



## YOGIC CONCEPT OF MIND

There are four **Anthahkarana** (inner instruments):

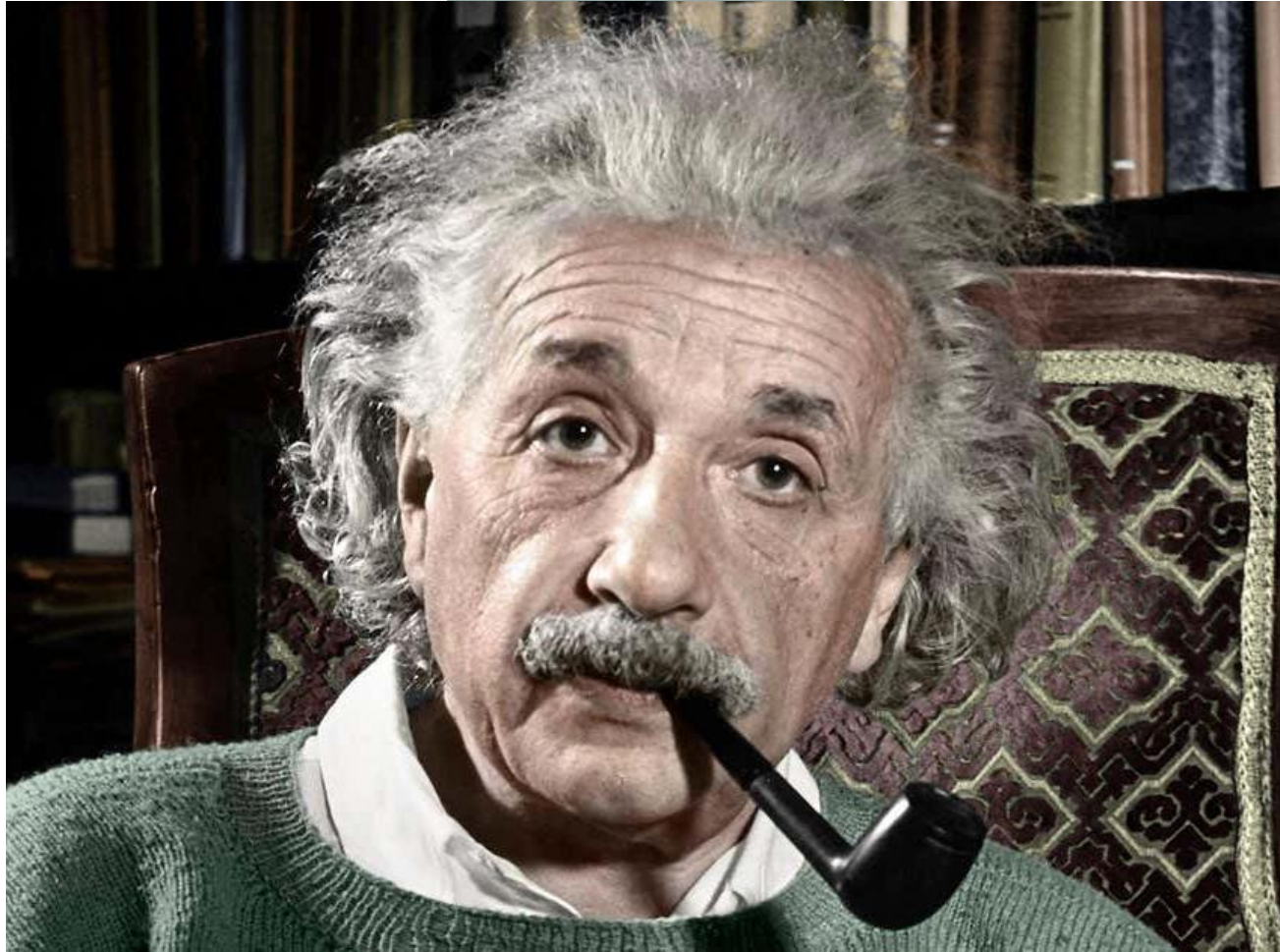
- **Manas** – the thinking part : Mind
- **Chitta** – the storing part : Memory
- **Buddhi** – the deciding part : Intellect
- **Ahamkaara** – the controlling part : Ego

