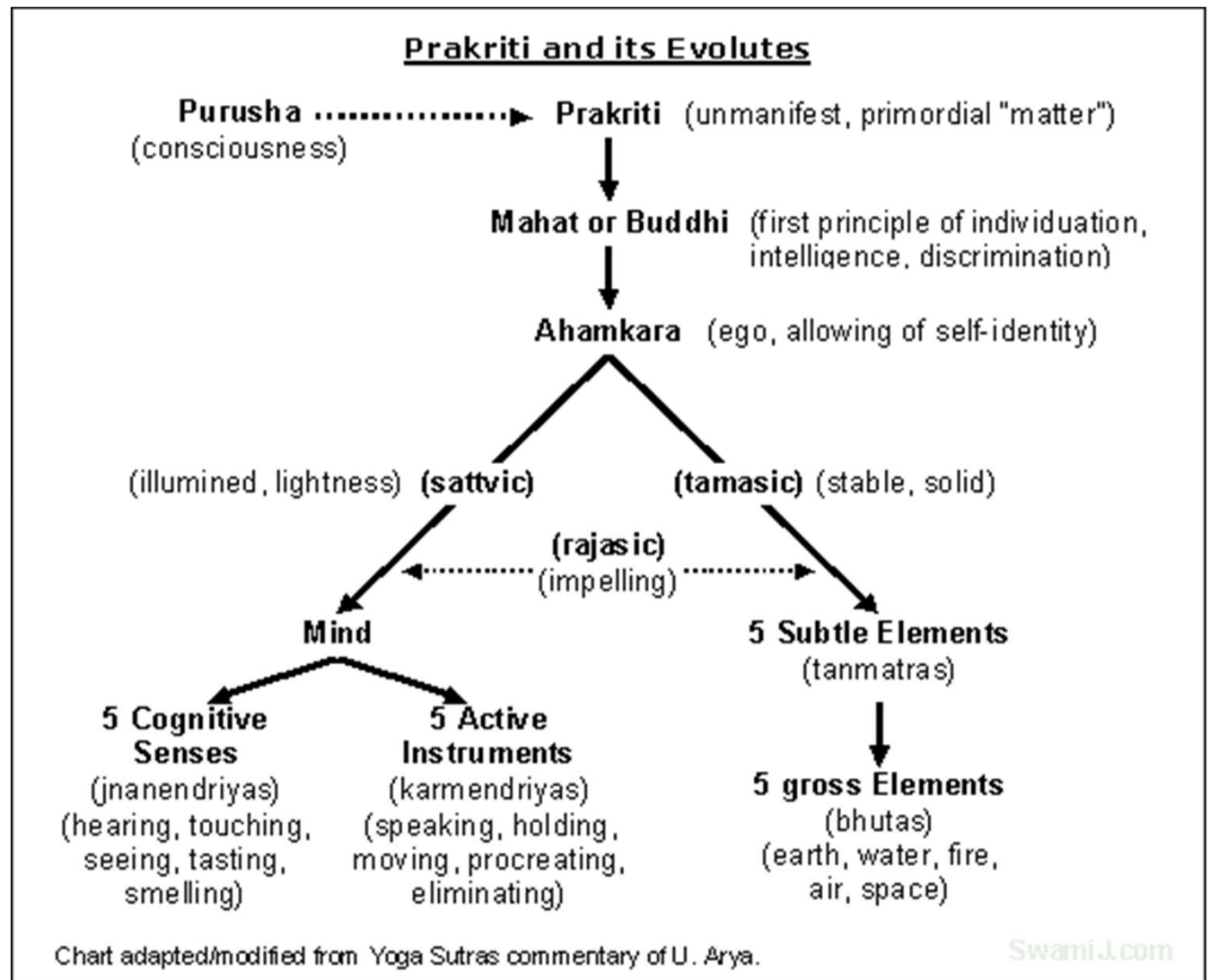


# Sankhya – Elements of Creation

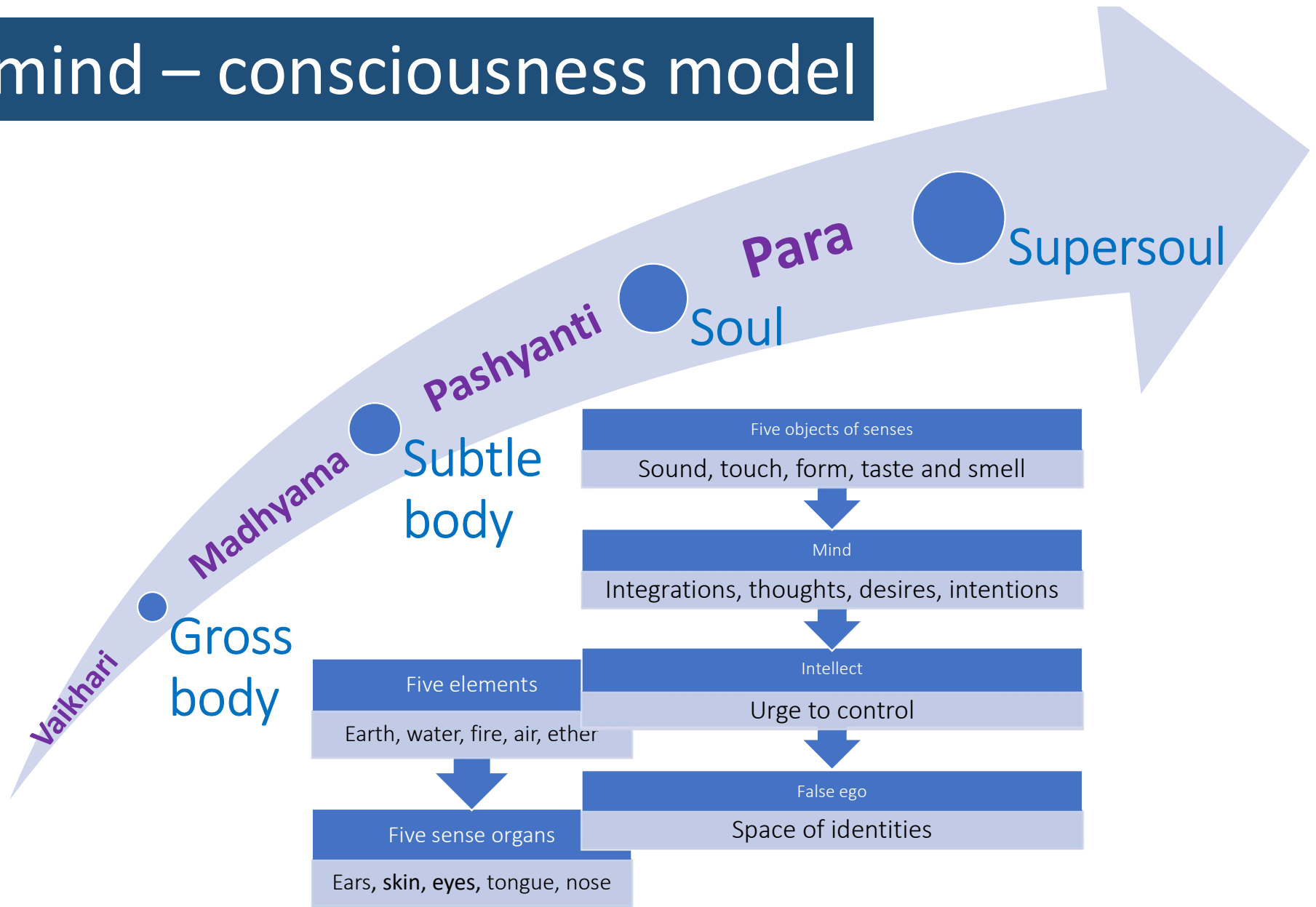
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Dr. Laxmidhar Behera  
Director, IIT Mandi

