



Advance Social Science Archive Journal

Available Online: <https://assajournal.com>

Vol.3 No.1, January-March, 2025. Page No. 566-574

Print ISSN: [3006-2497](#) Online ISSN: [3006-2500](#)

Platform & Workflow by: [Open Journal Systems](#)



THE FABRIC OF THE MIND: EXPLORING THOUGHT, BEHAVIOR, AND CONSCIOUSNESS THROUGH PSYCHOLOGY AND EASTERN WISDOM

Sajid Hussain

Virtual University of Pakistan

Email: sajidhussain.ms@gmail.com

ABSTRACT

In social psychology, we try to understand what the impetuses that shape human behavior are. To understand deeply, we have to study the human mind. This research studies the structure of the human mind and how human behaviors are formed in the mind. The human mind is a collection of thoughts; the function of the mind is to create thoughts. Thoughts in the human mind can be divided into three major categories or sections: Intelligent section, Emotional section, and Sex section. These three major types or sections combine to form thoughts that we call mind. The human mind is like a fabric, the fabric is made up of threads, and the threads are thoughts. The color of the fabric is our emotion and our habits give the fabric strength and durability. This research seeks to explore how thoughts individually and collectively affect human behavior and decisions. The awareness of mental faculties- i.e., thoughts will lead an individual to act empathetically and make rational decisions in order to ensure peace and harmony in a society.

Keywords: Social psychology, Structure of Mind, Patanjali's Yoga Sutras, Eastern wisdom

Disclosure-of-Discourse

In his book Being and Time, Martin Heidegger stated that the basis of language is neither grammar nor logic but talk or discourse - Rede in German (Heidegger, Macquarrie, & Robinson, 1962). This paper will use the discourse-style to form an

existential link with the readers. The articulation of arguments in this discourse precedes the explanation of the footnote.¹²³⁴⁵

Introduction

Humans are unique and creative entities in this enormous cosmos, which is itself a collection of endless mysteries. Human consciousness is the most important cause for humans to be unique and creative with other organisms. This consciousness, without a doubt, differentiates humans from all other species. Humans are not only aware of the things around them, but they are also aware that they are distinct beings, thanks to this dominance of consciousness (Saher, 1969) . It is because of this consciousness that people have progressed from the stone and ice age to the age of science and technology. Biological and psychological evolution were unavoidable for man as he progressed through the ages. Although biological evolution is not the focus of this research, it is extremely useful in tracing human progress from the Stone Age to today's techno-civilized world. Psychological evolution, on the other hand, is an important aspect of human existence and the focus of our research. Current discoveries of our age, such as innovative technologies, scratching the surface of Mars

¹ In his first book, *The Birth of Tragedy*, Friedrich Nietzsche introduced an unconventional style of writing called *aphorism*. This style was strange at first and later much appreciated. However, the fact is that the treasure of Eastern wisdom is in this aphoristic style.

² P. D. Ouspensky claimed in the introduction to his book *Tertium Organum* that "this third Organum existed before the first Organum."

³ "The reason why I give no sources is that it is a matter of indifference to one whether the thought that I have had have predicted by someone else", Ludwig Wittgenstein said at the outset of the *Tractatus Logico-Philosophicus*, referring to no one in the book except Frege and Bertrand Russell.

⁴ Colin Wilson's introduction to William Arkle's book *A Geography of Consciousness*, which acknowledges the discourse's intricacy, is like finding a hidden treasure.

⁵ Michelle Foucault has stated somewhere that his discourses are not strenuous for those who are accustomed to complexities.

and making it habitable, discovering the presence of a black hole outside of our galaxy, and numerous more adventures of the human mind, can be used to analyze the progress of psychological evolution. Apart from such astounding innovations, the social interaction of man has been broadened. Humans have shown more civilized behavior than our forefathers. The only reason for humans' worldly development is their consciousness, which is constantly evolving and propelling them forward.

Today's modern man longs to know consciousness not only philosophically but also scientifically. For science and philosophy, it is creating a state of anxiety as to why the depths of consciousness are not being solved. Consciousness is one of the most mysterious phenomena of the natural world (Kriegel, 2020). The problem of consciousness is the most fundamental and complex problem of science and philosophy. Today various philosophers, cognitive scientists, neuroscientists, and psychiatrists are presenting their research and theories about consciousness and structure of mind. Even today's modern world is using artificial intelligence (AI) to explain consciousness. However, the human mind is the main thinking instrument of this consciousness whereas the thoughts are the content of consciousness, and the human behaviors are formed through these thoughts.

