

Table of Contents

INTRODUCTION	9
--------------	---

CHAPTER ONE

Relationship and Attachment	25
The Conflicted Mind	26
The Puzzling Nature of Attachment	27
Complementarity	29
Mind and Sense Objects: Dual Aspects of a Higher Reality ...	31
Even Brahmā Had No Answer	32
The Subtle Nature of the Universe	33
The Reply of the <i>Haṁsa-avatāra</i>	37
Everyone Relates to Kṛṣṇa Only	39
Are the Mind and Sense Objects Real?	40
A Useless Question	43
The Instructions of the <i>Haṁsa-avatāra</i> Summarized.....	43
Human Mentality Is a Passionate Dream	44
Who is Behind Passionate Attraction?	47
Finding the Truth in Relationships	49
Frustration and Voidism	50
The Reply of Lord Kapiladeva.....	51
The Topmost Relationship, the Topmost Attachment.....	52
The Middle Ground	53
Mental Torment.....	57
<i>Siddhānta-alasa</i>	58
Humility or Argumentation?	60
The Psychological Treatment Prescribed by Kṛṣṇa Himself ...	62

CHAPTER TWO

A Vedic Schema of the Mind and its Processes	69
Introduction	69

PART ONE – An Overview of the Conditioned State of the <i>Jīvātmā</i>	70
PART TWO – <i>Mahā-Samaṣṭi</i> , <i>Samaṣṭi</i> and <i>Vyaṣṭi</i> : How Consciousness Is Conditioned	80
PART THREE – Vedic Depth Psychology	97
PART FOUR – An Overview of the Psychology of <i>Bhātī-yoga</i>	102

CHAPTER THREE

Further Considerations of Material Personality	111
<i>Vāsanā</i>	112
Diagram 1: How <i>Kleśa</i> Appears	116
Diagram 2: Two Reactions to <i>Pāpam</i> (Sins)	116
Manifest Sinful Reactions (<i>Prārābdha-Pāpam</i>)	117
Unmanifest Sinful Reactions (<i>Aprārābdha-Pāpam</i>)	117
How Unmanifest Reactions Cause Suffering	117
Diagram 3: Furtherance of the Two Reactions To <i>Pāpam</i> (Sins)	118
Evolution of Unmanifest Sins	118
Diagram 4: The Four Stages of Bondage	119
<i>Bija</i> – Desire	120
Diagram 5: The Appearance of Desire from Ignorance and Its Reactions	121
With a Life of Their Own	124
<i>Samskāras</i> (Impressions)	126
A Look at Basic Conditioned Personality Types	129
Surrender, <i>mārga</i> and <i>guṇa</i>	135

CHAPTER FOUR

The Modes of Modernity	141
Modernity as Manic-Depression	142
Depression: A World-Wide Mental Health Problem	144
Modern Values and Low Self-Esteem	144
The Premodern Personality	145
The World Is Not Enough	148
Rousseau and the Dream of a World Remade	149
Modernity as Daydream and Nightmare	153

<i>Kalpanā</i>	155
A Closer Look at Self-Esteem	158
Conclusion: Imagination Addiction	161

About the Author	169
Sanskrit Pronunciation	171
By the Same Author	173