

Chapter Summary

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Distracted Mind → Guilt, frustration, fatigue, stress

When the **Buddhi and Manas** are in **sync**, it will guide us through the manipulative and distractive world.

when we allow our intellect to **intervene**, **control**, and **guide** our mind

when the mind acts impulsively, the intellect considers...

1. your capability to do something
2. the consequences of your actions

The **Buddhi** helps us to fulfill our goals and motivates us

Why do we need to sync the mind and intellect?

1. to live more responsibly
2. to act on & fulfill passions
3. **And** to ensure that actions leave a lasting impact
4. to be able to keep your peace of mind no matter what
5. to be able to empower yourself