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A GUIDE TO
MIND
BUILDING

K JAGADISH

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By
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“Life is very simple, but we have complicated it so much that we now find it hard to live.... What do we really need in this world? If we look broadly at our needs, how few we have! How much can one eat? How much one can wear? How many places to sleep we need? These things are good if you gain time for yourself, if you can live a relaxed, happy life.”

..... a Spiritual Master

Contents

Preface	7
INTRODUCTION	9
How Creator has created Human Beings	9
* Pancha Tatwas	9
* Panchendriyas	10
* The nine portals of our body	10
* The tenth portal or the 'Shiv Netra' or the 'Third Eye'	10
* Information acquisition	12
* Mind, a dumping yard of garbage of information	13
MIND	17
* Preamble	17
* What are the characteristics of MIND?	18
WHAT IS MIND?	23
* MIND should not be mistaken for 'brain'	25
* A deep dive into Mind	27
* What are the main conceptual ingredients of Mind?	27
* Carrying the weight of earth in our hand	38
MIND AUDIT	47
* What is Mind Audit	48
* 3 Ps – Purity, Purpose and Productivity	49
TRAINING THE MIND	55
FOOD	63
* What is food for the Mind?	63
* Food for the Body	64
CONCENTRATION	69
* Essential requirements to practice concentration	71
IMPORTANT NOTE	80

PREFACE

Many have called MIND as 'wider than sky', 'the weight of God', 'if you are above the mind, you are above the world' and so on - on the positive side. On the negative side - it is also called as 'mind is a monkey', 'mind is a bad master, but a good servant', 'mind is a chatter box' etc. These points convey the 'power of the mind' while it is open to us to use it in whichever direction that we want or desire.

Science and technological innovations have given us many unique gifts and comforts, and convenience in our daily life, and possibly there can be even better things in the offing in the near future. But, the million-dollar question is – are we using it for constructive, productive and useful purposes? or are we getting absolutely distracted from our set goals, is highly debatable. Perhaps, the latter seem to be overtaking the former. Anything is useful, provided, we know how and when to use, objectively.

With the advent of computers, it is worth considering whether we have more or less lost the art of handwriting? The therapeutic points of handwriting have a unique concentration and synchronizing power on the human body. The routine methods, though primitive as we now think, that we were using once upon a time to improve memory

and activate mental faculties are now given a goodbye. In a way, we are all being driven away from concentration, and distractions of all sorts have got a firm grip on us. One pointed attention and concentration automatically brings in accountability for our actions and time spent, and hence success.

This book aims at helping all age groups - right from young children to people in their twilight years, uniformly. Even people who are 'differently-abled', irrespective of the deficiency or weakness they have, can also take full advantage of the suggestions given in this book. Some of the analogies are given to drive home some critical points - the example of students is used for simplicity of presentation. Concentration is just not for studies or for any specific purpose alone, and it should become a 'way of life'. Incidentally, by practicing concentration, we will always be on the right side of the moral values as well.

The success of your career is directly proportional to how serious you are about achieving concentration by following the hints and tips given in this book. There is, however, nothing that you cannot adhere to, nor is it tough and time consuming to adopt while it is a matter of self-discipline and self-accountability.

Concentration is just not for scoring good marks, but for the entire life and to be successful in every walk of life.

As you move on, at many places you will read, in some places you will listen, and at some other places, you will talk to yourself, and at times you will chat with me! This is how the mind is going to react.

Wishing you all the best!

K Jagadish

Introduction

How Creator has created Human Beings

(a) Pancha Tatwas

Human beings are at the top of the creation among 84 lakh different kinds of species on earth - right from an ant to elephant. The main difference between human beings and other species has to be understood from the point of view of number of active elements or 'tatwas' (as it is called traditionally) present. It is within the common knowledge of a great majority of people in India that the active elements are – fire, air, water, earth and ether or akash.

The above phenomenon is typically called as 'Pancha Tatwas'. In case of all other species, leaving aside human beings, barring akash or ether, the other elements will be active in various degrees depending upon the type of specie. Therefore, the presence of akash tatwa is the unique factor which has thus made us human with the prerogative of thinking before acting, intelligence, discretion, choice of actions and a host of other qualities.

(b) Panchendriyas

With the Panch Tatwas, as mentioned above, we have the five 'indriyas' or faculties duly activated by the tatwas - they are eyes, ears, nose, tongue and skin. In terms of actions or reflexes, it corresponds to sight, hearing, smell, taste and touch, respectively. Awake or asleep, these reflexes are continuously active, alert and ready to trigger spontaneously and voluntarily; and in an auto-mode as well, like any electronic gadget that you can think of. However, contextually, they will always be in a stand-by mode and can act instantaneously. For example, if an ant bites the foot when we are asleep, we wake up immediately, put on the lights and chase the ant and get relieved.

(c) The nine portals of our body

We have two eyes, two ears, two nostrils, mouth and the lower two orifices. The Creator has very intelligently created us by positioning these organs strategically and hierarchy-wise. Thus saints and sages have called this human body as 'Nar Narayni Deha' or "the Temple of Living God"!

Using the above nine portals, we exist in this world, carry out so many types of actions, interact with each other, and spread our wings across the globe. We are thus spreading our attention currents to firmly establish ourselves in so many ways and carry on our life.

(d) The tenth portal or the 'Shiv Netra' or the 'Third Eye'

This is the crux or the vertex of human beings. The Indian tradition and culture is infinitely rich, that every Indian will

not at all be surprised to discuss and understand 'Shiv Netra'. The author is left with no choice except to highlight a few salient points relevant to the subject about the 'Eye Center'. Nevertheless, it is just limited strictly to the intended purpose of this book to guide and help **students** (those who like to practice concentration) and put the subject in perspective.

The philosophical tangents about the 'Eye Center' is very vast and wide, engulfing the entire creation and covering the principle of macrocosm and microcosm. Just for a quick and interim understanding of the above two words; what lies outside is in a macro form within our body. For example - we have so many types of communication devices in the world and correspondingly the Creator has already embedded in the human body itself by providing multiple faculties. An example that we can think of is the camera and human eyes are nothing short of a camera with unlimited specifications. Here, Camera is the example of microcosm and human eyes is the example of macrocosm.



Coming to 'Shiv Netra' – it is the seat of the body currents (when focused), the soul and the MIND. You can call it 'Triveni Sangama' or 'Trishul' or 'Jyothir Linga' and the like.

Incidentally, medical professionals too have made a mention about it as the point of 'pineal gland'. It is beyond the scope of this book and unnecessary while let us be satisfied with just an image of it as given here.

I am sure that from this image you will be able to correlate with the note above and it is self-explicit.

(e) Information acquisition

The nine portals as detailed in sub-para (c) are the sources of information/activity in life. I draw your special attention to this point and to understand the role of each type of information coming into the brain. Let me clarify here that brain is the hardware/organ and is similar to other organs of the body, but mind is something extraordinary and it is just a concept. We shall deal with this point at length as we proceed further.

