

# Understanding Mind

# What is Mind?

Mind is an all-encompassing umbrella that covers at ONE end the way one interacts with world and at OTHER end how one relates to abstract concepts as spirituality

# Subjects not being covered

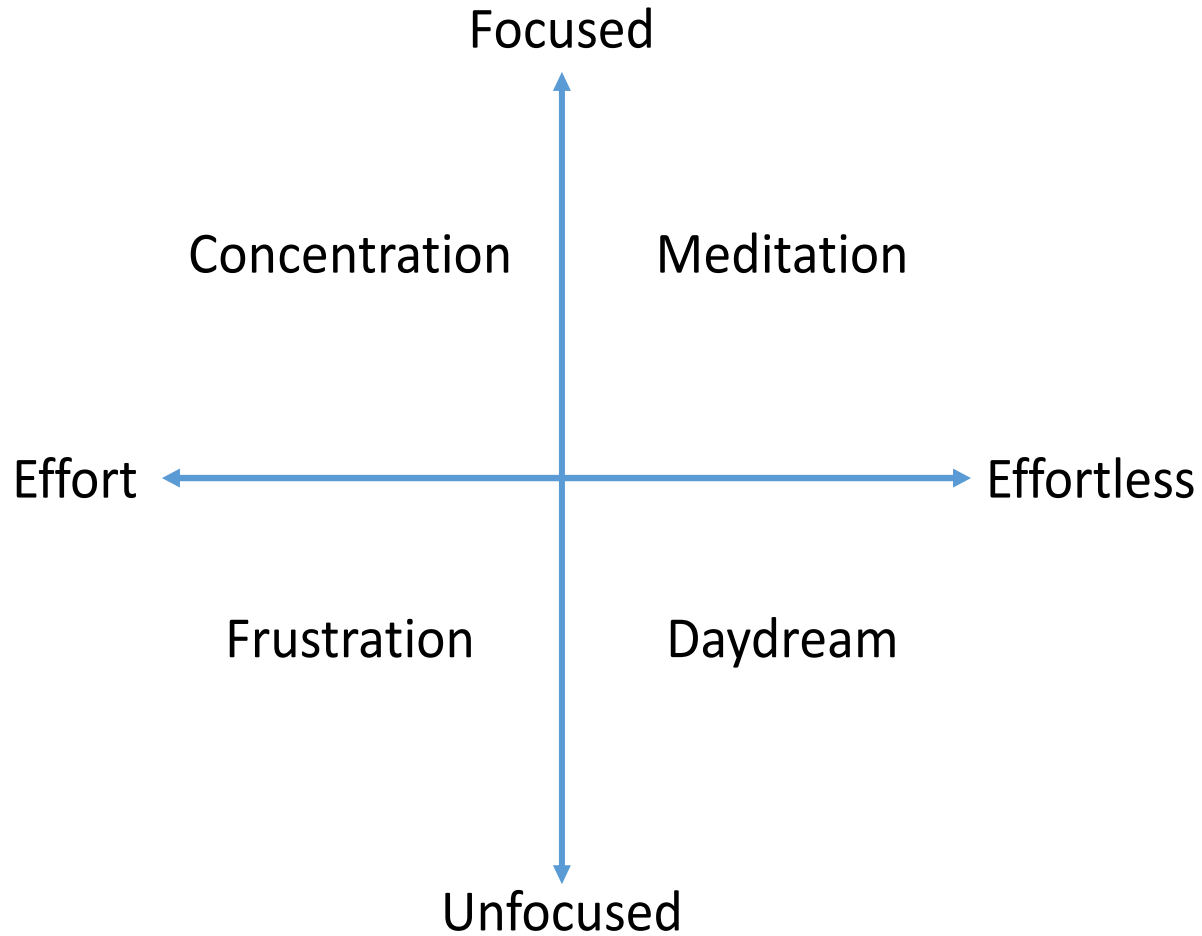
Can mind exist without body?

Are mind and soul same or different?

