

# Discussion Summary July 5, 2015

Thanks to Ram Ramaswamy for this excellent summary of today's class and discussion.

Swamiji started chapter two canto 1 today. In the first three shlokas

swamiji says to realize Atman the mind has to be inward focused rather

than outwards towards the external/material world. He described the

three defects of external world. The defects are:

1. Pain or sorrow (दुःख)
2. Lack of satisfaction (असंतुष्टि)
3. Dependence or Attachment (अविद्या)

Swamiji further describe Anathma (contrary to Atman). The three Anathmas are:

1. The external world
2. The human body
3. Our mind

Body and mind are also required to realize Atman.

So the question was how do we make the mind inward focused? What

practices can be adopted? Some of the suggestions from group were:

1. Pujas and rituals are important in that they create the mood and set the tone for further forays into the world of enlightenment
2. When you have meditated for some time, and have listened to the

spiritual masters- you catch a glimpse of the divine or  
whatever else  
you may call it- you thirst for more.

3. Markandeya embracing the lingam, becoming one with the  
supreme  
consciousness, thus defying Yama was powerful imagery -  
suggesting that  
when man becomes so one with the Divine, that he can  
even keep Death  
at bay. With my good wishes,

Ram Ramaswamy