The said nine portals activated by the ‘Panchendriyas’ (sub-para (b) above), working in tandem with each other, contribute information continuously – so as to call it ‘brain’ for the time being. The neuroscientists’ estimation of information so acquired/contributed is as under:

Sight	75%
Hearing	13%
Touch	6%
Smell	3%
Taste	3%

Keep a close watch on the above figures as they will be able to throw ample light on many important and critical points. Although there is a huge variation in the percentages mentioned above, we need not get carried away by mere digits. The ones with lower percentage figures might as well be ‘silent blasters’ while some are like ‘slow poison’. Of course, we need to take a call to determine the trajectory of mind before concluding. To make it a bit clear, if one is

concentrating at the eye center, then closing the eyes could first of all reduce the distractions immensely. Likewise, if one is reading a book, it is imperative that the entire attention should be only on the book.

(f) Mind, a dumping yard of garbage of information

In conclusion, voluntarily or involuntarily, human beings acquire information or impressions continuously through the nine portals (refer (c)) not knowing what to do with it. Further, once these impressions get registered in the mind, invariably it will find its own mind space using up the memory. The damage does not stop here. At a highly inconvenient time, the information so acquired will show up its ugly head only to distract the attention from the main job and thus kill the job. For example, let us say one is reading an academic book referring to some chemical fire. A movie scene which one would have seen years back wherein acid was being used to destroy an object, will get recollected “together with all the ambiance of having seen the movie with friends and relatives, the gossip that went on and, a host of sequences thereof”. The net result is – mind is completely out of the book on hand. This is the trick of the mind!

Neuro scientists have estimated that the human retina can process a mind boggling data at the rate of 10 million bits per second! I think it justifies the statement ‘a picture conveys a 1000 words’. Interestingly, this also explains why our sight contributes as much as 75% information to the mind as explained in (e) followed by other sensory organs, whose contribution is less, percentage-wise, but all the more explosive in nature!

Therefore, human beings are under constant 'threat' of unwanted, unnecessary stream of information input not knowing what to do with it on one hand, and on the other, it is this information which may possibly 'poison' the mind in terms of terribly distracting the attention from productive and constructive thinking.

Thus there is a dire need for putting a bar at threshold, right at the entry level, rather than regretting later and wasting the precious time. This only means that the paramount importance therefore lies in using our sensory organs selectively and discretely with a specific and well defined goal.

MIND

MIND

Preamble

This is certainly a complex word although it looks so simple going by the frequency of its usage. It needs a very critical, careful and detailed analysis within the purpose and scope of this book, contextually. There is also a very dire need to avoid hair-splitting arguments, interpretations and conclusions. It is thus best to focus strictly on leveraging on how to take maximum constructive advantage of the ensuing words.

Many words that would come up as you read further is a subject matter of Spiritual Science and hand-in-hand Medical Science. Let us be away from both traditional God-men and medical professionals, with no offence meant whatsoever, while we need to keep a judicial distance from the latter as far as the subject of this book is concerned. The first category has to be kept at a distance recollecting the proverbial statement “robes does not make a saint” while the latter do not mention about the existence of soul, indeed rightly so, since it is outside the purview and scope of their knowledge and profession. Due respect has to be given to both the categories. In effect, we live under ambiguities of sorts, and most often, with misconceptions on most critical aspects of life. From ages immemorial, the

life on earth is supposedly an illusion and absolutely temporary. It is thus prudent on our part to make the best use of the 'present'.

In the case of Spiritual Science Masters' category, most often identifiable by robes, I find that their thoughts, words and actions are in disarray for reasons not known to anyone and nor are we concerned about it. Certain statements made by Lord Krishna to Arjuna in Bhagvad Githa and one specific quotation below from Vishnu Purana, completely illustrates the methods and practices adopted by the Modern Gurus vis-a-vis where we stand today on Spirituality:

Quotation –

“That 'karma' (action), which does not bound the soul back in the life and death cycle is the real 'karma'. That 'vidyA' (knowledge) which brings liberation to the soul, is the real 'vidyA'. Rest all 'karmas' lead just to hardship and rest all forms of knowledge are nothing but information specializations (or stamp collection)! ~ Vishnu Purana”

Therefore, as a prelude to emancipation as described above, MIND plays a pivotal role and ***is the nucleus of life on earth whether it is for spiritual purpose or for any accomplishment under the Sun.*** Thus it is compelling for us to understand MIND holistically, and not get sandwiched between the two categories mentioned above.

What are the characteristics of MIND?

- (a) Your attention is straight away drawn to sub-para (d) of Introduction wherein **'Shiv Netra' or the 'Third Eye' or the 'Eye Center'** has been discussed optimally and subjectively, for the purpose of this book. Just to recapitulate, it has been already mentioned that eye

center is the seat of the body or attention currents, soul and the mind while mind is the engine of our life. Thus, the 'Trinity' of the life forces is originating from the eye center and we move on with our life spreading our attention in all directions. While the attention gets spread out, we do not have control on either the direction or the quantum of attention. Therefore, it can be said that the regulatory mechanism is most often missing, and the element of discretion as to in which direction, how much attention is required becomes questionable. For example, if one is in front of television when we have an option of so many channels, it is quite possible that we get settled on a particular programme and get engrossed in that. Under the guise of 'relaxing', we may not apply or think about which channel should be watched and for how long, and we lose track of time also. The resultant effect is attention has spread in a specific direction with no control on time as well.

- (b) Notwithstanding the analogy mentioned above, everyone has strong likes and dislikes unmindful of consequences. Many or most of them, generally, can be much against the constructive and productive purposes and temptations are plenty. It is also the human nature to normally get attracted towards what is not in our long term interest and of course, exceptions have to be accounted. We live in an ambience of glamour and get carried away by its powerful impact. Let us recollect the proverb – 'all that glitters is not gold'.
- (c) Human mind is intrinsically 'pleasure loving' and consciously, willingly and deliberately we love things and events which are against our progress in life. We

thus say 'good bye' to consequences, but only suffer in the end. The pleasure loving mind is never satisfied in one pleasure and we want any number of varieties of it. Ultimately, no pleasure satisfies the mind and the net result is pain and suffering. The worst point is precious time is lost forever and even God cannot give it back!

- (d) Albert Einstein has said that time is relative to speed. If we could travel at the speed of light, time would stop for us. Another way of stopping time is to 'STOP THE MOTION OF OUR MIND'. Is this possible? Yes, by concentrating all our attention at the eye center. Why eye center? Because the attention currents originate from there and it is best that we put it back there to save time. This is exactly the reason why all of us have a natural habit of putting our hands on the forehead when we are in deep thinking.
- (e) Mind is a sort of 'copycat'. We see some glamorous gadget being carried by another person and we just want to 'copy' and possess it without considering whether it is required or not and whether it is in our welfare to possess it or not. Your attention be drawn to the percentage information input in (e) under Introduction, where what we see impacts us so much.
- (f) After having mentioned some of the salient negative points about MIND, there is no need for any disappointment whatsoever. Mind has also got infinite positive points and even sky may not be the limit! This will be discussed in the ensuing chapters. The stress therefore should be on channelizing or concentrating the attention currents systematically.

