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## What is the Mind?

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### 1-2 Yoga? *Citta-V?tti-Nirodha?* - CVN

The state called *Yoga* naturally arises when we continuously practice directing (*nirodha?*) the cognitive processes (*v?tti-s*) of the mind (*citta*).

**The Mind ? Many Terms ? Many Roles *Manas* ? Mental processor - processes all**

sensations - leader of the senses ? etymologically related to the word ?man? or ?hu-man?. It can?t process outside information/knowledge (*vidya*) via the senses clearly because of ignorance/misperception (*avidya*). It has not applied knowledge through actions from deep within (*vivekam*) ? the *manomaya* (brain, 6<sup>th</sup> sense) level in *pancamaya* system.

**Ahamkara** ? Ego - believes it is in charge (the Master of the system) ? steals the *Cit*?s (Soul?s) power to direct our lives. It does not understand that *Cit* (Soul, Seat of Consciousness) is its Source. It is the interface between the *manomaya* (brain) and *vijn?namaya* (deep-seated applied knowledge) level in *pancamaya* system.

**Buddhi**? Deeper mind ? Values, deep seated *samsk?ra*-s (unconscious patterns/tendencies from this life and other lives). It must be trained to choose correctly and help the *manas* (brain) decide what to allow through its filter and what to reject. It is closest to the *Dra??a* (Active Perceiver, Soul). The more *sattvic* (pure) it is, the more *vivekam* (intuitive, unmediated wisdom) it has at its disposal. When it is able to listen to the whisperings of the Soul, it receives its unmediated perfect wisdom (*vivekam*), not based on the knowledge of senses or the brain (*indriya*-s/*manas*). It is able to reflect what the Soul (*Dra??a*) correctly determines is the best course of action for the least amount of suffering in any given situation. It is the *vijn?namaya* (deep seated applied knowledge) level in *pancamaya* system.

**Citta** - Individuated consciousness ?Part of *prak?ti* (mind-body-matter) ? Synonymous with *buddhi* since it too understands that *Cit* (*Pure Consciousness, Puru?a, Soul*) is its Source. **Citta(mind) is known by its 5 cognitive processes (*v?tti*-s) and is covered in *kle?a*-s (the 5 misperceptions of a clouded mind).** As it evolves, it becomes more *sattvic* (pure) with more *prajna-vivekam* (unmediated spontaneous intuition-wisdom from the Soul) and fewer *kle?a*-s (5 misperceptions).

The purpose of *Yoga* is to bring duality to Oneness. *Citta* (individuated consciousness) eventually merges back into its Source, *Cit* (pure consciousness). The mind?s purpose is to show the external world to the internal Soul and to reflect the Light of the Soul so that it remembers who IT is (IV,23). The *citta* (mind) serves the *Cit* (Soul) and cannot function without it. It has no purpose except to act as the servant to the Soul (*Cit*) rather than the false master (IV, 24 and II, 21). The mind (*citta*) is always changing while the Perceiver (*Cit*) is not (IV,19).

## Yoga Sutra Journal Questions for September

**How do you experience that state called Yoga in your daily life?** How do you uncover your natural state of Happiness and Joy? What activities help you reign in the untamed mind so that you can experience the Joy that naturally arises from that quiet state of body-mind? Can all of these activities promote that state of mind called *Yoga*? Can they all be considered *Yoga* practices?

Yoga Sutra [1]

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