CONTENTS

Preface i-iv

Chapter I

Introduction 1-26

The Concept of Mind in Indian And Western Philosophy

A. Mind in Indian Philosophy
   (a) Vedas
   (b) Upanishads
   (c) Orthodox Schools
   (d) Hetrodox Schools

B. Mind in Western Philosophy
   (a) Mind as Material
   (b) Mind as Immaterial
   (c) Neutral Monism
   (d) Views of Contemporary Philosophers

Chapter II

Physiological basis of Mind 27-50

A. Philosophy of Guru Nanak
B. Yoga Sutras of Patanjali
C. Conclusion

Chapter III

Nature of Mind 51-70

A. Philosophy of Guru Nanak
   (a) Mind and its Dual Nature
   (b) Mind in Relation to Senses
   (c) Mental States
   (d) Mind and its Potentialities

B. Yoga Sutras of Patanjali
   (a) Mind as Citta
   (b) Aspects of Citta
   (c) Nature of Mind
   (d) Five Stages of Mind

C. Conclusion

Chapter IV

Functions of Mind 71-94

A. Philosophy of Guru Nanak
   (a) Mind as Medium of Knowledge
(b) Mind in Relation to Ego
(c) Mind under Influence of Maya
(d) Mind in Sahajavastha

B. Yoga Sutras of Patanjali
(a) Mental Modifications
   (i) Pramana
   (ii) Viprayaya
   (iii) Vikalpa
   (iv) Nidra
   (v) Smriti
(b) Mental Afflictions
   (i) Avidya
   (ii) Asmita
   (iii) Raga
   (iv) Dvesa
   (v) Abhinivesa
(c) Kinds of Sufferings
   (i) Parinamdukha
   (ii) Tapadukha
   (iii) Samskardukha

C. Conclusion

Chapter V

Control of Mind

A. Philosophy of Guru Nanak
   (a) Shabda
   (b) Naam-Simran
   (c) Sangat
   (d) Guru
   (e) Practice of Virtues
   (f) Hukam

B. Yoga Sutras of Patanjali
   (a) Control of Citta-Vrittis
      (i) Obstacles
      (ii) Four types of Attitude
   (b) Eight Fold Path of Yoga
      (i) Yama
      (ii) Niyama
      (iii) Asana
      (iv) Pranayama
      (v) Pratyahara
      (vi) Dharana
      (vii) Dhyana
      (viii) Samadhi

C. Conclusion
Chapter VI

Mind and Enlightenment 151-172

A. Philosophy of Guru Nanak
(a) Self-Realization
(b) State of Enlightenment
(c) Jivan-Mukti

B. Yoga Sutras of Patanjali
(a) Aims of Yoga
(b) State of Bondage
(c) State of Enlightenment
(d) Types of Samadhis

C. Conclusion

Retrospect 173-184

Bibliography 185-192