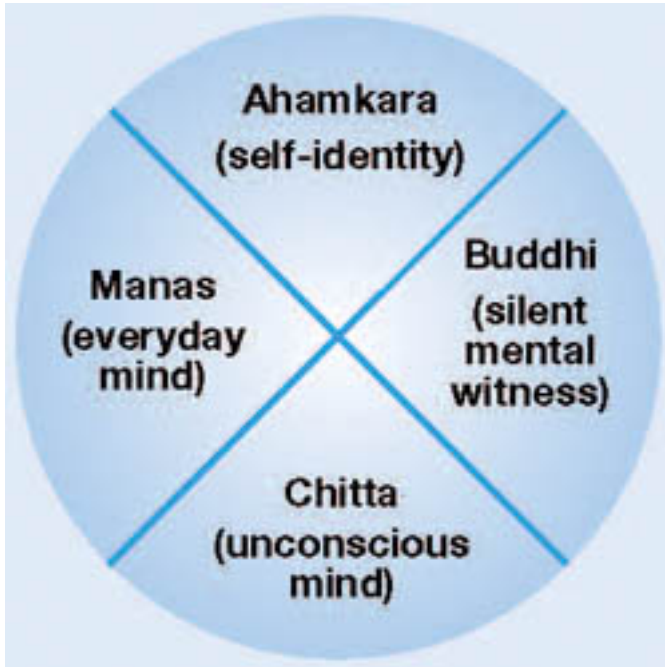


## ANATOMY OF THE MIND

*A yogic look at the different aspects of the human mind.* **By Rolf Sovik**



*Manas*, the everyday conscious mind, is the coordinator of the senses and the mental screen on which thoughts and images occur. In meditation, *manas* is calmed. Its energies are collected rather than allowed to shift about. Sense activities quiet, meandering thoughts settle down, and attention becomes focused.

As *manas* is calmed, a more discerning dimension of the mind, the *buddhi*, awakens. The *buddhi* assigns meaning and value to

experience. Through the practice of meditation, the *buddhi* witnesses mental activity, lending a sense of dispassion to inner life. When it is purified, the *buddhi* provides a refined reflection of consciousness itself.

The *chitta* is the unconscious storehouse of past thoughts and experiences—the bed of memory. It accumulates impressions and blends them with current mental imagery to give understanding and richness to experience. Stored impressions are propelled back onto *manas* in the form of habitual behaviors or desires. In meditation this can take the form of a fantasy, a distracting thought, a simple desire, or a powerful emotional urge. However, the process of meditation deposits impressions of peace and concentration in the *chitta*. These provide support during future periods of meditation.

The mind as *ahamkara* is the maker of an “I.” When we use the word “I,” we imply an identity constructed within the mind itself. With its lesser side, we cling to a limited self—we grasp the ego and the things with which it identifies. Yet each of us is also a manifestation of a vast field of pure consciousness, our true Self. Meditation gradually dispels the falseness of self-identity and reveals a deep and true Self.