- Respect the brain – it is Divine.
- Don't turn your brain into a trash-basket.
- **Defragment / re-format now and then!**

# FACULTIES OF THE MIND AND ART OF ASKING QUESTIONS

TO GO BEYOND, DEFEND THE BEHIND

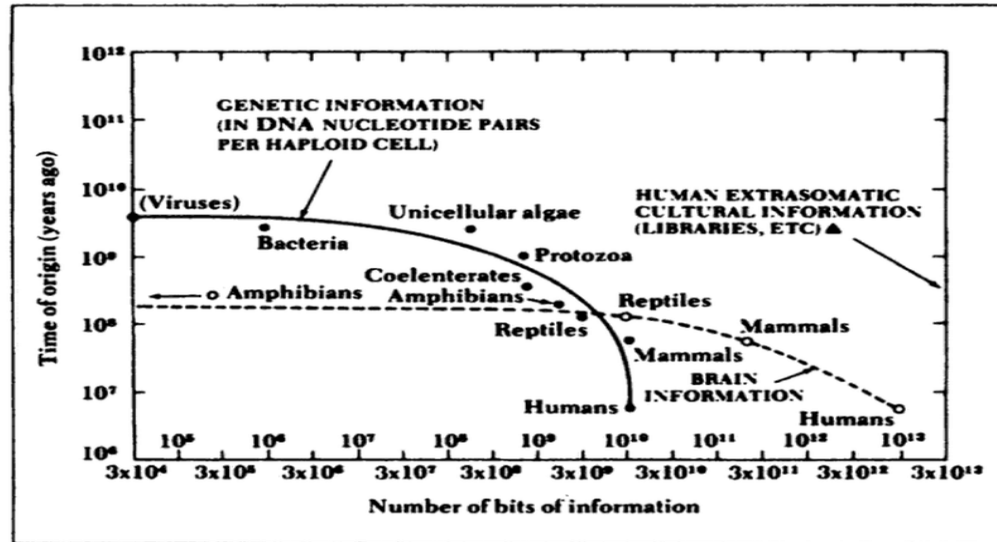
LET'S GO FOR A RIDE.. ON WHEELS!



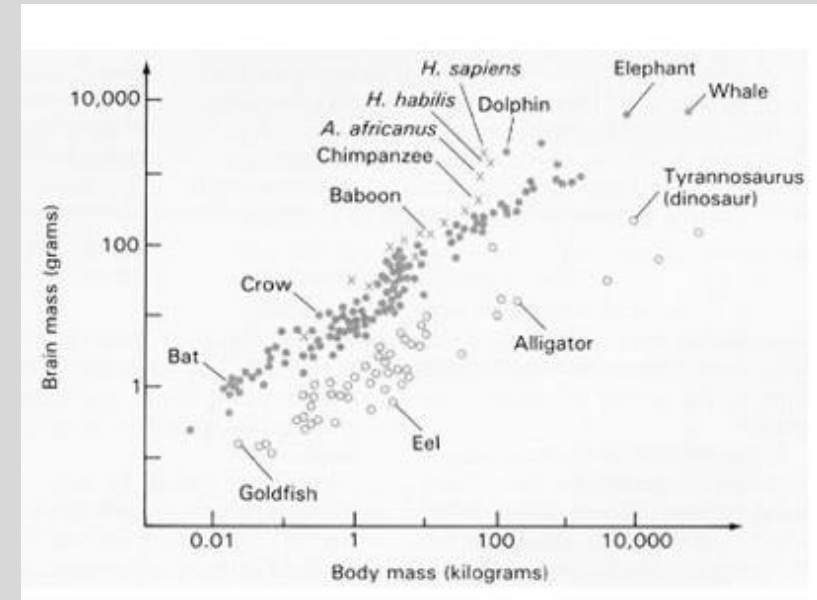
THE INTUITIVE MIND IS A  
SACRED GIFT, AND THE  
RATIONAL MIND IS A  
FAITHFUL SERVANT. WE  
HAVE CREATED A SOCIETY  
THAT HONOURS THE  
SERVANT AND HAS  
FORGOTTEN THE GIFT.

