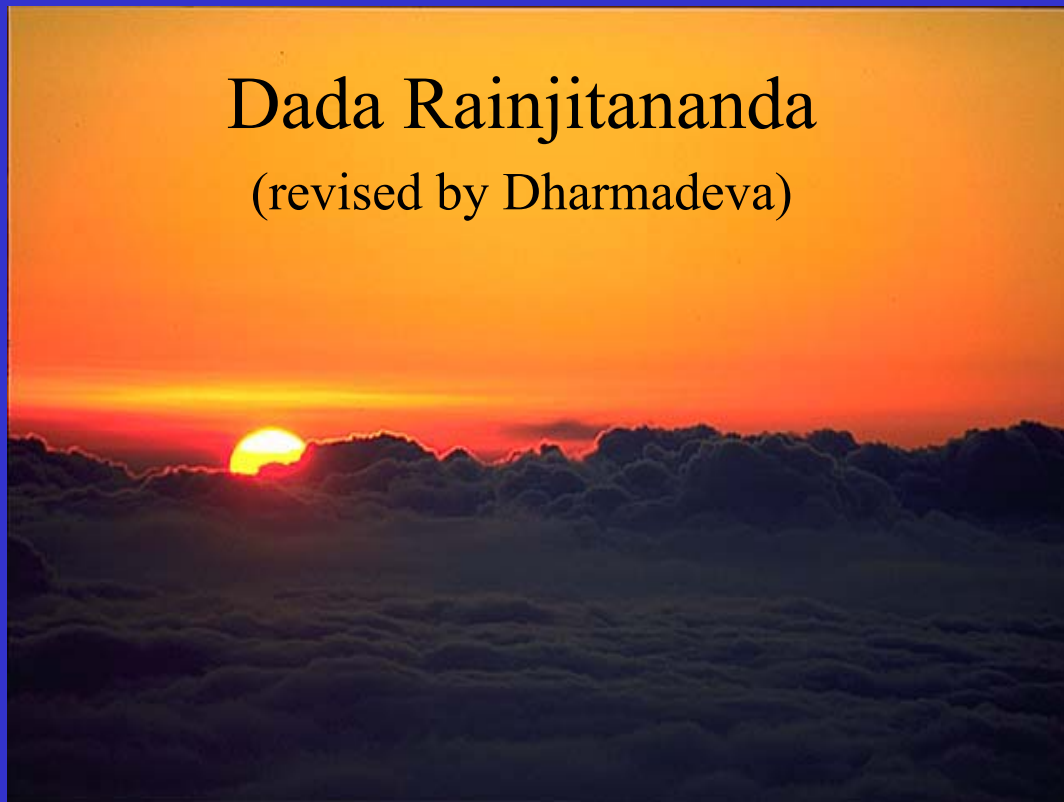


# The Human Mind

Layers of the mind and meditation

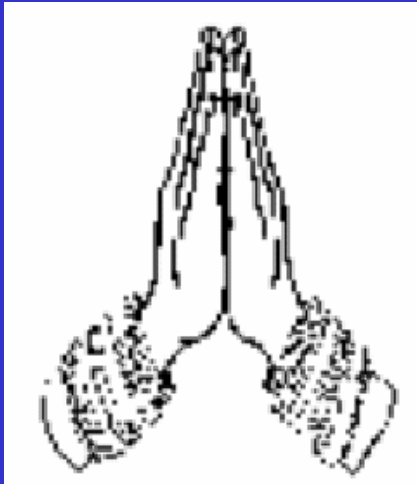
Dada Rainjitananda

(revised by Dharmadeva)



# Namaskar

- I salute that Supreme Consciousness within you with all the sweetness of my mind and all the love of my heart.



- **In this vast Universe ...**
  - ... there are so many galaxies, stars and planets**
  - ...and amongst them ...**



