

<ul style="list-style-type: none"> <li>• <b>Consciousness</b> - awareness of immediate experience/surrounding</li> <li>• Structuralism vs. Functionalism <ul style="list-style-type: none"> <li>○ <b>Structuralism</b> - analyze consciousness into its basic elements and study how these were related</li> <li>○ <b>Functionalism</b> - focus on the function or purpose of consciousness rather than its structure.</li> </ul> </li> <li>• <b>Behaviourism</b> - It stated that scientists should only study observable behaviour and that consciousness should be abandoned because ultimately, consciousness and perceptions are private events and cannot be objectively verified.</li> <li>• <b>Humanism</b> - is the approach that emphasizes the unique qualities of humans, personal freedom, and personal growth.</li> <li>• <b>Panch-kosha-Model</b> (Taittiriya Upanishad): <ul style="list-style-type: none"> <li>○ Anand-m-k – bliss</li> <li>○ Vijnana-m-k – Intuition/Higher Intelligence</li> <li>○ Mano-m-k – Mind</li> <li>○ Prana-m-k – Life-energy (emotion)</li> <li>○ Anna-m-k – body</li> </ul> </li> <li>• Spectrum of consciousness – All of reality (from gross to subtle level) <ul style="list-style-type: none"> <li>○ Involution/evolution</li> </ul> </li> <li>• Mind is where differentiation b/w people start</li> <li>• <b>Sat-cit-anand</b> <ul style="list-style-type: none"> <li>○ Sat – exists(truth)</li> <li>○ Cit – self-aware (knowledge)</li> <li>○ Anand – bliss</li> </ul> </li> <li>• Brahma – Ever expanding conscious stuff</li> <li>• <b>Core of Indian Psychology</b> – Connecting to our real essence</li> <li>• Human being – combination of these <b>vibratory patterns</b>: (states of reality) <ul style="list-style-type: none"> <li>○ <b>Sattva</b> – absolute stability</li> <li>○ <b>Rajas</b> – mixture of clarity and confusion</li> <li>○ <b>Tamas</b> – full of confusion</li> </ul> </li> <li>• <b>Hatha yoga</b> (physical)- as a torch to remove ignorance <ul style="list-style-type: none"> <li>○ <b>Asanas</b> – how to make body require complex postures</li> <li>○ <b>Pranayam</b> – Breath</li> <li>○ <b>Bandhas</b> – human body – tube of holes (we close them, create pressure)</li> <li>○ <b>Mudras</b> – diff kind of finger gestures to complete different brain paths</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>Sukha</b>: <ul style="list-style-type: none"> <li>○ <b>Su</b> – good</li> <li>○ <b>Kha</b> – sense/space (space – external/internal – need to keep both optimal)</li> </ul> </li> <li>• <b>Bhakti Yoga</b> (emotional) – what we can give (selflessness) <ul style="list-style-type: none"> <li>○ Devotion, connecting to divine, tap into universal love</li> </ul> </li> <li>• <b>Jnana Yoga</b> – yoga of mind <ul style="list-style-type: none"> <li>○ Knowledge and wisdom</li> <li>○ Reading yogic texts and self-observation</li> <li>○ Viveka increases</li> </ul> </li> <li>• <b>Shreyas</b> – Good choices – conscious choice -viveka</li> <li>• <b>Preyas</b> – Pleasure – instinct - sensory gratification</li> <li>• <b>Maslow’s Hierarchy of Need</b> <ul style="list-style-type: none"> <li>○ <b>Self-actualization needs</b> – give to society - Seeks fulfilment of personal potentials</li> <li>○ <b>Self-esteem needs</b> – fulfil passion - Seeks recognition through achievements</li> <li>○ <b>Belongingness needs</b> – friends - Seeks affiliation with a group</li> <li>○ <b>Safety needs</b> – money - Seeks security and safety through order</li> <li>○ <b>Physiological needs</b> (survival) - water, food, sleep</li> </ul> </li> <li>• <b>Mindful Decision Making</b> (MDM) – viveka – larger purpose – no biases, evaluate it <ul style="list-style-type: none"> <li>○ 5 Steps: <ul style="list-style-type: none"> <li>▪ Classify – long term / short term</li> <li>▪ Identify purpose</li> <li>▪ Make informed decision</li> <li>▪ Remove biases</li> <li>▪ evaluate</li> </ul> </li> </ul> </li> <li>• <b>Grand Unified Theory</b>: <ul style="list-style-type: none"> <li>○ <b>Satyam</b> – Truth</li> <li>○ <b>Brihat</b> – Vast</li> <li>○ <b>Ritam</b> – Right (understanding of T/F)</li> </ul> </li> <li>• <b>Karma</b> – actions</li> <li>• <b>Sanakara</b> – memory/impressions</li> <li>• <b>Vasana</b> - tendency</li> <li>• <b>Sturas</b>: <ul style="list-style-type: none"> <li>○ <b>Samadhi pada</b></li> <li>○ <b>Vibhuti pada</b> <ul style="list-style-type: none"> <li>▪ Follow these two to get siddhis</li> </ul> </li> </ul> </li> </ul>	<p>State of Mind and Gunas:</p> <ul style="list-style-type: none"> <li>• Three Gunas: <ul style="list-style-type: none"> <li>○ <b>Sattwa</b> – goodness, calmness</li> <li>○ <b>Rajas</b> – passion, activity, movement</li> <li>○ <b>Tamas</b> – ignorance, laziness, darkness, illusion</li> </ul> </li> <li>• 5 Yogic states: (Guna - state) <ul style="list-style-type: none"> <li>○ <b>Moodha state</b> - Tamas (lazy state of mind)</li> <li>○ <b>Kshipta State</b> – Rajas (chaotic state)</li> <li>○ <b>Vikshipta state</b> (Concentration + Unsteadiness) - Rajas + sattva – oscillating state-partially focused</li> <li>○ <b>Ekagrata state</b> – one pointedness – desired state</li> <li>○ <b>Nirodha state</b> – all gunas absent – fully absorbed mind</li> </ul> </li> </ul> <p><b>Four Chapters on Freedom:</b></p> <ul style="list-style-type: none"> <li>• Four requirements of text: <ul style="list-style-type: none"> <li>○ <b>Vishaya</b> – topic</li> <li>○ <b>Prayojana</b> – purpose</li> <li>○ <b>Adhikari</b> – target audience</li> <li>○ <b>Sambandha</b> – rel b/w above three</li> </ul> </li> </ul> <p>Yogasutra – 195 sutras – (4 parts -padas)</p> <ul style="list-style-type: none"> <li>• Four Padas: <ul style="list-style-type: none"> <li>○ <b>Samadhipada</b> – enlightenment-silence our mind</li> <li>○ <b>Sadhanapada</b> – process to achieve samadhi</li> <li>○ <b>Vibhutipada</b> – experience after attaining samadhi</li> <li>○ <b>Kaivalyapada</b> – attain psychic powers</li> </ul> </li> <li>• <b>Vritti</b> – Circular pattern that keeps blocking our being (same thoughts over and over)</li> <li>• We become slave to the story our mind creates.</li> <li>• Two classes of thoughts/ mind patterns: <ul style="list-style-type: none"> <li>○ <b>Klista</b> – complex thought pattern</li> <li>○ <b>Aklista</b> – Simple thought pattern <ul style="list-style-type: none"> <li>▪ There are five types of thoughts(vrittis) that can either be klista or aklista</li> </ul> </li> </ul> </li> <li>• <b>Samadhipada</b> – enlightenment – 51 sutras <ul style="list-style-type: none"> <li>○ Try to scilence mind</li> <li>○ <b>5 types of vrittis</b> <ul style="list-style-type: none"> <li>▪ <b>Pramana</b> – source of right knowledge <ul style="list-style-type: none"> <li>• Pratyaksha</li> <li>• Annmana</li> <li>• Agama</li> </ul> </li> <li>▪ <b>Viprayaya</b> – Wrong knowledge</li> <li>▪ <b>Vikalpa</b> – Fancy, imagination</li> <li>▪ <b>Nidra</b> – state sleep</li> <li>▪ <b>Smriti</b> – memory - already experienced it, stays in memory</li> </ul> </li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>○ How to stop these five movements? <ul style="list-style-type: none"> <li>▪ <b>Abhayasa</b></li> <li>▪ <b>Vairagaya</b> – sense of detachment</li> </ul> </li> <li>• <b>Sadhanapada</b> – how to get samadhi? <ul style="list-style-type: none"> <li>○ 5 kind of complex thought patterns -&gt; klista <ul style="list-style-type: none"> <li>▪ Avidya</li> <li>▪ Asmita</li> <li>▪ Raga</li> <li>▪ Dvesa</li> <li>▪ Abhiniyesa</li> </ul> </li> <li>○ To overcome – <b>Astangayoga</b></li> <li>○ 5 yamahas (self-restarints): <ul style="list-style-type: none"> <li>▪ Ahimsa</li> <li>▪ Satya</li> <li>▪ Asteya: honesty</li> <li>▪ Brahmacharya</li> <li>▪ Aparigraha</li> </ul> </li> <li>○ 5 niyamas: <ul style="list-style-type: none"> <li>▪ Saucha - clealiness</li> <li>▪ Santosa- contentment</li> <li>▪ Tapah – tapas</li> <li>▪ Savadhyaya – selft study</li> <li>▪ Swara pranidhamini</li> </ul> </li> <li>○ Asanas – position where you are comfortable</li> <li>○ Pranayamah – focus attention on breathings</li> <li>○ Pratyahara –</li> <li>○ Dharana – concentration</li> <li>○ Dhayana – concentration becomes flow</li> <li>○ Samadhi – continuous flow with 1 thing</li> <li>○ Astangyoga 8 parts: <ul style="list-style-type: none"> <li>▪ Yamah</li> <li>▪ Niyamah</li> <li>▪ Asama</li> <li>▪ Pranayama</li> <li>▪ Pratyahara</li> <li>▪ Dharana</li> <li>▪ Dhyana</li> <li>▪ samadhi</li> </ul> </li> </ul> </li> </ul>
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