- ALBERT EINSTEIN

WHAT IS THE GIFT ?  
HAVE WE MISSED IT  
COMPLETELY?  
LET'S SEARCH FOR A  
BEAUTIFUL MIND



The evolution of information content in genes and brains during the history of life on Earth. The solid curve, which goes with the filled circles, represents the number of bits of information contained in the genes of various taxa, whose rough time of origin in the geological record is also shown. Because of variations in the amount of DNA per cell for certain taxa, only the minimum information content for a given taxon is shown, the data being taken from the work of Britten and Davidson (1969). The dashed curve, which goes with the open circles, is an approximate estimate of the evolution in the amount of information in the brains and nervous systems of these same organisms. The information in the brains of amphibians and still lower animals are off the left edge of the figure. The number of bits of information in the genetic material of viruses is shown, but it is not clear that viruses originated several billions of years ago. It is possible that viruses have evolved more recently, by loss of function, from bacteria or other more elaborate organisms. If the extrasomatic information of human beings were included (libraries, etc.), that point would be far off the lower right edge of the chart.



## THE INTUITIVE MIND AND THE RATIONAL MIND

- WHY DO WE THINK?
- HOW DOES THE MIND EVOLVE?

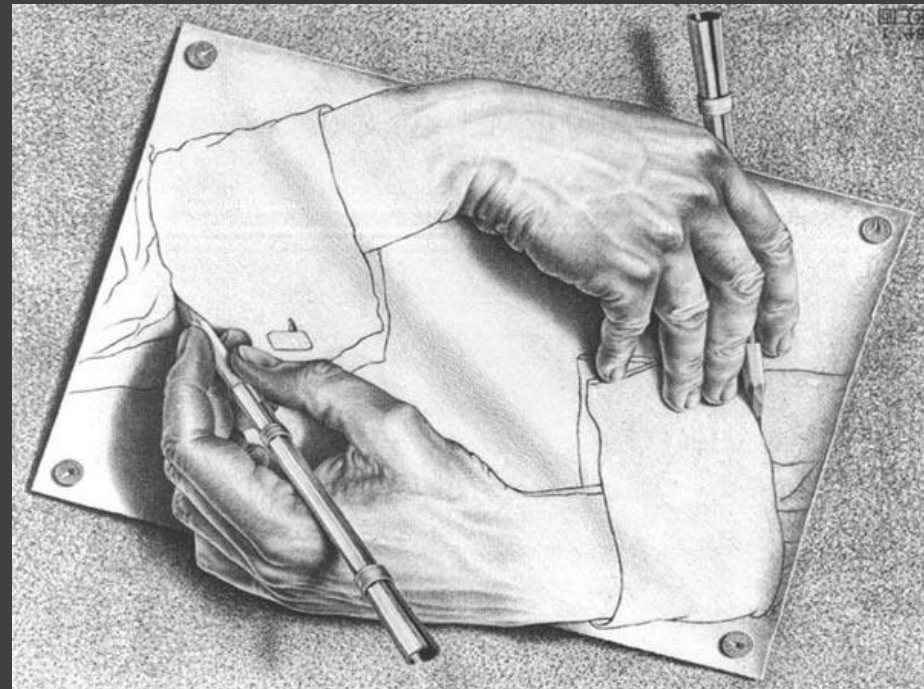
# WHAT IS CREATIVITY?

HOW TO QUANTIFY  
CREATIVITY?

HOW CREATIVITY IS  
RELATED TO  
CONSCIOUSNESS?

“LIFE IS A WAVE OF CREATIVE  
CONSCIOUSNESS RIPPLING  
THROUGH SPACE AND TIME THAT  
WE HAVE THE HONOUR OF  
AESTHETICALLY SURFING.”