# 25 tattvas



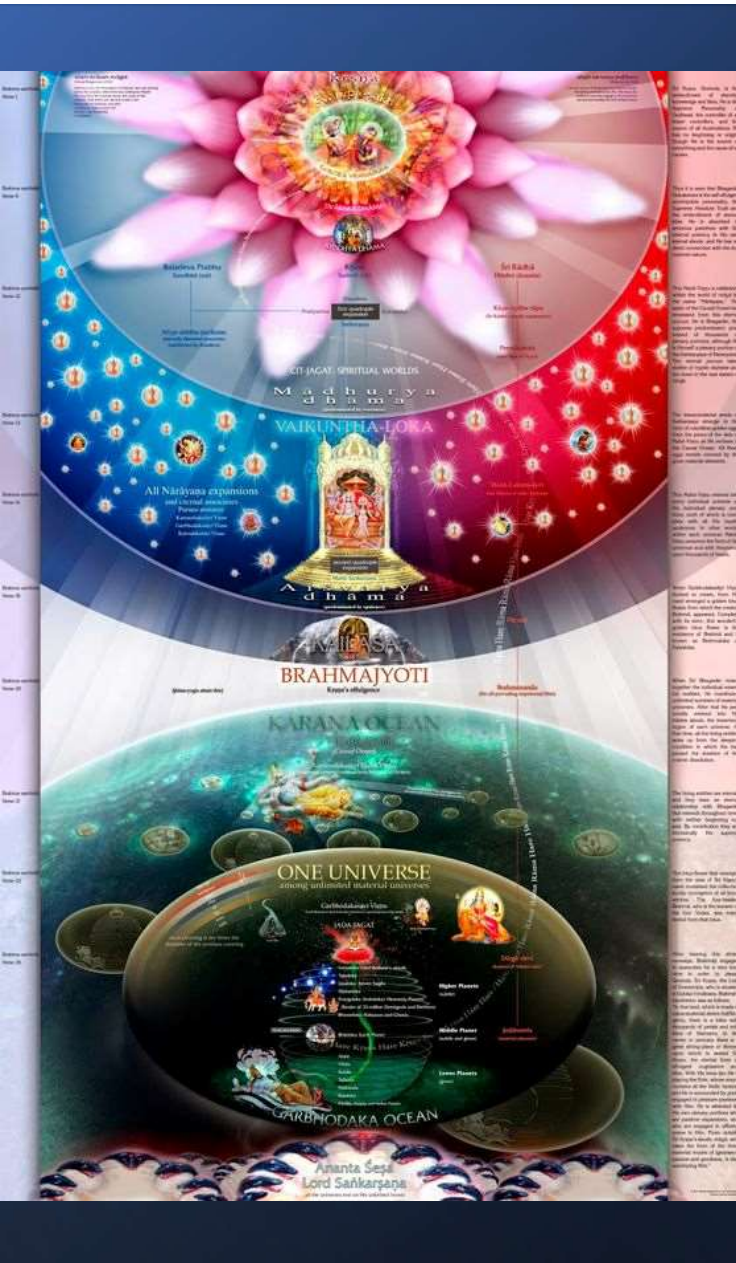
# Body – mind – consciousness model



# Purusha

*bhoktāraṁ yajña-tapasāṁ  
sarva-loka-maheśvaram  
suhṛdam sarva-bhūtānām  
jñātvā mām śāntim ṛcchati*

**A person in full consciousness of Me, knowing Me to be the ultimate beneficiary of all sacrifices and austerities, the Supreme Lord of all planets and demigods, and the benefactor and well-wisher of all living entities, attains peace from the pangs of material miseries. BG 5.29**



# Purusha

*nityo nityānām cetanaś cetanānām  
eko bahūnām yo vidadhāti kāmā*

**The Supreme Lord is eternal and the living beings are eternal. The Supreme Lord is cognizant and the living beings are cognizant. The difference is that the Supreme Lord alone is supplying all the necessities of life for all living entities. Katha Upanisad 2.2.13**



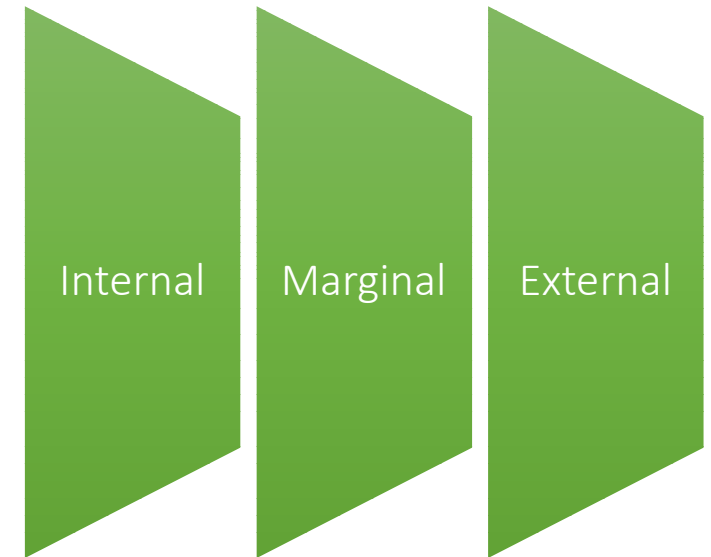


# Prakriti

*antaraṅgā--cic-chakti, taṭasthā--jīva-śakti  
bahiraṅgā--māyā,--tine kare prema-bhakti*

**The spiritual potency of the Supreme Personality of Godhead also appears in three phases- internal, marginal and external. These are all engaged in His devotional service in love.**

**CC Madhya 6.160**

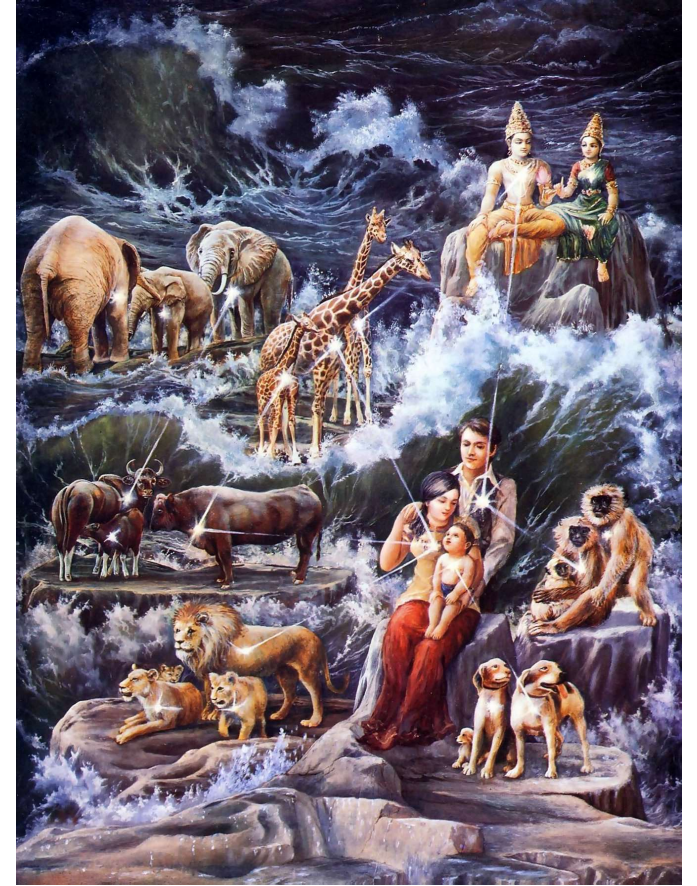




# Jivas – Units of consciousness

*avināśi tu tad viddhi  
yena sarvam idaṁ tatam  
vināśam avyayasyāśya  
na kaścit kartum arhati BG2.17*