Discourses on human behavior usually begin with the premise that human behavior has conflict, chaos, and uncertainty due to external or internal conditions - which are found around us. When there is conflict, chaos, and uncertainty in attitudes, then these behaviors in society lead to extremism, intolerance, and deterioration of relationships. This degeneration proves to be more deadly and harmful than any other epidemic in society. If we are to improve human behaviors and bring equality, peace, and brotherhood to these attitudes, we must find the root of these behaviors. We need to know how these behaviors are formed, and how they are expressed in actions.

Behaviors are expressed through action. But the essence of behavior is thought. Thoughts come together to create the mind. The mind is not an event but a process. This process is ongoing. The way one thought is combined with another, and then another, so this sequence continues (Rajneesh, 2013).

Structure of Mind in the Epoch of Psychology

A closer look at the history of psychology reveals a surprising fact that psychology came into existence in 1879 from Wilhelm Wundt's laboratory at the University of Leipzig. Without a doubt, Wundt is credited with founding a school of psychology based on introspection and structuralism. However, the question arises as to whether psychology as a discipline appeared out of nowhere in 1879? The origins of modern psychology, or the scientific study of the mind, may be traced back to ancient Greece. Among Greek intellectuals, the empiricist Aristotle has earned the reputation of being one of the cornerstones of the expansive edifice known as psychology (Feuerstein, 2014). But in the 19th century, it was Gustav Fechner who laid the foundations of modern psychology. Gustav Fechner's law of mental sensation and material stimulus opened a new dimension for psychologists to study the mind scientifically. In the 19th century, scientific techniques were applied to study mental phenomena (Wilber, 2000). Sigmund Freud's work is considered one of the most important intellectual endeavors of the early twentieth century. Its significance stems from a number of elements, but arguably the most important is that it brings together two incompatibles, if not antagonistic, lines of German thought from the late nineteenth and early twentieth centuries. The two strains it brings together are positivism, a rigid scientific materialism characteristic of late-nineteenth-century German science, and the other theme or trend it brings together is German speculation, which I believe has its roots in German idealism but is transformed in the late nineteenth century by figures like Brentano who

attempt to construct a psychology a logos of the psyche, a mental discipline that discusses internal mental events rather than external objective events (Sugrue & Staloff, 1997). Freud's great contribution was to understand dreams and symbols, which allowed us to progress from previously thought-to-be meaningless activities. To study human behavior in depth, Freud attempted to interpret both the conscious and unconscious mind. This was the first systematic effort in the twentieth century by any psychologist to investigate human behavior at both levels.

The Quintessence of the Sage Patanjali's Yoga Sutras

Despite its many varieties, the ancient East's teachings contain an essence of essential beliefs that underpin them. This shared reservoir of primary concepts is referred to as wisdom in Eastern culture. A great sage, a rishi named Patanjali, lived in India more than 2200 years ago and gathered and systematized the different meditation methods in use at the time, practices that were already deemed old. The Yoga Sutras, written by Patanjali, became the cornerstone literature for meditation practice and is still revered today. His work contains 196 sutras, which are short and often enigmatic Sanskrit aphorisms that ancient commentaries explain in considerable detail. Yoga is frequently mentioned as being related to the English word yoke, which means "unity." The sutras of Patanjali are more concerned with the union of mind/body, predominately Mind and its structure (Prabhu & Bhat, 2013).

Description of Mind through Analogy

The human mind is a collection of thoughts; the function of the mind is to create thoughts. The human mind is like a fabric, the fabric is made up of threads, the threads are thoughts. The color of the fabric is our emotion and our habits give the fabric strength and durability. According to latest research, we have on average 6,200 thought per day (Battye, 2021).

The Manifestation of Human Behavior

Human behavior is encapsulated in three activities of thinking, speaking, and acting.



