



Dr. K's Guide to Mental Health

Meditation Module | Working with Samskaras | Notes

Samskaras are balls of undigested emotion. They are the unit that exists in your mind when a trauma is formed. Any time our mind has an experience, the emotional energy is collected and stored in our unconscious mind as a samskara.

"What holds us back and propels us forward are our samskaras" - Dr.K

Samskaras: Patterns & Attributes

- Are "activated" due to triggers in the external world
- Retain the emotional age at which they were formed
- Transport our mind to a previous emotional state
- Are internally logical and consistent
- Lead to "inappropriate" reactions in the present
- Are responsible for both negative and positive personality traits

How to digest negative samskaras

1. Identify the samskara you want to focus on by observing your internal emotional state.
2. Recognize it in the present to better understand all the features of it including mental and physical sensations
3. Explore where you have experienced the samskara in the past and track its origins.
4. As you go through your prior experiences, examine where those emotions went.
5. Call up those emotions in the present with awareness and observe it to process the samskara

This process can be facilitated by therapy, coaching, journaling, or meditation.

How to implant positive samskaras

The simplest way to implant a positive samskara is by using a technique called *yoga nidra* to achieve a deep state of relaxation and using a *sankalpa* which is an intention or resolve that you can implant deep within your mind to aid you in attaining your goals.

When the mind is "one-pointed", a samskara can move past the surface layers of the mind and implant deeply in the unconscious. If we think about a traumatic experience, we are so intensely focused on it that the mind is "one-pointed." If we can train our minds to be still and send a message into the depths of the unconscious, then a positive samskara will arise.