**That which pervades the entire body you should know to be indestructible. No one is able to destroy that imperishable soul.**



# Jivas – Units of consciousness

*yathā prakāśayaty ekaḥ  
kṛtsnam lokam imam raviḥ  
kṣetram kṣetrī tathā kṛtsnam  
prakāśayati bhārata BG13.34*

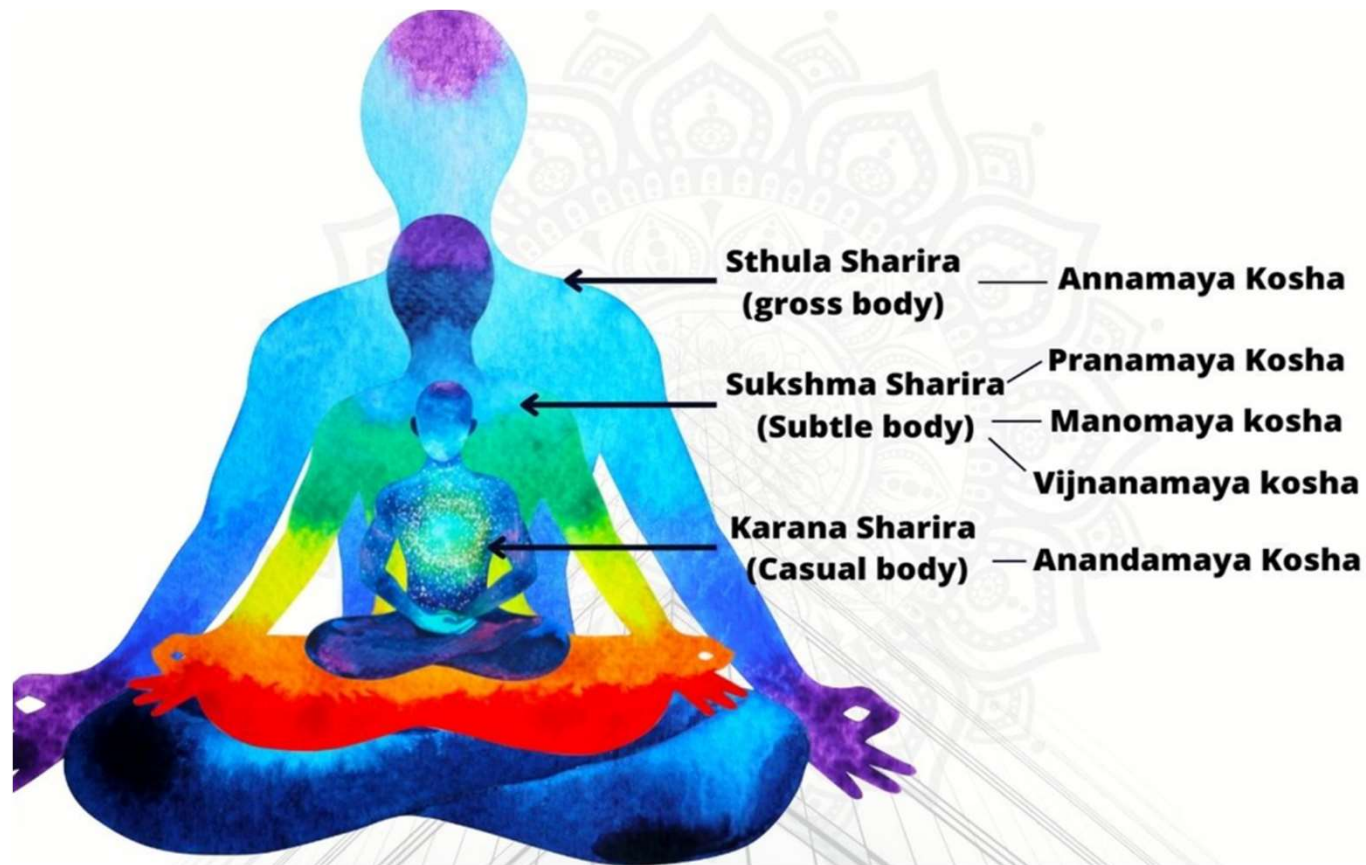


**O son of Bharata, as the sun alone illuminates all this universe, so does the living entity, one within the body, illuminate the entire body by consciousness.**





