

## States of Mind as per Patanjali Yoga Sutras

1. **Mudha State:** The first state is Mudha State, where you feel lazy, where you feel like you don't want to work.
2. **Kshipta State:** The second is Kshipta State, where your mind is extremely restless & thoughts are floating here & there
3. **Vikshipta State:** The third is Vikshipta State, where you're occasionally preoccupied with something, and you may not focus on other areas. Like we have discussed in the above example, the state which Bill Gates, Elon Musk & Vivekananda have been in when they studied. This is an important state to achieve success in life.
4. **Ekagra State:** The fourth is Ekagra State, where your mind doesn't move away from the subject at all
5. **Nirudha State:** The final state is Niruddha state, where you have completely mastered your mind & you require no external state to achieve the highest level of concentration & awareness.

The ideal states which students, youngsters, we all should aim to achieve are the Vikshipta and the Ekagra state, which is the third and fourth state of mind.

## Steps to Cultivate Focus

**Step 1:** is to achieve the basic stability of mind through regulating your inlets like what you are seeing, what you're listening to.

**Step 2:** is to wilfully direct your attention towards something which you want to achieve. In the words of Vivekananda "Whatever you're doing, put your whole mind on it. If you're shooting, your mind should only be on the target. Then you will never miss. If you're learning your lessons, think only of the lesson."

**Step 3:** is to switch off from all distractions & focus only on the job at hand