- **The planet Earth.**



*On this planet there are so many beings; animate and inanimate.*

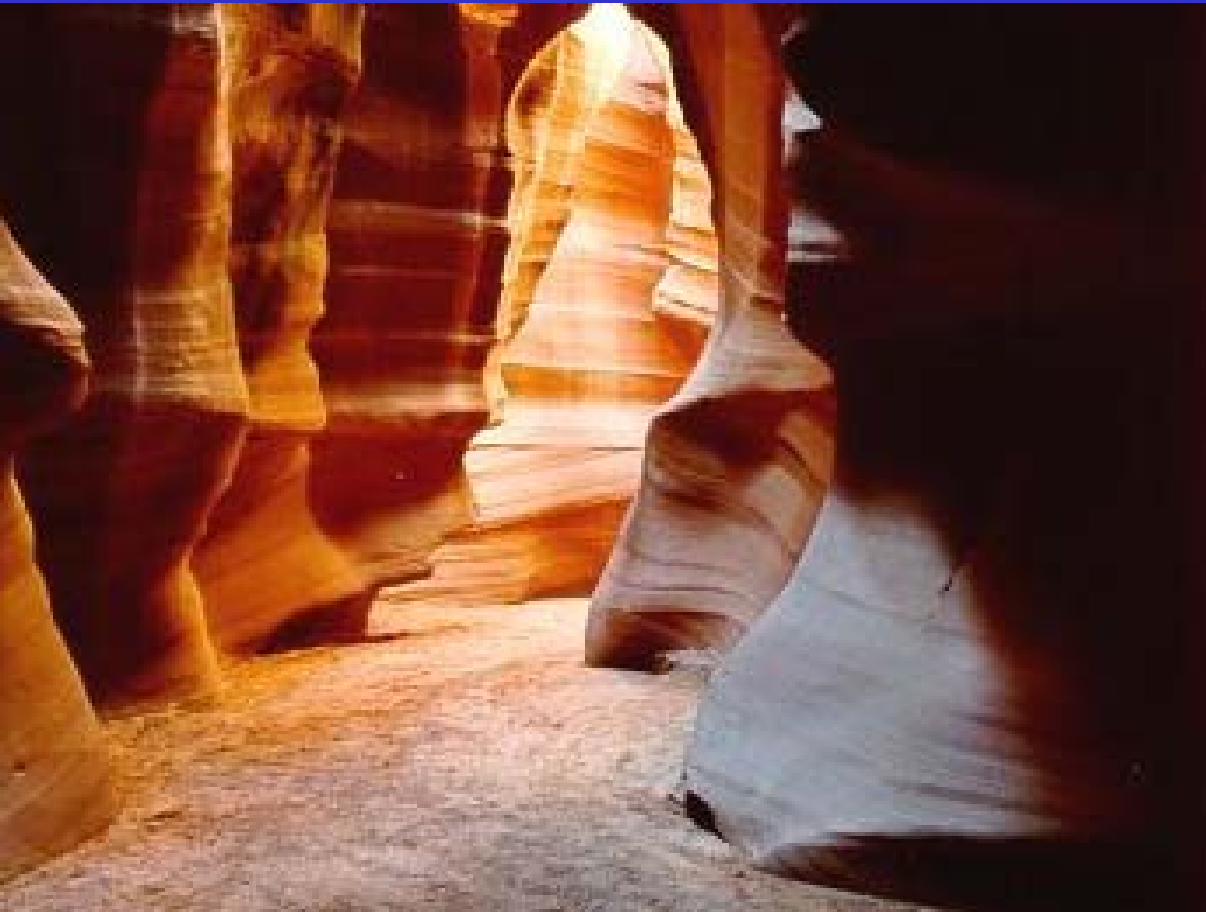
Amongst them:

human beings -

who are considered the most developed beings on the planet.



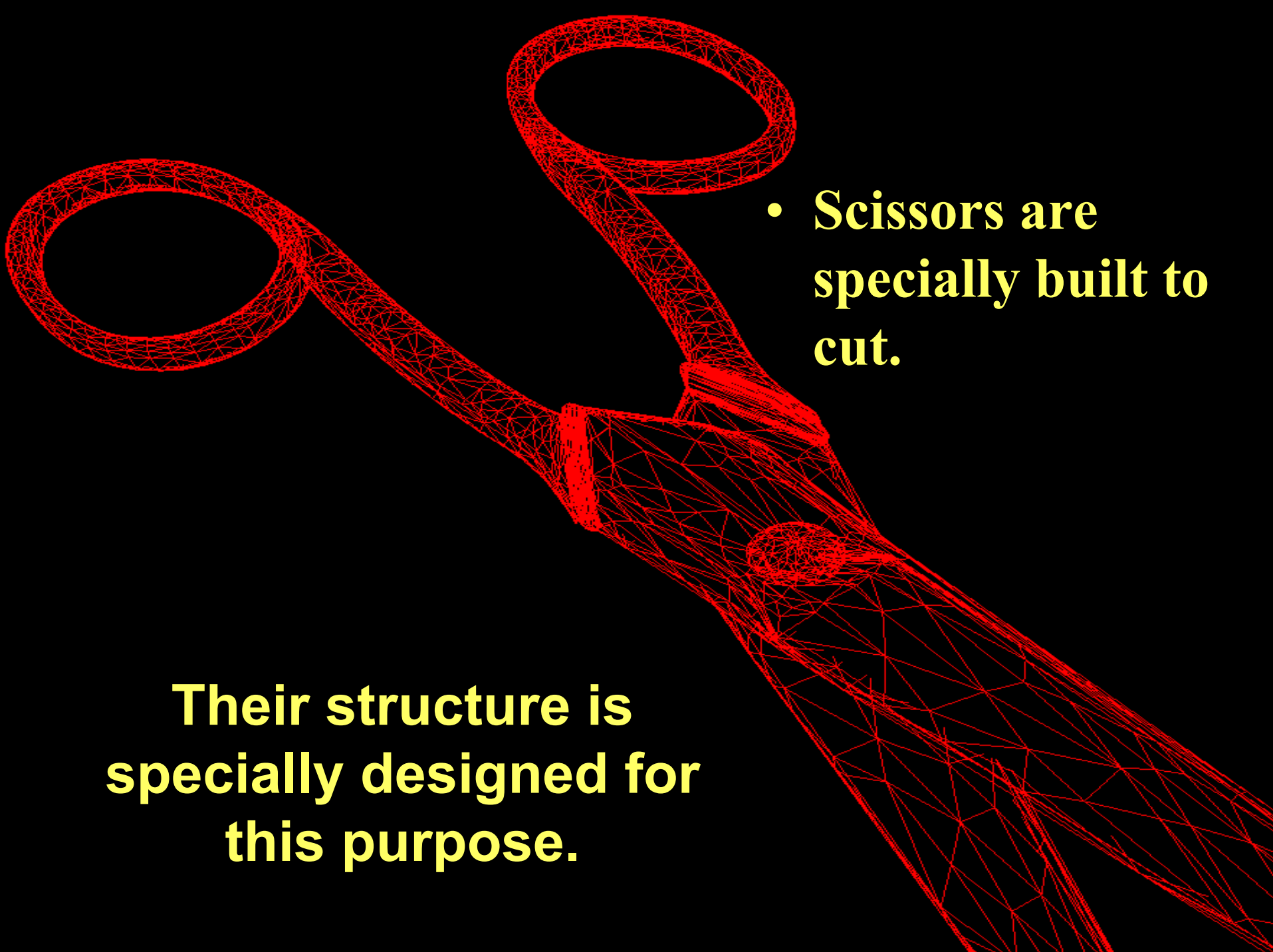
- **Every being has a special characteristic**  
**... every instrument has a special design to**  
**produce a special result.**