Figure 1: The Manifestation of Human Behavior

Structure of the Mind in light of Sage Patanjali's Yoga Sutras

In social psychology, we try to understand what the impetuses that shape human behavior are. To understand deeply, we have to study the human mind. This research studies the structure of the human mind and how human behaviors are formed in the mind. The awareness of mental faculties-i.e., thoughts will lead an individual to act empathetically and make rational decisions to ensure peace and harmony in a society. Thoughts in the human mind can be divided into three major categories or sections: Intelligent section, Emotional section, and Sex section. These three major sections combine to form thoughts that we call mind. Based on the Yoga Sutras of Patanjali, the structure of the mind can be explained in the following ways:

Thoughts in the conscious mind can be divided into three major sections:

1. **Intelligent section (I)**
 2. **Emotional section (E)**
 3. **Sex section (S)**
1. **Intelligent section**

Integrity is its essence, and "will to know" is its central attribute.

- Intelligence > Will-to-know. consciously commands, reasons, and guides our thinking

Attributes of Intelligent section: Friendship, Love, Courage, Hope, Devotion, Attention, Rational

2. Emotional section

Attributes of Emotional Section: Egoism, Greed, Arrogance, Cruelty, Doubts, Disbelief, Despair

3. Sex section

Vitality divorced from reason and devoid of feelings. Impulsive acts from a memory of man's evolutionary past

Attributes of Sex Section: Ignorance, Drifts, Depression, Day-dreaming, Drug Kicks, Harassment, Rape

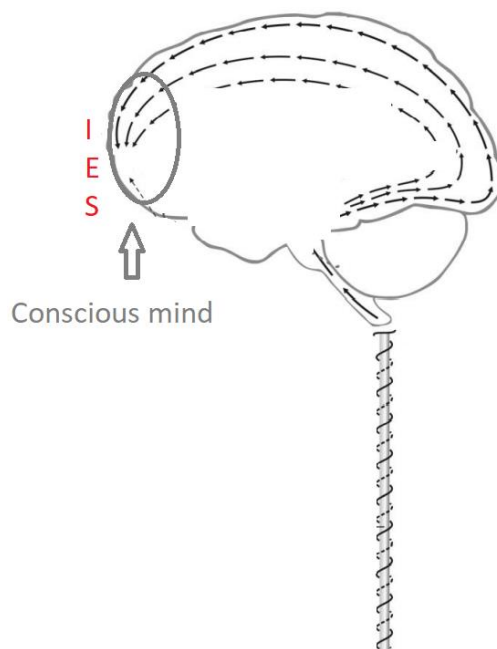


Figure 2: Conscious mind with three sections (I, E.S)

Conclusion

The study of human brain and behavior is of central importance for the comprehension of the complexity of human interactions and of social structures. Based on drawing from a variety of intellectual traditions, including contemporary psychology, Eastern philosophy, and the Patanjali Yoga Sutras, this work emphasizes that the human mind is the primary tool of thought and action. Defining the mind as a tapestry made up of works of thoughts, feelings and actions the study reveals the interrelationship between intelligence, emotion and instinct in determining human behavior. Examining the genesis of human action and the dynamics of thought development, this work not only advances practical insights into theory of the mind, but also suggests practical trajectories with which to overcome societal problems, including extremism and intolerance. In the end, greater understanding of mental structures and functioning has the promise to direct people towards fulfilling and balanced lives, working for human collective well-being.

Bibliography

- Battye, A. (2021). *Self-Care for Allied Health Professionals: From Surviving to Thriving*: Routledge.
- Feuerstein, G. (2014). *The psychology of yoga: integrating eastern and western approaches for understanding the mind*: Shambhala Publications.
- Heidegger, M., Macquarrie, J., & Robinson, E. (1962). *Being and time*.
- Kriegel, U. J. T. O. H. o. t. P. o. C. (2020). *What is the Philosophy of Consciousness?* , 1.
- Prabhu, H. A., & Bhat, P. J. I. j. o. p. (2013). *Mind and consciousness in yoga–Vedanta: A comparative analysis with western psychological concepts*. 55(Suppl 2), S182.

Rajneesh, O. (2013). *The Path of Yoga: Discovering the Essence and Origin of Yoga*. In:

UK: Osho Media International.

Saher, P. J. (1969). *Eastern wisdom and western thought: a comparative study in the modern philosophy of religion*.

Sugrue, M., & Staloff, D. (1997). *Philosophy in the Epoch of Ideology*.

Wilber, K. (2000). *Integral psychology: Consciousness, spirit, psychology, therapy*:
Shambhala Publications.