

Anderson Cooper:
You meditate everyday?



# Harari:



Yes I start my day when I wake up in the morning, so the first thing I do is I meditate for an hour



Anderson Cooper (interrupting): for a full hour?



Harari:
Yes, a full hour
And then some time in the afternoon I
meditate for another hour

# Patanjali Yoga Sutras

1.13

- तत्र स्थितौ यत्नोडभ्यासः tatra sthitau yatnah abhyasa
- Practice (abhyasa) by applying effort(yatnah) to establish a stable and tranquil state (sthitau)

- 1.14
- स तु दीर्घकालनैरन्तर्यसत्कारासेवितो इढभमिः

### sa tu dīrgha kāla nairantarya satkārā "sevito dṛḍhabhūmiḥ

 Practice becomes firmly grounded when well attended to for a long time, without break and with deep devotion or enthusiasm (satkara).



# Anderson Cooper:

For you what has meditation done? Why is it worth your while, 2 hours a day?



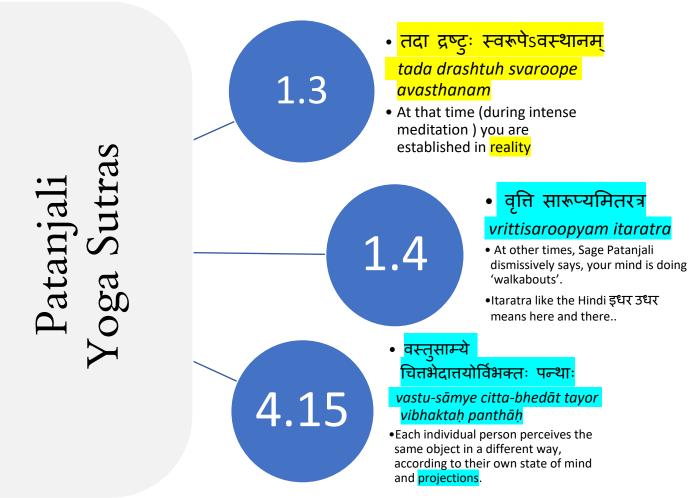
# **Harari:**

At one level to get in touch with reality

The mind constantly produces these stories about society, about the world and constantly comes between me and reality

And Meditation is about learning how to let go of these stories

And just see what is happening





# Harari:

Meditation - It starts with the simplest thing, like you start with observing your breath, coming in and out of your nostrils

Yet it is an incredible difficult thing to do



Anderson Cooper: You just focus on that?



Harari: I remember I was doing my Phd at Oxford and I really thought I was a very intelligent person. That I am in control of my mind and know myself Yet even this basic ability to observe like the simplest thing in the world without my mind wandering away to some fantasies, so what chance I have to know the deep sources of my psychological structures and understand the economic systems and political systems if I can't observe the reality of my own breath?



• शब्दज्ञानानुपाती वस्तुशून्यो विकल्पः

sabdajnana anupati vastusunyah vikalpah

• Imagination (vikalpa) is the activity of the mind not based on direct experience



चञ्चलं हि मनः कृष्ण प्रमाथि बलवददृढम्।

तस्याहं निग्रहं मन्ये वायोरिव सुदुष्करम्।। Bhagavad Gita 6.34।। cancalam hi manah krsna pramathi balavad drdham tasyaham nigraham manye vayor iva su-duskaram (Bhagavad Gita 6.34)

 Arjuna: For the mind is restless, turbulent, obstinate and very strong, O Krsna, and to subdue it is, it seems to me, more difficult than controlling the wind.

Kshipta