- The special characteristic of fire is to burn.

**If it is fire it must burn.**



- **Scissors are specially built to cut.**

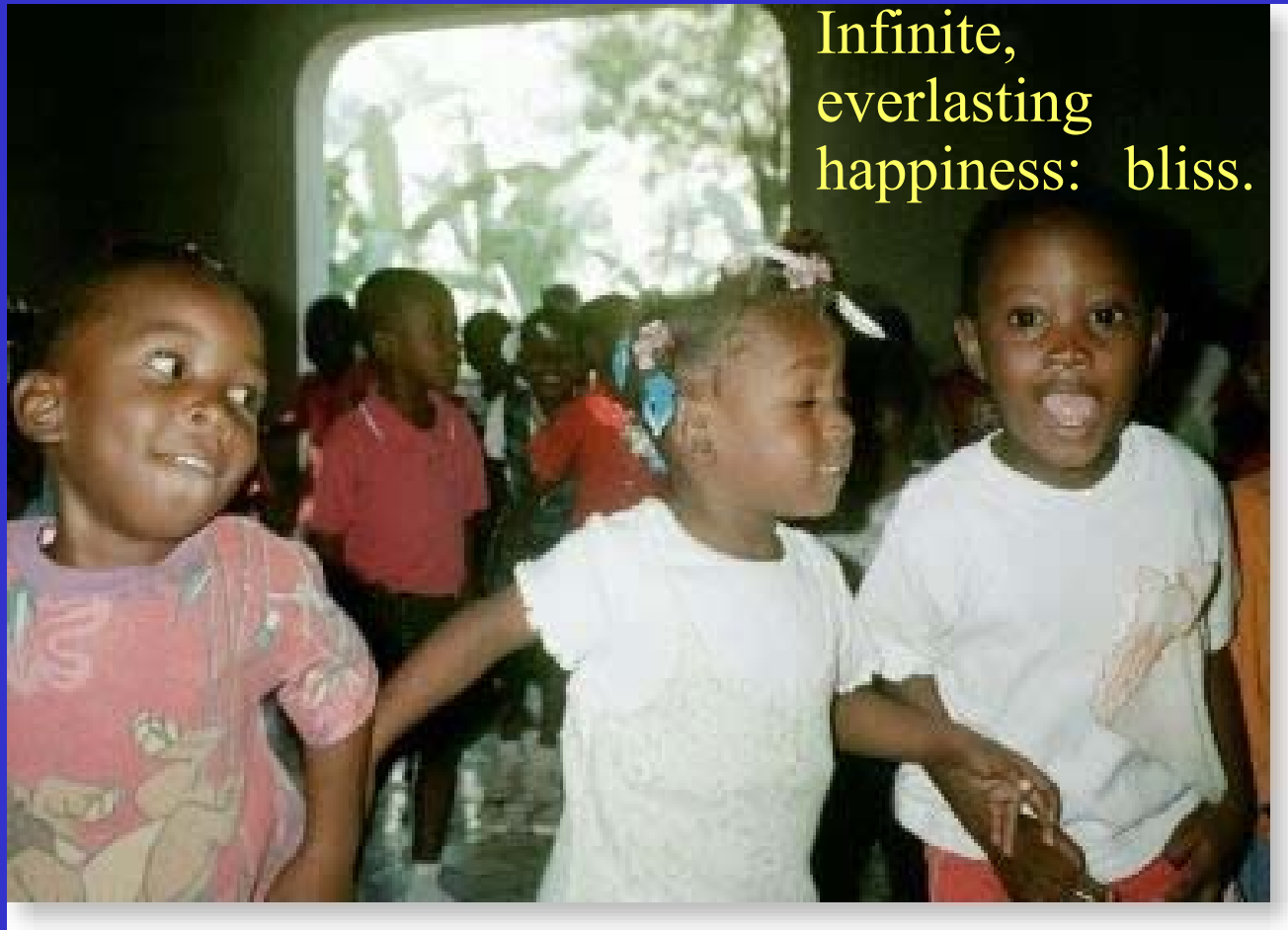
**Their structure is specially designed for this purpose.**



**The special characteristic of human beings is ...  
the search for happiness.**



**The motivation behind everything one does, is to feel good, to be happy, to enjoy peace.**



**Infinite,  
everlasting  
happiness: bliss.**

**Human beings are specially ‘designed’ to enjoy bliss.**

- The human physical and mental structure is made so that it yearns for bliss.