# The material body – subtle and gross



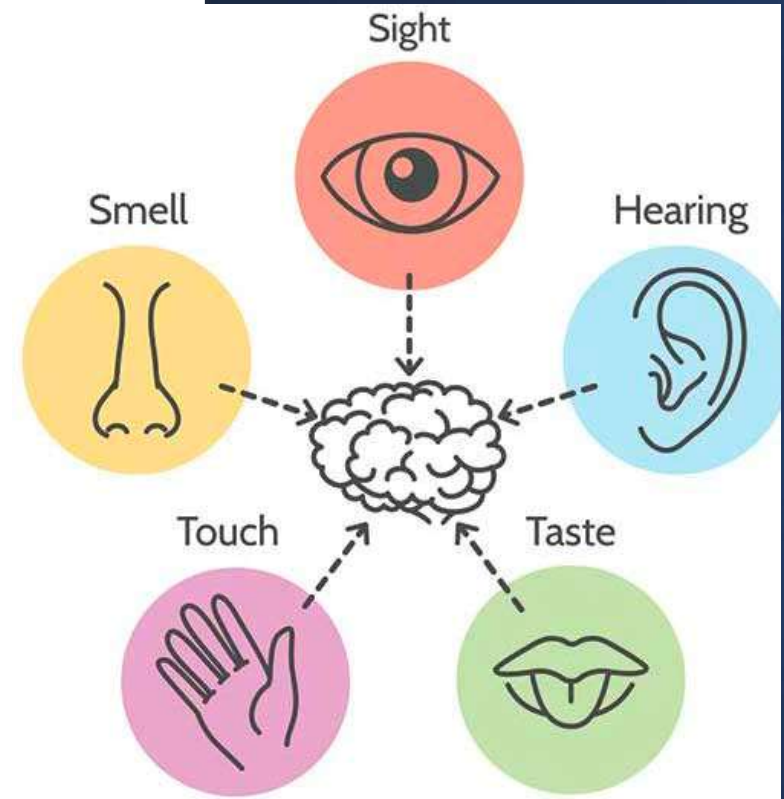
# Subtle and Gross body

*bhūmir āpo 'nalo vāyuḥ  
khaṁ mano buddhir eva ca  
ahaṅkāra itīyaṁ me  
bhinnā prakṛtir aṣṭadhā*

**Earth, water, fire, air, ether, mind, intelligence and false ego  
– all together these eight constitute My separated material  
energies. BG 7.4**

## Gross Body

- **Earth – the carrier of smell**
- **Water – the carrier of taste**
- **Fire – the carrier of form**
- **Air – the carrier of touch**
- **Ether – the carrier of sound**

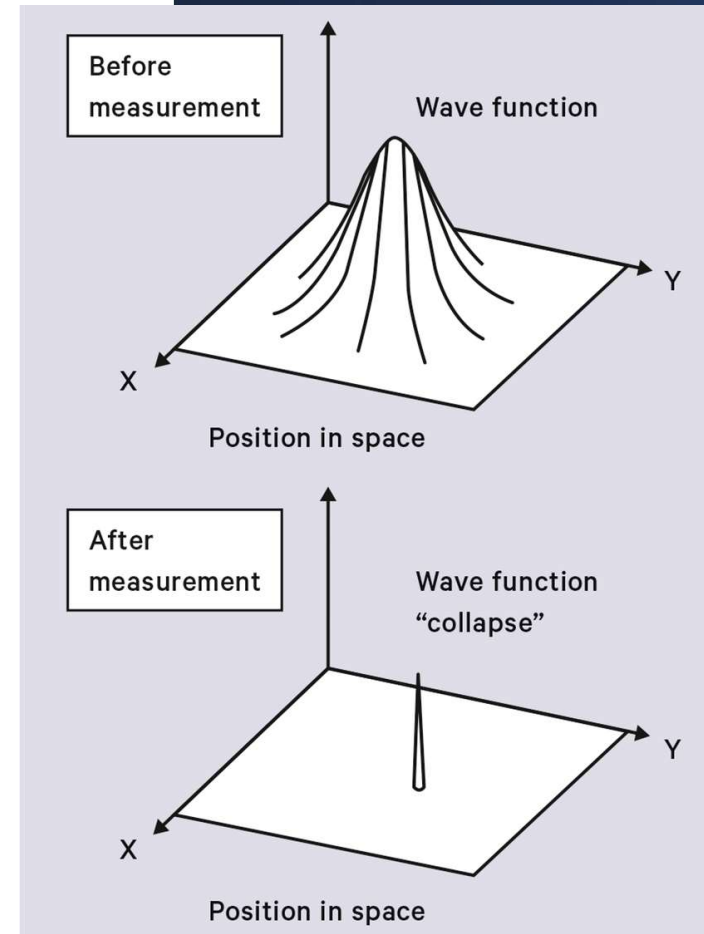


# Subtle Body

- Mind, Intelligence, False ego
- Every aspect of our existence is a form of energy
  - Conscious like energy
  - Gross form of energy
- Subtler energy drives the grosser energy