WHAT IS MIND?

WHAT IS MIND?

Overview:

MIND is a word used very extensively on a routine basis and the meaning, interpretation and understanding is limitless. Perhaps we are merely guided more by the effects of the word, and most often, the causes become redundant. On the other hand, obviously, knowingly or unknowingly, willingly or unwillingly, we draw tangents to touch upon various qualities of end results and satisfy ourselves.

For example, when we refer to a student excelling well in examination, we bring in the element of 'intelligence', which is a sum total of certain habits, methods, discipline and, of course, ability too. All these 'qualities', if we can say so, applicable to that particular student, remains propriety to that individual only. Nevertheless, that student could be quite rightly deserving to be called 'intelligent'. No one discusses the level of one pointed attention or the concentration practiced by that student in handling a gamut of issues of ambiance of exposure apart from attending to studies. When it comes to ambiance, is it not that almost all peers, by and large, have the same ambiance? Then what made that particular student intelligent? What are the underlying points which have contributed to intelligence? Why there is only a very small

percentage of peers in the category of 'intelligent'? Are there ways and means to rise the percentage of 'intelligent' category? It is just logical that we conclude that 'yes' it is worth applying our mind on to this point and that is the purpose of this book. Read on!

The equity of intelligence can be spread across the community if only we can understand the hidden points about MIND. We must caution ourselves that there is scope and as well limitations too, but, we can be rest assured that it is certainly a positive thinking and a few steps forward in the 'accurate' direction.

I am compelled to bring out some points for better presentation and a holistic approach to the subject since the example cited is that of student. Academic marks can very well be 'memory-based' and the examination conducted could also be so, and it is always a common problem that we assess students' abilities by the 'score/rank' more than the in-depth knowledge of any given subject. Society is thus paradoxical apart from the 'photocopy' life style, methods and system adopted leaving aside many human values.

The holistic understanding of MIND can never be done unless we are on a strong foundation of Spirituality irrespective of all other considerations like religion, caste, color, creed and economic strata. Religions are man-made and the 'TRUTH' about God is universal at all times.

Therefore, there is a dire and inevitable need to understand MIND from Spiritual perspectives rather than mind boggling 'scientific' analysis. It is certainly true that a lot of data discovered and acquired by neuroscientists, psychologists

and psychiatrists have tones of meaning and use, provided we leverage it on basics of Spirituality.

MIND should not be mistaken for 'brain'

- a) Mind is a concept. Concepts are in a way mental representations which can convey meanings in simplest forms by one word. There we are.
- b) Two concepts can be combined together to describe a third representational structure. For example – 'density' which is 'matter' per 'volume'.
- c) Like the above example, more concepts can be combined for the purpose of mental representations which are easy and simple to understand. The whole intention of combining concepts is to get a good hang of a 'holistic idea'.
- d) With the backdrop of the above points and on a Spiritual platform, MIND can be understood to differentiate from 'brain' in the following narration. The simple reason as to why we should differentiate from brain is; the anatomy and pathology of all human beings is similar and can vary in size and volume only, while the abilities of each one, and the behaviour is distinctly different and also unique!
- e) For your quick perusal, let me say that 'BRAIN' is the hardware and 'MIND' is the software running using the hardware while the 'operating system' is generally the same.
- f) When we say 'software', the obvious questions are – which software, which version, what is the purpose for

which it is intended and a gamut of issues. I think you are now in 'suspense'. Hang on! You will get answers from the 'Spiritual Bench', soon!

- g) Refer to the paragraph on 'Shiv Netra'. It is described as the seat of body currents, the soul and the mind. This is common and same for all human beings like the body anatomy and pathology. God is perfectly democratic! When it comes to MIND and as mentioned above, it is the software running on the hardware 'brain'.
- h) The software said above, is nothing but the 'KARMAS'. As per the doctrine of Karma – 'as you sow, so shall you reap'. Obviously, it leads us to the past actions and past lives, and therefore, there is no choice except to believe in the law of transmigration.
- i) Thus, we have some apparent choice in handling the 'present' and control the actions from the very same point - 'Shiv Netra', since the body currents not only originate from there but also gets terminated.
- j) More the control on body currents, more the hold on MIND. As already explained in the earlier chapter/s, Panch Tatwas activate the Panchendriyas and Panchendriyas operate through the 'Nine Portals', the tenth portal being 'Shiv Netra'. Nine portals are like riding on 'nine wheels' without a steering and once you add the 'tenth wheel' and steer it from Shiv Netra, the body comes under control. Thus, the chariot of life is ten-wheeled or 'Dasha Ratha'!
- k) Therefore, to take maximum advantage of our body, withdraw the body currents to the eye focus and

control the body to achieve whatever goal we want, be it for spiritual purpose or doing any job with one-pointed attention.

A deep dive into Mind

We are caught in a tricky situation, as explained earlier, between the Science of Spirituality and the medical professionals as far as 'mind' is concerned. Not to clash head-on with either of them since some words used by the medical fraternity also finds a place in Spirituality. It is not a clash of interest but it is the perspectives of approach since the medical fraternity base their opinion on effects rather than causes while the Spiritualists cover holistically. I am specifically on the word 'subconscious thoughts' or 'subconscious mind'.

Of course, the very explanation of mind from a spiritual perspective is totally different. Mind is supposed to be the Satwa Guna essence of the 'Panch Tatwas' (ref Pg-9). Gunas can be broadly understood as tendencies or attitudes. There are three Gunas viz., Sattva (light, bliss and goodness), Rajas (passion, motion) and Tamas (inertia, darkness). Mind is superior to the Tatwas, but inferior to the Conscious current. It represents the intermediate state between the Tatwas and the soul. This point on the face of it looks too very technical and let us not worry about going deep into it since we have better points to piggy back for the purpose of this book.

What are the main conceptual ingredients of Mind?

- (a) Mind has four interdependent compartments. They are – 'Chitta' (sub-conscious mind), 'Buddhi' (it is a thinking factory), 'Manas' (creation and experiencing

all kinds of emotions) and 'Ahankar' (the operative executive separating our interests over others and it is assertion of 'I'ness).

Chitta

It is an ocean of countless tree and bunches of impressions of not only the present life but also of the past so many lives. When it is slightly disturbed for any reason, it triggers the other associates - Buddhi, Manas and Ahankar – and finally dictates an action.

Manas

The thinking faculty of mind. A slight breeze over the surface of the ocean of Chitta immediately creates waves or ripples. These waves or ripples are endless leading to a chain of events most often.

Buddhi

It is the reasoning faculty. Buddhi reasons out logically and uses its sense of discrimination after considering the pros and cons as identified by Manas. It has sole and absolute power of judging, rightly or wrongly.