# The physical body

- The complex symphony of the body is conducted by a system of glands, which secrete hormones into the bloodstream.
- Over- and / or under- secretion of various glands can cause mental disturbances and negative emotions such as anxiety, hatred, anger or fear, which destroy health and peace of mind.
- The practice of asanas (yoga postures) is important in the proper balance of the body's hormonal secretions for the control and elevation of the mind.

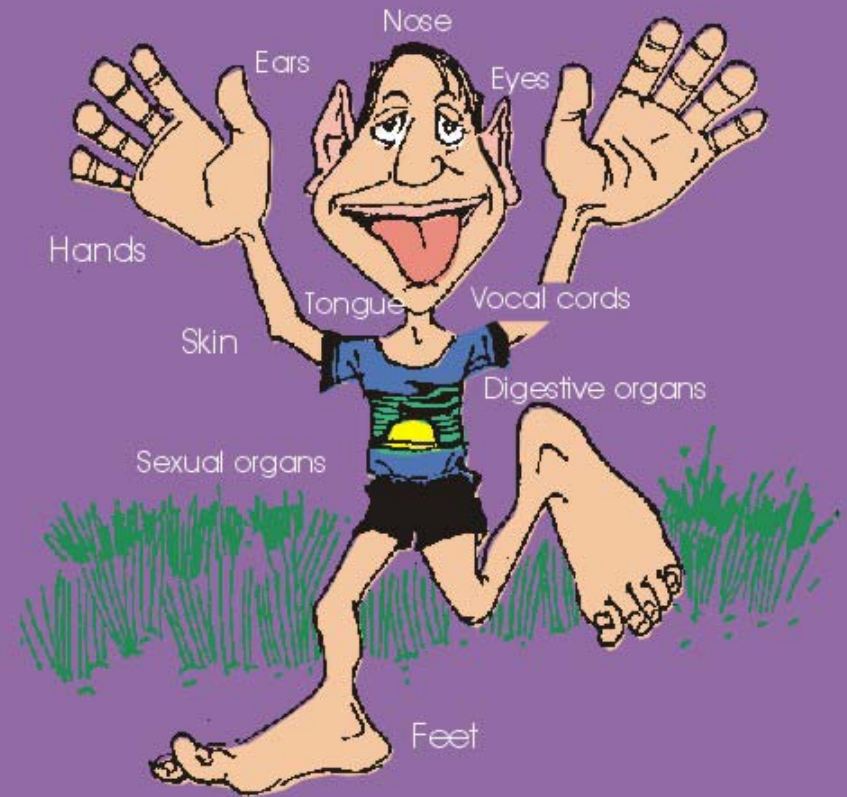
# LAYERS of the MIND

- Through the process of meditation the mind is expanded.
- Yogic philosophy describes five layers of mind.
- Through regular practice of meditation, one is able to transcend or elevate through each layer of mind until one enters and experiences the totality of that ocean of infinite consciousness.

# What's happening?

- But ... in our daily life the mind is engaged with the limited objects of the external world.
- We are trying to derive happiness and peace by enjoying the limited external objects.
- To elevate the mind it is necessary to go deep within, to the deepest layers.

In everyday pursuits we utilize our sensory and motor organs controlled by the **Conscious** sphere of the mind.



# The Conscious Mind

Controls the 5 sensori-motor organs for:

- 1 Sensing
- 2 Desire or aversion
- 3 Action

# Conscious mind

- The **Conscious** mind has three functions:
  1. sensing external stimuli from the outside world through the five sensory organs (eyes, ears, nose, tongue and skin);
  2. having the desire on the basis of those stimuli;
  3. acting to materialise those desires by using the five motor organs (hands, feet, vocal chord, sexual organ and digestive / excretory organ).
- This layer of mind controls the organs and the instincts. It is the gateway to the external world.



# What's the catch?

- External objects are limited and the capacity of the sensory organs to perceive them is also limited.
- One can derive very limited joy from external limited objects.
- Upon achieving an object the mind quickly gets tired of it and runs after some new object in an endless pursuit of satisfaction.
- The other way is to search for happiness and peace within oneself.

# The Subconscious Mind

- Beyond the **Conscious** is the **Subconscious Mind**.
- The **Subconscious** sphere of mind is more expanded than the **Conscious**.
- In the **Subconscious** the experiences are deeper and more intense.

