Understanding Our Mind
Part II and III
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1) Why does Manas believe there is a self and what is the result of it?

2) How do we help Manas to transform itself?

3) Manas is obscured and delusional, why didn't we eliminate it? Please share your thoughts?

4) We seldom have a true direct or inference. Our usually way is seeing a false perception. Please share some of your false perception

5) Do you see yourself as a gardener. Please describe your garden?