

# Chapter Summary

4

**Multiple Choices** → exciting and confusing

**Choice** → a right to act and the power to choose  
→ the act of choosing

SPEND MORE TIME  
*contemplating*  
ON WHETHER YOUR DECISIONS WILL

1. give you a better *time*
2. give you better *resources*
3. give you better *focus*

**3 ASPECTS OF ENERGY**

- 1) quantity
- 2) stability
- 3) direction

handled by the Buddhi

things that have a significant impact on  
**attention**

1. *manipulation*
2. *distraction*

**Responsibility** - being accountable for things;  
important for taking decisions