



Yoga Psychology

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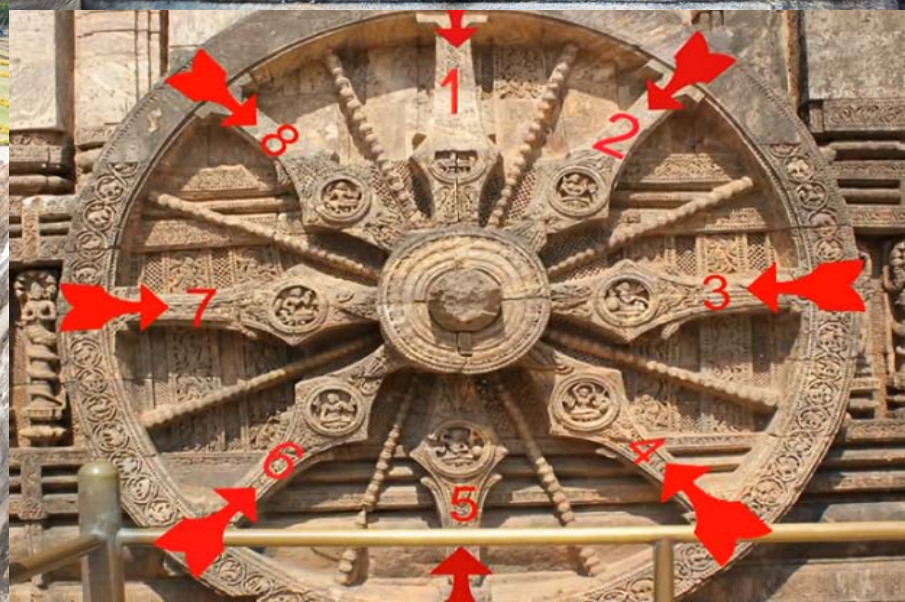


What is Science?

**What makes science
possible?**

Mind!

Some Mind Marvels...



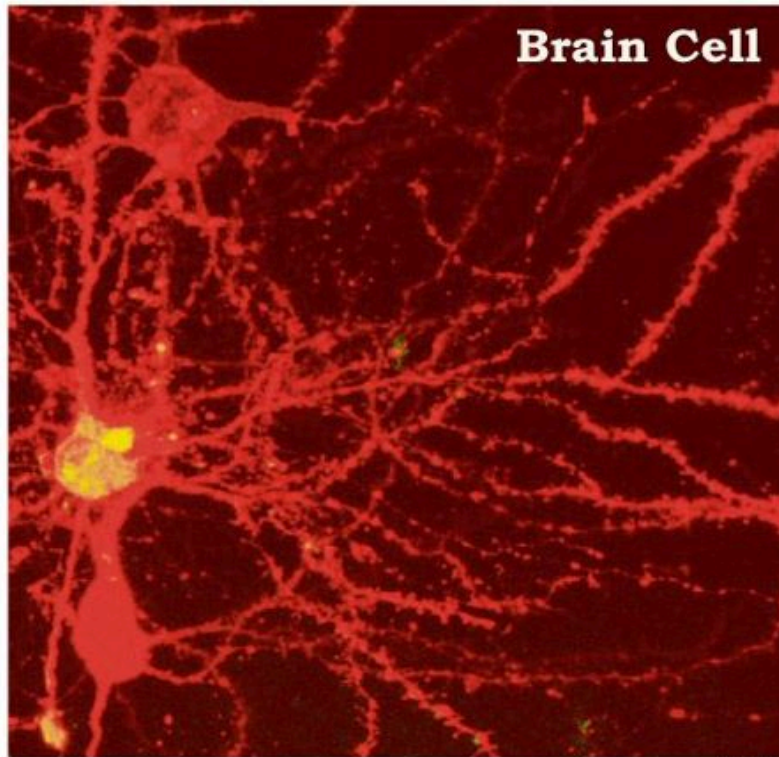
Kailashnath Temple at Ellora



Sooner shall you reach the end of the universe than the depth of your own being.