Ahankar

It is a self-assertive faculty of the mind. It takes credit for all acts or actions and is ever progressive. From a Karmic point of view, it never allows to be on the path of righteousness. It is the root cause of misery and binds human beings to be ever in the

cycle of birth and death. Ahankar or ego is the worst enemy of human beings and the proverbial statement 'man dies first and ego dies next' is worth recollecting in this context.

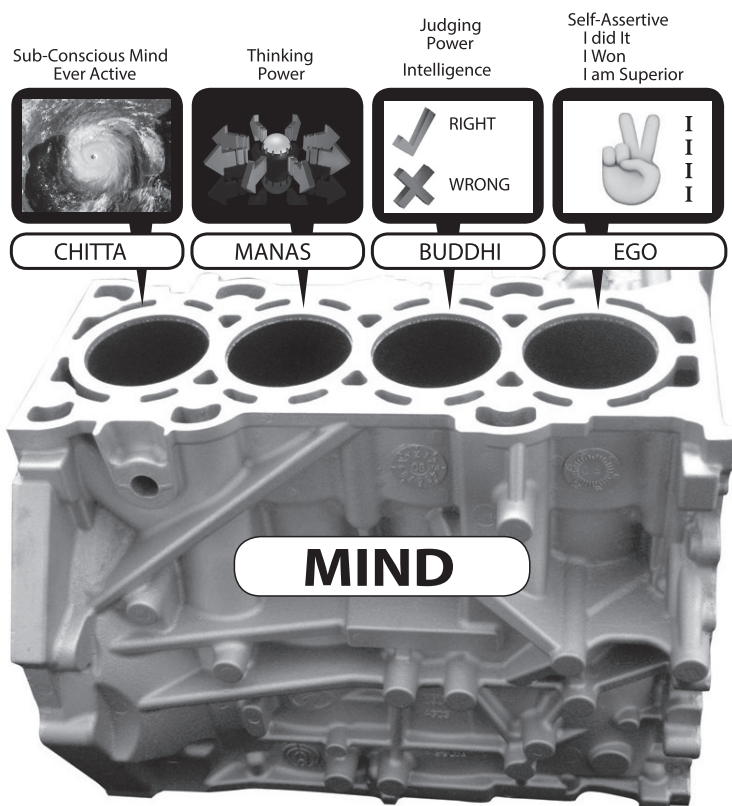
- (b) Lust, anger, greed, attachment and pride are also offshoots of mind, simultaneously. This is because when the Tatwa of ether or akash combines with the other Tatwas viz., fire, earth, air and water, it leads to the five perversions.
- (c) I think we now know how complex the MIND is by virtue of the diversity of its ingredients and it is a double-edged sword. Thus mind has to be deployed with alacrity.

Power of the Mind

At the outset, I have already mentioned that it has infinite power both in the positive and negative directions, and sky is not the limit.

The four interdependent compartments viz., Chitta, Manas, Buddhi and Ahankar are like four cylinders of an Internal Combustion Engine. It will be firing one by one, and produces power so that the automobile speeds up. Therefore, the direction and the purpose of movement of our life driven by the above four factors is the basic question to make sure that our life is on a sound platform of refinement, productivity and progress.

Mind being a 'thinking factory', it has tremendous capacity to think. Perhaps, the most intelligent person that we can think of could be possibly using just a very small percentage of the thinking capacity. Neuroscientists estimate that if



the feeble electrical currents associated with the intellectual activity was deployed, perhaps it can turn in circles inside our skull and they would make something like 500 million revolutions per second! Astonishing!

Most of the information that the human system acquires through various sensory organs gets settled at the sub-conscious level 'Chitta'.

Even in very generic terms and expressions, we would have heard many exciting slogans on mind like – where there is a will, there is a way and so on.

The power of mind, which is a gift of God, can be used constructively if only we have our goals set properly and work with one-pointed attention by concentrating at the eye focus. The word 'concentration' means the attention currents permeating at every spot on the body has to be focused at the eye center in a systematic and disciplined manner to use the power of the mind.

Functions of the Mind

What to say about the functions of the mind? Our entire life - from birth to the last breath - is all about managing the 'tricks' of mind. Mind has an 'elephantine power' and we need that power for making life successful throughout - whether it is in the context as students, adulthood, career, social life and in the twilight years. For people with Spiritual inclinations, perhaps, it makes even more effective and useful. What is being discussed in this book is nothing but what has been in existence from ages and as advocated by 'True Spiritual Masters'.

To be very clear on this point, I would simply say that anyone to be called as a person on the Spiritual path should have at least crossed the eye center through meditation. This is the basic minimum requirement and this state is also called as '**Samadhi**'. It does not refer to brick and mortar or stone platform where a so called spiritual person has been cremated. It is the state of MIND reaching the level of '**Super Consciousness**' after crossing this material world, of course, in meditation. In other words, this super conscious state is nothing short of mastering the mind by concentrating at 'Shiv Netra', and not by rituals, austerities and various religious practices or outward show by delivering lectures and building up huge followers.

Generally, people get misguided by these elements and follow them as 'Godmen'.

When Mind attains the 'Super conscious' state, the body is virtually dead, but clinically alive. This is also called as 'dying while living' and that is why many saints in the past would have said 'I die daily'. Of course, at present we would not have probably heard this statement.

To be within the objectives of this book, let us confine ourselves to the point of cultivating the habit of concentration to get the maximum benefit of our life in line with the set goals. For example, in case of students together with their parents, the hints and tips given here should help them to concentrate on studies and also be on the path of righteousness, right through.

To be within the ambit of the statement above, certain points which has to be driven directly is presented below;

Elephant in a room!

Shocking? How can an elephant be in a room? Whether the room was built after the elephant entered? Or was it that the elephant was born in the room? Then where is its mother? On the whole, it looks like there is something wrong in this statement.

No, there is nothing wrong whatsoever. It is absolutely true and a correct analogy. Mind is the elephant and is born in the room - this body of ours, and its mother is the past life/lives. This is strictly in accordance with the Karma theory.

Well, for people who do not want to accept the Karma theory, let us consider the ensuing points. In the case of

pregnant women, the fetal heart starts functioning around the 90th day just like that without any external treatment of any kind. This is absolutely true and no one can counter this point. Why and how it happens? Secondly, when an old person is sick and is in a hospital which has all ultramodern facilities including that of transplantation of any organ, why should the person die? The only statement the doctors will be making is 'the person is dead'. Why should it happen like that and why doctors failed to save the patient's life? They only give reasons like 'heart attack', 'kidney failure', 'multiple organs failure' etc.

Therefore, I prefer to say that 'Birth' is a magic and 'Death' also is a magic. Whereas, we live with all logics throughout our life. We want reason for everything. Of course, this is the way of human life since we are all in the zone of mind and reason. But, as the mind starts coming under control, the attitudes, habits and reasoning changes or improves for the better and hence the need for concentration. A person who has achieved 'Super Conscious' state of mind would be familiar with everything since the cause and effects both are an open book. Whereas, we are guided by only effects having 'zero' knowledge about causes.

