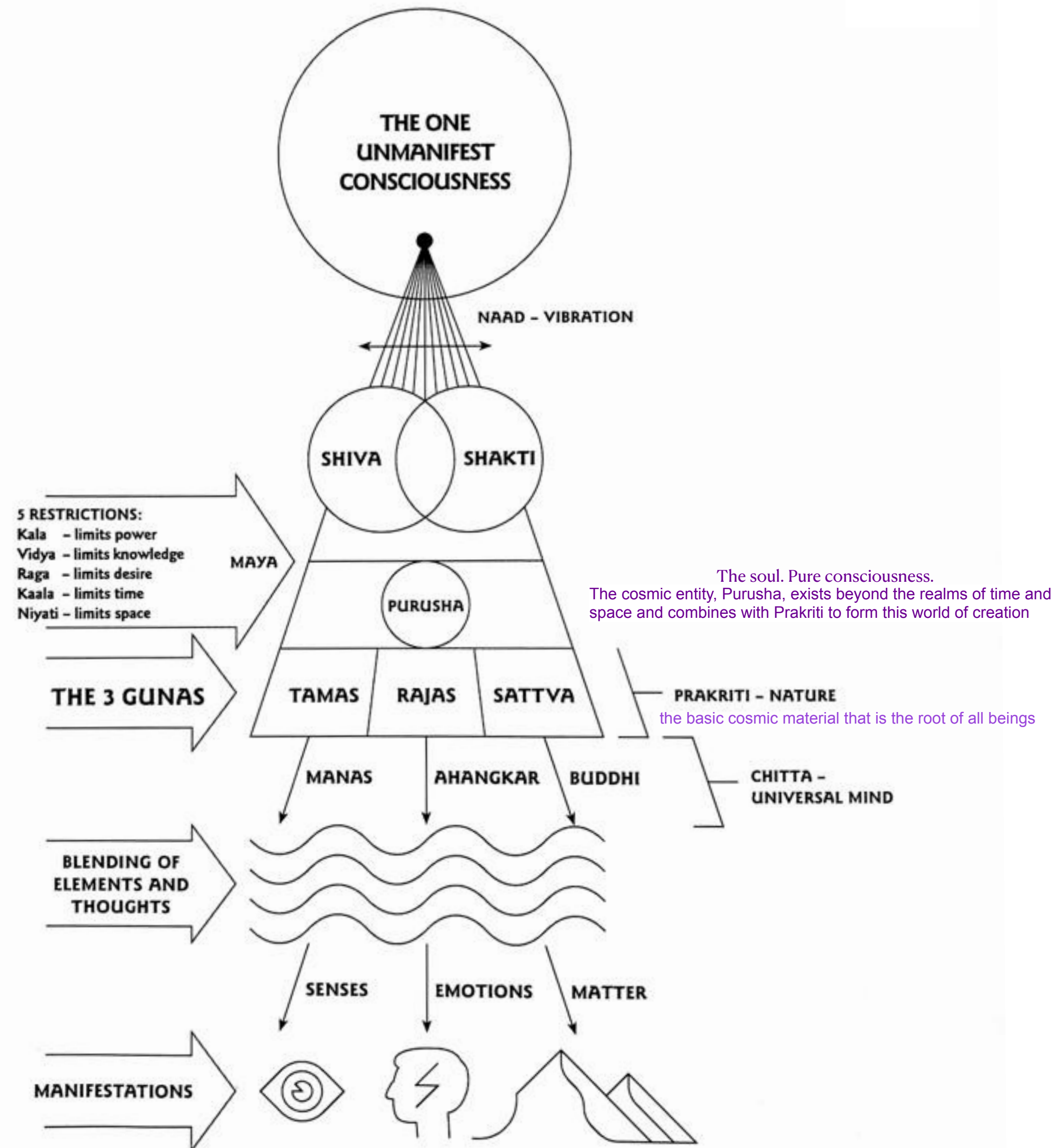


The Mind

**Cosmic Law of Manifestation
Cycle of Intellect**

Cosmic Law of Manifestation & Being

The origin and seed of all we experience is unmanifest and subtle. First is consciousness, then vibration then separation into the three forces or *gunas*. Then the blending of elements and thoughts manifests in the world of the senses, emotions, and matter.



Kaala, Niyati, kala, Vidya and Raga together form the causal body for the souls. This is the crucial point at which Consciousness, having become limited, comes into existence as an embodied Soul, complete with these limited powers of consciousness, happiness, will, knowledge and action. Hence it is known as Purusha or personal Soul.

The soul. Pure consciousness.
The cosmic entity, Purusha, exists beyond the realms of time and space and combines with Prakriti to form this world of creation

CHITTA

The Universal Mind.

The deepest dimension of the mind.

Intelligence unsullied by memory, which connects us to the very base of creation.



BUDDHI

The Higher Mind.

The realm of Intuition and Inner knowing.

Ability to give meaning, perceive reality, and discern the real from the unreal.

Sattvic in Nature



AHANGKAR

The Ego.

The thinking mind.

The mental construct that allows us to differentiate this bubble of consciousness as separate from another.

The Story of Me / You.

