

The Mind exist as a Servant to the Soul

Chapter 11, Mind & Meditation





The Mind exist as a Servant to the Soul Servant to Spirit Servant to Consciousness

Chapter 11, Mind & Meditation

**We are spiritual beings having
a human experience.**



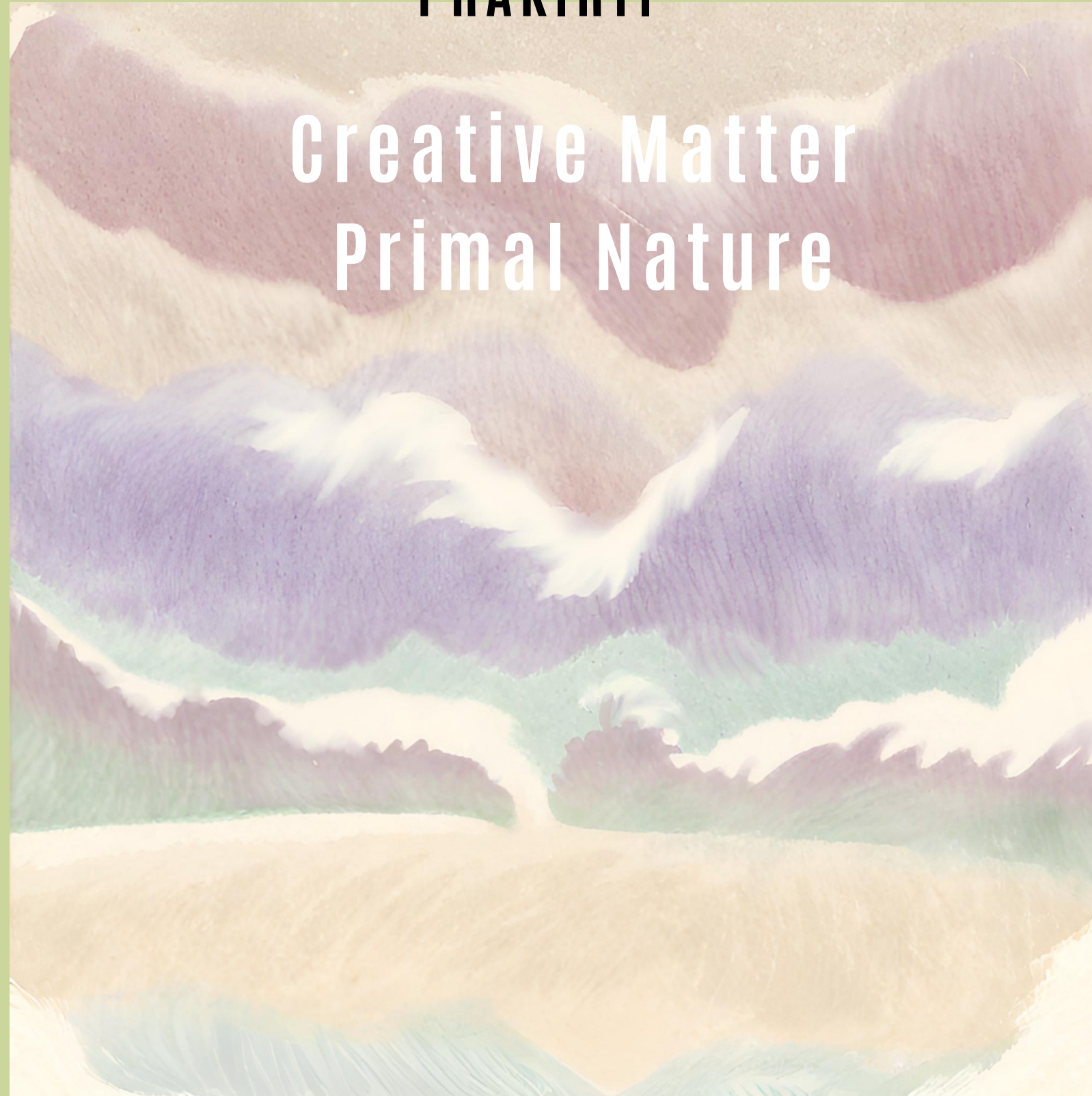
PURUSHA

**UNMANIFEST
SPIRIT**



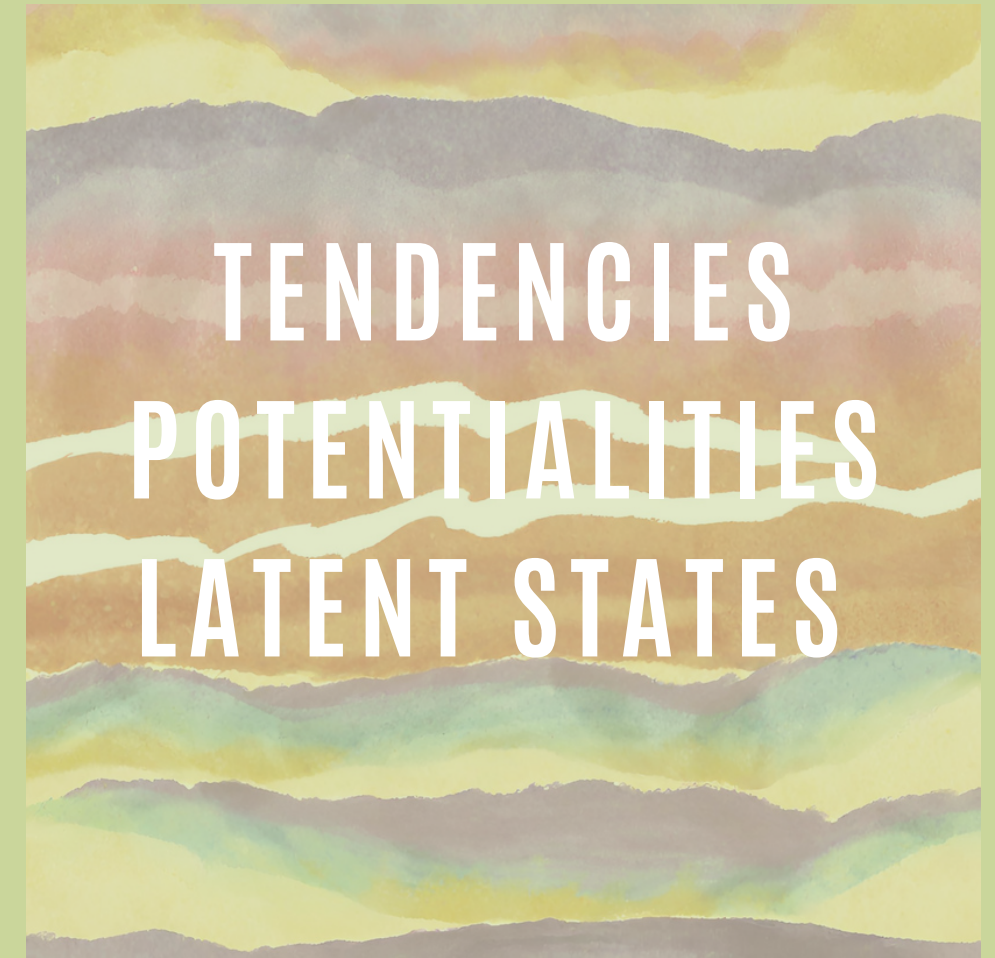
PRAKIRTI

**Creative Matter
Primal Nature**



SAMSKARAS

**TENDENCIES
POTENTIALITIES
LATENT STATES**



Tamas

**heavy, confused,
concealed, slow,
unweavinging,
persistent**

Sattva

**subtle, sublime,
clear, neutral
and pure**

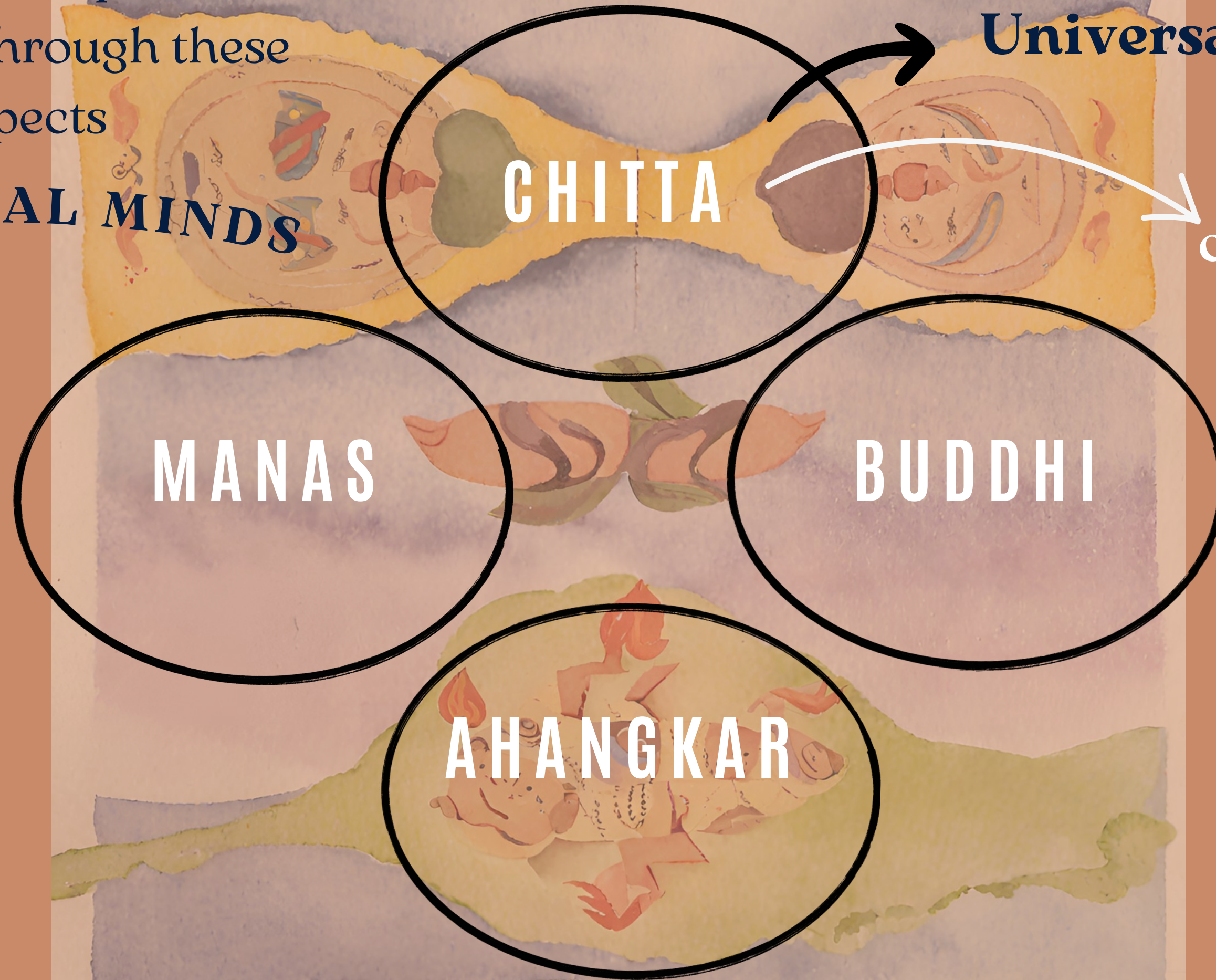
**GUNAS -
3 primary
qualities or
forces**

Rajas

**fiery, active, initiating,
the power of
transformation**

Our relationship to our
mind goes through these
4 aspects

IMPERSONAL MINDS



Universal Mind

Chitta - memory
Chit -- consciousness

GUNAS

Creative Force

3 primal principles
of creation

Tamas
the stuff (inertia)

Sattva