# Scientific study of mind

- Psychology is the scientific study of the mind, how it works, and how it affects behavior.
- First and foremost problem is how do we study mind. We can observe our own mind which is subjective.
- We cannot see someone else thinking. Nor can observe their emotions, or memories, or perceptions and dreams. So how do go about studying the mind?
- Hence psychologists study behaviors which are objective manifestations of the mind
- Hence Psychologists take human behavior as the raw data for testing their theories about how the mind works.

# What is Meditation?



# Mindfulness

- Jon Kabat-Zinn, introduced mindfulness in applied psychological settings during his practice as a professor of medicine at the University of Massachusetts Medical School.
- He defines mindfulness as “paying attention on purpose, in the present moment, non-judgmentally.” He learnt it through his exploration of his Buddhist philosophy.
- Mindfulness has been mentioned in about 4000 research papers on positive psychology

# Practicing Mindfulness

- **Pay attention.** It's hard to slow down and notice things in a busy world. Try to take the time to experience your environment with all of your senses — touch, sound, sight, smell and taste. For example, when you eat a favorite food, take the time to smell, taste and truly enjoy it.
- **Live in the moment.** Try to intentionally bring an open, accepting and discerning attention to everything you do. Find joy in simple pleasures.
- **Accept yourself.** Treat yourself the way you would treat a good friend.
- **Focus on your breathing.** When you have negative thoughts, try to sit down, take a deep breath and close your eyes. Focus on your breath as it moves in and out of your body. Sitting and breathing for even just a minute can help

# Practicing Meditation

- Is this meditation?
  - Person in love with another person
  - Businessman about new venture
  - Watching Super Over of a thrilling T20 game
- When an object holds your attention, unwanted thoughts disappear and your mind is absorbed effortlessly
- Key question: what is object of attention



# Object of Meditation

- **Vipassana Meditation:**

An observation-based, self-exploratory journey to the common root of mind and body that dissolves mental impurity, resulting in a balanced mind full of love and compassion. (<https://www.dhamma.org/en-US/index>)

- **Transcendental Meditation:**

“Bubbles of thought are produced in a stream one after the other”, and the Transcendental Meditation technique consists of experiencing a “proper thought” in its more subtle states “until its subtlest state is experienced and transcended”

( The Science of Being and Art of Living: Mahesh Yogi (1963))

# Technique of Meditation

- Patanjali Yoga Sutra:

1) Dharana: Bring the mind to one of chakra points: navel center, heart center or center between the eyebrows and place an object at it: mantra, image etc and concentrate at the object.

2) Dhyana: Many saints and yogis say that if your mind remains concentrated on one object for at least 12 breaths, you have achieved a state of meditation.

3) Samadhi :Samadhi dawns when your mind becomes completely absorbed in the object occupying the space to which you have confined it.

<https://yogainternational.com/article/view/a-seekers-guide-to-samadhi>

# Mind and Meditation

- Meditation is a journey with your mind
- Practices/techniques of meditation vary significantly.
- Reasons for meditation vary for different persons
- Reasons for meditation change for a person over time
- Experiences during meditation are uniquely personal

# Benefits of Meditation

- It helps to overcome the detrimental effects of loneliness
- It helps to reduce the effects of stress and anxiety
- It helps to manage pain better
- It helps one to become kinder and compassionate
- **CAUTION** : Meditation is not a substitute for medication

# Mind and Sleep

REM Sleep	Deep Sleep
Brain's neocortex is active (as in waking) accompanied by atonia or paralysis of body's muscles (Brain active, body inactive)	Slow down in brain activity. Scientific studies describe it as deep clean of brain.
Experience dreams. Intense emotions may lead to powerful dreams.	Normally no dreams. Maybe some fragmented thoughts.
Mind is absorbed with objects. It indicates level of absorption with world of materialism.	Mind is in state of formless awareness i.e. nothingness or emptiness.

# Mind and Spirituality

**“BURN WORLDLY LOVE,  
RUB THE ASHES AND MAKE INK OF IT,  
MAKE THE HEART THE PEN,  
THE INTELLECT THE WRITER,  
WRITE THAT WHICH HAS NO END OR LIMIT.”**



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**“THOSE WHO HAVE LOVED ARE THOSE  
THAT HAVE FOUND GOD”**



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Thank  
You!