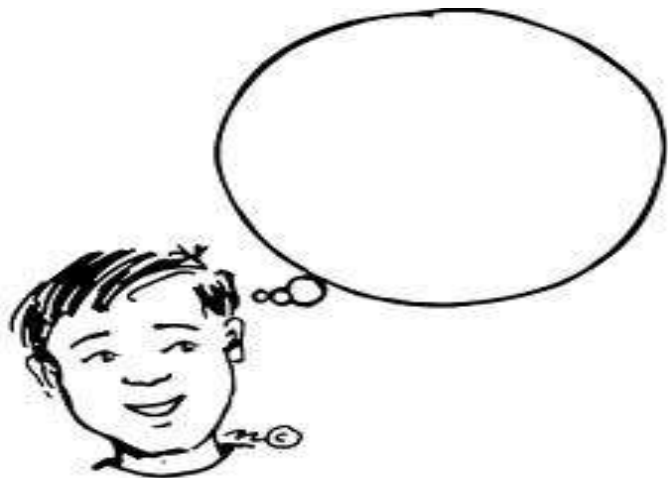




# Do we think and how

What goes on in the brain when we are thinking?

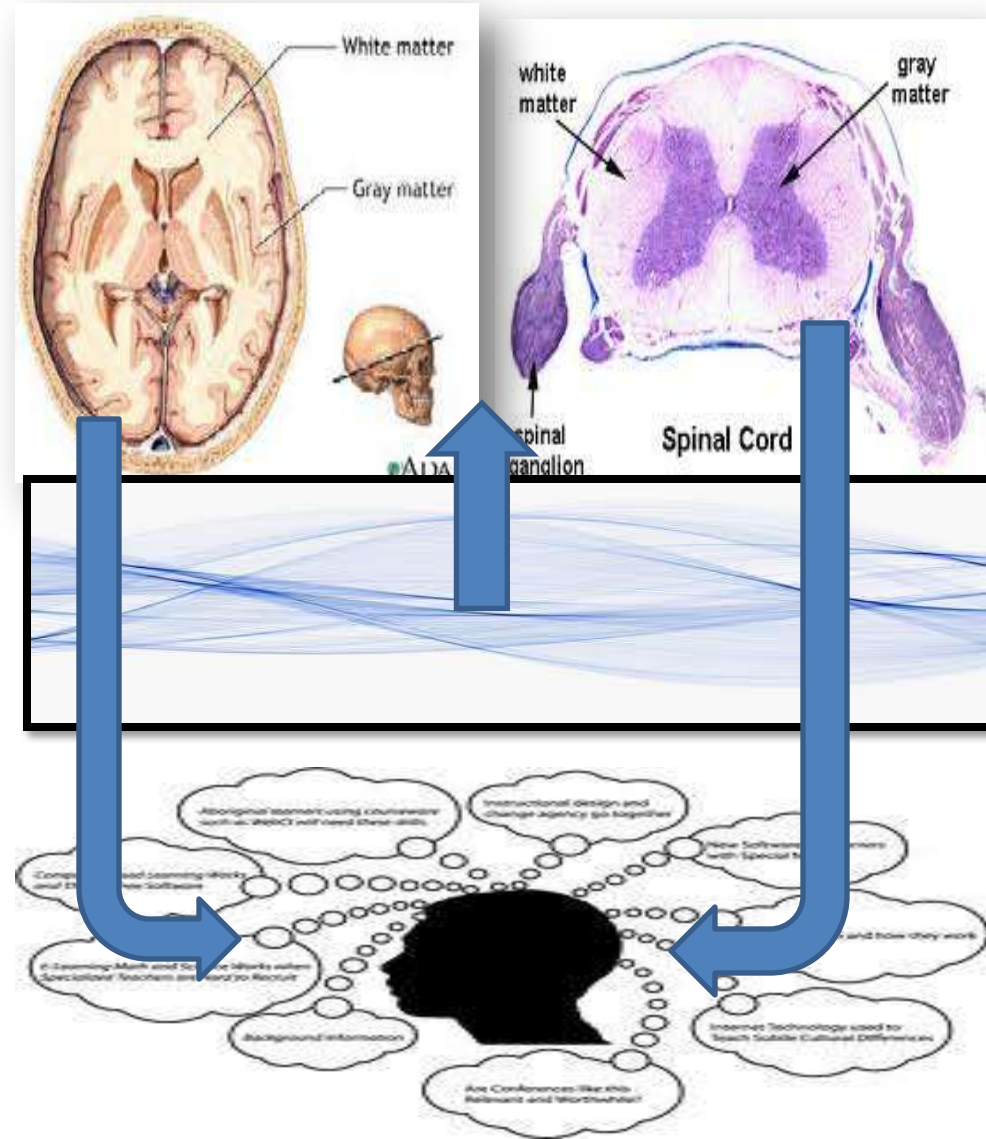


# What becomes my thought?

**Q.**What operations take place in the grey matter when we think?

A.

1. **Coded impulses** are received by the brain from the five senses, and at appointed spots in the grey matter are **decoded**.
  2. This decoding is what one calls thinking and whilst emerging out of the appointed spots in the grey matter it is called '**pure mind-energy**'.
  3. This outgoing decoded impulse can be either held in suspense i.e. '**filed or closed**' (=given no outward expression),
  4. or could be expressed by words or actions.
- The 'filed' outgoing impulse is **suppressed thought**.  
the expression of an outgoing impulse in words or deeds is called **action**.



