

The 5 States of Mind

The goal of yoga practice and meditation is to enable the power of taming the mind into a focused, restful state so that it works for us instead of us working for it. According to Patanjali (2005), there are 5 states of mind.

1. Restless Mind

Here, the mind is in constant chaos, jumping from one thought to another. The restless mind finds it difficult to stay committed to a practice and easily gets bored with repetitiveness. There is no clarity, no purpose, and no order. This is the most undisciplined state of mind.

2. Lazy Mind

In this context, it is important not to mistake the mind for a state of relaxation. A Lazy Mind is dull, sluggish, and may possibly be in a depressive state. The lack of alertness and openness in the mind hinders the positive and effective execution of daily activities. It will also lead to a redundant cycle of ruminations and complaints about the same problems repeatedly, with no avail.

3. Distracted Mind

This is the turning point for most people to realise that they need to initiate mental work for personal growth. Here, the mind occasionally shifts from a distracted to an undistracted state. You can briefly catch hold of the mind here before it wanders off again, like a butterfly. The mind alternates between brief moments of calm and fleeting restlessness, providing an ideal starting point for embarking on your yoga and mindfulness journey.

4. One-Pointed Mind

Here, the mind comes to a halt in its variations. With dedication and consistency in practice, you can achieve a relaxed and undistracted mind. You can focus on an intended object. The mind is receptive to embracing the abundance of goodness already inherent within us, which may have been suppressed by excessive external influences in the past.

5. Master Mind

This is the highest state of mind. You are the master of your mind. Nothing can sway you. You become the epitome of peace. You can remain still and uninterrupted effortlessly. You become one with everything that is being experienced. There is no seer or seeing, but simply an experience of consciousness.

It is crucial to keep in mind that these are not fixed states, and most of us transition from one state to another. We may even be on a scale rather than in categories. The wisdom from Patanjali's states of mind is meant to provide us with a rough estimate of our mental state and allow us the possibility to improve our relationship and seek harmony with the body and mind.

References

1. Stern, E. and Chopra, D. (2020) *One simple thing: A new look at the science of yoga and how it can transform your life*. New York: North Point Press, a division of Farrar, Straus and Giroux.
2. S., I.B.K. and Patañjali (2005) *Light on the yoga sūtras of Patañjali*. New Delhi: HarperCollins.

8 Science-Backed Tips for Enhancing Happiness

While there is no single definition of happiness, all of us experience it and it is the one thing we seek in life. So why wait? Start your happiness project today! Here are 8 science-backed tips to increase your level of happiness.

1. Focus on the current task even if it is oh-so boring.

Research shows that a wandering mind is a sad mind, even if you are thinking of pleasant things. Be attentive. Stay in the present. Try mindfulness practice with our yoga teacher. We offer free complimentary classes just for you!

2. Use your money wisely.

Although money cannot buy happiness, it can certainly buffer stress and allow you to access things that can bring happiness. For example, hiring a helper to assist you with household chores can free up time to meet up with your friends. Make the most of your money here by pampering yourself with rejuvenating treatments at our spa.

3. Stop and smell the roses.

Countless research studies show that in the presence of flowers, humans instantly experience a positive mood, which is evident with a Duchenne smile (an authentic smile that reaches your eyes). Visit our Rose Garden to enjoy the colours and fragrances, as well as giving yourself a Duchenne Smile.

4. Prosocial spending.

Research shows that the best way to use money to enhance happiness is by spending it on others. Spending money for others brings more happiness to us, given that the receiver also enjoys receiving it. Check out our gift shops, create intimacy and connectedness through the gift of giving.

5. Build healthy relationships.

The longest happiness study conducted at Harvard shows that the most important factor for happiness, as well as your overall health, is close relationships—more significant than money, fame, and even genes. Check out our activity board for quality time with your loved ones.

6. Get a massage or spend time with pets.

Research shows that allogrooming (non-sexual contact) increases happiness. Hence, we enjoy having pets. Grooming pets not only makes them happy but also brings happiness to you. Allogrooming is not limited to pets; you can massage your partner, brush your child's hair, or simply give a warm, friendly hug! Visit our spa for an indulgent massage or spend time with our furry friends at the Rabbit Park.

7. Synthetize happiness.

Yes, you can create happiness, and it is just as rewarding and authentic as natural happiness. Consider painting your room, introducing elements like an aquarium, lighting scented candles, or having us play your favorite music in the background while you savor authentic cuisine at our restaurants.

8. Commit to your decision.

Once you have made a decision, give it your whole heart and eliminate other options. Having ongoing choices means you are unable to give your full attention to the choice you have made, which reduces your level of happiness. Stop second-guessing and start your happiness journey with us!

References

1. *Spending Money on Others Promotes Happiness*: <https://www.science.org/doi/10.1126/science.1150952>
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3. *The Influence of Interactions with Dogs on Affect, Anxiety, and Arousal in Children*: <https://www.tandfonline.com/doi/abs/10.1080/15374416.2018.1520119?journalCode=hcab20>
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5. *Good genes are nice, but joy is better* <https://news.harvard.edu/gazette/story/2017/04/over-nearly-80-years-harvard-study-has-been-showing-how-to-live-a-healthy-and-happy-life/>
6. *Having fewer choices can promote happiness* <https://www.health.harvard.edu/healthbeat/having-fewer-choices-can-promote-happiness>