THE MIND VS BRAIN

The mind vs. debate has been going on since before Aristotle. He and Plato argued that the soul housed intelligence or wisdom and that it could not be placed within the physical body. In a well-described version of dualism, Descartes identifies mind with the consciousness and self-awareness of itself, with an ability to distinguish itself from the brain, but still called the brain the seat of intelligence.

In yogic science, the mind is considered to be pure vibrating energy. It is an element (non-physical by nature) which conducts "thought" faster than the speed of light and retains all experience whether consciously addressed by the thinker or not. It can create substances from nothing. It contains the aura, or energy body and can project to other minds, and receive from them also. It communicates in the language of feeling. It has a profound effect on the energy level of the physical body, which temporarily houses it, and has the capacity to heal its own physical house as well as that of others.

In yogic science, the brain is simply a physical manifestation of the mind itself.

By Christine Sarah

The mind is very different from the brain, as it is that no particular part of the body has been said to be the mind. Even, some people think the mind is in their hearts. Brain is physical matter, we could find in the body. If we limit the mind to the brain, then it would be difficult for us to explain how persons are strained in their body during depression.

During depression, it is the whole body that is depressed with the brain being the main seat of depression.

In essence, we can connect the mind to the brain, however, not only the brain but also the whole body.