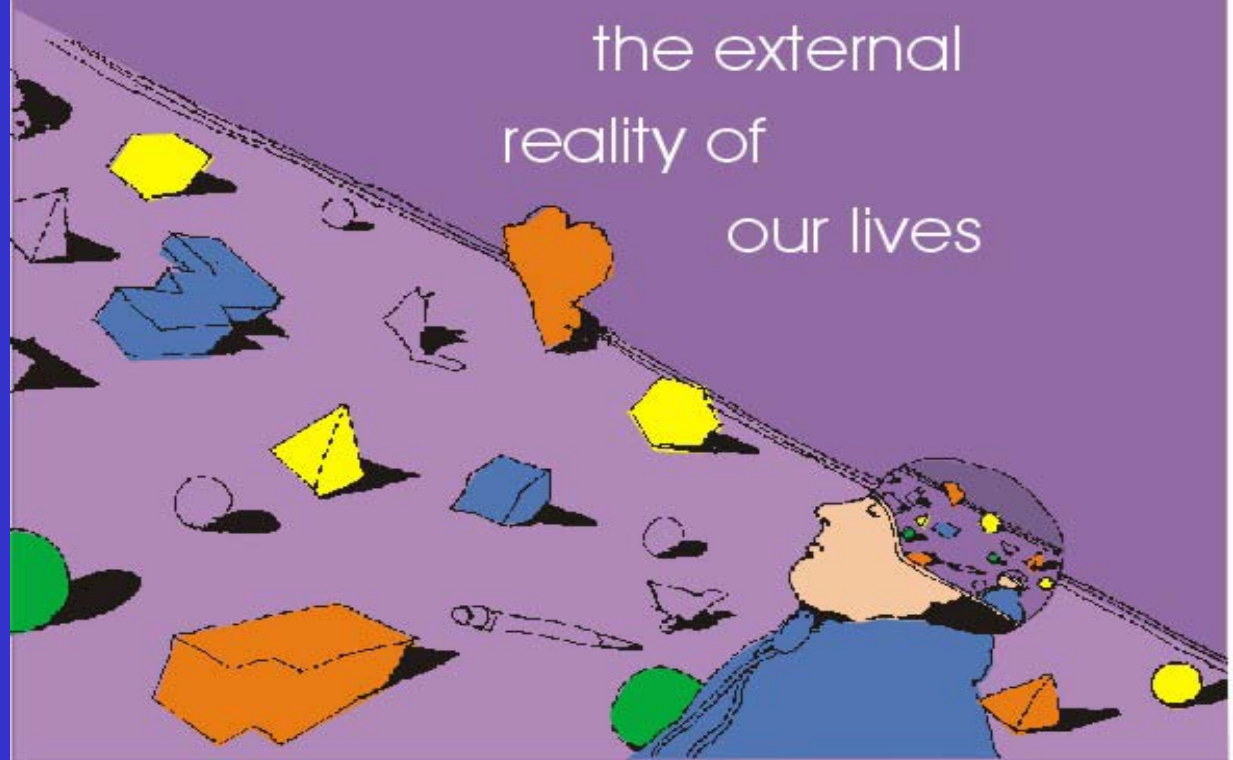
# Subconscious mind

- The **Subconscious** mind has four functions:
  1. memory;
  2. contemplation or deep thinking;
  3. experience of pleasure and pain;
  4. dreaming.
- The vast majority of most people's thinking goes on at this layer of the mind.
- The images that one perceives during dreams are the thoughts that are stored in the **Subconscious** mind.

So what  
is going  
on here?

“As you think,  
so you become”

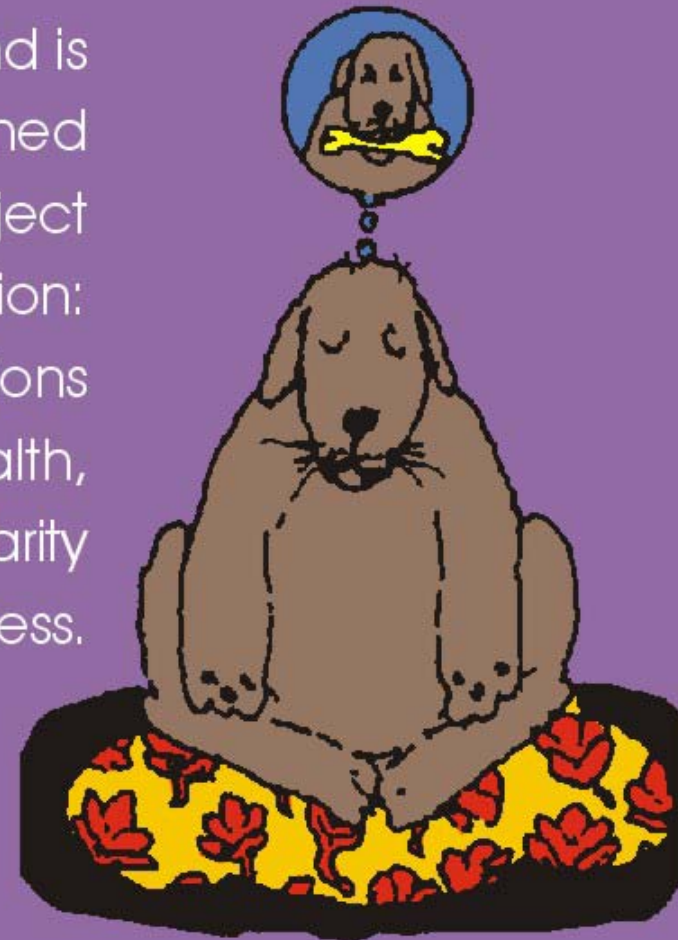
Thoughts  
in our innermost  
being create  
the external  
reality of  
our lives



**What happens  
with positive  
outlook?**

# Power of positive thinking

The mind is transformed into its object of ideation: Affirmations for wealth, popularity and success.





- **We are searching for something deeper, more permanent which can satisfy the desire for bliss.**

# The Deeper Layers of Mind

- Beyond the **Subconscious** Mind lies the **Unconscious** or **Superconscious** Mind.
- There are **3** layers in this sphere or level.
- From here on is where you find your real happiness.

