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Preface

Whether mind should be placed among the cause of anxiety, pain or suffering or among the cause of happiness, calmness and bliss may perhaps be regarded as a doubtful question. To recognize the human mind is indeed the first reason for seeking the transcendental truth. Scriptures *Vedanta*, *Upanishad*, *Bhagavad Gita* proclaim that one can use mind as a tool for divinity.

Human mind is vast, complex and indefinable and cannot be cast into the mould of a narrow definition. Mind is the fountain-head of inspiration to poets and philosophers in every age. Mind is the source of creativity for mathematicians, astronomers and physicists. It requires a sensitive soul and a spirit of adventure to know the secrets of human mind.

This book “*I Know the Human Mind*” doesn’t mean to entertain or preach readers, but to make them ‘think’ to develop a deeper understanding of their inner subtle world and the outer gross world around them. The book doesn’t reveal anything ‘new’ concepts of mind, but rather sheds light on the elusive truths you have encountered yet couldn’t express it in words.

The human mind is a complex and mysterious entity, capable of incredible feats of creativity, innovation and progress. Yet, it can also be a source of suffering, anxiety and self-doubt. In a comprehensive 15-chapter book including conclusion, the

intricacies of the mind are explored, offering readers a valuable asset to understand and master their own minds.

Chapter 1-3 Understanding the Mind

The book begins by delving into the basics of the brain, mind and consciousness. The author explores the basic understanding of the functions of the brain and how it differs from mind and consciousness. The author discuss the different states of mind--waking, sleeping and deep sleep; and how consciousness witness all the states of mind. The chapters also deal with how the different states of mind impact your thoughts, emotions and actions.

Chapter 4-6 Working of Mind

The next chapters focus on the inner and outer factors that have an impact on the working patterns of mind. The author throws light on the individual mind and the collective mind. The multiplicity of world exists owing to the different types of mind. The author delves deeper into the working style of mind and how persons react differently in the same situation.

Chapters 7-9 Psychology of Mind

The chapter deals with how you think, feel and behave in a tough situation. In the following chapters, the author explores psychology of mind including the evolution of mind. He tries to prove that it has the power to completely alter all your previous perceptions and method of thinking. It helps you learn how you react and act certain ways and how your mind work. Mind has three parts thoughts, emotions and behavior. One can improve his thoughts, feelings and actions by practicing and learning new things.

Chapter 10-12 Power of Mind

Mind is the cause of all fear and anxiety. And, interestingly it has the power to overcome fear, anxiety and doubt. The author proposes pragmatic approach to turn you optimistic by overcoming daily life obstacles just by using the power of your mind. A relaxed, peaceful and stable mind lives a meaningful life compared to a disturbed and chaotic mind.

Chapter 13-15 Tools for Divinity & Conclusion

The mind is a stranger to the sleepy man, a source of confusion and chaos. But to the wise, it's a loyal companion that remains with him in odd and even situations. A relaxed, peaceful and stable mind lives a meaningful life compared to a disturbed and chaotic mind. When mind becomes pure and desire-less, the practitioner undergoes divine and blissful experiences. These experiences open the doors of wisdom and unravel various mysteries of life.

By reading and understanding this book, you will identify thought-patterns, emotions, and feelings to change everything in your favor. By applying the principles outlined in this book, readers can transform their moving minds into tools of learning and wisdom, leading to individual growth, cordial relationship and a more fulfilling and appealing life.

Finally, it is hoped that this book will be quite useful to the research scholars, school students and seekers of Truth. Suggestions for further improvement of the book are welcome.



(Ramesh Singh Pal)

Chapter 1

Introduction

Watching ever-flowing gurgling Ganga or hearing soul-stirring song of forest bird or smelling aromatic fragrance of beautiful rose, mind absorbs the whole experience. It leaves an indelible impression on your consciousness. Science says all are the impressions of human mind. The whole experience depends on the intensity of feeling through five cognitive senses.

Life is flooded with incidents~good or bad, pleasant or unpleasant, joyful or piercing. Call it a blessing or curse of nature; mind is witness of all. Whether you recall happiest days or horrible dark nights; it's up to you how you consider life. It's the nature of human mind to remember painful moments of life but forget pleasing hours of days gone by.