Marketing funnel

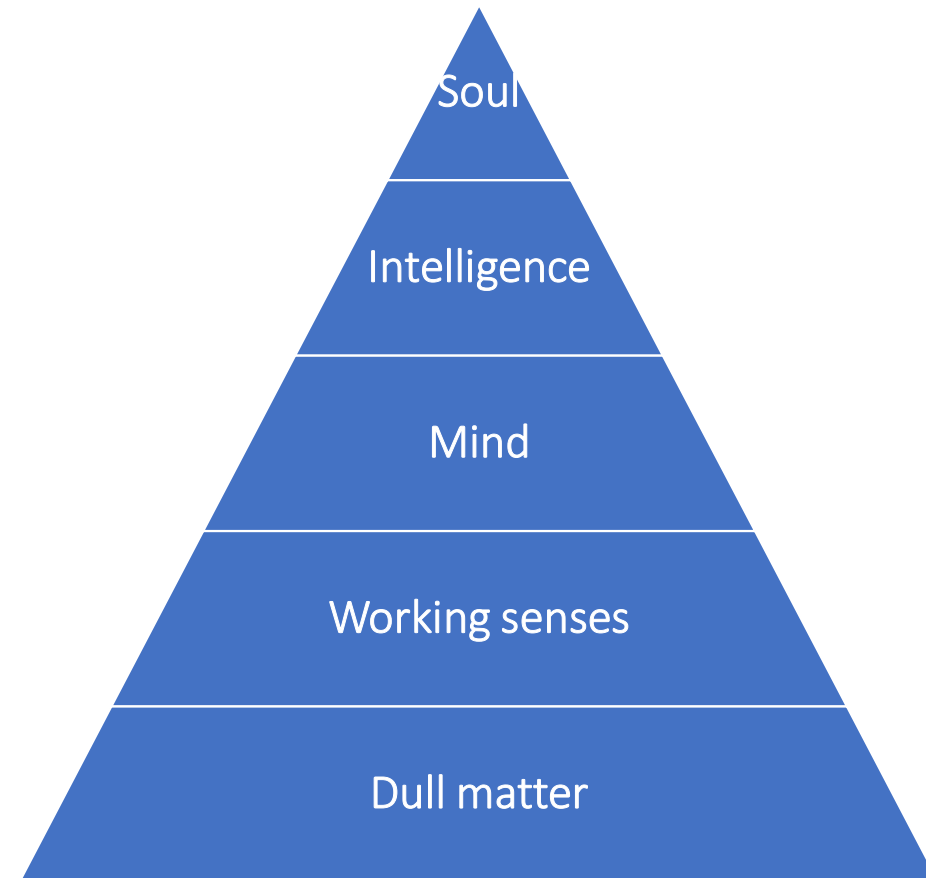




# Subtle and gross body

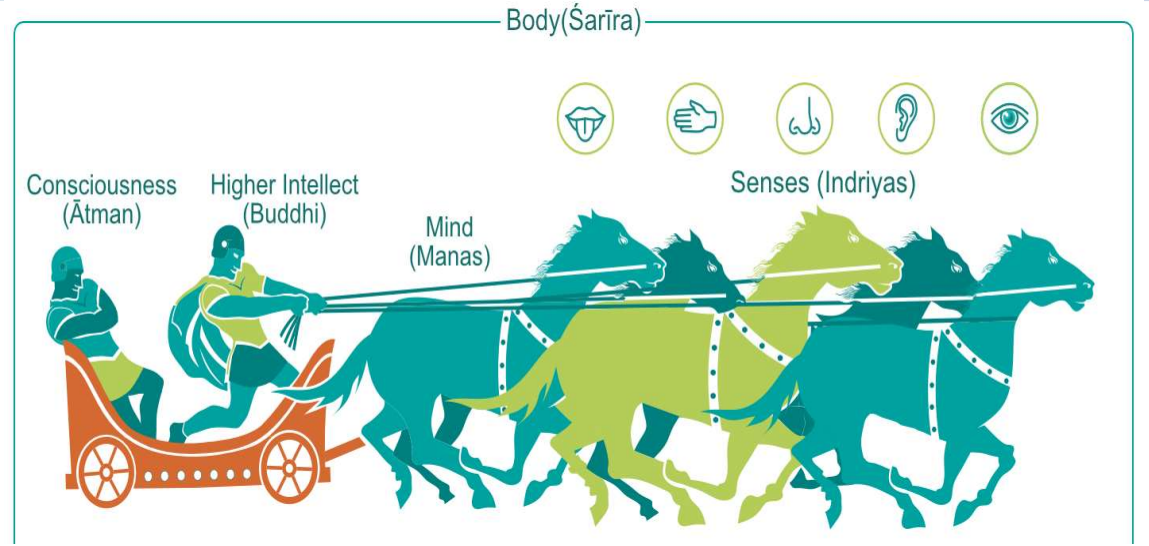
*indriyāṇi parāṇy āhur  
indriyebhyaḥ param manah  
manasas tu parā buddhir  
yo buddheḥ paratas tu saḥ*

**The working senses are superior to dull matter; mind is higher than the senses; intelligence is still higher than the mind; and he [the soul] is even higher than the intelligence. BG 3.42**



# The hierarchy

इन्द्रियेभ्यः परा ह्यर्था अर्थेभ्यश्च परं मनः ।  
मनसस्तु परा बुद्धिर्बुद्धेरात्मा महान्परः ॥ १० ॥  
महतः परमव्यक्तमव्यक्तात्पुरुषः परः ।  
पुरुषान्न परं किञ्चित्सा काष्ठा सा परा गतिः ॥ ११ ॥



