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## What are the Five Cognitive Processes of the Mind?

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### I-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*).

### I-5 V?ttaya? pancatayya?-kli???kli??a?

The five *v?tti-s* can lead to a state of a mind clouded by misperception (by the 5 *kli?a-s* ? see

YS Ch II) OR an unclouded mind.

- The mind cannot give us lasting Happiness (?nanda). It can only bring us *duhkham* (mind clouded by the 5 *kle?a-s*) or *sukham* (pleasure and comfort that always turns into *duhkham*).
- The mind is not given a positive role in finding lasting Happiness. It can only give us unhappiness (a clouded mind) or NO unhappiness (neutral state with an unclouded mind). Only freeing the *Cit* (Soul) from the clouded mind that it sees through can give us lasting Happiness (?nanda)? *Kaivalyam* (Freedom).
- Happiness is our natural state when the mind is free from is obscuring *kle?a-s*. In this state, the *Cit* becomes the master of the mind and the mind becomes the tool of the *Cit* rather than the *citta* (mind) thinking it is the *Cit* (Master ? True Self).
- At best, the mind (Individuated consciousness) can be crystal clear like a diamond and perfectly reflect the source of its Light, the *Cit* (Pure Consciousness). **This Happiness is our natural state.**

**The mind (*citta*) is only known through its five cognitive processes (*v?tti-s*):**

**I-6 *Pram?na -viparyaya-vikalpa- nidr? -sm?taya?***

1. ***Pram?na***: Correct understanding
2. ***Viparyaya***: Misunderstanding
3. ***Vikalpa***: Imagination
4. ***Nidr?***: Sleep
5. ***Sm?ti***: Memory

## **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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