Human mind is a process of thinking. Mind is so flexible that it can rotate in 360 degree. If you want to be successful in life, then nothing is more powerful than mind. A poet uses his pensive mind to write poem; mathematician logical mind to solve geometric puzzle and politician uses his calculative mind to assure win in elections. Mind is utilitarian.

The world is ever-changing and has no essence; it is merely reflection of human minds. An enlightened yogi sees divinity everywhere; but to a pickpocket, the world is nothing but pockets.

For a child, the world is dawn, symbolizing hope, innocence and wonder. While the same world is dusk for an old man representing old memories and faded past.

Philosophers proclaim that as many minds, as many the worlds. Mind sees the world in a different way and everything you see is a perspective, not the truth. Ordinary mind clings to whatever it finds fascinating. Reality has nothing to do with flickering, but it remains same whatever your state of mind may be.

Mind divides the unified existence. What you see through mind is always illusory. Illusionary world means where you can't differentiate between what is real and what is unreal. Duality is not in nature, it is in ignorant mind. Mind is accustomed to unreal world. You can't transcend the world where you live, but can use it as a bridge to reach new dimension of awareness.

'Illusionary' word doesn't indicate that the world that you perceive in day-to-day life doesn't exist. Instead, illusion is in your perception because you see the world through the conditioned mind. You create an unreal world because of your projections. When you see the world without judgment of good or bad, only then you see the world as it is.

Whatsoever you perceive through five senses in the world is the reflection of minds. If it looks like full of promises, it means it is your reflection. If it looks like fear and uncertainty, again it is your reflection. As you see many suns in pots of water, so the different mind see the same world differently. Human mind is complex, indescribable and ever-changing like the river.

Mind is the core of your imagination and creativity. The untrained and unkempt mind needs to be disciplined. To sustain life, mind is pre-requisite. To think of the past or plan of the future mind helps you in all possible way. It has to move in the right

direction to yield the output of your efforts. But keep in mind that you are not the mind.

Fluctuating Mind

The nature of human mind is to fluctuate. It takes the form of countless thoughts moment to moment. Happiness and depression are just two states of mind. Happiness and worry, success and failure, love and hate are polarities of life. Everything looks pleasant, while you feel happy. Life becomes irksome, when you are depressed.

Human mind is a bridge between the beast and the divine. You have the experience of beast because you are in the cycle of birth and death. But divine is not in your domain, it's a distant dream. A pure mind with no desires and dreams is divine. A mind filled with anger, hatred, and jealousy is beast. Upanishad says mind is the cause of bondage or freedom. Only the proper understanding of the mind enables you to purify, elevate and enlighten the mind to attain freedom from doubts, sorrow, fear and worries.

**मनएवमनुष्याणांकारणंबन्धमोक्षयोः ।
बन्धायविषयासक्तंमुक्त्यैनिर्विषयंस्मृतम् ॥
(अमृतबिन्दुपनिषद्, 6/34)**

Whatever happens in mind is ephemeral. You are bound by ignorance, attachment and ego. Pay attention to your thoughts, emotions and feelings without judgment. They appear and disappear, but there is something in you which remain changeless. This helps calm your fickle mind and connect with your divine 'Self'.

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Chapter 2

Brain vs. Mind

Life is like a rollercoaster. Ups and downs are games of life. There are jubilant moments of happiness and there are also moments of failure and rejection. The human tendency is to blame not using his brain in the nick of time to grab opportunity. But the mind blames the destiny. Only an active brain and steady mind can help you to navigate your ship in every storm. The key lies in how and where this power of mind is channelized.

Knowing needs an accepting mind. Feel in your mind what the brain stores information of knowing. Every information or data has to go deep into mind, underneath and hidden. In many cases, many human don't feel they need to learn anything because they presume they already know the whole thing. It happens because mind encounters the temptation of the world.

Brain is potent yet mysterious tool of knowing; and more intricate is the mind. If brain is a computer; then mind is its processor. If you are science student or scholar, you can understand by this metaphor. Brain and mind are concentric circles with the same center i.e. consciousness. Mind is a circle with larger radius because it remains active day and night.

