An Approach Towards Mental Peace: Chitta Prasadanam

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Abstract

According to maharishi Patanjali, it is necessary for Yoga Sadhaka to have a peaceful mind before practising Yoga sadhana, He has elaborated number of tools and techniques to achievethat blissful state of mind in **Yoga Darsana.** In modern times if we deliberate upon of stress, we find that it is part of our daily life and routine, because of stress sometimes we are not able to perform even mundane tasks perfectly. If an individual can imbibe only one tool (Chitta prasadnam) he/she can achieve mental peace, live stress-free life and can improve their performance in all aspect of life.

Key words: Yoga sutra, Chitta prasadnam, mind, stress, mental peace.

DOI Number: 10.14704/nq.2022.20.9.NQ44627 Neuro Quantology 2022; 20(9):5388-5390

INTRODUCTION

Yoga is to control the thoughts (Vrattis), which arise due to distraction of mind or Chitta assays Maharshi Patanjali in Yoga Sutras-

योगश्चित्तवृत्तिनिरोधः||1.2||

Mind is like a lake and thoughts (vratti) are like ripple which are formed at the outer surface when we drop stone in lake. Sensory organs are responsible for generating waves of thoughtand the pattern of this wave motion depends on sensory input. The output of wave pattern is cause of action, so it depends on the intensity of input, that how intense is the action.

Conscious mind is always disturbed because of continuous sensory inputs, but when we sit in meditation and close all our sensory input, we can reach deeper levels of mind, which are unconscious, calm and stress free, a blissful state of mind.

Mahrishi Patanjali in Yoga darshan has described many ways to control waves of thoughtsand achieve mental peace one of them is Chitta prasadanam.

CAUSE OF DISTURBED MIND

Mind has tendency to work according to sensory input. Sensory inputs are responsible for turmoil of thought which is ultimately the cause of disturbed and unstable mind. According to Yoga sutra nine obstacles **(Antaraya)** in the path of Yoga arise because of disturbed or unstable mind.

The nine Antrayas are –

व्याधिस्त्यानसंशयप्रमादालस्याविरतिभ्रान्तिदर्शनालब्धभूमिकत्वानवस्थितित्वानि चित्तविक्षेपास्तेऽन्तराया ||1.30 ||

1. **Vyadhi -illness**
2. **Styan - fatigue**
3. **Samsaya - doubt**
4. **Pramad - carelessness**
5. **Alasya - laziness**
6. **Avirati - overindulgence**
7. **Bhrantidarshan - hallucination**
8. **Alabdhabhumiktva - non achievement of a stage**
9. **Anavasthiti -Instability**

These obstacles are the part of conscious mind and are like impurities which obstruct the path towards a blissful state of mind. One has to purify the mind first to achieve mental peace and move toward a stress free and healthy life.

Purification of mind (Chitta prasadanam)

In Yoga sutra maharishi Patanjali suggested way to remove obstacle or impurities for

calming the mind which ultimately led us towards the spiritual path. This can also be helpful to reduce stress in everyday life in modern times.

मैत्रीकरुणामुदितोपेक्षाणां
सुखदुःखपुण्यापुण्यविषयाणां
भावनातश्चित्तप्रसादनम् ॥1.33॥

Friendship, mercy, gladness and indifference, being thought of in regard to subjects,happy, unhappy, good and evil respectively, pacify the mind-stuff.

Or in other words the mind becomes purified or stable by cultivating the feeling of friendliness towards those who are happy, mercy towards those who are in pain, joyful towards those who are noble and indifference towards those who are evil. This framework of mind can be helpful in removing obstacles in the way of spiritual path and mind also becomes free from disturbance and stress.

Maharishi Patanjali says for a tranquilized mind one has to imbibe these qualities in day-to-day life.

1. Friendliness (Maitri) towards those who are happy (Sukha)

We often feel jealous or enmity for someone who are happier than us, having luxurious life orour competitor who is doing better than us, if we have friendly feeling towards them as Yoga sutra suggests, we can easily get rid of negative thoughts. Feeling of love and kindness towards those who are happy can give us peace of mind by reducing stress hormones.

2. Compassion (karuna) towards those who are in pain (dukkha)

It is human nature that we feel a sense of satisfaction if we see someone unhappy or in pain more so for whom we dislike or who is our competitor. Sometimes we feel or show pity for them, which is different from feeling or act of compassion, we have to feel their pain and work progressively to subside their sorrow or pain. The feeling of compassion generates positive vibes around and within us, which in turn reduces the stress and impurities of mind.

3. Goodwill (mudita) towards those who are noble (punya)

Having goodwill or feeling delighted for those who have accomplished something or indulgein good deeds. It is human tendency to find fault even in most noble and virtuous person. The negative thoughts like finding fault and searching for drawbacks in successful person always restricts our progress. The positive feeling like pleasure and happiness for achievements of our neighbour or colleague will reduces stress, mind becomes focused and calm, which in turn helps us to progress in both life and work.

4. Indifference (upeksha) towards those who are evil (apunya)

Ignore people who indulge in bad deeds or sinful acts, thinking about evil and cursing them can drains out over energy and negatively impacts our potential. Ignoring evil is best way to conserve energy and to protect our mind from negative and harmful thoughts. Training yourmind to ignore is not an easy task, but once you learn it, it is good for inner growth and peaceful mind

Conclusion

Above four qualities are excellent tools to remove weeds of negative thoughts, and it makesfield smooth to harvest positive thoughts, which help us to live and work in a stress-free environment. But it is not an easy task to control the mind, since mind has a tendency to always think about others.

Yoga sutra says practice (abhayas) and detachment (vairagya) is the best way to train the mind. Guidance of an efficient guru can be also helpful to calm the mind, whenever it wanders. We don't have control over outside world but we can control our inner self with a little practice.

Maharishi Patanjali has suggested to develop the four virtues for calming the unstable mind and reaching towards the blissful state of mind. Chitta prasadanam is the best way to remove disturbing factors from mind and to form deeper levels of consciousness also.
Disturbed mind is like a wind storm, which always creates destruction and stable mind is likea gentle breeze, which always brings peace and harmony.

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