Sri Aurobindo

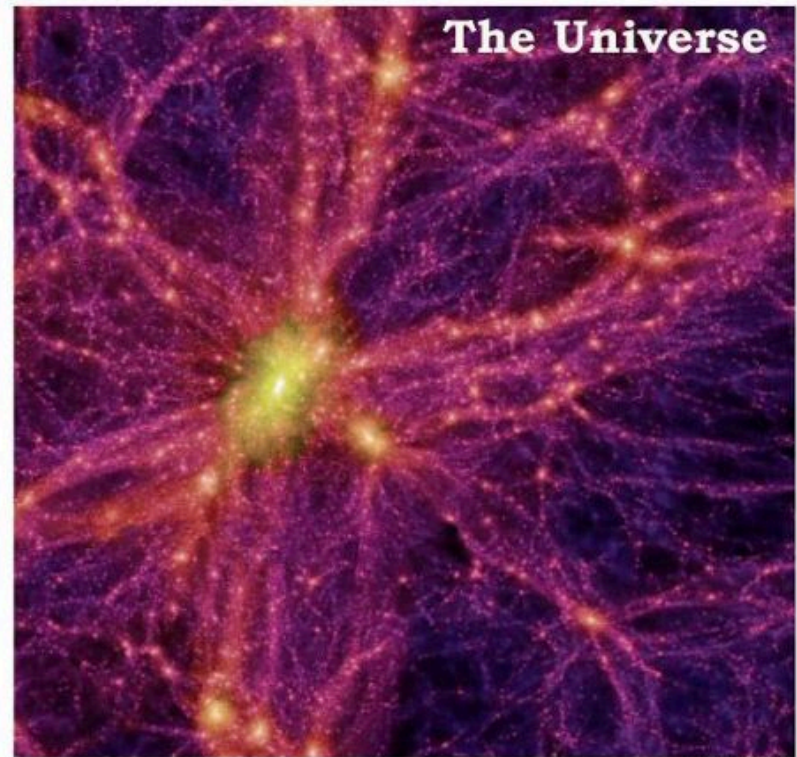
One is only micrometers wide. The other is billions of light-years across. One shows neurons in a mouse brain. The other is a simulated image of the universe. Together they suggest the surprisingly similar patterns found in vastly different natural phenomena. *DAVID CONSTANTINE*



Mark Miller

Mark Miller, a doctoral student at Brandeis University, is researching how particular types of neurons in the brain are connected to one another. By staining thin slices of a mouse's brain, he can identify the connections visually. The image above shows three neuron cells on the left (two red and one yellow) and their connections.

Source: Mark Miller, Brandeis University; Virgo Consortium for Cosmological Supercomputer Simulations; www.visualcomplexity.com