Brain relaxes when you sleep or take a rest. It helps in rejuvenating and refreshing 100 billion neuron cells. As mind is

subtle and non-material; it doesn't need any rest. Some part of mind remains active even during deep sleep. That's why brain knows nothing what happened to you during hours of deep sleep, but mind feels it and create mystic experiences.

If you are art student or scholar, you can compare brain and mind by simple figure of speech. Brain is a verb that shows action like whether you are listening, smelling, touching or seeing. Whenever you see something, or taste something delicious; it's the brain which is working gathering information through senses. Mind symbolizes adjective (a feeling in your mind).

Sometimes, brain is unable to digest the content of the topic which you read or hear from your master. When this happens, frustration and anger accrue in your mind. Understanding and emotions are two separate entities that interact and influence each other. Knowing is mental cognitions, whereas emotions are intense feelings related to your mind.

Calculating Brain

Brain is calculating that weighs pros and cons of your every act, planning or working for a dream project. Brain instructs: "change your mind or opinion or decision if it doubts or smell any fishy. But once you make up your mind, never look back. Mind has the potential to think independently and freely that can ensure to bring reward in your kit.

Brain is the simplest unit of mind that collects data and warns you if see any impending danger. That danger can be real or unreal; it's the mind that infers this input (of brain) and provides you the deeper meaning of the observable fact. Just reacting on the input of sensory organs can land you in difficult situation. Your mind is your trusty companion.

Brain is a vital organ and is the hub of human activity. It is the seat of sensory faculties and coordinates and stimulates all the sense

organs. It acts as an interface between various organs of the body. It controls nerve signals to various parts of the body. The two characteristic of brain are logic and calculation and is known as prefrontal cortex in medical science.

Life has become so multifaceted that you need brain all over the place to ease your trouble. The calculating brain is dictating your whole affairs and accordingly you don't see the world as it is. There is no place for feelings and emotions in the organ of the mind. Whenever you meet a person first-time, brain weighs all the pros and cons of cultivating it into new relationship.

Shrimad Bhagavat Gita says-

**व्यवसायात्मिकाबुद्धिरेकेहकुरुनन्दन ।
बहुशाखाह्यनन्ताश्चबुद्धयोऽव्यवसायिनाम् ।। 2.41 ।।**

The knowledge in the form of determination is just one; but the knowledge (thoughts) of those who do not have determination, has many branches and has no end.

Be it office or home, you are so brain-driven, that feelings have almost dry-up. You start finding the fault in others without looking at your heart. The brain is a world consisting of countless possibilities, but mind has the creative power in making the intangible tangible. To get on a transformative journey within, you need the balance of both (mind and brain).

Bee can't make honey alone. Just as the bee needs the flower to create the honey, human need both brain and mind in creating something beautiful and meaningful. To understand the logical riddle of science, you need to engage your brain; and to understand emotions and complexities of human relationships, one can harness the power of mind.

Any action is a result of interaction between brain and mind. Brain is a data of thoughts. Positive or negative thoughts both are

subtle forms of energy that have direct impact on the level of awareness. Knowledge comes from data. Mind knows what to accept and what to discard from the accumulated data.

Imagination is the creation of mind. But no imagination is possible without 'words'. Brain helps in shaping your thoughts thus enabling you to construct and express your imagination. Both works together to develop creativity, drive away negative energy and allow increased flow of positive energy from higher dimension of awareness.

Your brain is a fountain-head of all thoughts. It's the mind which divides thoughts into good or bad; positive or negative; creative or destructive. Thinking never happens through brain. Mind moves through associations as mind is the thinker. Mind is the subject in relation to the brain. It is the mind which makes the brain purposeful.

Carl Gustav Jung said: "The brain is an organ of thought, but the mind is the thinker."

Brain is the structural/morphological part of human body and mind is the functional output of morphological brain

How Mind Can Become Your Best Friend?

Stephen Hawking wrote somewhere: "We are just an advanced breed of monkeys on a minor planet of a very average star. But we can understand the Universe. That makes us something very special." If mind leaks energy through negative emotion and self-indulgence, then it is your worst enemy. Define and recognize where you feel conflicted or uncertain.

Don't forget that your mind is the greatest healing force. One can use his imagination and always look for the upward shift. The mind is everything. If the mind loses its liberty, you lose yours. If the mind is free, you are free. Learn to change your perceptions of

people by cultivating a positive relationship. Only then your mind can become your best friend.

