

The Five States of the Mind

BY SADHGURU

Your mind can be in five different states. It could be inert. That means it is not activated at all, it is in a rudimentary state. If you energise it, then the mind becomes active but scattered. If you energise it further, it is no longer scattered but it is oscillating. If you energise it further, it becomes one-pointed. If you energise it still further, it will become conscious. If your mind is conscious, it is magic; it is a miracle, it is the bridge to the beyond.

Inert minds are not a problem. Someone who is very simple-minded and whose intellect is still not effervescent has no trouble. He eats well, he sleeps well. It is only people who can think, who cannot sleep. So inert minds are one way, but the moment you pump in some energy, it becomes active but it could be scattered. For a lot of people, after they come to the yoga programs, they become much more disturbed than before. They were sleeping and eating better before they came to yoga. Now their mind is thinking all kinds of things. They were never troubled by such things before because the mind was inert.

Once you start doing spiritual practices, the mind becomes effervescent, and it could become a scattered mind. Those who had a very scattered mind, they have come to a place where the mind is not so scattered, but it is oscillating – one day this way, another day that way. This is a huge improvement over being scattered moment to

moment in ten different places.

If the mind was already an oscillating mind, and you energise it further, then slowly the mind becomes one-pointed. That is far better, but the most important thing is, the mind should become a conscious process. If it becomes a conscious process, the most miraculous thing in this existence is the human mind. In terms of instruments, it is not your computer, car or spacecraft, but the human mind which is the most miraculous thing. This is the most miraculous thing to happen if only you could use it consciously.

There is a beautiful story in the yogic lore.



A man went for a walk and accidentally walked into paradise. After the long walk he felt a little tired and thought, "I wish I could rest somewhere." He saw a nice beautiful tree beneath which there was wonderful soft grass. So he went and slept on the grass. After a few hours, he woke up well rested. Then he thought, "Oh! I am hungry. I wish I had something to eat." He thought of all the nice things he wanted to eat and all of them just appeared in front of him.

After he had the sumptuous food, the man thought, "Oh! I am thirsty. I wish I had something to drink." He thought of all the drinks he wanted to drink and all of them appeared in front of him.

In yoga, the human mind is referred to as markata or the monkey because of its wandering nature. The word monkey has also become synonymous with imitation. If you say you

are monkeying somebody, it means imitating someone – this is the full-time job of your mind. So an unestablished mind is referred to as a monkey. When this "monkey" became active in the man who went to paradise, he thought, "What the hell is happening here? I asked for food, food came. I asked for drink, drink came. Maybe there are ghosts around." He looked and there were ghosts. The moment he saw them he got terrified, he said, "Oh there are ghosts around here, maybe they will torture me." And the ghosts started torturing him, and he started screaming and yelling in pain. He said, "Oh these ghosts are torturing me, they are going to kill me." And he died.

The problem was he was sitting under a wishing tree or a Kalpavriksha. Whatever he asked for became a reality. You are also constantly sitting under a Kalpavriksha. A well-established human mind is referred to as a Kalpavriksha. In this mind, whatever you ask for becomes a reality. You need to develop the mind to a point where it becomes a Kalpavriksha, not a source of madness.

Once your mind gets organised, the way you think is the way you feel so your emotion will also get organised. Once your thought and emotion are organised, your energies will get organised in the same direction. Once your thought, emotion and energies are organised, your very body will get organised. Once all these four are organised in one direction, your ability to create and manifest what you want is phenomenal.

(Next Inner Engineering Program: August 8 to August 14 at Margao and Vasco.goa.ishafoundation.org. Sadhguru, is a spiritual leader. www.ishafoundation.org)

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