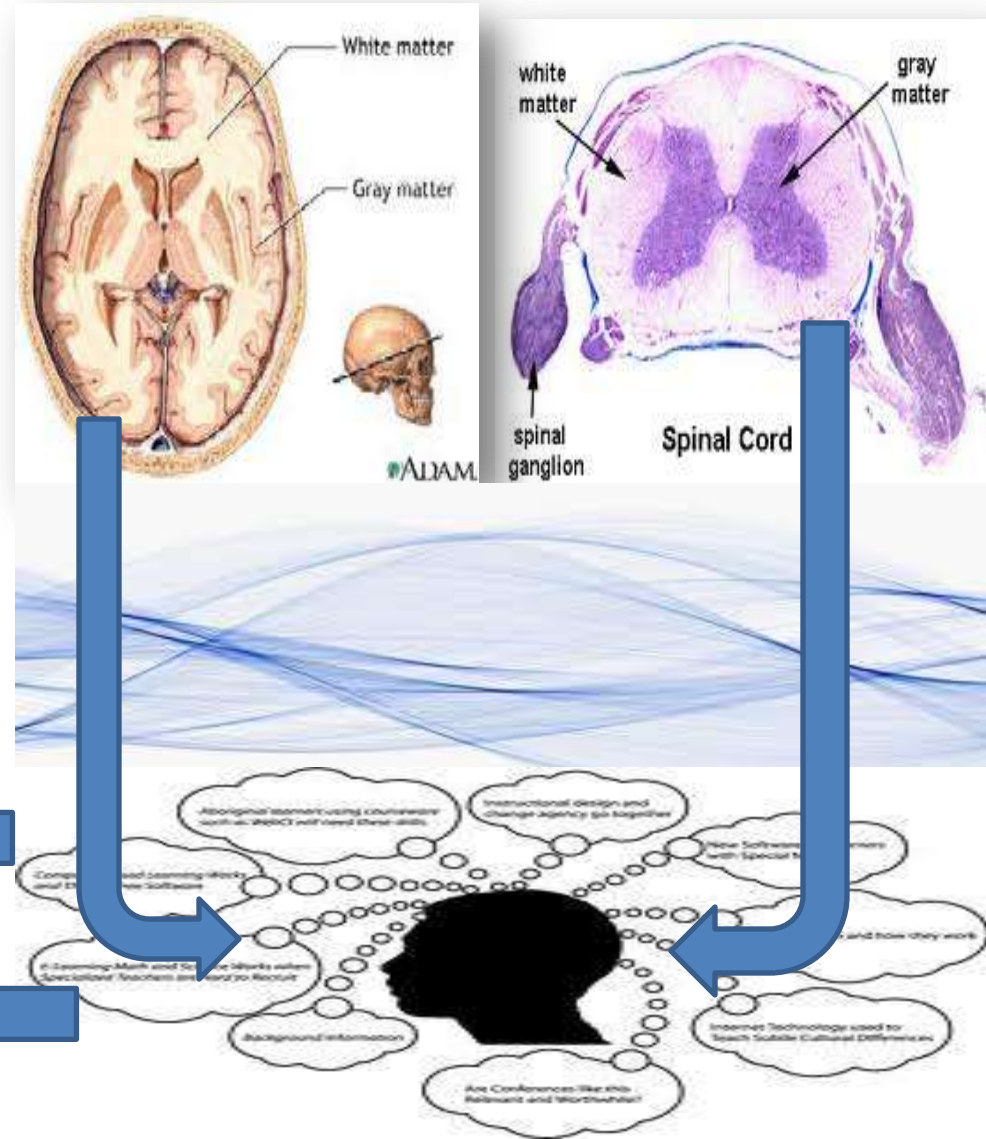
# Action / karma wrongly understood

X. Action is normally understood in Yoga as a function of Karma; which is wrong understanding about karma.

\*Actually, it is the emerging 'outgoing' impulse (from the appointed centers in the brain) which, in its **pristine state** of pure or 'unexpressed' mind-energy, is called Karma.+

The specific expression in words or acts is further modified by the dictates of culture, character, education, circumstances, environment, individual health, etc.

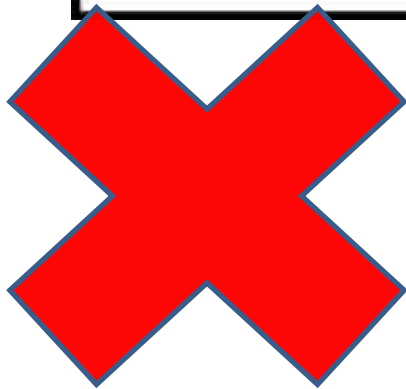
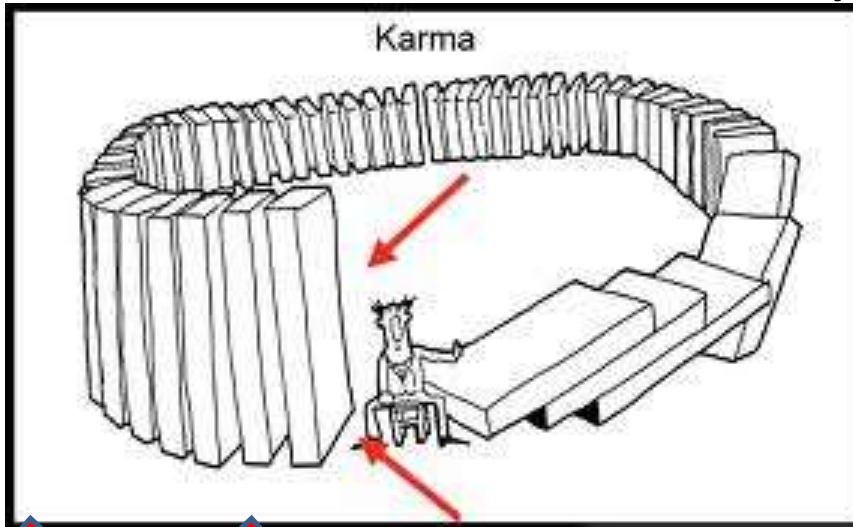
- +As understood in the sense of a creative energy.





Karma is not bad or good karma.

**karma is movement a step** towards. Towards what ?  
Towards the knowing or towards or away from the  
way.



# Injudicious use of Free will in thinking

- In breathing and eating an injudicious use of our free will would soon cause trouble and thus call attention to it. In thinking, however, it is felt to be one's own absolute domain ordained to be free from any kind of excess or misuse. We are, therefore, tempted to feel that we are safe with whatever misuse of free will we indulge in and assume there will be no trouble.
- This is a wide domain where one feels "I am the master of all I survey, my right there is none to dispute". In this domain some paint pictures, some compose songs or music, some do day-dreaming, some cross bridges before coming to them, some make progress, some go over the past and some visualize the future. Everyone is confident that this is absolute private ground and is all harmless; for we have as yet given nothing to expression in words or acts. One perhaps even feels that no Karma has been created!
- **As we cannot breath and eat anything that comes our way, we select and choose to be healthy, so we cant take in any thought that comes our way. Be choosy in thoughts, films , songs, daily talks, sms's etc when u take in and accept.**