-ALEX GREY



it grows from a seed

# The intellect and the intelligence

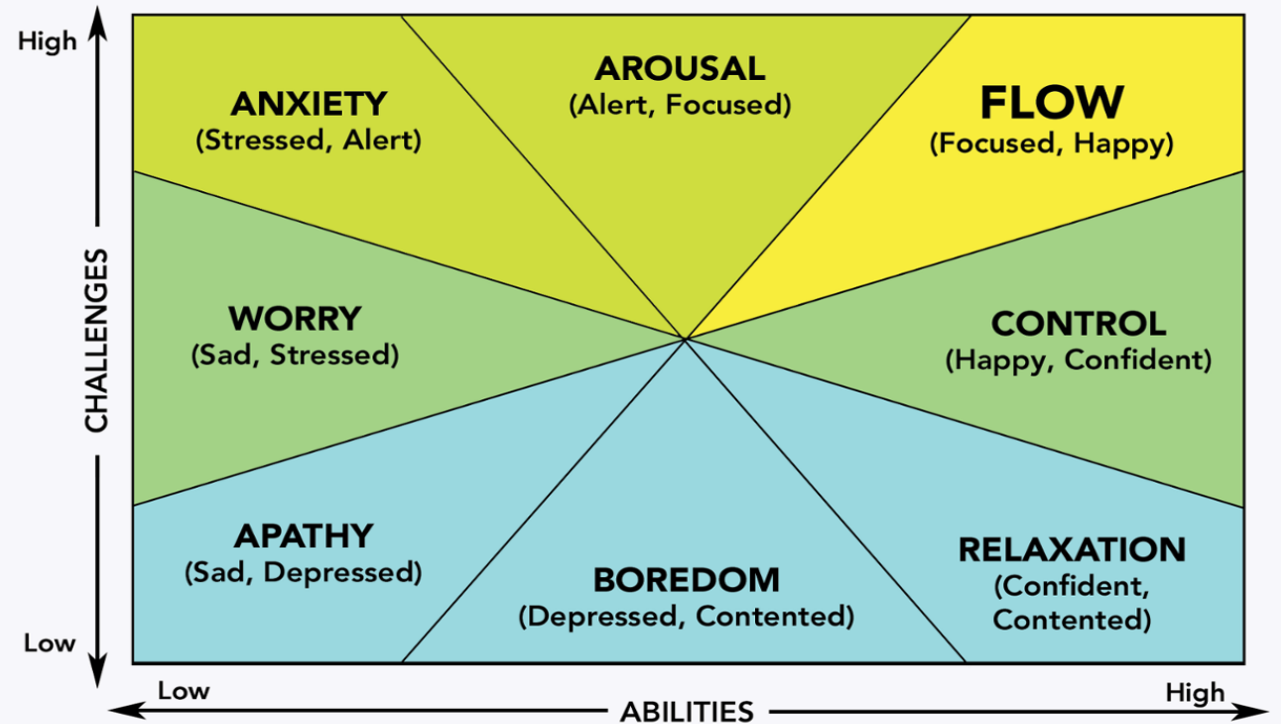
THE ONLY ADVICE I CAN OFFER, FROM ONE RECOVERING INTELLECT TO PERHAPS ANOTHER, IS THAT THE MOMENT YOU TURN AWAY FROM YOUR THOUGHTS AND ALLOW THEM TO SETTLE, THE INTELLIGENCE THAT EXISTS BEYOND THE INTELLECT WILL BE WAITING FOR YOU, RIGHT THERE WHERE YOU LEFT IT..

BY MICHAEL NEILL, CONTRIBUTOR  
TRANSFORMATIVE COACH; BEST-SELLING AUTHOR

# SELF REFLECTION AND THE FLOW

WHAT TO DO WITH ALL THAT WE KNOW?

WHAT TO KNOW FROM ALL THAT WE DO?