the conceptual

Rajas
the energy

CHITTA THE UNIVERSAL MIND

Manas:

the ability to sense things
and be aware of sensations

Buddhi mind:

allows the mind to give
meaning to those sensations

Ahangkar:

the point of reference, the sense
that gives you the subject “I”.

The Personal Minds

The Negative Mind

Reactive

The Positive Mind

Constructive

The Neutral Mind

Reflective

The Personal Minds

The Negative Mind

Reactive

The Protective Mind

searches and assess red flags.

The Positive Mind

Constructive

The Expansive Mind

searches for possibilities
risk taking

The Neutral Mind

Reflective

The Meditative Mind

Serves consciousness and
highest self

The Personal Minds

The Negative Mind

Reactive

The Protective Mind

searches and assess red flags.

Yamas & Niyamas

The Positive Mind

Constructive

The Expansive Mind

searches for possibilities
risk taking

Asanas & Pranayama

The Neutral Mind

Reflective

The Meditative Mind

Serves consciousness and
highest self

**Pratyahara, Dharana,
Dhyana, Samadhi**

Basic Characteristics of the Mind

The Mind is your automatic thinker.



The Mind is continuous, the mind does not stop thinking and feeling.



The Mind functions on contrast and polarities.



The Mind is Structure, Process and Energy



There are 81 Facets of the Mind

These facets help to regulate the reactions of our personality, our body and how we perceive each thought.

Meditation helps to control the 81 facets for the mind to align with the intention of the soul.



ATMAN

We are not the body
nor the mind
nor the intellect
but something greater and grander
we are spirit
we are consciousness



THE NEUTRAL MIND IS THE MEDITATIVE MIND

Learning to skillfully use this functional mind well is necessary for living your highest destiny. It is the clarity of your Neutral Mind that will align your actions with your soul, and run your destiny.

Chapter 11, Mind & Meditation, Level 1 Textbook pg 122