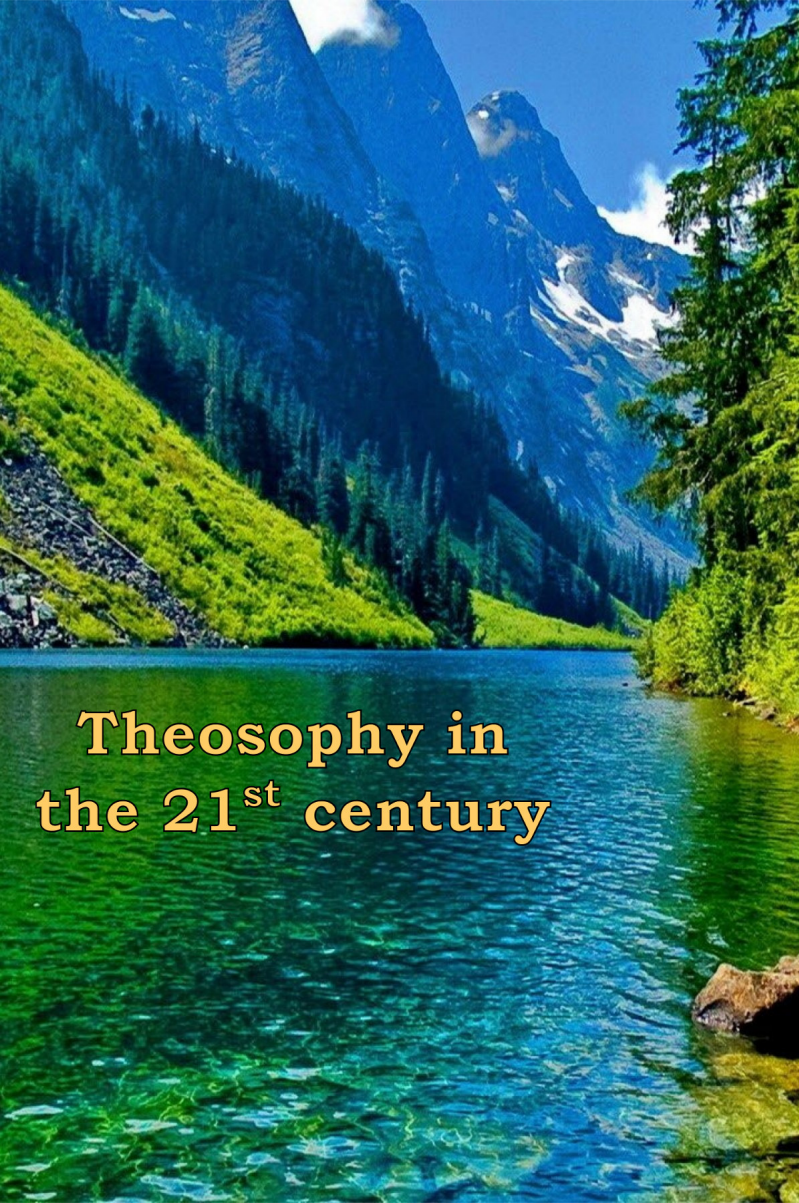




Theosophy in
the 21st century

8 The mind and beyond

Course created by
Carlos Pérez Menéndez
SOCIEDAD TEOSÓFICA ESPAÑOLA

Why study the mind?

- The mind manifests itself subjectively as the stream of consciousness.
- The processes of the mind are private.
- The mind is different from the emotion but it is very linked to it.
- It is our organ of knowledge.



What is the mind?

- The mind is defined as the aspects of the intellect and consciousness:

- Perception
- Memory
- Thought
- Reasoning
- Imagination
- Emotion
- Will

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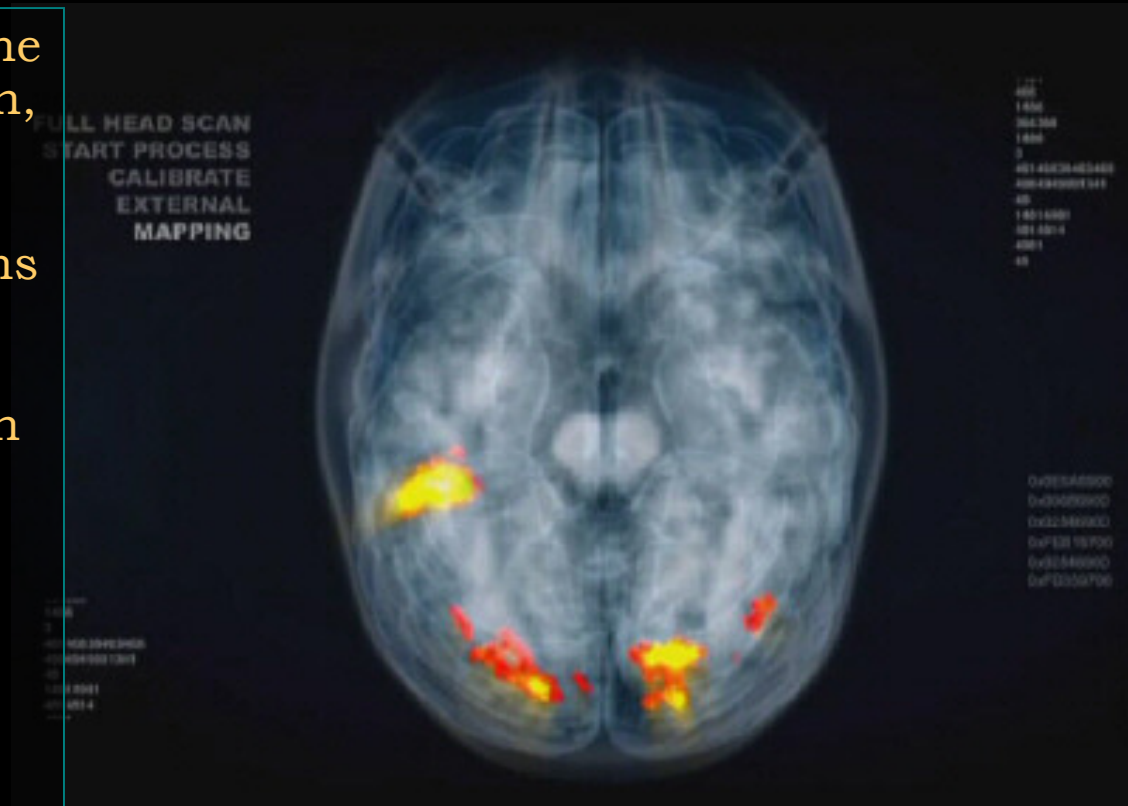
- It is difficult to define its functions exactly.

- The processes can be conscious or unconscious.



The mind according to science

- Most scientists consider the mind as a resultant function, as a product of the brain.
- According to them, neurons *produce* thought.
- Different areas of the brain correspond to different mental activities.
- There is a close correspondence between mind and brain.

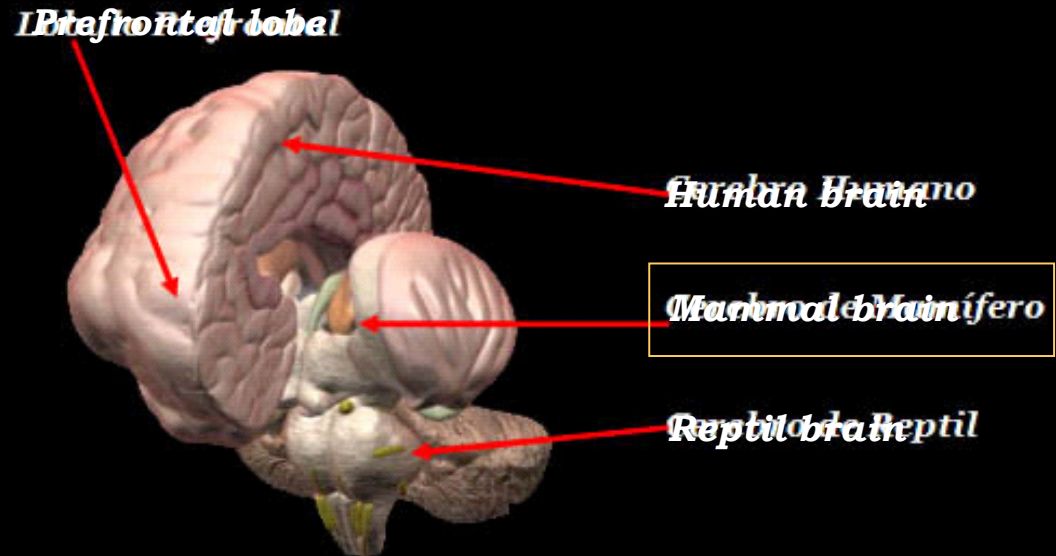


Positron emission tomography

Strictly speaking, it can not be said that the brain is the cause and the mind only the effect

Emotions according to neurology

- Emotions are considered to *originate* in the limbic system.
- Emotions are a rapid response system.
- There is a direct connection to the thalamus.
- They allow us to react before the planning of the mind.