# Superconscious 'casual mind'

- The expanded **Superconscious** casual mind, is the all-knowing mind.
- It can transcend the bondage of time, space and person and 'see' into past, present and future.
- Everything is part of the Cosmic Mind and the higher layers of the human mind work at this casual level.



# The Supramental Mind

- The first layer of the **Superconscious** Mind.
- The storehouse of experiences.
- This is the layer of intuition and creative insight.
- Most individuals spend their lives in the **Conscious** and **Subconscious** minds just because they are not able to go beyond these restless lower levels.

# The Subliminal Mind

- The second layer of the **Superconscious** Mind.
- Many divine attributes are expressed in this layer:
  - Mercy, gentleness, serenity, non-attachment;
  - Cheerfulness, spiritual ecstasy, humility;
  - Enthusiasm, magnanimity, undisturbed attention.

# Subliminal mind

- Discrimination and non-attachment are the functions of this layer.
- Decisions are based on the capacity of the mind to see the situation clearly, sharply and precisely.
- The greater the capacity of this layer of the mind to discriminate, the better the possibility for proper decisions, without fear or favour.
- However decisions must be acted on - action is prejudiced by the attachments of mind and proper action depends on non-attachment.

# What is meant by 'discrimination' and 'non-attachment'?

- “Those who have attained this superconscious level of awareness develop the true **discrimination**, the ability to transcend the illusion of life and discern the eternal which underlies all the changing forms. The result of true discrimination is non-attachment. Those who are established in **non-attachment** realize that everything of this universe is the manifestation of the Supreme. They cannot hate or neglect anything of this universe. The universe is changeable, while Supreme Consciousness is unchangeable, true and absolute.”

- Shrii Shrii Anandamurti

- A'nanda Vacana'mrtam Part 31 Appendix

# What 'non-attachment' is not?

- “But non-attachment does not mean to leave all pleasures and remain in a state of indifference to the world. It does not mean to leave everything and go to the seclusion of a mountain cave. Those who are truly non-attached do not deny the world (worldly life), they embrace it, for they feel the touch of the eternal hidden within all the changing forms of their lives. They are with everything. They are paramaham'sa\*.”

- Shrii Shrii Anandamurti

- A'nanda Vacana'mrtam Part 31 Appendix

\* A microcosm that has become one with the Macrocosm.

# The Subtle Mind

- The third layer of the **Superconscious** Mind.
- The layer of brilliant golden effulgence.
- The feeling of “I” – the **microcosm**.
- There is only attraction for the Supreme Consciousness – the **Macrocosm**.

# Subtle mind

- The subtle causal (cosmic) mind is the last gateway to perfection.
- When this layer is experienced, one feels very near to the Infinite Self within, and the desire for supreme union becomes almost unbearable.