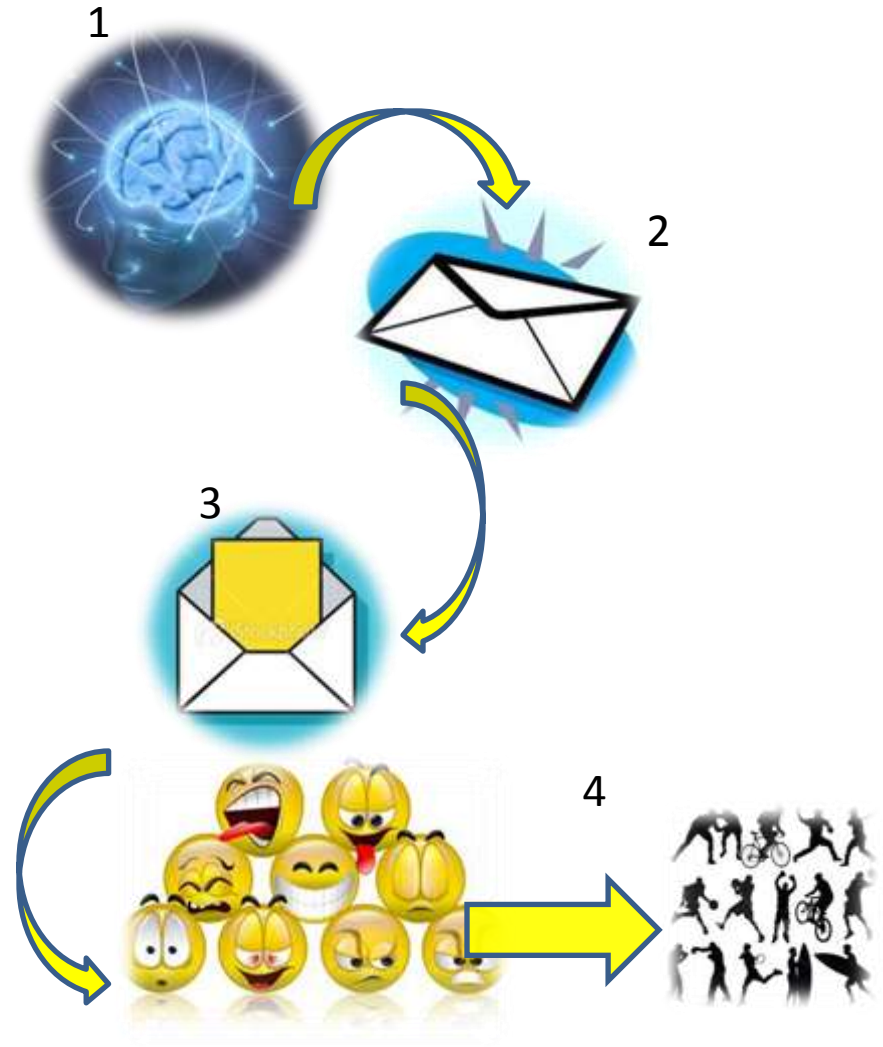
# Restrain vs free will

- We normally don't use FREE WILL small things.
  - We do what ever our instinct says or does.
  - This doesn't let a solid foundation to develop in the core of our personality.
  - Story of god and the fruit without the seed
- Restrain in small desires is the only way to do the exercise and develop mental muscles.
  - Each time we willingly do some thing against our desire. Or choose to work without expecting any reward or payment form, we develop the tiny muscle of solid core. This core cannot be disturbed as no disturbance has created this.