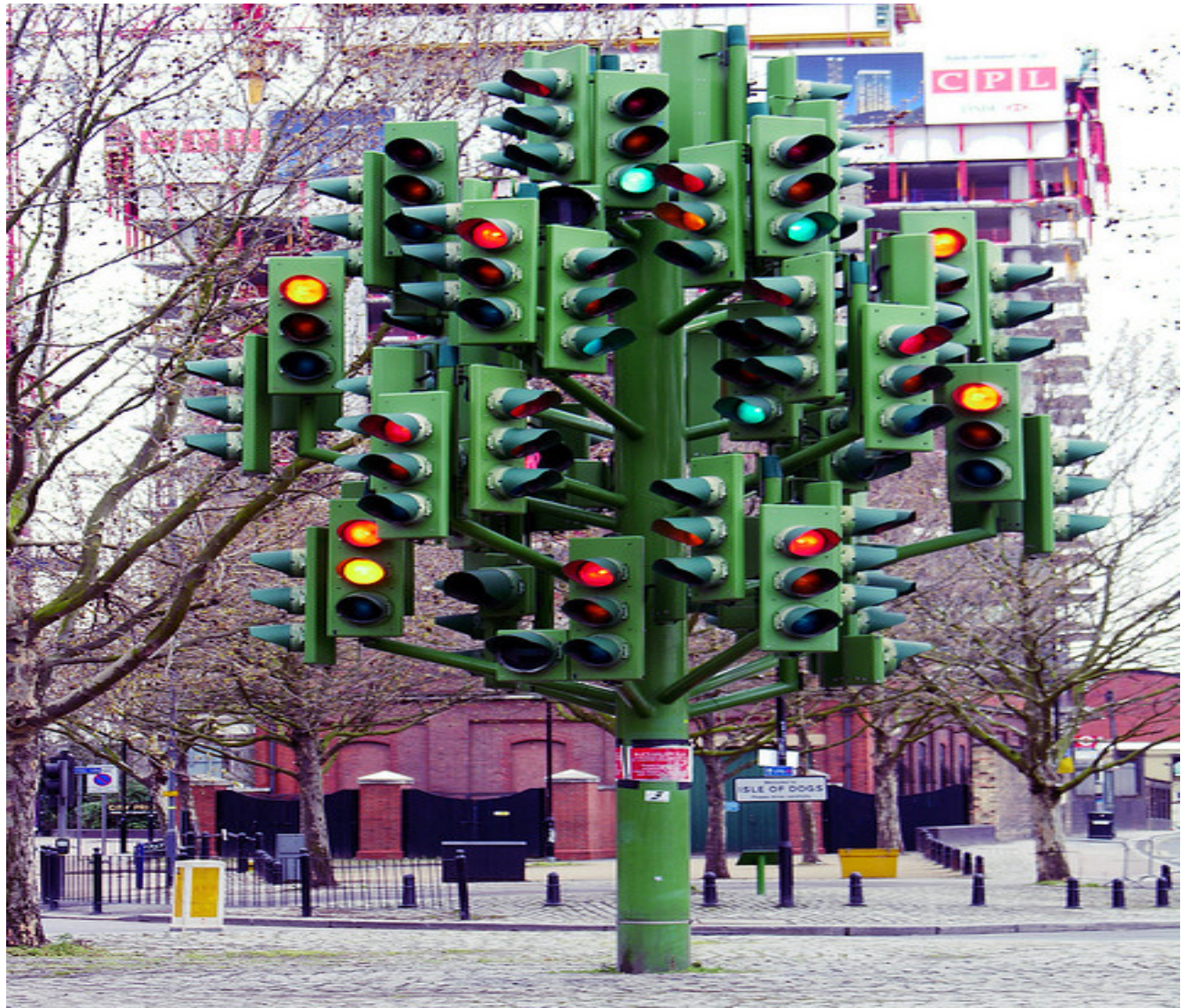
Virgo Consortium

An international group of astrophysicists used a computer simulation last year to recreate how the universe grew and evolved. The simulation image above is a snapshot of the present universe that features a large cluster of galaxies (bright yellow) surrounded by thousands of stars, galaxies and dark matter (web).

The New York Times

If you enjoy mind-boggling science stories like this, visit **Pickover.Com**

Our Mind



Result



Exercise I – Mind-Room

- Look at your mind like a room. Visualise two doors. Close your eyes and observe what is in your mind-room, what goes in and out?
- Focus your attention on your breath. Observe what happens to the contents of the mind.
- Focus more exclusively on inhalation and exhalation and become aware of the point what the in-breath becomes the out-breath and vice versa
- Observe the mind-room once more.
- Note down your observations

Ātmānam viddhi

*“Knowing yourself is the
beginning of all wisdom.”*

~Aristotle



Knowing Self

how well
do you
**know
yourself**



diana gabriel

Different Concepts of Self

Western Schools of Psychology

- Psychoanalysis – Sigmund Freud (1856-1939)
- Behaviourism – W. B. Skinner (1904-1990)
- Humanism – Abraham Maslow (1908-1970)
- Positive Psychology – Martin Seligman etc (contemporary)

Indian / Yoga Psychology

Know your 'Machine'

- Who is the driver?
- What is the direction? Why?
- What are your fuels?