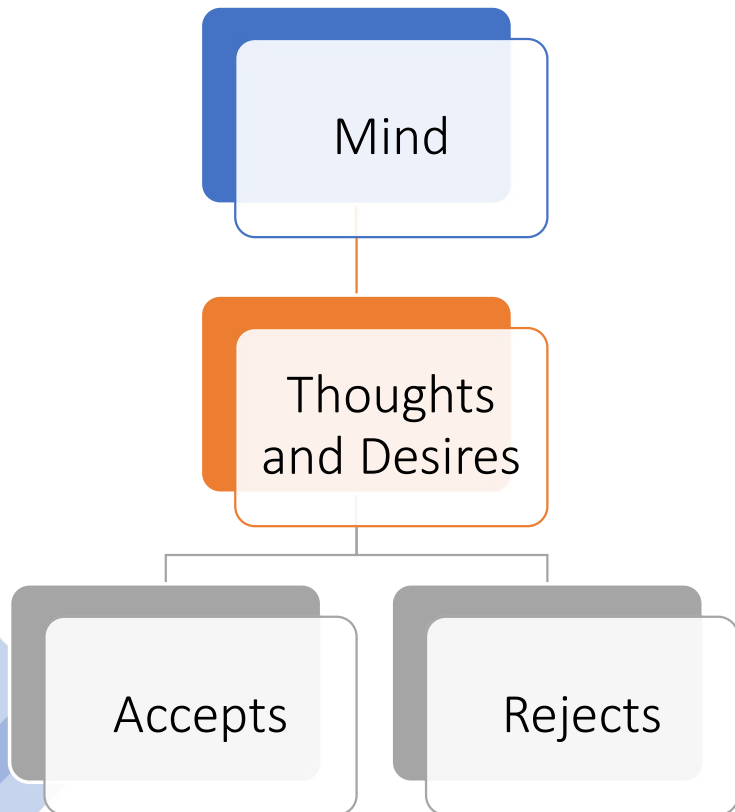
Beyond the senses are the objects; beyond the objects is the mind; beyond the mind, the intellect; beyond the intellect, the Great Atman; beyond the Great Atman, the Unmanifest; beyond the Unmanifest, the Purusha. Beyond the Purusha there is nothing: this is the end, the Supreme Goal. Katha Upanishad 1.3.10-11