# Waves after decoding has 4 stages:

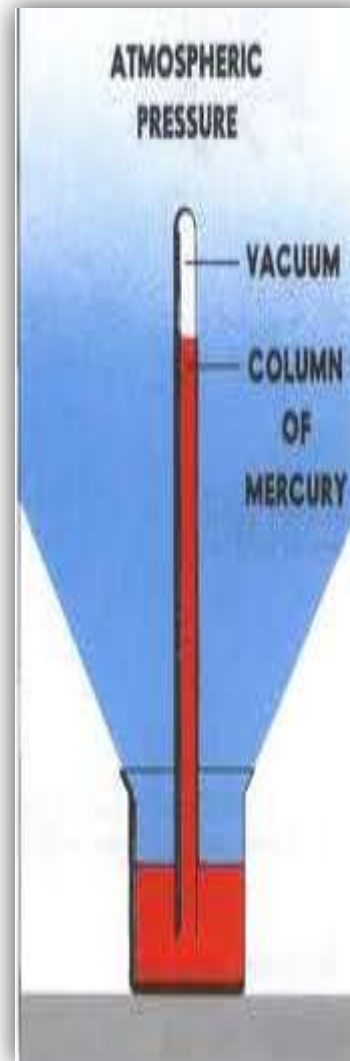
- The four states resulting after coded impulses have been received by the brain and decoded are :
- 1. Pure mind-energy** state,
  - Held in abeyance state, i.e. **thoughts suppressed**,
  - Pure mind-energy not expressed in acts but in words or '**mental pictures**' i.e. : day-dreaming,
  - Pure mind-energy expressed in **feeling and acts**.





# Pressure of LAW on the thoughts

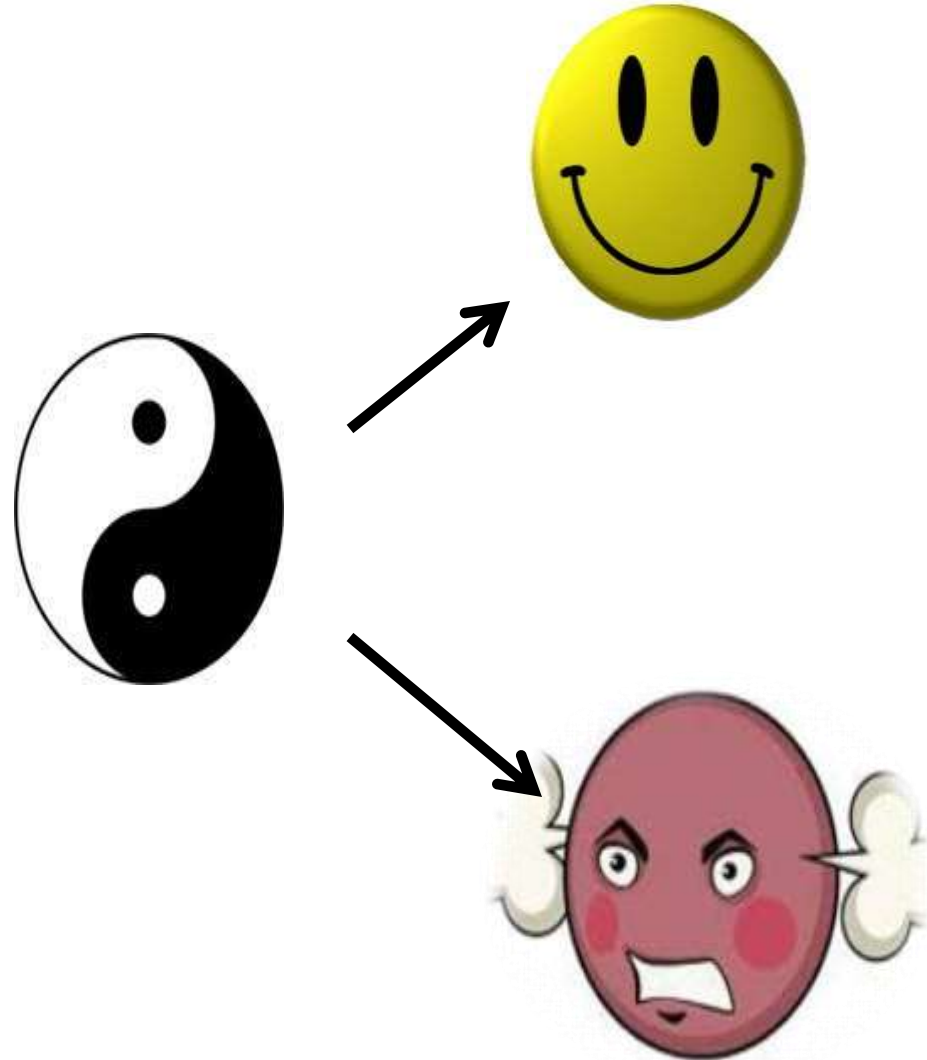
- *“Actions will be judged according to their intentions. That which is lawful is clear and that which is unlawful likewise, but there are certain doubtful things between the two from which it is equally well to abstain.”*
- **If u don't understand some thing whether its right or wrong don't attempt till you find out.**
- *We say, however, that there is no difference between the four states explained above though there may be difference in the eyes of the law. As free as the texture of the thought is basically, so is our free will in the pure mind-energy state.*
- **Its more easy to control PME than thoughts suppressed . And thoughts suppressed is easier to control than feelings ,actions. So practice restrain on thoughts .**