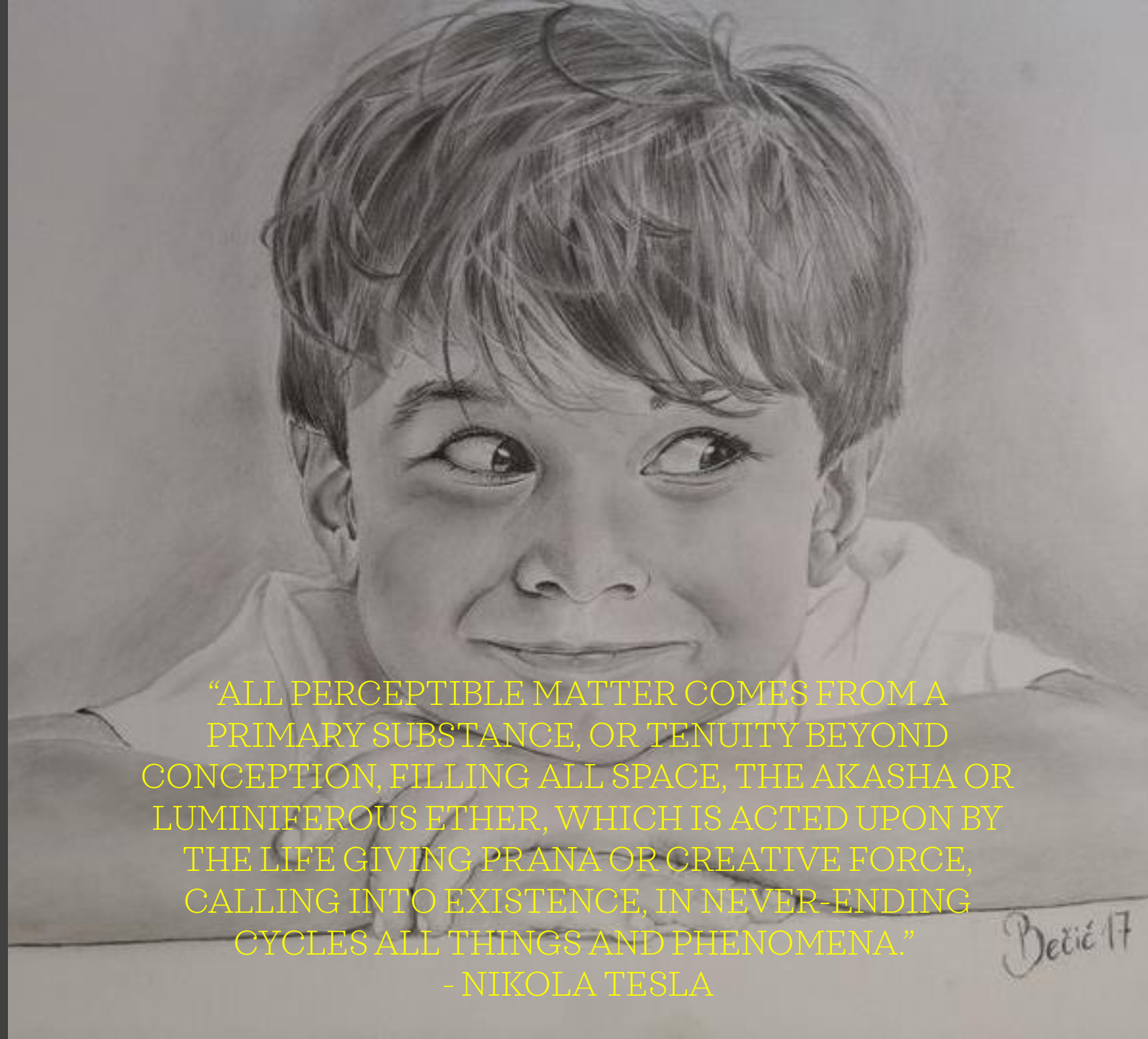
Mihály Csíkszentmihályi's model of flow as related to challenge and ability.

“Those who **flow** as life flows know they need no other force.”

-Lao Tzu

BE **CURIOUS!**  
IT IS TOO EASY  
TO NEGLECT  
THE POWERS  
OF OUR OWN  
**MINDS**

THANK YOU



“ALL PERCEPTIBLE MATTER COMES FROM A  
PRIMARY SUBSTANCE, OR TENUITY BEYOND  
CONCEPTION, FILLING ALL SPACE, THE AKASHA OR  
LUMINIFEROUS ETHER, WHICH IS ACTED UPON BY  
THE LIFE GIVING PRANA OR CREATIVE FORCE,  
CALLING INTO EXISTENCE, IN NEVER-ENDING  
CYCLES ALL THINGS AND PHENOMENA.”

- NIKOLA TESLA

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