artificial meat research
- Good example: Bill Gates lives a luxurious life and donates huge sum as well, rather than deciding to live like a monk while giving away everything else. Even other rich are comfortable doing same. Don't stigmatize

wealth.

[Personal: Apart from sponsoring blind girls education, additionally, I give away everything I earn apart from my job, ie from my speaking engagements, online courses, teaching, etc.]

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