# Patanjali one of the first mind scientist

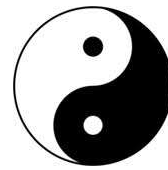
- Patanjali in his Yoga Sutra, Book I, very clearly explains what is so difficult even in our days. He writes :
- *Book I Stanzas*
- 5. The mind's states are five and are subject to pleasure or pain; they are painful or not-painful.
- **Pain and pleasure is the button that can push us anywhere. But we can go beyond these buttons**



# Five modif of mind

6. These modifications (activities) are

- correct knowledge,
- incorrect knowledge,
- Fancy (imagination)
- passivity (sleep) and
- memory.

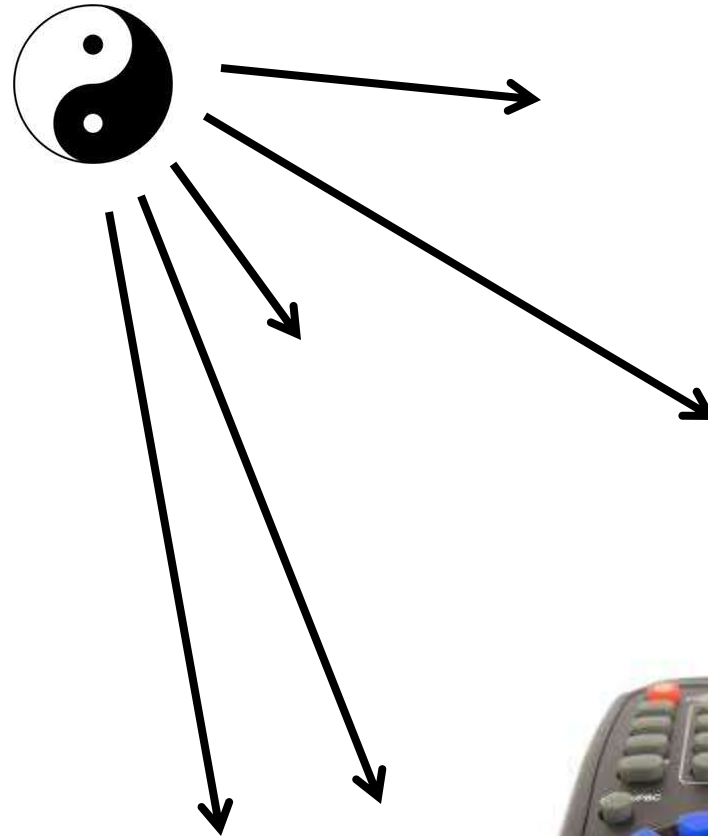


...can analyze and ...  
...the mix of activities  
...performed in terms of the  
...a **knowledge** base for  
...proprietary knowledge ...  
...peers as a means of  
...understanding communication



# Control of 5 modif

12. The control of these modifications of **the internal organ of the mind**, is to be brought about *through*
- a. ***tireless endeavour*** and
  - b. non-attachment.

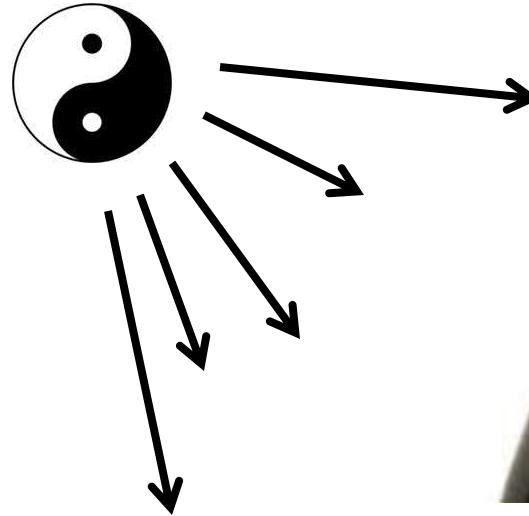


# Control of 5 modif

12. The control of these modifications of the internal organ of the mind, is to be brought about *through*

- a. *tireless endeavour* and
- b. *through non-attachment*.