Rajasic in Nature

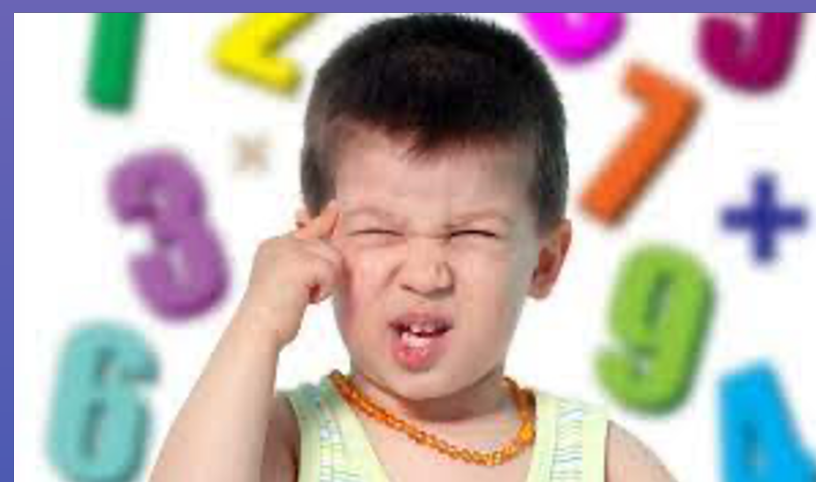


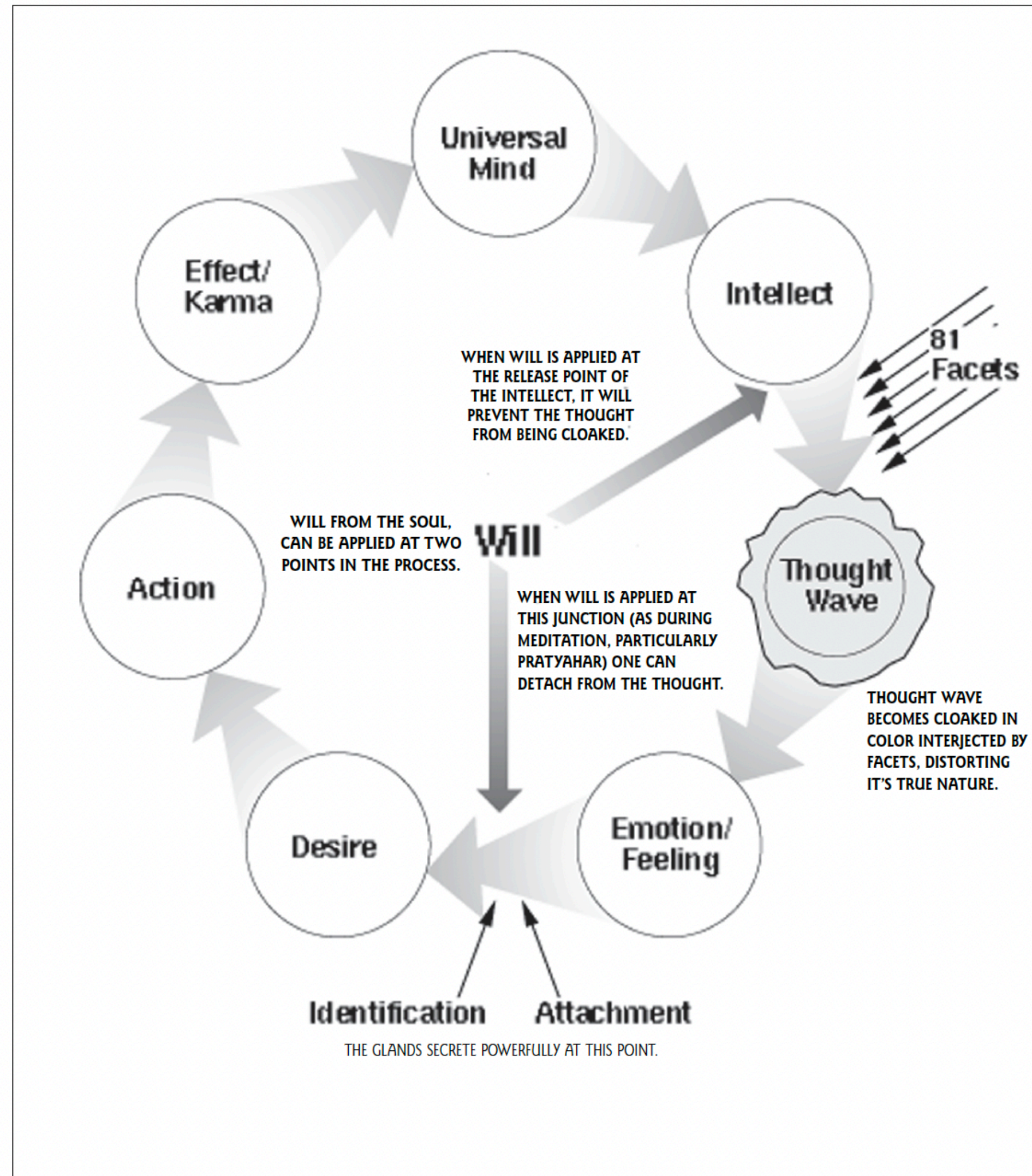
MANAS

The Sensorial Mind.
Responds to the senses.

The learning mind.
Refined, what we know is stored in Manas. Once it learns how to do something, it doesn't need you. It stores the pattern and becomes an automatic habit.

Tamasic in nature





The Cycle of the Intellect

Tapa Yog Karam Kriya

Deliver Your Intentions

This kriya is great for developing the ability to do what you intend to do, and for guiding projects to completion. It develops willpower.

The Practice

Posture: Sit in a meditative pose.

Mudra: Bring the palms together and extend the arms straight forward parallel to the ground. Palms face each other. Put the wrists together. Then spread the palms apart as far as you can as though pushing against a wall.

Eyes: The eyes are slightly open looking down at the tip of the nose.

Mantra: Begin rhythmically chanting: Sat Nam, Sat Nam, Sat Nam, Sat Nam, Sat Nam, Sat Nam, Wahe Guru.