Fundamental Questions

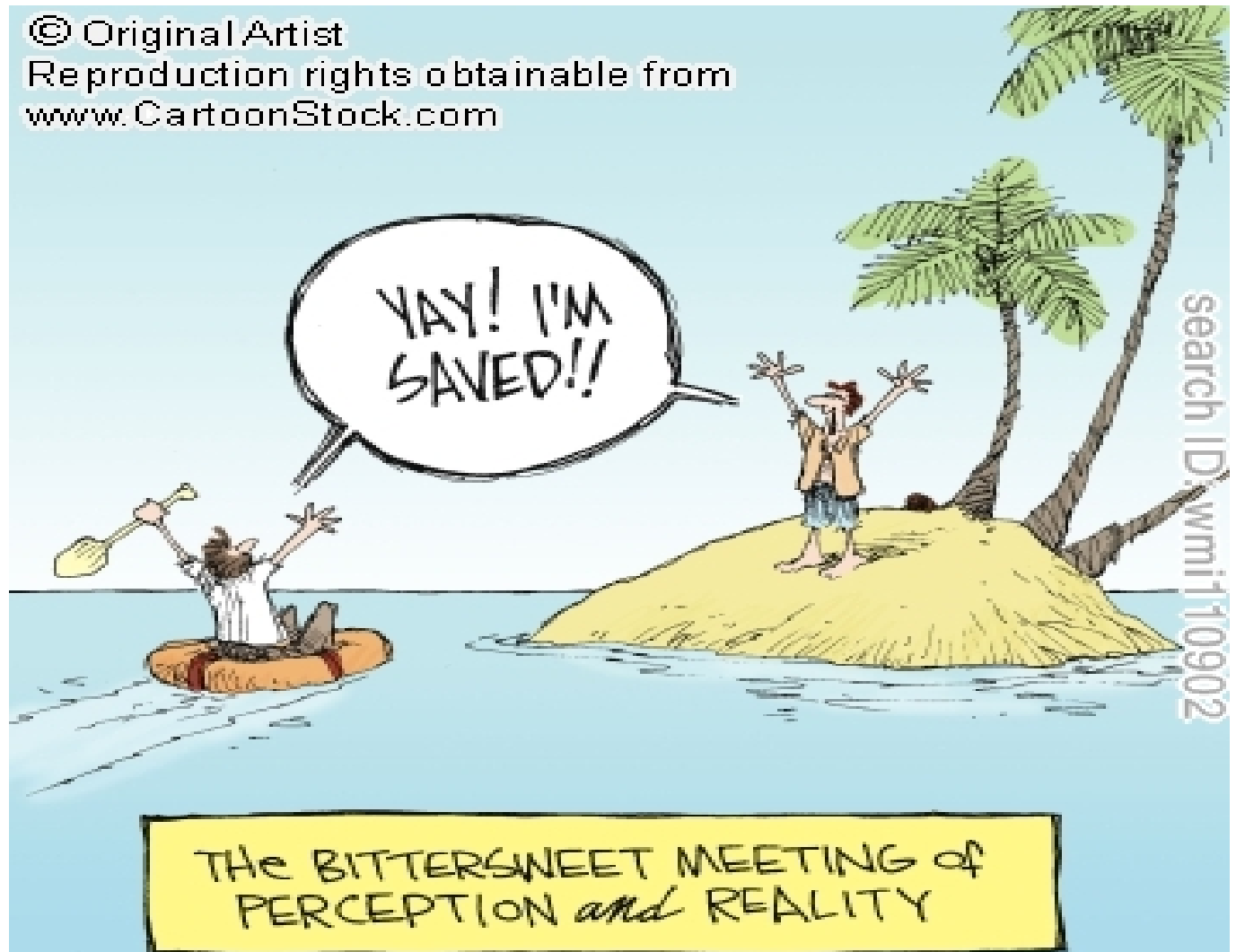
- Who am I?
- What am I doing here?
- What is my connection with the world around me?
- How can I make the most of the inner and outer resources I have to go through life in the best way possible?
- What are the life principles i value?
- What makes me happy?

Sukha – Excellent Spaces

- What is the quality of your inner and outer spaces?
- What are the 'Colour' filters on your doors and windows? How transparent are your window panes?
- What are the pillars / termites of your structures?

Perceptions & Aperceptions

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Main Directions






Yoga

Root 'Yuj'

To Unite

To Dissolve



Uniting what with what?
Dissolving what into what?

Who am i?

