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| * **Consciousness** - awareness of immediate experience/surrounding * Structuralism vs. Functionalism   + **Structuralism** - analyze consciousness into its basic elements and study how these were related   + **Functionalism** - focus on the function or purpose of consciousness rather than its structure. * **Behaviourism** - 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. * **Humanism** - is the approach that emphasizes the unique qualities of humans, personal freedom, and personal growth. * **Panch-kosha-Model (**Taittiriya Upanishad):   + Anand-m-k – bliss   + Vijnana-m-k – Intuition/Higher Intelligence   + Mano-m-k – Mind   + Prana-m-k – Life-energy (emotion)   + Anna-m-k – body * Spectrum of consciousness – All of reality (from gross to subtle level)   + Involution/evolution * Mind is where differentiation b/w people start * **Sat-cit-anand**   + Sat – exists(truth)   + Cit – self-aware (knowledge)   + Anand – bliss * Brahma – Ever expanding conscious stuff * **Core of Indian Psychology** – Connecting to our real essence * Human being – combination of these **vibratory patterns**: (states of reality)   + **Sattva** – absolute stability   + **Rajas** – mixture of clarity and confusion   + **Tamas** – full of confusion * **Hatha yoga** (physical)- as a torch to remove ignorance   + **Asanas** – how to make body require complex postures   + **Pranayam** – Breath   + **Bandhas** – human body – tube of holes (we close them, create pressure)   + **Mudras** – diff kind of finger gestures to complete different brain paths | * **Sukha**:   + **Su** – good   + **Kha** – sense/space (space – external/internal – need to keep both optimal) * **Bhakti Yoga** (emotional) – what we can give (selflessness)   + Devotion, connecting to divine, tap into universal love * **Jnana Yoga** – yoga of mind   + Knowledge and wisdom   + Reading yogic texts and self-observation   + Viveka increases * **Shreyas** – Good choices – conscious choice -viveka * **Preyas** – Pleasure – instinct - sensory gratification * **Maslow’s Hierarchy of Need**   + **Self-actualization needs** – give to society - Seeks fulfilment of personal potentials   + **Self-esteem needs** – fulfil passion - Seeks recognition through achievements   + **Belongingness needs** – friends - Seeks affiliation with a group   + **Safety needs** – money - Seeks security and safety through order   + **Physiological need**s (survival) - water, food, sleep * **Mindful Decision Making** (MDM) – viveka – larger purpose – no biases, evaluate it   + 5 Steps:     - Classify – long term / short term     - Identify purpose     - Make informed decision     - Remove biases     - evaluate * **Grand Unified Theory**:   + **Satyam** – Truth   + **Brihat** – Vast   + **Ritam** – Right (understanding of T/F) * **Karma** – actions * **Sanakara** – memory/impressions * **Vasana** - tendency * **Sturas**:   + **Samadhi pada**   + **Vibhuti pada**     - Follow these two to get siddhis | State of Mind and Gunas:   * Three Gunas:   + **Sattwa** – goodness, calmness   + **Rajas** – passion, activity, movement   + **Tamas** – ignorance, laziness, darkness, illusion * 5 Yogic states: (Guna - state)   + **Moodha state** - Tamas (lazy state of mind)   + **Kshipta State** – Rajas (chaotic state)   + **Vikshipta state** (Concentration + Unsteadiness) - Rajas + sattva – oscillating state-partially focused   + **Ekagrata state** – one pointedness – desired state   + **Nirodha state** – all gunas absent – fully absorbed mind   **Four Chapters on Freedom:**   * Four requirements of text:   + **Vishaya** – topic   + **Prayojana** – purpose   + **Adhikari** – target audience   + **Sambandha** – rel b/w above three   Yogasutra – 195 sutras – (4 parts -padas)   * Four Padas:   + **Samadhipada** – enlightenment-silence our mind   + **Sadhanapada** – process to achieve samadhi   + **Vibhutipada** – experience after attaining samadhi   + **Kaivalyapada** – attain psychic powers * **Vritti** – Circular pattern that keeps blocking our being (same thoughts over and over) * We become slave to the story our mind creates. * Two classes of thoughts/ mind patterns:   + **Klista** – complex thought pattern   + **Aklista** – Simple thought pattern     - There are five types of thoughts(vrittis) that can either be klista or aklista * **Samadhipada** – enlightenment – 51 sutras   + Try to scilence mind   + **5 types of vrittis**     - **Pramana** – source of right knowledge       * Pratyaksha       * Annmana       * Agama     - **Viprayaya** – Wrong knowledge     - **Vikalpa** – Fancy, imagination     - **Nidra** – state sleep     - **Smriti** – memory - already experienced it, stays in memory | * + How to stop these five movements?     - **Abhayasa**     - **Vairagaya** – sense of detachment * **Sadhanapada** – how to get samadhi?   + 5 kind of complex thought patterns -> klista     - Avidya     - Asmita     - Raga     - Dvesa     - Abhiniyesa   + To overcome – **Astangayoga**   + 5 yamahas (self-restaraints):     - Ahimsa     - Satya     - Asteya: honesty     - Brahmacharya     - Aparigraha   + 5 niyamas:     - Saucha - clealiness     - Santosa- contentment     - Tapah – tapas     - Savadhyaya – selft study     - Swara pranidhamini   + Asanas – position where you are comfortable   + Pranayamah – focus attention on breathings   + Pratyahara –   + Dharana – concentration   + Dhayana – concentration becomes flow   + Samadhi – continuous flow with 1 thing   + Astangyoga 8 parts:     - Yamah     - Niyamah     - Asama     - Pranayama     - Pratyahara     - Dharana     - Dhyana     - samadhi |