

Unwind your mind - have you heard about this?

Hey Yogi,

Does your day pass fast in a continuous cloud of unmanaged thoughts?

In yoga, we identify 5 states of mind:

- 1 Disturbed
- 2 Dull
- 3 Distracted
- 4 One-pointed
- 5 Mastered

It is useful to practice identifying which state your mind is in. The easiest way to notice which state your mind is in is through self-inquiry.

Take a moment throughout the day to inquire. What is the quality of my mind?

If you are having strong emotions, notice. Notice if you feel the emotion in any specific part of your body, any heaviness or constriction. Notice if the emotion has a frequency, a vibration. Notice if the emotion seems to be within the body, or outside the body.

Emotions and thoughts are part of the same spectrum. Thoughts are dry, emotions are wet.

Thoughts create emotions - as you think, so you will feel. Emotions are slower than thoughts, and take more time to generate, and also require more time to turn around.

For instance, if you were in love with someone and the relationship ended abruptly, you may have very mixed emotions for a while. Feeling the emotion of romantic love, alongside the emotions of betrayal, confusion, anger etc. Even though you may know that this person isn't right for you, you may struggle for a while, going back and forth, distracted and disturbed. Turning the emotions around takes a little longer, like trying to turn around a big ship that has lots of momentum.

Eventually, your emotions will follow your mind. But if your mind is divided, your emotions will be divided. Learning how to train the inner mind is a big part of classic yoga practice.

For more information, there is an excellent webpage with many links about the inner mind you can follow:

<http://www.swamij.com/witnessing.htm>

I hope to see you soon in Bern for our upcoming courses on internal yogas!

Have a lovely day,

Rae

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