

Chapter Three
Dynamics of the Mind: Chambers, Aspects and Thoughts

[Day Three Itinerary]

Small Groups: Check-in
Core Topic: The Dynamics of the Mind
Assigned Reading: Chapters 4, 10, & 12 from *The Mind*
Group Discussion
Small Groups: Ranking Your Aspects
Group Discussion continues

Break

Kriya: *Synchronize Brain and Tattvas*
The Master's Touch: *Being Human Is Being Intuitive*
Meditation: *Make Your Mind Sensitive*

Lunch

Core Topic: The Mind's Projections and Facets—How They Function

Break

Small Groups: *Shuniya*
Kriya: *Brain Doctor*
Group Discussion
Closing

[Chapter 3 Content]

Small Groups: Ranking Your Aspects

How would you describe an Aspect?

What is your strongest aspect? Your most frequently used aspect? Your weakest?

Rank the strength of your negative, positive and neutral minds. Compare your pattern to others in your group. How would each ranking affect your approach to new experiences, problem solving, relationships and the practice of meditation? How would it affect how you acquire and change habits?

Share an example in your life of how the positive mind might link inappropriately with the negative mind through the subconscious. What were the consequences of that?

Look Yogi Bhajan's diagram on page 126 of *The Mind*. Why do the lines of the neutral mind always come back to center? What is that experience like?

Now share your experiences with the larger group.

Kriya: *Synchronize Brain and Tattvas* [Insert Here]

The Master's Touch: An Experience with Yogi Bhajan

Being Human Is Being Intuitive

November 21, 1990

Meditation: *Make Your Mind Sensitive* [Insert Here]

The Mind's Projections and Facets—How They Work

- ⌘ How does each thought record itself in *akasha*?
- ⌘ How does a thought travel through your mind like a faceted gem and what is its impact?
- ⌘ What is the function of the subconscious in this?

Small Groups: *Shuniya*

Pick a single thought to follow. Then become *shuniya*. Allow that thought to come. Notice all the other thoughts and feelings that arise. Note what supports or reacts to the thought. When you focus on the thought what happens? If you neutralize the energy around the thought by neutralizing your self into a deep, centered place, what happens? What happens to your intuition? 10 minutes

Now pick a single thought you want to initiate and project. Make it a thought that is an intention of your consciousness or soul which is meaningful to you in living your life from this day forward. It must be real, direct, from the heart and simple. Accept, dwell in that thought and project it through the infinite to return completed. Observe and feel what

happens to this. How does it arise in its most subtle form and how does it travel through the structures of the universal mind to manifest? 10 minutes

Discuss your experience. How does your experience relate to the structures and dynamics of the mind we looked at earlier?

How can you successfully redirect a thought? Initiate a new one? Have an original one?

What would give you the greatest increase in your ability to direct the thoughts of your mind?

Kriya: *Brain Doctor* [insert here]