The mind-brain relationship

- There are many theories that emphasize different aspects of the mind-brain relationship or more generally Consciousness and Matter.
- They are divided into dualists and monists.
- Consciousness and Matter are two aspects of the same Reality.
- Matter acts on the mind but also the mind on the body (as in the **placebo effect**).



Is the material universe a projection of the mind?



Or is the mind a product of the brain?

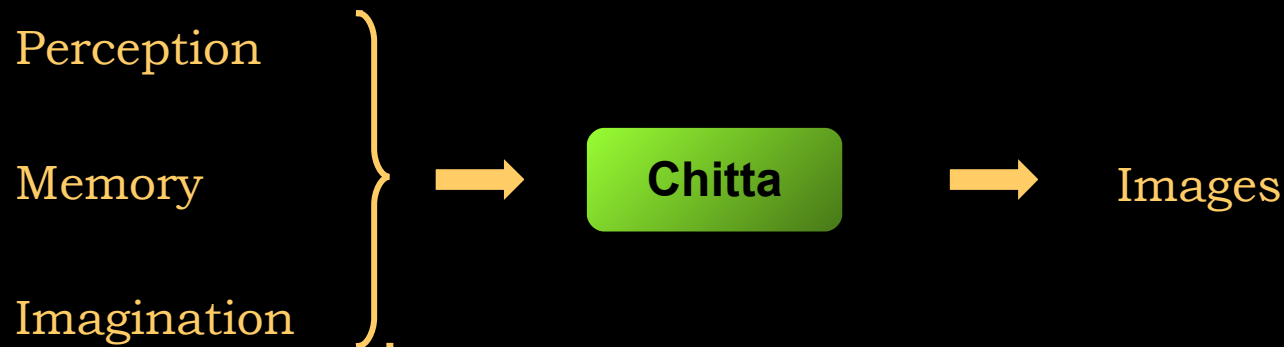
The mind according to the Vedanta

- **Chitta.** It is the ability to create mental images.
- **Manas.** The construction of the image chain.
- **Buddhi.** The light of intuition reflected in the mind.
- **Ahamkara.** The center of individuality.



Chitta

Chitta is the faculty to build mental images



- The images are not only visual, but are an aggregate of the impressions of the different senses.
- Reproductive imagination
- Inventive imagination

Manas

Manas is the faculty of creating a succession of mental images that flows uninterruptedly



Stream of images

- *Manas*: same root as latin *manare*: to flow, to spring
- The stream of Manas is guided by the law of association.
- We build a network of associations.
- Desires → possible paths → stream of Manas

Buddhi

Buddhi is the light of consciousness that illuminates mental images, giving them meaning and sense

- Buddhi: light, illumination, understanding, modeling.
- Buddhi as property in the Manas is the reflection of true Buddhi or Intuition, which is the Wisdom principle of our higher Self or individuality.



Ahamkara

Ahamkara is the singular center from which the light of consciousness (buddhi) that illuminates the mind is projected



- Ahamkara: *Aham* (the Self) + *kara* (thing created by)
- It is the self of our mental life that remains behind the changing experiences but also creates the illusion of separateness.
- It is the center of individual consciousness, which makes us unique but at the same time integrated into the Universal Mind.

The fragmented mind

- The ego distorts our perception of reality.
- Our mind united with desire filters, hides what is feared and magnifies what is desired.
- Thus we generate a fragmented, partial, conditioned mind that prevents us from seeing the whole.
- The problem is the presence of the psychological ego that conditions the mind.



The renewal of the mind

What to do?

- Empty the mind of confusing contents.
- Have a critical (philosophical) attitude.
- Accept uncertainty, deferred judgment.
- Do not obsess.
- Have a whole mind, not fractioned.
- To reflect the light of Buddhi the mind must be calm (not inactive).



To be useful to our essence,
the mind must be renewed

Yoga

- Yoga is a philosophy and techniques that seek to align the personality with the inner being.
- Patanjali defined it as the absence of disturbances of the mind.
- Yoga begins with a physical, moral and psychological preparation and uses meditation.