13. *Tireless endeavour is the constant effort to restrain the modifications of the mind. (Use of free will in trifles).*



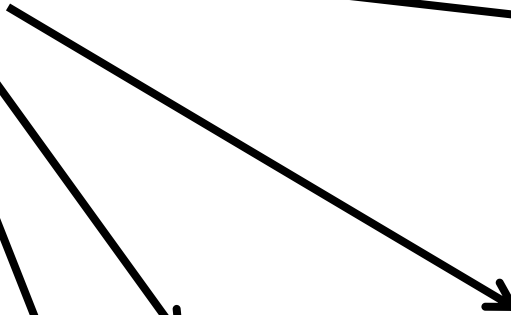
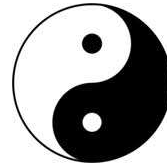
The stone is broken by the last stroke. This does not mean that first stroke was useless. Success is the result of CONTINUOUS EFFORT





# Control of 5 modif

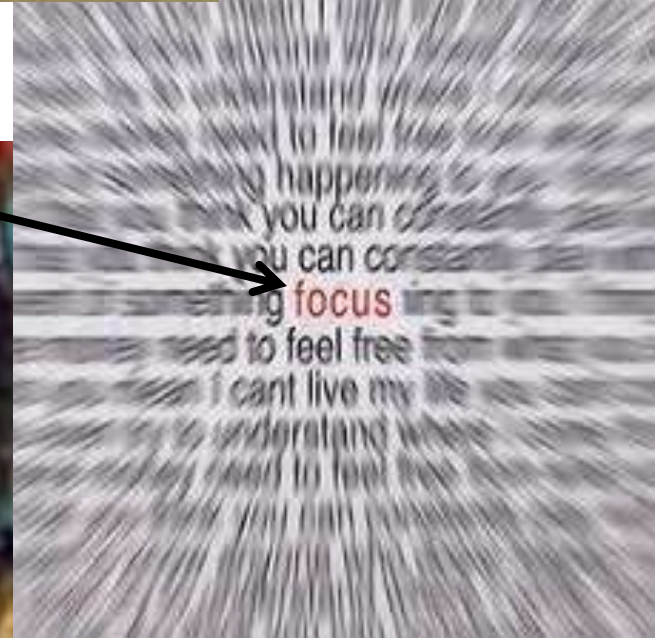
14. When the object to be gained is sufficiently valued, and the efforts towards its attainment are persistently followed without intermission, then the steadiness of the mind (restraint of the Chitta) is secured.



# 8 obst

30. The obstacle to original cognition are

1. Bodily disability,
2. Mental inertia,
3. Wrong questioning,
4. Carelessness,
5. Laziness,
6. Lack of dispassion,
7. Erroneous perception,
8. Inability to achieve concentration.





# 4 MTs (mental tools)

33. The peace of the Chitta (or the mind) can be brought about through the practice of four tools:

1. Sympathy,
2. Tenderness,
3. Steadiness of purpose and
4. Dispassion in regard to pleasure or pain :  
(Corrective methods).





# One superspear

34. The peace of the Chitta is also brought about by the regulation of the prana or life breath. (Three-step rhythmic breathing).





# Section 4 is very different from section1

37.The Chitta is stabilized and rendered free from illusion as the lower nature is purified and no longer indulged. (Change of the mind's 'basic ratio' or the development of the 'disinfection chamber' as will be shown later).

48. **His perception is now unflinchingly exact.**  
(Sections 2, 3 and 4 of mind developed)

49.This particular perception is unique and reveals that which the rational mind (using testimony, inference and dedication) cannot reveal. (The operation of the Sections 3 and 4 of mind; Sec. 1 of the mind has its limitations.)

- What we refer to as Section I of the 'grey matter' or brain, is mind Sec. I or what is in Yoga called Kama-manas = "mind tinged with feeling". It is mistakenly also called the "lower concrete mind".

