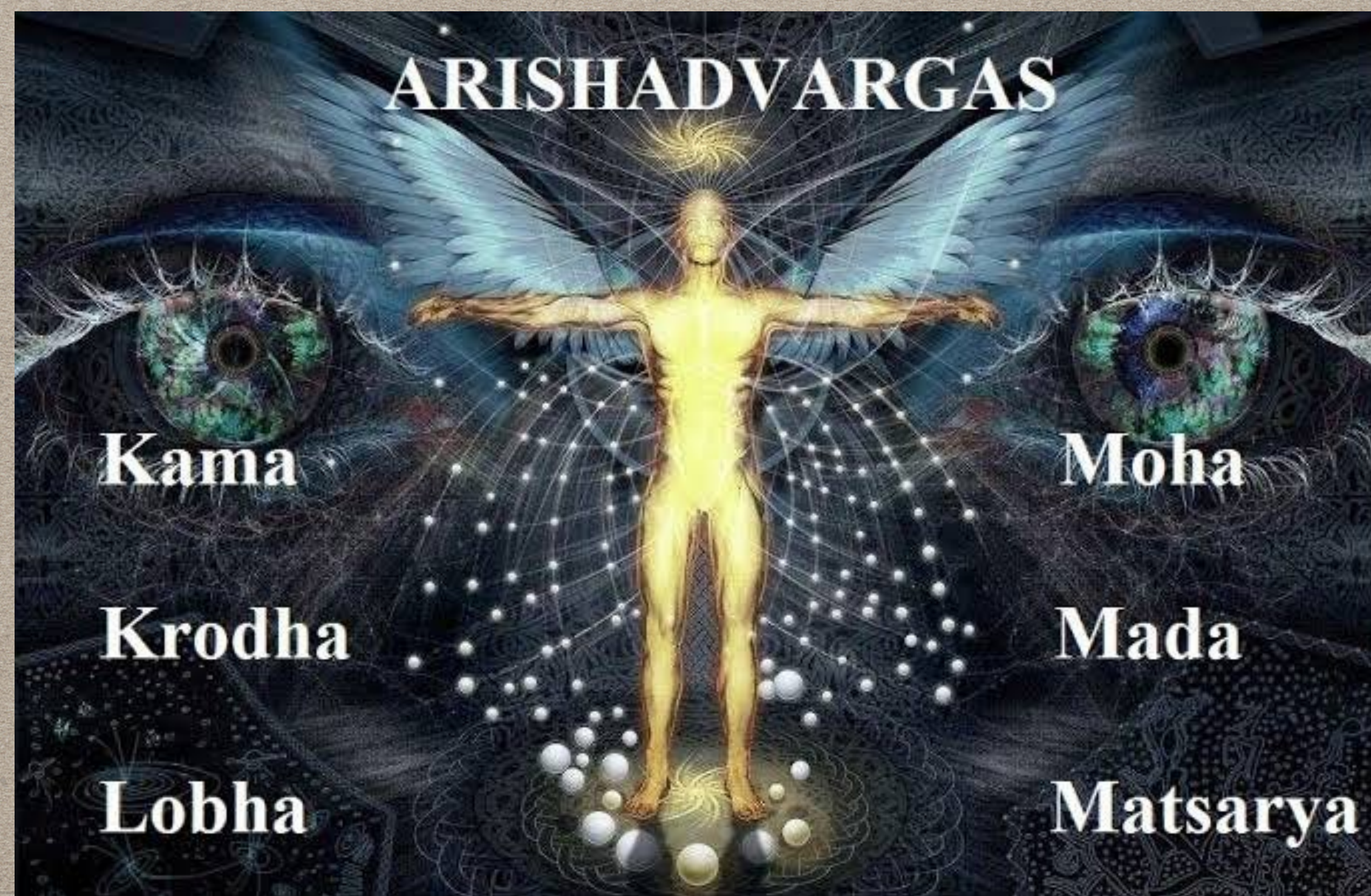


THE SIX ENEMIES OF THE MIND

Or Shadripu/Shada Ripu. In Indian theology, Arishadvargas create disharmony in our life and bring misery.



KAMA

Y.O.G.A
with
Kathryn Holloway

- **Lust/Desire**
- Born out of a lack of self-control to obtain an object of pleasure for the senses, be it power, authority etc...
- Desire can be good when controlled and the primary focus is wanting to help people.
- Kama affects us negatively and can reduce the intuitive abilities.



KRODHA

Y.O.G.A
with
Kathryn Holloway

- **Anger/Fury/Rage.**
- It is unfulfilled desire.
- The individual consciousness can impact the universal consciousness. So if you are angry, others around you will also feel this way.
- We all must do a lot of self-introspection (Svadhyaya) to overcome Krodha.
- Investing in having more patience will less likely lead to anger.



LOBHA

Y.O.G.A
with
Kathryn Holloway

- **Greed/Selfishness**
- When we have a desire to possess something, but once we have it, it loses its charm.
- The only thing that will matter is how much love and happiness we have given to this world. How were our karmas (actions) and how was our behaviour/mindset.



MOHA

Y.O.G.A
with
Kathryn Holloway

- **Attachment/Delusion.**
- A desire can lead to attachment towards the object which makes us think that object is the source of our happiness.
- We all must continue living our life, but in a detached manner. We must learn to be more internally orientated.
- There is a difference between attachment and love. Our life should be full of love, happiness, infinity, peace and celebration.



MATSARYA

Y.O.G.A
with
Kathryn Holloway

- **Jealousy/Envy.**
- Leads to discontentment and causes misery.
- Creates a a feeling that we are lacking something and takes us away from our centre.
- Instead of feeling jealous, we should feel happy for the other person.
- We should be strive for a sense of belongingness in the entire world.



MADA

Y.O.G.A
with
Kathryn Holloway

- **Ego/Pride.**
- Ego can be good or bad.
- Ego limits us, and our reaction to a situation can create a limitation in our life.
- We can either take the route of reaction, or awareness and recognition. It can either take us away from our centre and limit us, or it will bring us back.
- Reaction ← → Awareness and Recognition
- When we give more importance to our thoughts, feelings, existence, identity etc... this will lead to misery.



MADA/EGO (CONTINUED)

Y.O.G.A
with
Kathryn Holloway

- **Sattvic ego** - presence of listening mode/self-awareness. Through the listening mode comes an acceptance mode.
- **Rajasic ego** - self-centred approach. Creates turbulence in the mind.
- **Tamasic ego** - full of ignorance, completely blind. Imposes their feelings on others.
- Ego can be good or bad - it all depends on how we perceive it.
- Ego can either cause misery or the self-recognition and awareness can lead you toward the light of knowledge.
- It does not matter what your position/status is, what matters is how we connect with people and how we treat them.

TO OVERCOME THE SIX ENEMIES OF THE MIND

- Yoga, Meditation and pranayama can help us overcome them.
- As stated with the jewels, these are all related to the chakras and yoga can help balance these elements.
- There should be a sense of belongingness in the entire world. In whichever situation we are in, we must take the responsibility of our life by self-recognition and awareness.
- Just like we train the body, we train the mind as well.