

## Awareness about our Mind, which is biggest mystery,

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1. The conscious mind predominately deals with analytical problems on a day to day basis.
2. The subconscious mind is far bigger and it is the subconscious mind that keeps your heart beating and gets you to fill your lungs with air .The subconscious mind is where your emotions are held, imagination is housed. Without guidance it can direct you in the wrong direction towards illness, failure, and a wasted life, even self destruction, based on faulty programming from the past.
3. The sub conscious cannot think by itself. It is only capable of storing our past experience. Sub conscious only helps in reaffirming our belief system. Conscious mind uses subconscious mind in recalling past events. Sub conscious mind never sleeps. Even when we die and our soul leaves the body, our sub conscious mind is still alive and all the experiences of our life goes along with it.
4. Our unconscious mind Processes all of the data inputs from our five senses@ 11M bits/second info to handle. UM is programmed to serve you. It runs all of your body's systems, instinctually responds to danger and creates mind ware programs.
5. Your body has a form but your mind does not. So we are a combination of the form and the formless.
6. Emotions are in the mind, but there is a corresponding hormone or sensation in the body. So it is a combination of both. If your adrenal gland starts working very fast, then you feel fear and nervousness. *You are totally responsible for all your feelings*
7. Every moment mind either goes to the past or to the future. It is angry about the past, about what has happened or it is anxious about the future, which is not there right now. This is oscillation of the mind. Mind has another tendency i.e. clinging on to the negative.

8. The body manifests what goes on in the mind, a diseased body could be an indication that the mind is not 'at ease' and this factor needs to be first addressed. Under the guidance of a master through dedicated practice of yogasanas, pranayama and mantra chanting, it becomes our best friend, our staunchest ally.
9. Death means the mind separating itself from the body, and the link between the body and the mind, i.e., the breath stops. The mind is energy, it does not get destroyed, since matter and energy can never be destroyed.
10. When the energy expands, you feel happy, elevated and comfortable. This particular phenomenon indicates that our body is inside the mind, and not the other way around. And when you are upset, the energy in you shrinks and that is when you feel uncomfortable.
11. Our thoughts are the beginning of every creation. You are what you think. Thoughts are seeds or software of human life from which our personality formation begins. Thought waves are controlled by means of practice and non attachment.
12. The most difficult phase of life is when you do not understand yourself. When you are inspired by some great purpose, all your thoughts break their bonds; your mind transcends in a new great and wonderful world. Memory is a kind of secondary thought wave
13. **Yoga is control of thought waves in the mind (*chitta*):** *Manas* is the recording faculty which receives impressions gathered by the senses. *Budhi* is the discriminative faculty which clarifies these impressions and reacts to them. *Ahamkara* is the ego sense which claims these impressions for its own and stores them up as individual knowledge. The *Atman* is intelligence in itself, is pure consciousness. The mind merely reflects that consciousness and so appears to be conscious. *The samskara* are built up by continued actions of the thought waves, which exist in the sub conscious and unconscious areas of the mind called *samskara*.