In birth again, why should we have been born to our parents in a specific location and family, and why not somewhere else? Like this, several points will be relevant and we have no answers for them and only 'The Doctrine of Karma' has all the answers.

Therefore, when you consider the above heading, it is true that mind is like an elephant having tremendous power, strength and ability, and all of which can be used to achieve

our goal. It needs training, discipline and food. What food? It is habits, attitude, association and sincerity.

Weakness of Mind

Await some more surprises and shocks! A gigantic animal such as an elephant, which looks fearless and which can bulldoze and uplift big trees effortlessly with its trunk, has a small weakness and fear. Quite ironically, elephant is scared of ANTS! It can handle any wild animal but not ants. What an irony of creation. Elephant and Ant, what a comparison, not even worth thinking. But it is true that elephants living only on vegetarian food will never go near ant-infected plants or trees. One or two ants getting into its trunk, the elephant will be out of breath and may die.

Why all this in this book on mind? Yes, there is an accurate and precise reason. Mind being so powerful has weakness towards ant-like petty points. They are simple distractions in attention and that is sufficient to ruin the mind. We are all prone to such petty distractions in our life and they look so insignificant on the face of it, to start with, and eventually it grows like an elephant. A small mole of desire, thought or action, becomes a mountain. If it is a good desire combined with thought and action, fine, it becomes a mountain and if it is otherwise, it will be a ruinous mountain.

Training the Mind

After having compared the mind to an elephant, the big question is about training. Let us take the same example of training elephants. A 'Mahout' or the elephant trainer has unique methods to bring the mammoth animal to his control with some tricky small tools. Nevertheless, an

elephant may, at any time, simply smash the trainer under its foot.

Just as the elephant trainer uses small tools, we too need to do the same. Our true saints and sages of yesteryears have given us enough knowledge which has now been given a total goodbye. We will have to pick them up without any choice and use in our daily life to train our mind, lest it will become a rogue elephant and ruin everything.

An elephant weighing several tones comes under the control of a human being weighing just about 80 Kgs without any extraordinary weapons. This has to be really appreciated. Further, obeying the commands of the Mahout or the trainer in his language is also praiseworthy.

Still looking ahead, after all, the trainer ties the legs of the elephant with a chain to a peg on the ground. In the first place, why should the elephant cooperate with the trainer for all these activities? Secondly, even when it is tied to simple pegs on the ground, why does not the elephant make an attempt to get out of the peg loosening its chain? In reality, the trainer has a system and method to 'make believe' the elephant that it can no longer move free on its own unless the trainer removes the chain. Mind is just similar to this situation. Therefore, we have to train the 'Elephantine MIND' and make it obey our commands so that its entire power, capability and all its faculties can be deployed for whatever purpose that we set for ourselves.

Although many details of training the mind will ensue, at this point in time, the one and only point worth putting forth here is to concentrate at the eye center by withdrawing the body currents. This is not an easy job and we should

not expect hasty and quick results. But, every time we attempt to concentrate, whether we recognize and feel or not, the progress is bound to be there. But to start with, the groundwork like the necessary ambiance and requirement have to be grasped holistically and understood clearly.

A strong determination to achieve the goal supported by discipline, punctuality, and a deep desire and faith in trying to concentrate will be of paramount importance. Many points in this direction is waiting for you as you read on. Every point is of utmost importance and we cannot be casual about it at all.

Distractions for the Mind

Philosophically speaking, this whole world is an illusion and absolutely temporary. This is the basic premise the saints and sages of yesteryears have preached humanity to find solace in God. They advocated several natural methods to be adopted to live in a fairly comfortable manner and pray God to let us out of the cycle of birth and death. One of the most important points that they mentioned was to be in harmony with nature. We are now living the way we want and do not care for nature even on simple points like going to bed early and getting up before sunrise. This could be a very insignificant point. There were several salient points mentioned by them in all walks of life which amounted to self-accountability to none other than the Creator. Almost all of such points were at a mental level where mind played a pivotal role.

Perhaps, people in the age group prior to the invention of instantaneous communication like cell phone, Internet and

a host of related technologies will agree that there was some peace of mind then. It is certainly not that they are against technological innovations, but the way the gadgets are being used, rather misused or abused. Anyway, going into this aspect will only waste our time since we cannot change the world.

In the current scenario, I think it makes sense to at least identify some key issues leading to potential and terrible distractions for the mind which can wreck the future of younger generation, particularly the students. Let us try to list them out presuming that the parents would take cognizance of the points and thus help their own children to fare well in life. I take the liberty of doing a dare devil act!

Devil in the drawing room!

Don't call a black magic expert to drive out the devil! It has become a lifestyle and habit to place a television in the drawing room, which generally happens to be a central place in the house. It may be easy to point out the problem, but how do we find a solution?

As on July 2015, there were 832 television channels in India for a population of nearly 120 crores. As we all know, the programmes telecast, the contents and its impact on viewers is highly debatable. The penetration is so deep and powerful that people cannot resist the temptation of viewing certain programmes at any cost even foregoing some essential duties. It is not an exaggeration if we say some babies refuse to eat their food unless a particular channel is tuned in. What a pity! We are ruining the life of the child right from its childhood. God save the situation.

Therefore, it is high time that we recognize and take up this point with utmost seriousness.

Carrying the weight of earth in our hand

A gadget weighing less than 100 grams in hand is literally burdening us with the weight of the world as if we have to manage the entire world! It is not the gadget which is bothering us. It is the rampant way in which we make use of it without application of mind and without a well-defined purpose. The rampant use of cell phone throws up the point that there are thousands of well-defined contacts not only in the phone book, but in our subconscious mind as well. Just imagine we have thousand contacts on our phone and each contact has ten different issues. If so, we will need a calculator to arrive at the total number of persons and concerns connected with them and so on. The subconscious mind is hyperactive to cooperate on these points and quick to react instantaneously only to distract our attention.

I am sure that you will all agree that the cell phones in the hands of children has become a prestige issue. Although the cell phone issue has already reached a point of no return, I think we better recognize and take it up seriously to regulate the use voluntarily in the interest of children at least.

Internet and Social Media

Think of the internal 'net' result of 'Internet'. Yes, undoubtedly, it is a potential source of information, but only if it is used discretely for the purpose of acquiring knowledge and learning. Is it not that we have observed the gross abuse of social media which throws up messages

like – do you know x, y, z and so on, ‘get connected’, ‘invite a friend’ and any number of such endless captions, and tempting messages such as ‘help him celebrate his birthday’, ‘anniversary’ etc.

It is not that we are pessimists and discouraging the uses of technology. It is the ‘social order’ that has come into existence, unfortunately. The point here is that the abuse of technological developments has hijacked our mind and thrown us out of concentration on our goals. It is true that any advantage of any gadget or technology has its flip side as well, and no point in blaming them. But, our accountability is the crux of the issue here. It is the indiscriminate use that is perhaps distracting our attention and driving us away from our goals. The element of prioritization of our routine is thus under threat.

