



HOLISTIC HEALTH Series

Hello,

"It's all in the mind".

This is a phrase that we often get to hear. It is perhaps true. Our daily living is essentially a struggle to learn, regulate and control the mind.

This issue of *Sattva* elaborates on the need and techniques necessary to use the mind in reaching a greater level of awareness and a higher stage of consciousness.

Warmly,
[The Editorial Team](#)



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Is the knife a *productive* or a *destructive* instrument? You, of course, know the answer. It depends on the person wielding it and his/her accumulated memories (Intellect), so says the Sadhguru - Jaggi Vasudev in his unique style. [More.](#)



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The mind is a composite of three functions - *Manas* (the lower mind), *Ahankar* (I-ness) and *Buddhi* (faculty of intelligence). These functions gift us the ability to become self aware and anticipate the future.

This note shows us the way to activate a different dimension of mind as each occasion demands. [More](#)

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