- **Turn your attention inside:** Turn your attention inside to recognize your thoughts and become aware of your inner world. Ask your inner guide to expand your strength.
- **Restrict your inner space:** No one is perfect in this world. Accept your imperfections silently without allowing anyone to share your inner space.
- **Look before you leap:** Think carefully in your brain and mind both before planning anything or taking any action. A stitch in time saves nine.
- **Be strong and wise:** In a challenging situation, be courageous and bold enough to pull out, rather than be defeated and rejected by unpleasant and hard situations.
- **Be optimistic:** See an opportunity in every calamity and don't be hopeless even when the whole world is against you.
- **Cultivate Hobby:** When you do something closer to your heart, your mind feels elated and undivided. It gives you strength and zeal to move on like a winner.
- **Don't procrastinate anything:** It is worthwhile to execute your work or duty at the right and proper time. Remember, the early bird catches the worm.
- **Positive outlook:** There are many angles to look the same thing. The knife can injure your hand but knife in the hands of surgeon can save the life of a patient.
- **Be supportive:** Every person has their own angle on charity. Whenever get an opportunity, be ready to help the poor and needy.

- **Be silent:** Don't speak if there is no need. If speech is silver than silence is gold as the saying goes. Silence is the highest and most effective language.

The mind is deeper than ocean. It has many jewels hidden within it. The purpose of following these steps is to discover your pure and non-demanding mind. These steps of turning your mind friend are sleek and effective. It's not ordinary mind but mind of wisdom and has a therapeutic effect on your physical, emotional and spiritual well-being.

How powerful is Mind?

What neuron is to brain; conditioning is to mind. Mind is free to move anywhere and at any time. There is no limitation. No doubt, mind is fast-moving, but it can be tamed to make it disciplined and organized. Then, it can be a source of unlimited joy. Before you make your mind the best friend, you have to learn how brain and mind works.

Brain works in day time when there is liveliness around you; and when there is something for senses to stimulate. When there is no sensory input, brain turns to sleeping mode. Contrary to this, when world stops, the mind goes on working. Mind starts imagining, dreaming and recollecting past memories. Mind remains awake even when neural activity slows down.

Mind like human life itself begins in darkness (in the womb of mother). You need to admit this. Brain thinks only in terms of light when everything is visible, perceivable and acceptable to your intelligence. A part of your total consciousness is in your brain, and remaining in your mind. When you are alone, bereft of any thoughts or dreams, you become only consciousness.

Brain is world of thoughts. Thought means a pattern of understandable 'words' mutually agreed upon by all. This gives birth to a language. A child takes years to understand language.

Mind is space of emotion and feelings. A child whose brain is yet to develop still expresses his/her feelings and emotions. Every child is born with a mind and seed of brain.

Brain requires language to express your feelings and emotions. Brain knows and mind knows that you know. Brain receives the information from outer world through five cognitive senses and mind reacts to it. Brain and mind are eccentric circles with a common centre. That centre is consciousness. Consciousness is underlying truth behind the working of your mind and brain.

Brain is the need of life. It is the fundamental and integral part of human existence. Animals, birds and other creatures are also gifted with innate brain. Human is no exception. Mind is the process of dreaming and desiring. Animals and birds live in the present moment; there is no past or future in their life. Man is loaded with both (brain and mind).

Brain and mind are often used interchangeably. Instead, they are two contrasting forces. Brain is gross; while mind is subtle. Brain is part of your physical existence; but mind is related to your mental body and is closer to your innermost core (Self). Mind is a bigger picture that controls your intelligence (brain) to see the light of appeared world clearly.

Suppose you crack a competitive examination in a first attempt. Your brain acknowledges this achievement by reading the text of the call letter. At the same time, your dreaming mind starts envisioning a bigger picture. You begin dreaming of owning a beautiful palatial home and a charming wife. What accounted for this two varying reactions? The answer is clear.

A brain shows the real fact that it knows. Brain only processes the facts, but mind is dreamer that carries you towards a future. The brain calculates, but the mind feels; the brain knows, but the mind understands. When the erratic mind takes on a fact, you

become confused. Mind is indeed hard to move in a simple linear path.

