

# The Awakening Mind

*Cultivating Consciousness Through  
Vedanta in Learning Science and  
Psychology of Instruction*

**Kinjal Chakraborty**



**Rita Book Agency**

*(Publisher and Book-seller)*

25B, Beniatola Lane; Kolkata-700 009

[www.ritapublication.in](http://www.ritapublication.in)

# Contents

Introduction: Thoughts about Awakening Mind	1
Basics of Vedanta	13
Analysis of Advaita Vedanta	21
How reality speaks in Vedanta	38
The stages of the pedagogical framework in Vedanta	49
Psychological Basis of Vedanta	64
Para and Apara	105
Maslow's Hierarchy of Needs and Vedanta: Exploring Common Ground	123
Integrated Discussion on Reflective Thinking and Vedanta	146
Metacognition and Epistemic Cognition in Vedanta	196
Transformativism and Vedanta	212
Self Transformation, EQ and Vedantic Episteme	235
Transpersonal Psychology and Vedanta	253
Positive Psychology and Vedanta	269
Tagore and Vedanta	284
Pedagogical Parsimony of Vedanta	297
References	312