

PATANJAI SUTRAS

CHITTVRITTIS (Yoga Sutras 1.5-1.11)

Thought moves in 5 basic patterns, there are 5 different kinds of thought-waves, 5x stages of consciousness

5 ways the mind works with the universal mind

1. Pranama

- Right Understanding
- No distortion
- No judgment
- Real connection to object
- True thoughts

Look at flower and say 'I see a flower' not a pretty flower

2. Viparaya

- wrong understanding. Simply wrong
- No correspondence
- No correspondence between reflection and object

I hear a car and i think its my flatmate, but its our neighbour. Its a thought, and its wrong

3. Vikalpa

- No relationship
- imagination
- fantasy
- create image with no relationship to object
- Jump to conclusion

This is one of the essential problems with the uncontrolled/ untrained/raw mind

4. Nidra

- sleeping
- Dreams

Images have no real substance in reality but create emotions that feel real

yoga nidra - is where we are in a receptive state, and we use positive affirmation to plant suggestions, and consciously let those suggestions grow and flourish.

Usually combined with a sankalpa, a resolve (positive, framed into the now, talking to your subconscious)

5. Simran

- memory
- The object is not there any more, but the memory of it is present
- Memory's can have judgments
- Can come from all of the above forms