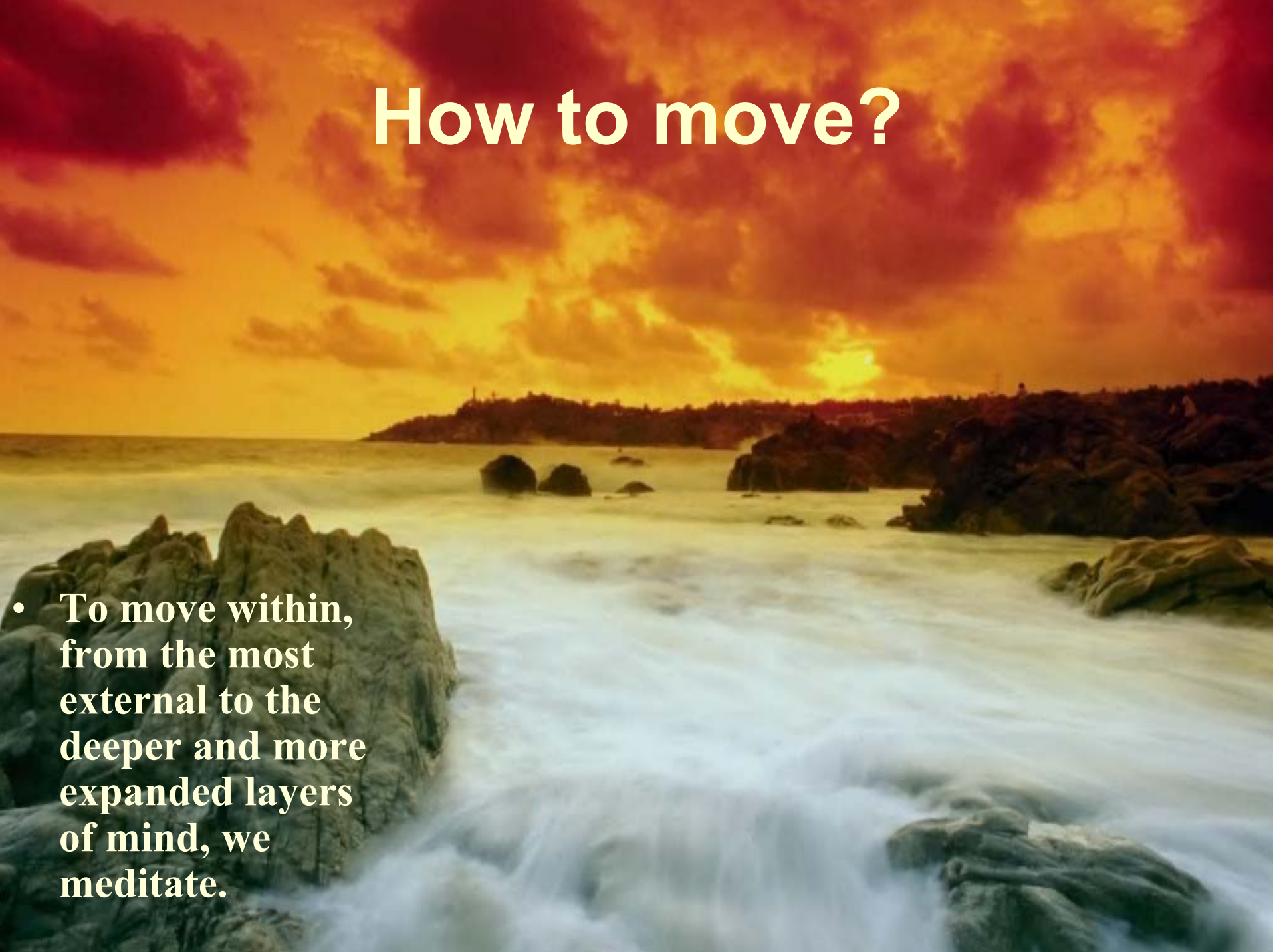
# Beyond the layers of mind

- Beyond all the five layers of each individual mind is the realm of “spirit” or infinite consciousness, the pure Self within.
- In this state of perfect peace, beyond any vibration or manifestation, all conflicts and contradictions of the lower mind dissolve ... here all is one.
- When one attains this state, even for a moment, one’s entire existence is flooded with inexpressible joy.
- This is the goal of Yoga and the goal of life - to elevate the mind through moving through the higher and higher layers until one realises the infinite, blissful self within.



# How to move?

- To move within, from the most external to the deeper and more expanded layers of mind, we meditate.



# Meditation



# Meditation

- There are various ways of meditating.
- Some people say they meditate all the time whatever they are doing.
- That is cultivating awareness - part of the process.
- But we need moments of silent meditation, when the **Conscious** level of mind is not active, to direct the mind to deeper levels.

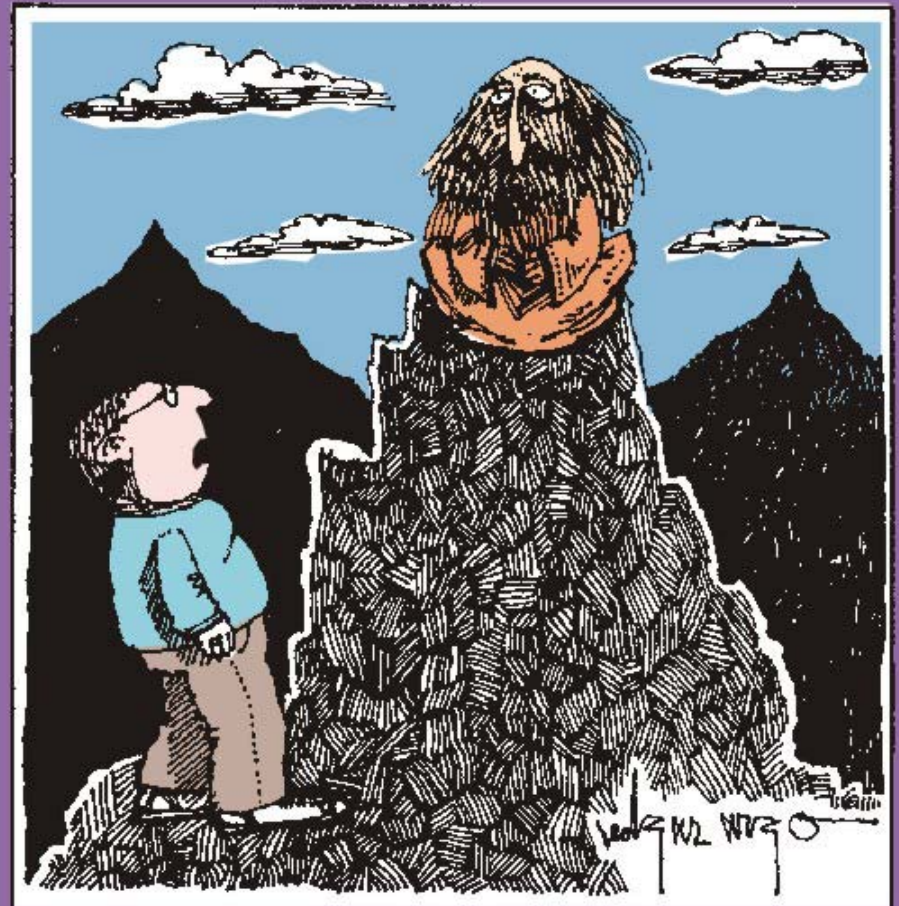
# Meditation

- Even when we sit silently and try to withdraw, the **Subconscious** mind still remains active.
- What to do?

# Meditation

- To transcend the multitude of thoughts Yogis have invented Mantra Meditation.
- Mantra is that thought which can expand and liberate the mind.
- We learn the Mantra and practice it daily, and as the external levels of mind are stilled our consciousness is expanded.

**Meditation  
needs to be  
practiced  
daily.**



"I want self-realization... and make it quick.  
I'm double parked!"