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Mind

# Mind is self aware



Mind is an element in mode of goodness

Mind gets agitated by  
passion and  
ignorance





# Mind in goodness

Mind

Stays in present

Contemplates on the nature of truth

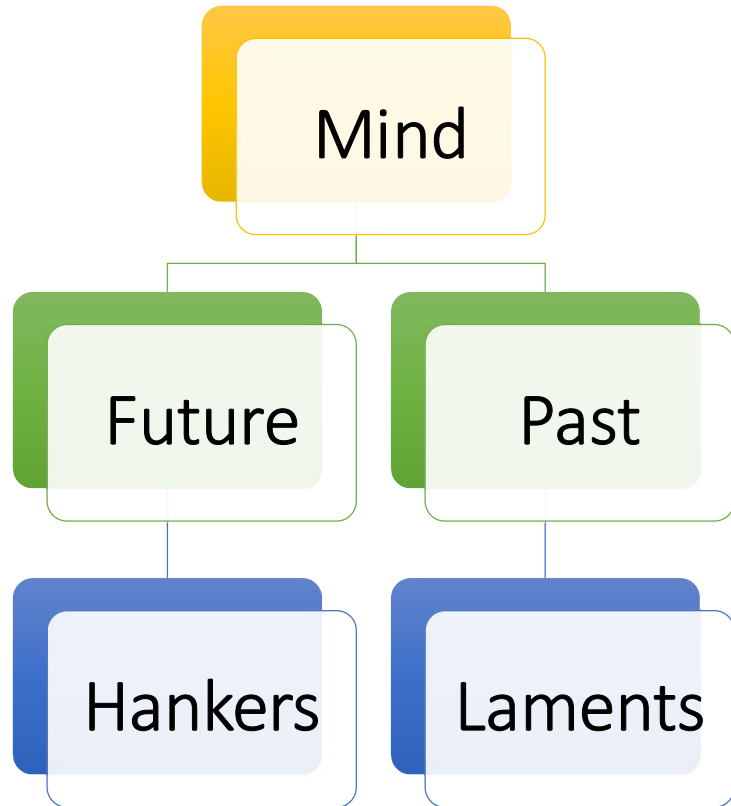
Associates with other seekers

Becomes a seeker

Natural state



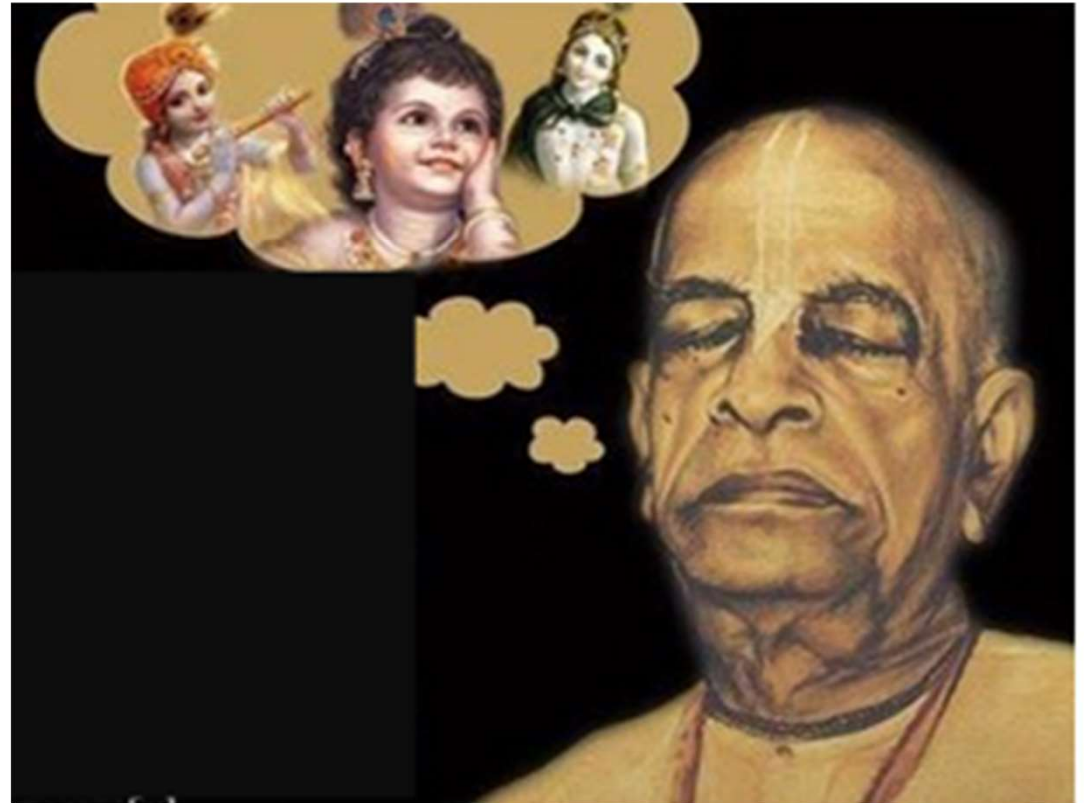
# Mind in passion and ignorance



# Mind in pure goodness

Mind

Reveals  
Self





# Mind is your best friend and worst enemy

*uddhared ātmanātmānam  
nātmānam avasādayet  
ātmaiva hy ātmano bandhur  
ātmaiva ripur ātmanaḥ*



*bandhur ātmātmanas tasya  
yenātmaivātmanā jitaḥ  
anātmanas tu śatrutve  
vartetātmaiva śatru-vat*

**One must deliver himself with the help of his mind, and not degrade himself. The mind is the friend of the conditioned soul, and his enemy as well. BG 6.5**

**For him who has conquered the mind, the mind is the best of friends; but for one who has failed to do so, his mind will remain the greatest enemy. BG 6.6**

# Mind is your best friend and worst enemy

*jitātmanaḥ praśāntasya  
paramātmā samāhitaḥ  
śītoṣṇa-sukha-duḥkheṣu  
tathā mānāpamānayoḥ*



*evaṁ buddheḥ paraṁ buddhvā  
saṁstabhyātmānam ātmanā  
jahi śatrum mahā-bāho  
kāma-rūpaṁ durāsadam*