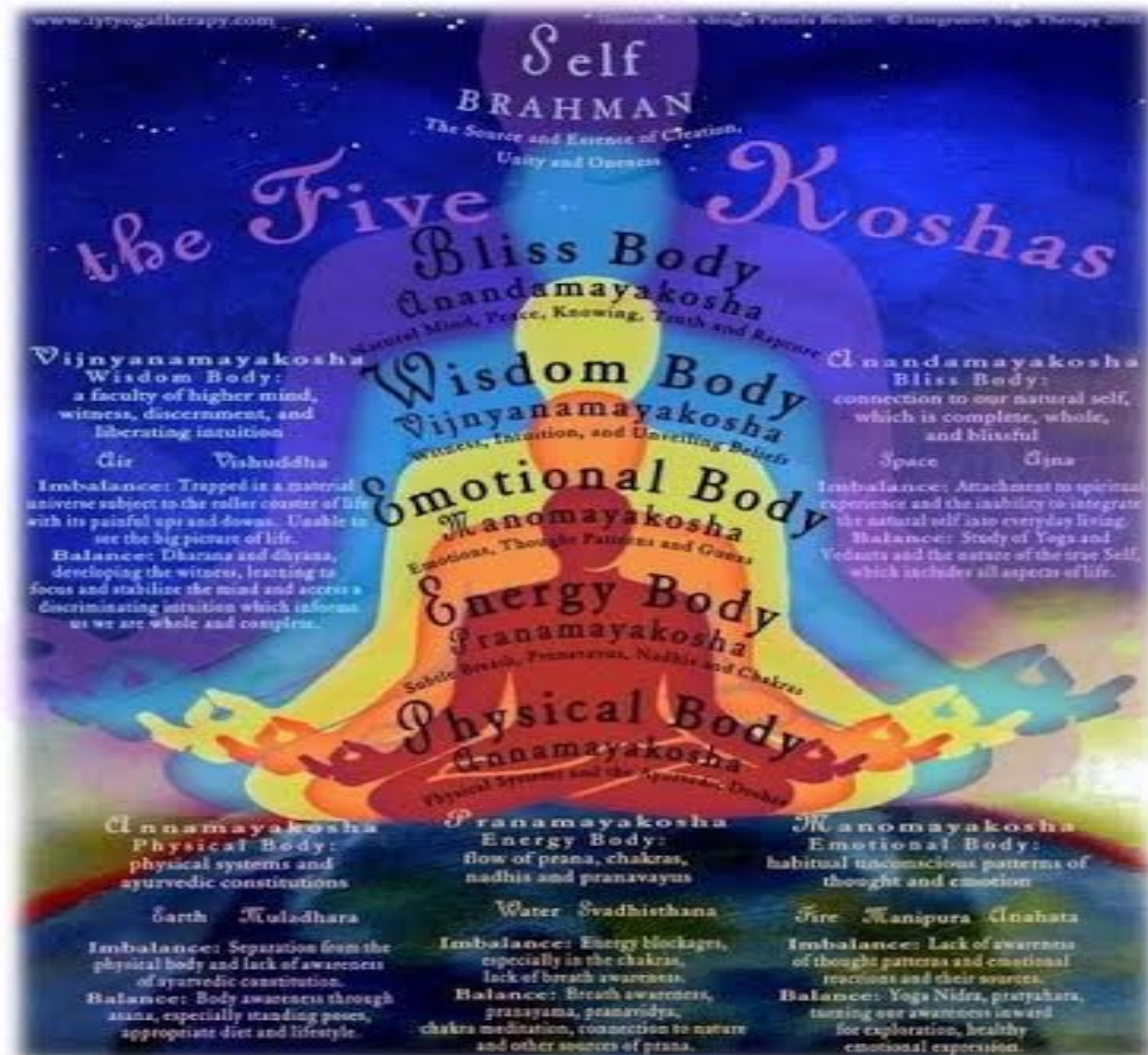
Body?

Emotions?

Mind?

Soul / Spirit/ Energy?

Pañcakośa Theory





Intrinsic qualities of underlying Consciousness/ Energy

sat

pure existence

cit


pure awareness

ānanda

pure bliss

Exercise II - Alignments

- Close your eyes and bring your body into an sitting alignment
- Keeping eyes closed stand up keeping alignment
- Stretch arms over the head parallelly towards the ceiling
- Go on toes retaining alignment
- Come back on feet
- Shift weight on heels maintaining alignment
- Observe different factors in the body responsible for maintaining alignments
- Open eyes – appreciate the importance of aligned posture , its impact on attitudes and the impressions it creates about us around us



Power of Alignments of
'frequencies'
become like a laser
what it points to it transforms

Empowering Self
to
Empower Others



Direction of Yoga Psychology

svarāt

(mastery of self)

TO

samrāt

(mastery over others)

Journey of Yoga – Some definitions

Regulating the inputs into the ‘system’

taṁ yogamiti manyante sthirāmindriya dhāraṇām.

That (practice) is regarded as yoga
by which the senses are held firmly.