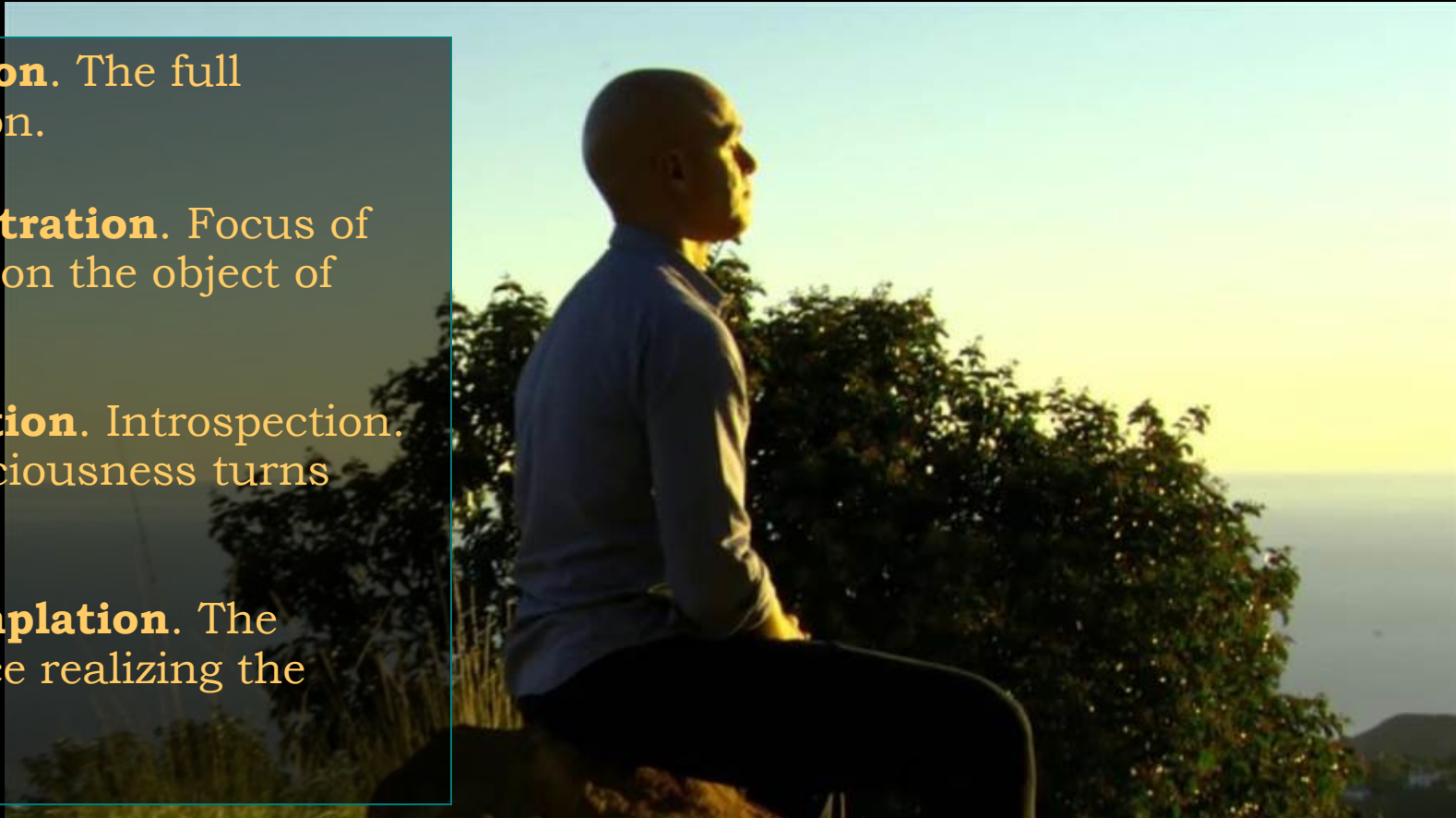


Yoga is the suppression of
mind modifications

Patanjali

4 steps for meditation

- **Attention.** The full implication.
- **Concentration.** Focus of the mind on the object of thought.
- **Meditation.** Introspection. The consciousness turns inward.
- **Contemplation.** The conscience realizing the union.



To think



Watch, think, investigate, inquire ...
Make the following questions or thoughts suggestions
But don't stay here, ask yourself and find out.