Social ambience

Mind is perennially pleasure-loving and waiting to grab an opportunity not knowing the negative impact. Most often, our tradition and culture too has compounded to supplement this point. For example, a child is born. Undoubtedly, a new entrant to the family and obviously a happy occasion for us to celebrate. Even when an old member of the family quits the world, we observe certain rituals and celebrate events under the guise of tradition and with religious sentiments overriding every other point. Here too, we enjoy. Is it not ironical?

In the recent few decades, birthday celebrations, anniversaries and the like has caught up in a big way. Birthday, just gives a message on the number of years completed in our life and indicates that we have reduced our life span, and are closer to the ‘D’ day. It is therefore an

‘elapsed period indicator’. We never think of how did we spend the number of years completed and what have we achieved, and where are we heading to. In total isolation of these vital and critical factors, we firmly resolve to enjoy and spend money too. As a result, we are passing on our habits to youngsters and boosting up their interest in wrong directions, wasting colossal time.

Entertainment

This is another major area of our life where a lot of time is being spent despite saying ‘look, I am busy’. Indeed, a major source of potential distraction of mind energy leading to a chain of events. We have gone too far in this direction driven by misconceptions and lack of clarity in our mind. Moreover, quite often, we have failed to differentiate between rest and relaxation, recreation and entertainment. Here again, pleasure and happiness become the key factors which possibly ‘tricks’ our mind.

What is happiness? Can anyone define and generalize happiness? Happiness is a state of mind. Keep on feeding the pleasure-loving mind and it gives a sense of happiness not knowing where it leads to. Mind feels happy more with wrong perceptions than the right ones. We just love and desire something, and we want it unmindful of the negative consequences and the pain it would expose. Lord Buddha has said ‘desire is the root of sorrow’. Good desires - say being lonely and enjoying solitude - is something that normally no one wants. We continuously need the company of others. The big question here is ‘how to be alone’ despite the fact that we are born alone and will die alone. Though we are fully aware of this point, why do we want the

company of someone, all the time? This is certainly a 'trick' of the mind since this world itself is an illusion. Thus the mind will ever be active to 'cheat' us continuously.

God/Religious Functions

No one is saying not to worship God or attend any religious functions. Should God be worshipped with 'fanfare' and noise of blasting loudspeakers? Why did saints and sages, who were not just worshippers of God and were surely on a path of God realization, preferred solitude, peace and tranquility by isolating themselves. Don't you think that there is something amiss somewhere? Are we going to take a call from the point of keeping our attention continuously on what we want to achieve rather than taking shelter under many 'make-believe' events?

Celebrity/Hero Worship

We spend a lot of time talking about celebrities and heroes under the guise of being their 'fan'. They get richer in money etc., and we lose our precious time and energy diverting our attention quite unnecessarily. Brain drain is too much in this context and the result is practically 'zero', rather negative.

Sports / Exercise

Body needs physical movements which can be called as exercise. It can even be going to a gymnasium regularly or taking a walk and the like. 'Yoga' is also good, but they are physical in nature by systematic bending and stretching of the limbs, breathing control and so on. They are at best

equivalent to physical exercise although some spiritual effects and mind control are claimed by certain groups. Fundamentally, it is all external exercises.

Oh! What was once upon a time a very good physical exercise to encourage and inspire a deep sense of competition and improve the will power has now become absolutely commercial. We have the most popular game of cricket where 11 X 2 players play matches, endorse commercials and crores of people watching it become their 'fans'. Nothing wrong, but what is the impact on time and mind? They earn money as we watch on television screen. We are thrilled by their strokes and our mind is again getting cheated. It is not that we should not watch games on the television, but it is the burden on the mind and the mind space it occupies, specially of students. We also ruin our health by munching fried stuff sitting for hours playing 'arm chair sports'. It is a pity that we are terribly exposed to a very big hazard of this kind. This kind of sports activities has become a social order and youngsters are being knowingly or unknowingly deriving great enjoyment and pleasure out of these activities. I think, the adults should draw a judicious line at the right place not to expose the youngsters to this hazard and put the whole society into a 'danger zone'.

Pastime, Chat and Gossip

Nothing distracts the mind more than idle and endless gossip, no matter which subject. Just to pass time, keeping on chatting is absolutely useless and we move miles away from our goal. Mind enjoys this scenario in totality. This is,

all said and done, the worst way of ruining our mind, decisively and willfully.

Conclusion

Take any point in the present scenario, there are diverse forces acting on us whether we like it or not. We are all completely exposed to hazards of ‘mind distraction’ every moment. We cannot, nor do we want to change the world. We have to change ourselves. There is absolutely no point in blaming the society or the style the society follows. The only way is to **‘strictly mind our mind’**. What we are witnessing is surely the way the technology has gifted us. We need to use them quite prudently in accordance with the job on hand and our goal, and not be guided by others’ opinion or habits.

Readers born prior to 1960 or 1970s would agree with me how there was a natural time lag in information dissemination. The print and the medium of radio, and other traditional methods of spreading information was so natural and need-based. It is not only the quality of information, but also its relevance to common man. Ethics, tradition and civic methods were in place with a great degree of accountability in the larger interests of the society in general. Now, we are caught between ‘the devil and the deep sea’ – on one hand we want everything at the touch of a button and on the other hand time has come to protect future generations from further deterioration in moral standards. This is possible only if we care for the ‘present’ and tackle it, first, by ourselves following the moral values and controlling our own mind and then teach the youngsters to follow our footsteps. ‘Practice and then

preach' is the bottom line message. To make it abundantly clear, we are not pessimists discarding technological innovations nor or we saying leave everything and go to Himalayas. This is certainly a path which can be followed, practiced right in our house and right under the current conditions. A stringent, disciplined and voluntary acceptance of certain hard facts mentioned in this book, and of course, with a certain amount of faith will benefit the society and protects the interest of the younger generation.

MIND AUDIT

MIND AUDIT

Again, the topic arouses curiosity and surprise, hopefully. Finance, energy, time and such types of audit is very well heard. What is there to audit mind? Yes, if this is done, I think the life is won, and the purpose of life - be it spiritual, knowledge, materialistic, talent or for that matter anything, surely gives us success. If you simply implement one right thought and action honestly, and in a proper direction, results will follow in multiple ways.

Nevertheless, we have to keep in mind the doctrine of Karma and not everything is meant for everyone. But, under all conditions, we will surely get a direction to move on and ultimately be successful. Just as no one has defined happiness, success too falls in the same bracket. It is always contextual and the degree is dependent on a gamut of issues. The reason being, human mind apart from being pleasure-loving, is immensely greedy. We first work to meet our needs and once the needs are met, GREED overtakes us and the results will be catastrophic. Are we not witnessing how money is being swindled starting from a few thousand and lakhs to even a few crores of rupees? How long are we going to be around and how much money

do we really need? Knowing this fully well, then why such greed? Well, this is all an illusionary nature of the world and effective tricks of the mind to grab all that is around.

What is Mind Audit?