- Kathopaniṣad 2.6.11 -
(First definition of Yoga)

Journey of Yoga – Some definitions

**Managing the processing within the
‘system’**

Yogaś-citta-vṛtti-nirodhaḥ

Yoga is the cessation of mental movements.

-Yogasūtra 1.2 -

Consequences on Mind-stuff

- Lesser 'noise' => more peaceful and focused
- Greater clarity => more 'enlightened'
=> Better decision making abilities
- Better breathing => more oxygination
=> Better health
- More freedom from *vāsanās* (propensities) based on past karmas (actions) that leave behind *saṁskāras* (impressions) thus leading to new *karma-phala* (fruits of actions)

Results

Determining the output from the ‘system’

Yogaḥ karmasu kauśalam.

(Institute Motto)

Yoga is skill in works.

-Bhagavadgītā 2.50 -

How well do I know me?

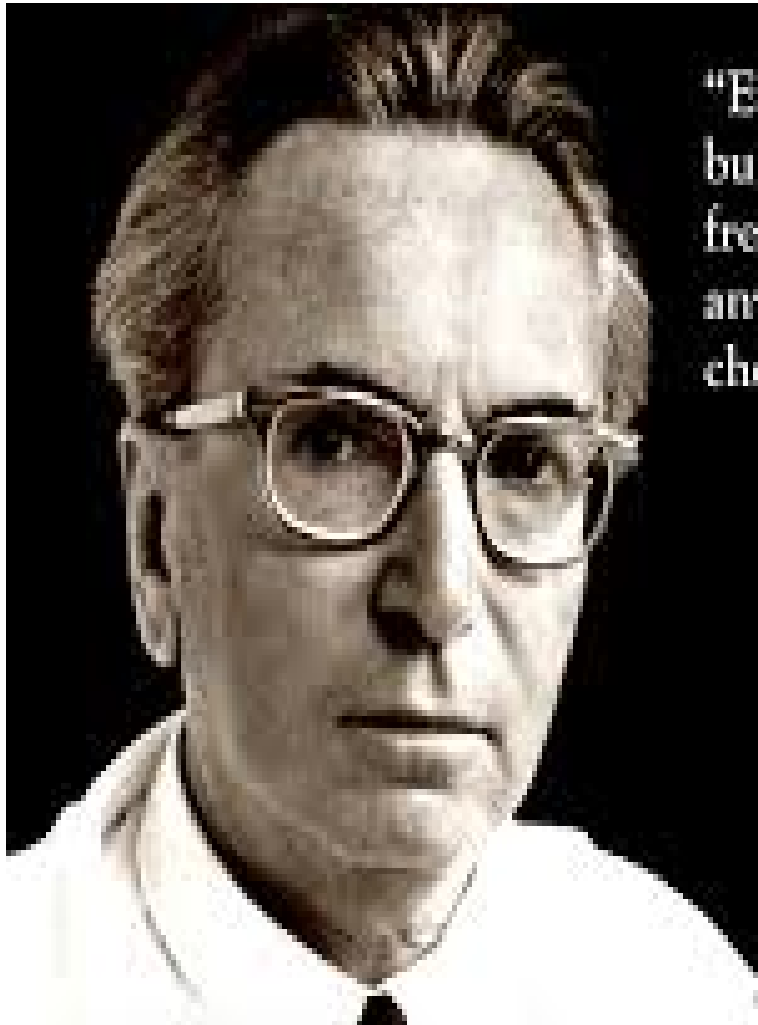
- What have you done in your life that you are most proud of?
- What do you love doing without feeling tired? Explain.
- What stops you from quitting a bad job or a bad relationship?
- Which memory makes you feel most ashamed about yourself? Have you overcome it? How can overcome it in the best way possible?
- What do you want people to remember you as/for? Have you taken some steps towards achieving that?
- What is the most important value for you in life? How do you practise it?
- How would you like others to perceive you? Is there a gap between how you see yourself and how others see you? What do you think is causing that gap?
- How confident are you in your abilities to make decisions for yourself?
- What is one failure that you have turned into your greatest lesson?
- Do you have a purpose in life? What is it?