**For one who has conquered the mind, the Supersoul is already reached, for he has attained tranquillity. To such a man happiness and distress, heat and cold, honor and dishonor are all the same. BG 6.7**

**Thus knowing oneself to be transcendental to the material senses, mind and intelligence, O mighty-armed Arjuna, one should steady the mind by deliberate spiritual intelligence [Kṛṣṇa consciousness] and thus – by spiritual strength – conquer this insatiable enemy known as lust. BG 3.43**



# Mind is your best friend and worst enemy

*cañcalam̐ hi manaḥ kṛṣṇa  
pramāthi balavad dṛḍham  
tasyāham̐ nigraham̐ manye  
vāyor iva su-duṣkaram*

**The mind is restless, turbulent, obstinate and very strong, O Kṛṣṇa, and to subdue it, I think, is more difficult than controlling the wind.**

**BG 6.34**



*asamśayaṁ mahā-bāho  
mano durnigraham̐ calam  
abhyāsenā tu kaunteya  
vairāgyeṇa ca gṛhyate*

**Lord Śrī Kṛṣṇa said: O mighty-armed son of Kuntī, it is undoubtedly very difficult to curb the restless mind, but it is possible by suitable practice and by detachment. BG 6.35**

# Control your Mind

1

Read Bhagavad  
Gita

2

Read Ramayana  
and Mahabharata

3

Introspect on  
Upanisads

4

Adopt Sattvic life  
style

# Questions

- Enumerate 25 elements that Prakriti (external) is made of.
- Explain the holistic model of mind, body and consciousness.
- Who is Purusha? Give an elaborate description.
- What is Prakriti? What are categories? In which category do you belong?
- What is pancha kosha? How are they connected to gross and subtle bodies.
- Explain the gross body in terms of pancha-maha-Bhuta.
- Explain the subtle body and its connection to the gross body,
- Write an essay on the art of mind control.