It is acting like a 'cop', every split second, never to loosen our grip on it. Every 'thought' that crosses our mind should be taken up with utmost seriousness. However, in the first place, the thoughts must be filtered strictly in line with our goals and objectives. We can even say, weigh it as gold or platinum is weighed!

A small thought or idea like a speck of dust entering the mind - whether it is for good or bad, whether it is in the positive or negative direction - turns out to be a plant in the beginning and then grows into a formidable big tree. It does not matter to the mind about the kind of power it has – be it small or like that of an elephant. It simply does not matter to it and the chain of actions and reactions takes place instantaneously. I have already mentioned about the four cylinders of the engine of mind viz., Chitta, Manas, Buddhi and Ahankar. Once a thought occurs to the mind, it creates ripples or waves in the ocean of Chitta and it can straight away lead to a 'Tsunami' like situation in unison with the remaining three cylinders or compartments viz., Manas, Buddhi and Ahankar.

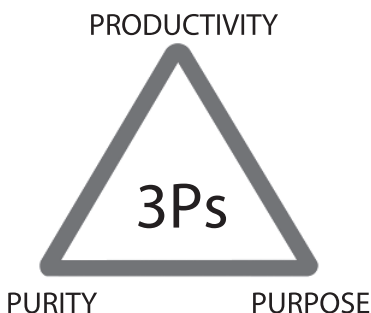
Since mind is a double-edged sword, we have to be vigilant 24X7 and that is why saints and sages have laid so much importance on the subject. Every thought of ours need scrutiny, and should be weighed with pros and cons of our defined goals.

Take a look at the 3Ps – Purity, Purpose and Productivity

- **Purity**

The hygiene of the mind is of utmost importance. One may wonder what hygiene really refers to since mind is described as a concept. Yes, it has a deep-rooted meaning and this is what makes every human being absolutely discrete and unique, and there are any number of points including the Karmic theory coming into play.

When it comes to purity, there are several subjects which emanate out of this only. First and foremost, is our thought acceptable from a spiritual perspective or will God approve this and should we go ahead? What are the results or actions that are likely to happen if the thought moves forward and becomes actionable?



In most of the cases, we may fail at this point itself but still go ahead and encounter so many difficulties and make our life miserable. If we think that God will surely approve of our thoughts, the next question is our level of determination. Of course, we have to factor in several points like whether we want to be absolutely self-centered or should we share the benefits with deserving people - these are all questions that we need to address. A student's determination aiming at getting a first rank cannot be said as self-centered, but the method and determination has to be objectively looked at. If the student is highly determined to get the first rank,

come what may, it is good as long as the attempt is not by copying answers from text book. Similarly, earning money, getting promotion in service etc.

- **Purpose**

What is the purpose of pursuing a thought is also very important. Here, perhaps, we have to analyse several factors. Thought may be good, but we will have to assess our capabilities, convenience and note our strengths and weaknesses. As the slogan goes – **‘deserve before desire’**. We may not be faring very well on this point. We have huge and big desires, but most often we disregard whether we deserve at all. If we have to accomplish something, should we not have elementary capabilities to desire that or that we bulldoze our way, as it happens most of the time.

In our thought process, it is essential that we avoid being selfish under all circumstances. All thoughts should be aimed to include our family, peers and the society also, if practical. Usually, if the purpose is divine, perhaps, it gets natural encouragement, support and help from unexpected corners. In today’s scenario, I don’t think that we ever consider these points saying ‘it is none of my business’. The moral fabric and values have got eroded and they are missing, by and large.

- **Productivity**

This is yet another very important consideration in auditing our mind. Generally, despite our extraordinary intelligence, ‘as we claim’, we may not be faring well on this point at the thought-level itself. As a thought gets deep, somewhere in the process, one or more compartments of the mind say

Ahankar or a spirit of challenge overrides and we are driven more by ego than productivity. This is an invitation for downfall and misery.

The tricks played by mind are so subtle in the beginning of a thought and by the time we realize that we are falling apart from our objective, it could be too late since the whole process would have become actionable.

Summary

We are prone to practically being cheated by mind, right through, for throwing up illusionary and impractical thoughts, not in harmony with the 3Ps. Thus we end up paying a very heavy price. It is best to carefully nip the thoughts in the bud itself considering all aspects and pitfalls. We are all in the sphere of reason and logic claiming expertise in handling issues at the material level in the mind zone. Never have we attempted to rise to the level of consciousness, even a bit. The secret of success lies in attempting to raise the consciousness level as much as practical by 'concentration' such that matters can become comparatively easy and smooth.

Higher the level of consciousness, greater the control on our faculties, which gives us elbow space for maneuverability. The level of intuition is directly proportional to the level of consciousness and the top most point in the context of this book is 'eye center'. However, it (eye center) is just the first step from a spiritual point of view.

Even a millimeter of raise in the level of consciousness although not perceptible, is still a great advantage and specifically for the student community, it should make a

phenomenal difference and improve their ability to grasp and assimilate the academic subjects, quite naturally. More than anything, their future gets automatically shaped up on a high moral pedestal.

TRAINING THE MIND

TRAINING THE MIND

After having said so much about the enormous and uncontrollable power of the mind in earlier chapters, don't you think that because of the same qualities we can use it as a potential, power-packed source of energy and a reliable vehicle to move on? Certainly, it can be done provided we can train the mind in a systematic manner. It is not a one-time training, but a continuous process to keep on refining the mind further.

We will have to piggy back on the analogy of training a wild elephant although the whole exercise is practically virtual as far as human mind is concerned. All that a trainer of an elephant will do is that he is injecting some specific ideas into the mind of an elephant which defines or puts a limit on its movement and thus makes the elephant believe that it can never loosen its chain from the pegs unless and until he (the trainer) himself does this. This 'make-believe' trick of the trainer has to be appreciated. This is what we have to do to train our own mind, consciously, willingly and with a lot of determination and will power.

However, many hints, tips and suggestions given in this book will be of immense use to train our mind. But it is essential and of absolutely necessity to have faith and

belief, but not blindly. It is certainly within the expectation of the author that reading this book itself should help everyone to identify and apply to many points in their life forthwith, and arrive at a conclusion.

The greatest challenge in training the mind, which has already been described as a 'Concept' (mental representation) comprising of four more interdependent concepts – that is Chitta, Manas, Buddhi and Ego, the million-dollar question is whether an external entity can however do this? The answer is a clear 'NO' since the whole issue about mind is that it is a 'mere concept'. Thus, nobody can train our mind and we ourselves have to do it, and it is a matter of 'self-help' with a very strong will power. When we say you have to train the mind, who is that 'you'? Therefore, 'you' is nothing but 'self'. It becomes a very tricky situation. Since mind has been described as the Satwa Guna essence of the five Tatwas, which is activating the 'Panchendriyas' and in turn the nine portals of our body, that 'you' is the Satwa Guna.