Knowing Others - Interconnected



At a fundamental level
None other than I with a different composition

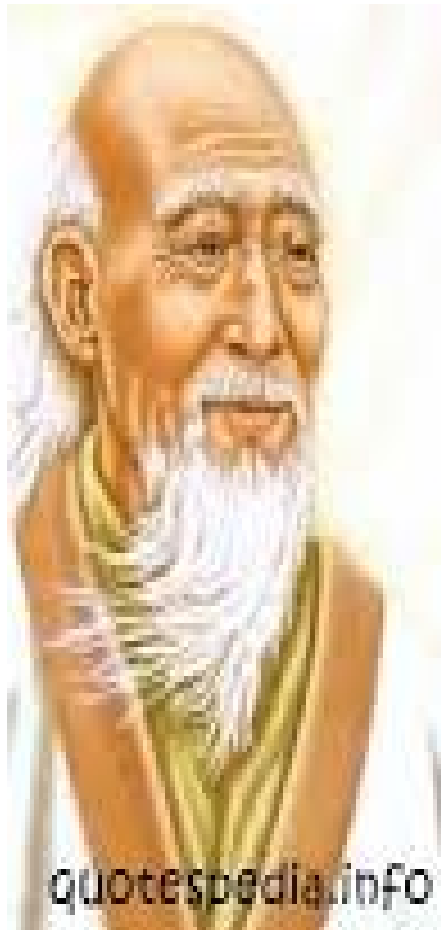
Ultimate Freedom



"Everything can be taken from a man but one thing: the last of the human freedoms—to choose one's attitude in any given set of circumstances, to choose one's own way."

Viktor E. Frankl

Wisdom Tip – The Larger Picture



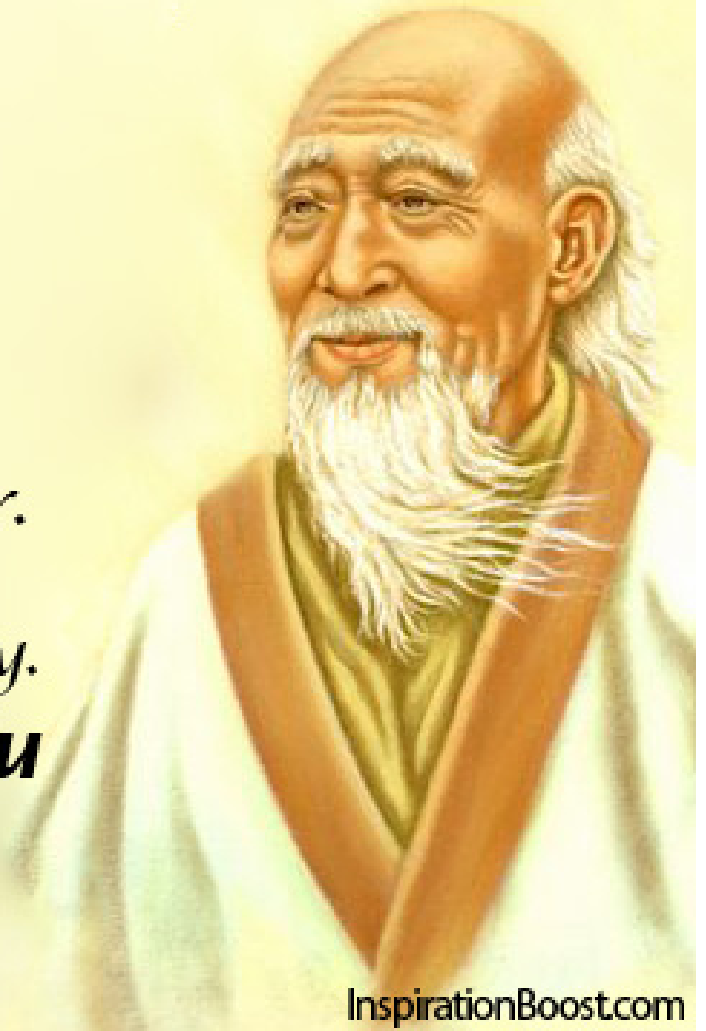
Knowing others is wisdom,
knowing yourself is
Enlightenment.

Lao Tzu

Wisdom tip – Focusing on Details

*Watch your thoughts;
They become words.
Watch your words;
They become actions.
Watch your actions;
They become habits.
Watch your habits;
They become character.
Watch your character;
It becomes your destiny.*

Lao Tzu



Know Yourself



Journey from self to SELF



Thank you!

Happy
Individual and Collective
Journeys