The Meditative Model of the Mind

AHAMKARA

Lower Mind

BUDDHI

Bliss Body

 *The Self*

The World

Higher Mind

Energy Body

Physical Body

MANAS

CHITTA

**The Five Koshas**

**The Four Functions of Mind**

Four Functions of Mind:

* Manas – lower mind, the conscious mind, the computer
* Chitta – the storehouse of memories, thoughts, emotions, habits, karma; the subconscious mind
* Ahamkara – the ego, sense of “I AM”.
* Buddhi – higher mind, source of wisdom & discernment, the spiritual heart

Important Points:

1. The world sends data to the MANAS or conscious mind via the five cognitive senses: Sight, Hearing, Smell, Touch, Taste.
2. The mind tells the body to act in the world via the five active senses: Locomotion, Procreation, Speech, Manipulation, Elimination.
3. The ten senses are called the Indriyas.
4. The data coming into Manas has been colored by the energy (emotional) body. Our thoughts and observances about life are not pure. We attach our opinions and impressions to them.
5. Manas takes the data from the world (which has been colored by the energy body) and places it in the Chitta.
6. The Chitta throws these thoughts up on the screen on the mind, the Manas, when triggered.
7. The Manas is not intelligent or discerning. It does not know what to do with all these memories, thoughts, and impressions. The Ahamkara (ego sense) is disoriented and believes that these thoughts are “me”.
8. The Manas must open a connection to Buddhi, the higher mind. Buddhi knows right from wrong. Knowing how to access Buddhi makes the Ahamkara or ego expand in a good way. We polish our ego sense when we include knowledge of our higher Self in our understanding of “me”.
9. We have the choice of either improving and strengthening our Buddhi or of ignoring it. When we strengthen Buddhi, we are uplifted.
10. How do we improve our Buddhi?
11. Listen to it! Do not ignore your intuition or inner voice.
12. Study yourself – how your mind works, your actions, thoughts, habits
13. Meditate!

Meditation:

1. When we meditate, awareness rests in the Buddhi, the higher mind, rather than in the lower mind.
2. Connections with the outside world and the lower mind are quieted. Sense withdrawl.
3. We turn our focus towards the inner Self, or atman.
4. We experience the bliss body, the joy within.