

# UNCOVER AND MANIFEST YOUR TRUE SELF

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WEEK 2 : TAP INTO THE INCREDIBLE POWER OF  
THE MIND



# SERIES OUTLINE

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- Week 1 (Feb. 1): Know Yourself Beyond the Body
- Week 2 (Feb. 8): Tap into the Incredible Power of your Mind
- Week 3 (Feb. 15): Learn to Experience Limitless Love
- Week 4 (Feb. 22): Beyond aging – Revitalization, Restoration and Healing
- Week 5 (Mar. 1): Develop a Healthy Lifestyle
- Week 6 (Mar. 8): Conscious Co-Creation: Finding Joy on the Journey
- Week 7 (Mar. 15): Learn to Live Harmoniously with All of Life

# OUTLINE OF SESSION TWO

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- Introduction
- Tap into the Incredible Power of the Mind
- Exercises for Revitalization, Restoration, and Healing (Breathing & Tree posture)
- Meditation: Developing Witness Consciousness
- Wrap-up
- Next week...

# THE MENTAL SPACE IS THE MOST POWERFUL PART OF OUR BEING - WHY?

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- The mind is an instrument of our infinite source being
- Aligned/Connected to the Source it has infinite power
- The power to create and manifest visions, ideas, thoughts, templates using the mind
- The mind is not the brain. The mind exists in the subtle body, brain in the gross body
- With the Mind we can channel vital energies into the body



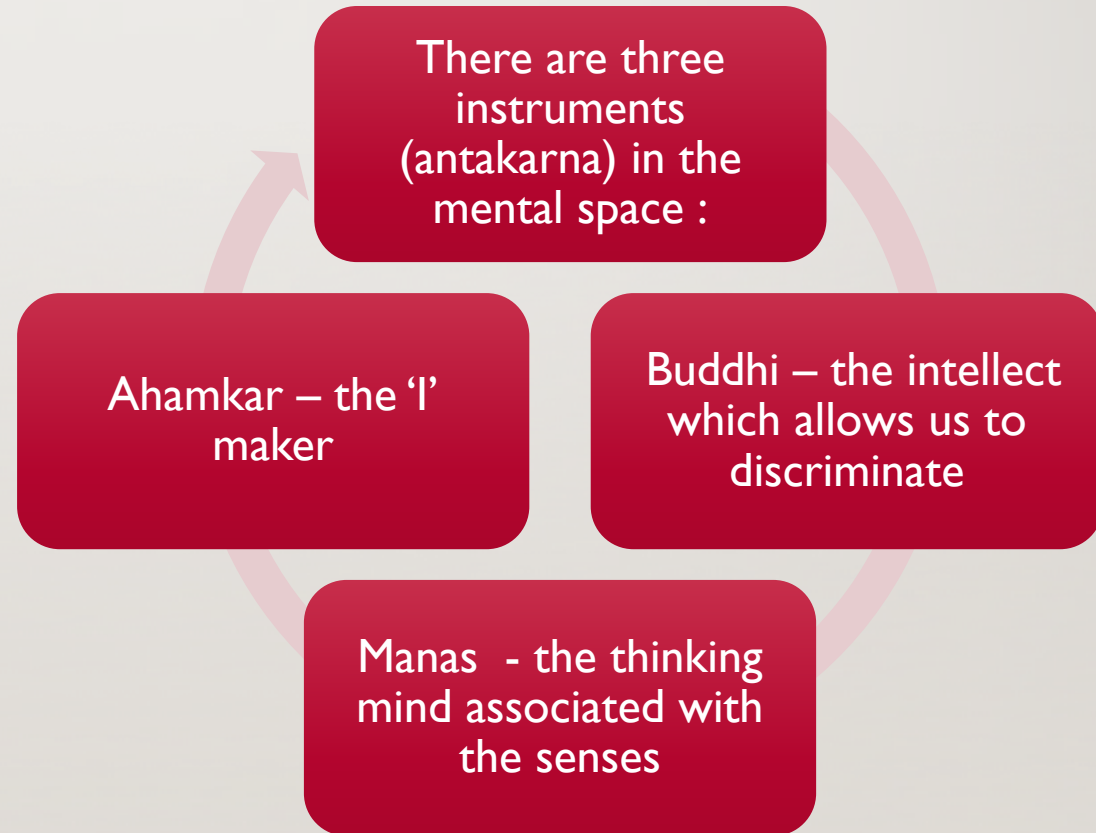
# THE 3 BRAINS



- 1. Head:
  - 100 billion neurons
  - Control center of internal involuntary bodily functions
- 2. Heart:
  - 40,000 neurons
  - Heart communication with brain affects how we perceive and react to our world
- 3. Gut:
  - 100 million neurons within intestines (more than the spinal cord)
  - Gut flora has profound effect on mental state

Vagus  
nerve  
connects  
the 3  
brains

# ANATOMY OF THE MENTAL SPACE



# THE UNTRAINED MIND

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- When mind gets captured by the senses, not aligned with deeper Self, it cannot come into silence
- ***"Know the self as a rider in a chariot, and the body, as simply the chariot. Know the intellect as the charioteer, and the mind, as simply the reins. The senses, they say, are the horses, and sense objects are the paths around them.... When a man lacks understanding, and his mind is never controlled; His senses do not obey him, as bad horses, a charioteer."***

--\* From the Katha Upanishad\*



# WHY DO WE NEED A SILENT MIND?

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- Allows us to listen more deeply
- Allows us to observe or witness
- To manage the mind
- To have present moment awareness
- To see our thoughts
- To be detached





# HOW DO WE CULTIVATE A SILENT MIND?

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- Desire (intention and attention)
- Discrimination (observing/witnessing)
- Disciplined Practice (breath awareness, mantra repetition)
- Detachment
- **Arjuna** :“The mind is restless, unsteady, turbulent, wild, stubborn; truly it seems to me as hard to master as the wind”
- **Sri Krshna** :“You are right, Arjuna, the mind is restless and hard to master; but by constant practise and detachment, it can be mastered in the end” – Bhagavad Gita ch. 6.34

# WHY ARE BREATHING PRACTICES IMPORTANT?

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- Help to manage prana in the system
- Help energize/revitalize the system
- Manage the Mind (charioteer is better able to manage the horses)



## EXERCISES FOR REVITALIZATION, RESTORATION AND HEALING

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- Complete breath
- Ujayii (victory breath)
- Anuloma Viloma (alternate nostril breathing)
- Tree posture



# MEDITATION

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## Witness Consciousness

# WRAP UP

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- Sharing
- Prompt:
  - How can we use the power of the mind to improve our mental health?
- Next week: Learn to Experience Limitless Love

*“May your every breath be a breath of love.*

*May your every footstep be a step of love.*

*May your hands hold and hug with the power of love.*

*May everything it touches be blessed with love.*

*May you love today, differently to how you have ever loved, knowing that love is sacred, love is divine.”*

*- Sri Vasudeva*