# The Process of Meditation

- The mantra and the process of meditation are learned orally from a qualified teacher.
- For self-realization we meditate on the Universal Consciousness with the help of a mantra.

# Movement

- The movement with the help of meditation is from the external levels to the inner layers of the mind.
- Each layer being more expanded than the previous one.
- The **Microcosm** expands to merge with the **Macrocosm**.



# Keep practising

- Now if, during this process of movement, this phase of movement, the mind becomes heavy, it will not be able to move forward.
- Suppose you are crossing a river. If the boat becomes heavy due to water percolation, what will happen?
- You will not be able to cross the river. You will have to arrange to pump the water out.

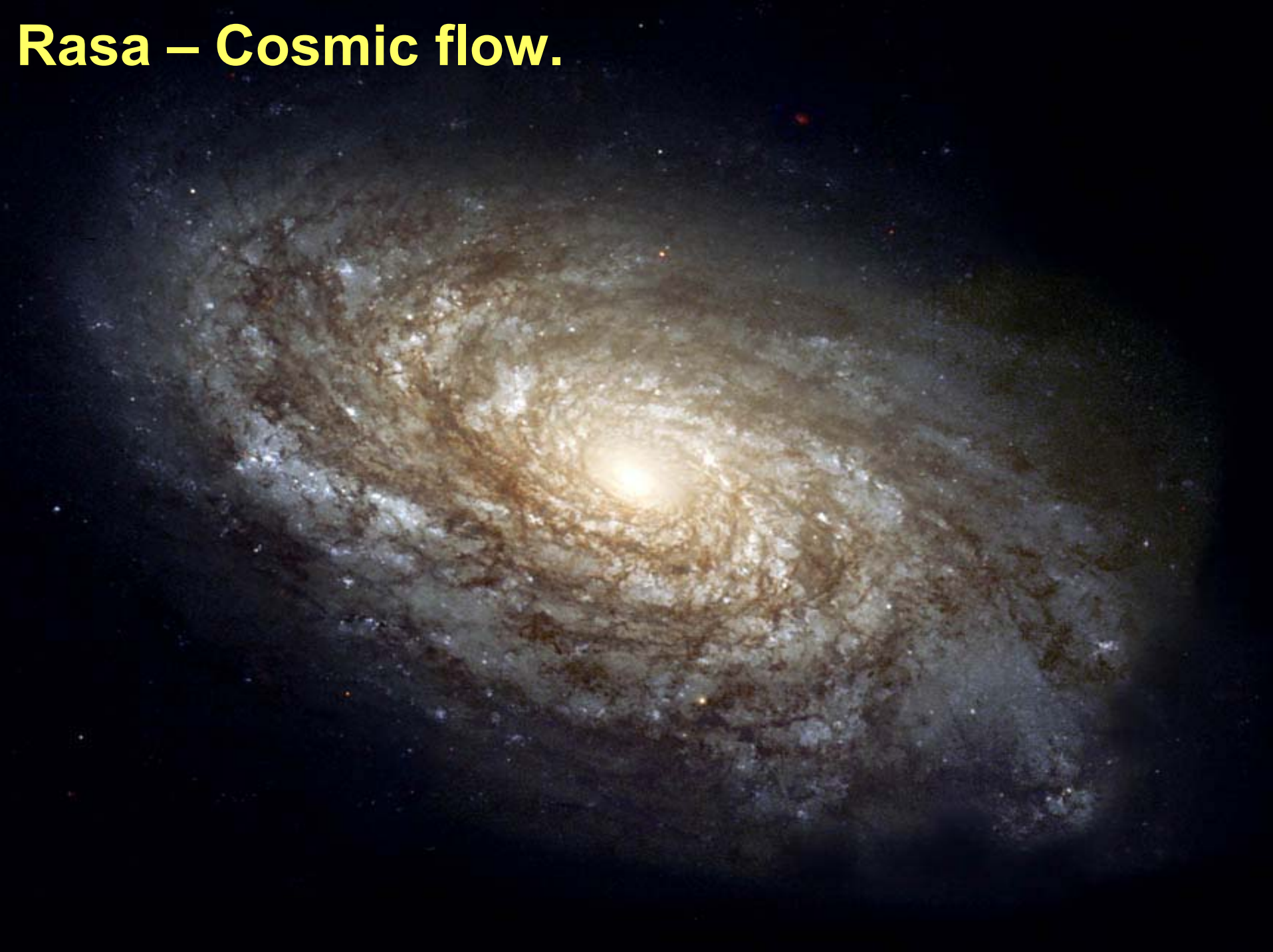
# Spiritual practices and life

- So what is this process of pumping out the water in the case of the human mind?
- How to free the mind from worldly and mundane impurities?
- Adopt a spiritual lifestyle:
  - **vistara (expansion);**
  - **rasa (flow);**
  - **seva (service).**

**Vistara - expansion of mind.**



# Rasa – Cosmic flow.



# Seva – service to the universe.

- Service to human society, other beings, ancestors and Consciousness.



- To transcend the superficial levels of the mind:
  - one meditates.



- For psychic and spiritual progress:
  - we help other beings.



# A Simple Meditation Process

- Use the Universal Mantra:

**Baba Nam Kevalam**

- It means:

Infinite Love is all there is;

Everything is Supreme Consciousness





**Baba Nam Kevalam**