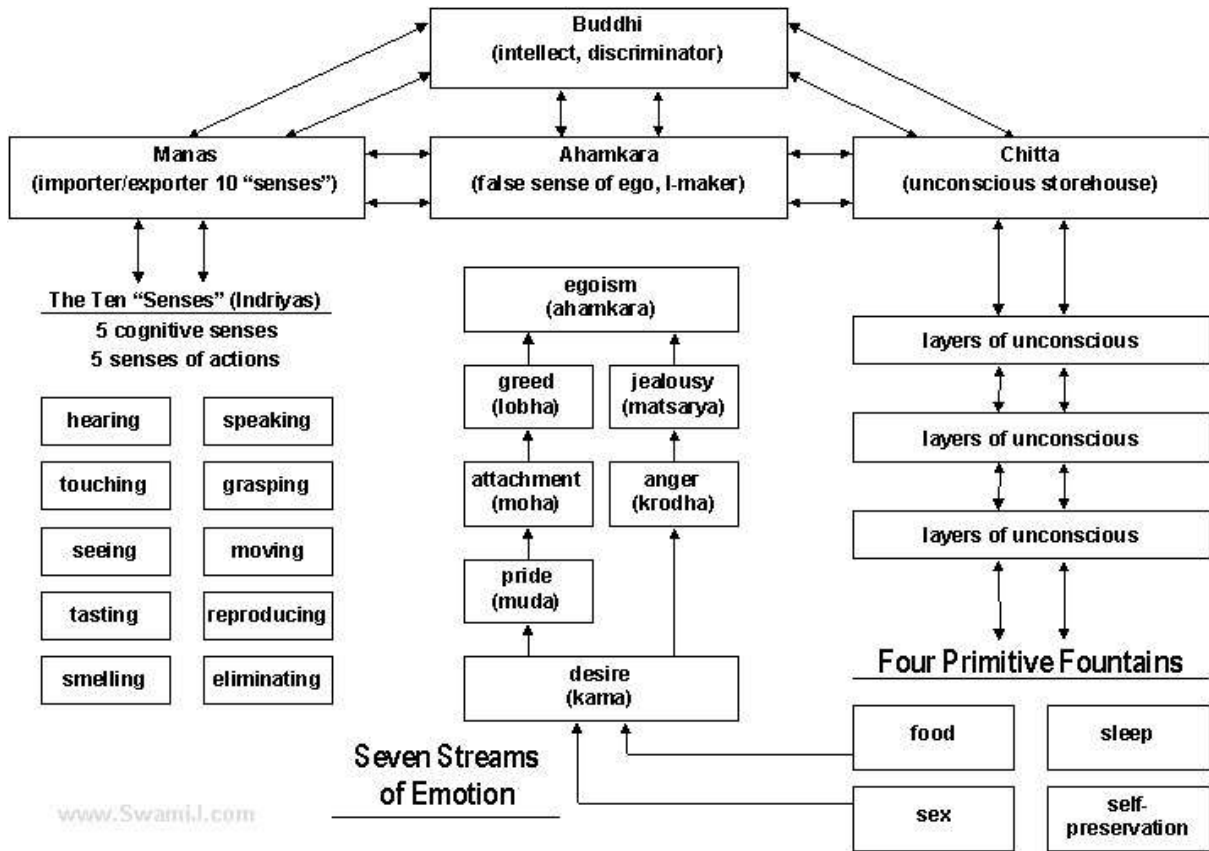


INNER PROCESS OF MIND



The "map" above is an attempt to summarize the inner process of mind according to Yoga in one graphic image or picture. Any "map" of the mind inherently says some things clearly, while missing other points. Please use this "map" in that light, so that you may find it useful on your own journey.

There are Four Functions of Mind:

Manas = sensory, processing mind

Chitta = storage of impressions

Ahamkara = "I-maker" or Ego (2 Egos)

Buddhi = knows, decides, judges, and discriminates

The aspirant should:

Understand each function individually.

Coordinate them all with one another.

The four functions of mind are like spokes on a wheel. The wheel engages the world, while the center remains still.

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