

# One Mind

BY SADHGURU

*'If you go deep enough into your mind, there will be no such thing as my mind and your mind. There is just one mind.'*

Today, modern psychology has identified the four layers of the mind - the conscious, the subconscious, the unconscious and the collective unconscious.

Conscious mind is the mind you employ to do almost everything. Almost everything that humanity has done on this planet has come from this conscious mind. But this conscious 'mind' accounts for less than two per cent of the actual mind. If this two per cent can do so much, can you imagine what is possible with the remaining ninety-eight per cent?

Another two to three per cent is your subconscious mind. Sometimes in your dream states you might have touched your subconscious. Some of you might have experienced it, especially in the form of early morning dreams, when you are in a half-awake half-asleep state. One morning you dream of not any great event but some simple situation. You are walking on the street, your friend comes by, wearing a yellow dress and she says something to you. Next day, in the morning you are walking on the street and...same friend, same yellow dress, same words! Have such things

happened to you? Maybe you have heard somebody say it has happened to them?

This is because once you pass the limitations of your conscious mind there is no such thing as time and space. What is here is there also, what is there is here also. What is now is then also, what is then is now also. It's all mixed up.

The conscious and the subconscious account for approximately five per cent of your mind. The remaining ninety-five per cent is the unconscious. It's never in accessible to you. Today modern psychologists are aware that there is much more to the mind than what they know. But they have no means to access it.

It is the nature of your unconscious, which decides the nature of your subconscious and the conscious. It is like if I ask you to visualise a tree right now. You see the trunk, you see the branches, you see the leaves, the flowers, the fruits, but the most important part of the tree, the root, is not in your normal perception. The quality of the root decides the quality of the tree, but in your normal perception it is absent. Similar is the case with the unconscious mind - the content and the quality of the unconscious decides the quality of the subconscious and the conscious, but this is not accessible to you.



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Gautama talks about another dimension of mind, which is referred to as 'collective unconsciousness'. It means if you go deep enough into your mind there will be no such thing as my mind and your mind, there will be just one mind. Modern psychology confirms this. This is not philosophy.

Collective unconsciousness is not a term coined by a mystic. This is what the psychologists and psychiatrists have used. This dimension of the mind they had no means to go into. However, certain eminent psychiatrists conducted experiments in drug-induced states. Using certain chemicals they went into certain states of their mind, or their subjects went into certain states of mind. This helped them conclude that if you go deep enough, somehow there is no this mind and that mind,

it's all one mind. It is like, you know everybody is operating an individual computer and he's got his own bank of information, but somewhere there's the engine that does the whole thing, it's all there, isn't it? It is just an analogy, a bad analogy though. Don't probe so much into this for if you do so you will know what is happening in the chicken's mind. Then you know it'll be very difficult, very difficult, to run your poultry business.