Inner World & Outer World

You live in two worlds at the same time. One is outer world of objects and other is inner world of feelings and dreaming. You feel joyous when mind is not loaded with worry, misery and dreams. You feel as if you are floating or levitating. You don't feel any danger from the outer world. Your mind is not filled with any thoughts.

Brain is not a dreamer; you can analyze, plan and manage it to make your outer world suitable. Brain perceives the world mechanically with no touch of emotions and feelings. But when the same information of brain passes through the lens of mind, everything becomes distorted (mind is not balanced). Mind is dreaming process that takes you beyond the confines

Brain is totally different from the mind. Brain is related to your outer world, while mind is knower of your inner world. It's the brain that process sensory information, recognizes patterns, and understands the physical world. Mind is a contracted form of consciousness. Since consciousness is the trait of 'Self' (*atma*), so mind is nearer to your true nature.

It's the mind that lives in fantasies; see imagines possibilities, and dream of imaginary world. While the brain sees the present, the mind sees the future. As a complete human being, you need to trust the both. Scientists and doctors need to rely on their brain while performing experiments in laboratory or conducting operations in hospital.

Mind: Abode of Dreams

The whole world is divine dream. There is no essence in this appeared or manifested world. As mind is part of subtle world, so it

begins to weave and create dreams in your leisure time. You remain unaware of your inner dreaming because brain becomes dysfunctional. Dream is not unreal, but included part of your reality. Life is nothing but experiences; and your consciousness also go through experiences in dreaming state.

Dreaming is an act of the mind, not the intellect (brain). Mind is part of subtle world which is much bigger than your outer world. It can accommodate your past and future too. Future is only projection of the dreaming mind into reality of that which already exists. Dream is the seed of every reality. Reality exists in mind in the form of seed. The brain then takes over, nurturing and watering those seeds through pragmatic approach.

The mind is the realm of dreams, where the laws of science are inapplicable, and what brain thinks 'impossible' becomes 'possible'. It's where creativity knows no boundary, and innovation is born. The brain may try to rationalize, but the mind knows no limits. So, when we dream, it's not the brain that's at work, but the mind, weaving a space full of possibilities, hopes, and desires. The brain may see the world in simple black and white, but the mind sees it in rainbow colors, full of promise and potential.

Stephen King writes: "The dreamer's mind is a closed system, where ideas go to die." A closed mind is unwilling to consider new ideas, new thoughts and new visions. Learn to think independently and freely to feel calm and secure. An open mind is hope of endless possibilities. Consequently, you will gain a deeper understanding of life's meaning and value.

Brain: Process only Surface Reality

Indeed your brain is a bit more complex than you seem to realize. How? Just consider that the statement "reality is what your brain can perceive" is equivalent to "all that your brain can't perceive is unreal". Brain can't perceive where your tensions,

worries and anxieties reside in your body. But you can't deny that worldly thoughts and anxieties disturb your mind.

A tree is hidden in seed, but brain can't see. Similarly, seeds reside in concealed form in a fully grown up tree, but your eyes can't see this. Surface reality is like the tip of an iceberg; while the existential reality is deeper and hidden, like the rest of the iceberg, beneath the sea water. The whole existence is difficult to understand for any brain.

Brain works on direct evidence to process and interpret sensory information from the nearby surroundings. It thus allows you to perceive and interact with world reality. While the brain is capable of incredible feats of cognition, creativity, and innovation, it doesn't have the ability to perceive which are subtle and belongs to fourth dimension.

The rules of mind are different from brain. The mind's distinctiveness is reflected in your thoughts, emotions and behaviors. Mind can carry you to your past lives by igniting your sub-conscious and unconscious part. Using only your brain is like focusing on the grass and missing out on the nearby forest. The mind is capable of seeing what your eyes can't.

During sleeping state, your brain enters a restive mode, and mind takes the charge of your body, and pull out your fear, dreams, and desires in the form of dream. It is during this time that your active mind creates the surreal landscapes with all permutations and combinations and weird scenarios that you experience in your dreamy state.

Man is a super-computer that acts as one collective machine capable of processing enormous amounts of data. The brain is focused on cognizing reality, processing information from five senses to build a coherent picture of the world around you. Its

primary function is to help you navigate and interact with nearby surroundings, ensuring your survival and well-being.

You are whole; not divided (with brain, mind and consciousness). While the brain and mind are intimately connected, they have distinct roles and functions. The brain provides the foundation for your cognitive abilities, while the mind adds the richness, depth and complexity that make your life full of hope and aspirations.

In essence, your brain is like any other muscle that you have in your body. If you don't exercise it enough then it is prone to get frail. The brain is the lyricist of your world reality, while mind is the composer, adding melody and emotion to your experiences. For writing lyrics, you need words that come in brain. But music is emotion reflecting individuality and creativity.

Brain and Mind Works Together

You can't live without brain. And, you can't live even without mind. The mind is like a brother who totally relies on perceiving power of brain to know the surroundings. Brain can see, hear and feel things around you. It also remembers things, helps in the locomotion of the body and helps in minimizing error. But brain must not be allowed to dictate the mind.

For instance, famous world conqueror Napoleon was defeated in the battle of Waterloo (1815) against Russian army. He made a blunder by taking a quick decision of invading Russian soldiers without realizing the biting cold and weather conditions of the battlefield. He lost the crown of "invincible". It was a loss which he could never recover.

Brain is merely data of collected information. If you depend solely on data and don't hear the voice of mind, you are bound to fail. Robert Falcon Scott, who prioritized data over mind's instinct, led to his ill-fated Antarctic expedition. If you want to taste success

in your chosen field, don't neglect the crucial role of mind in decision-making.

Brain thinks carefully prior to doing something or thinking of taking any action. Mind says it is always advisable to look before you leap. Acting without consulting the brain will lead one into endless trouble. It's like jumping into a river without judging its depth and current. In tough situations, the mind takes final decisions and brain merely gathers data and facts.

If brain is car, then mind is the driver. A car without driver is useless and vice-versa. Mind instructs the brain what to perceive and what to discard. Final decisions always remain in the hands of mind. It's the mind that really knows how to process thoughts, emotions and feelings efficiently.

For example, if you want to drive a car, your mind says "I want to drive a car!" and then your brain helps you put your hands on the wheel and legs on accelerator and brake. So, who thinks? It's your mind. Your mind is like the boss of your body, and your brain is like the helper. One must not let one's mind take a back seat.

Mind knows the skills and talent of the brain. Brain can acquire a car driving skill over a time. But what to do when emergency arises; only the mind knows how to tackle it. Brain surrenders in challenging situation. Suppose you are passing through landslide prone area, and inner voice comes within you to avoid that road, it's your mind that makes the decision.

The key difference between a strong mind and weak mind is that when life bombards one with storms, the weak mind fall and surrender himself to the fate but the strong mind will refuse to stay down defeated, rather he will try to rise up and swim amid the tides to emerge victorious. The strong mind will not leave the world as a loser but as a winner, a warrior.

The gist of this study shows that your mind and brain work together to help you do amazing things. Learning of anything that involves only brain results in only imitation. Mind filters all the gathered information to redefine you. By combining these amazing tools of your being, you can gain insight into your motivations, endeavors and passions.

You are not Mind

Mind is not everything as the saying goes. In emergency, you ought to take decision in a split of seconds, especially when you are hanging between life and death. While driving car speedily when brain observes that an accident is bound to happen, your intuitive power take the charge. The psychology of precise intuition involves no magic.

But still, one can't imagine life without mind. To think, to understand, to dream, to plan for the future you use mind as per your capacity and capability. To sustain life; to do various day-to-day works at home or at workplace, you need to use your mind. Remember, you are not the mind, just like you are not the body. Mind is just an instrument like eyes, ears, hand, mouth etc.

With mind, you limit yourself with fixed name, place and direction. Without mind, you are everywhere with no name and status. In deep sleep, when mind forgets wandering, you come nearer to your innermost being—you may call it 'Self' or 'Atma' or pure consciousness. It also happens in Samadhi. But in deep sleep, you remain unconscious and miss the divine moment.

You may call yourself intelligent or brainy but you will have to admit that your mood and inner state (mind) are also important to you. You are mind (*manas*) and brain (intelligence) both at the same time. Brain perceives external and mind experiences your thoughts and emotions. The laws of the mind and the emotions are the same for everyone—spiritual or material.