Therefore, we can say that every human being, by birth, is endowed with positive traits of the mind. However, the negative traits overtake the positive ones, generally, because of the illusory nature of this world and the moment we wake up in the morning and open our eyes, we are susceptible for being cheated by our own mind. Even a murderer has the same Satwa Guna essence as much as a Saint, but the only difference is that the criminal never takes advantage of the God's gift of Satwa Guna essence whereas it (Satwa Guna) is the nucleus of a Saint's life, a manifestation of God with only Satwa Guna. Taking cue from this point, I have earlier mentioned that 'mind hygiene' is absolutely necessary for mind building. Strictly

speaking, the hygiene of the mind of a Saint can never be visualized by any stretch of imagination simply because, it is immune to all surroundings, occasions, time, person or persons and so on.

Instead of a theoretical approach involving a chain of complex concepts, it is therefore best to be practical in reducing the whole concept to mere actions without giving scope for doubts. Let us make a comprehensive list of points to tackle this concern. All thoughts, irrespective of the subject and objective involved, should be vetted thoroughly and holistically. It should never be done keeping only our benefit in mind. If the thought fails in any of the points mentioned below, then it should be totally given up, right at the threshold. This, however, should be in conformity with the 3Ps – Purity, Purpose and Productivity.

- Every thought - conscious, subconscious or unconscious - should be deeply analysed from the point of view of whether it is right or wrong from a divine angle, irrespective of the religion and culture, and whether it will adversely affect people around taking the whole society into account. Therefore, generosity or in other words being absolutely 'unselfish', is a point to be noted. An aftermath of this statement would obviously lead to kindness.
- The point above should become a mental habit and obviously done silently. Thus, the positive (divine) force of the mind should argue with the negative force ('Maya' or illusion) and put its foot down firmly and discard unfavourable thoughts once for all.
- Despite the mind being active wisely as above, the chances are that the same or similar negative thoughts

may arise again and the positive mind has to take charge to act firmly.

- There is a dire need to think about our desires, liking and most often what we justify as 'good' putting forth many points to argue that it is 'certainly good' to be filtered off. Mind, typically has a great capacity of finding its own logics perfectly fitting the ambiance and circumstances to totally justify and to move on to the execution stage. This is because the sub-conscious mind would haunt and encourage the remaining three viz., Manas, Buddhi and Ego to act 'perfectly justifying' every point although it is a negative thought. Mind, primarily and fundamentally, is 'pleasure-loving' and intrinsically 'highly flexible'. It is like a chameleon which changes colours very quickly.
- The statement above only means the kind of 'caution' that one has to exercise in entertaining desires and likes, and does not mean give up everything and go away in solitude.
- The more we do to satisfy our desires, the mind always wants more and more. The rationale of 'contentment' should be put in place to control the mind, lest, it immediately slips into 'greed', a terrible enemy. Therefore, it is best to look for bits of contentment as much as possible to prevent the mind slipping into greed.
- Unbearable anxiety and tension leads to fear and a feeling of loneliness and helplessness. Medical professionals term this state as 'Generalised Anxiety Disorder'. Anxiety leads to fear.

- Fear is another great enemy. We estimate many points and decide to do an act. Once we find some obstacles, the mind will generate doubts and fear, most often, quite unnecessarily and unfounded.
- Fear leads to hasty actions and thus what was supposed to be 'clarity' at one time turns out to be 'confusion' leading to a series of probably wrong moves crossing the 'hygiene' of the mind and thus erratic actions ensue.
- Anger is another big hazard which is like fire and completely destroys everything around it. It starts with dislikes, then it turns out to be an irritation and then burst out. We normally say that 'look I got irritated' as if it is a virtue. It is nothing short of a glaring display of our ego and superiority. After all, 'anger' is free! We don't have to shop for it from somewhere.
- Lust is a sure shot of downfall and loss of everything. The illusionary world has created beautiful men and women. Lust is a natural instinct and certainly has a 'spike' in it. One has to be extraordinarily careful in yielding to temptations. It is best that the opposite gender is always treated as mother, father, brother, son, daughter, sister and so on as a 'habit' and by default. Spirituality has put stringent norms on this issue. Even in terms of human anatomy, it is given the right location, lower down in the body. It is exactly opposite to 'eye center'. Creator is very wise!
- Attachment is another formidable enemy. We start liking what we possess so much that if something is missing, we are so sad. Ironically, we don't feel sad for

so many virtues missing, but missing one small belonging becomes a big wave in the mind. Did we anytime miss the 'giver' of everything and did we cry or at least worry about it?

- Humility is the key to success. Pride pulls us down. Respect, reputation, status etc., should be looked from divine perspective and from non-materialistic angle, and from a humane angle. A simple farmer could be a far better human being than a well-educated person. A farmer not having any academic qualification may be happy than many of us with some education and exposure. The beginning and end of every one is identical and the 'noise' that we may create in between is the base of future life. Better to be prudent on this.

Therefore, taking cognizance of the points above is the best way to train our mind. This can be done only by shortlisting the weakness and applying suitable corrections and start improving at every step. Training of the mind is possible by 'self-help' and keeping the company of people who possess the virtues described above. However, we shall discuss many more points when we deal with a chapter on 'concentration' apart from some tips ***specifically for students.***

I have preferred to classify 'food' as a subject under the current heading to devote and attract special 'mind space'.

FOOD

FOOD

Right at the outset, let us be clear that when we say ‘food’ it is only the body which supersedes everything else. Food is just not for the body, and in fact, mind needs more food than the body. We keep on nourishing the body leaving the mind high and dry. Of course, food for the soul is not included in this book.

What is food for the Mind?

Mind needs the vitamins of 3Ps – Purity, Purpose and Productivity. These vitamins are available to the mind in various permutations and combinations which has been described in training the mind. Mind will be enriched with vitamins not by addition, but by removing the negativities. This simply conveys that there are positives enough for a good life which gets adulterated or corrupted by silly food of dirty, unwanted and unviable ‘thoughts’, and thus turns retrograde. It is just that mind requires self-regulatory methods, habits, attitudes, determination and the will power to execute the thoughts after due filtering. There has to be several layers of filtering mechanism which is unique to each person. These points are never ‘one time’ and final while it needs continuous self-appraisal hour on hour.

Food for the body

Human body survives basically by spiritual energy which can be termed as 'pranic energy' or the power of the soul, and not merely by food. This is exactly the reason why I mentioned in the earlier part of the book that life is a magic.

We have to exercise good amount of care and caution while food for human body metabolism is required. Although the 'brain', the hardware for the mind to function, has to sustain like other organs, the Creator has provided an excellent mechanism to provide pure blood to brain specifically. An extraordinary and highly sophisticated filtering mechanism called 'Blood Brain Barrier' filters the blood before entering the brain. In our context, when we discuss about the 3Ps, by coincidence, it synchronizes with the Creator providing the Blood Brain Barrier.

We have also discussed that mind is the Satwa Guna essence of the five Tatwas. Taking a cue from this, don't you feel that when it comes to food, we must adhere to Satvic food, that is basically vegetarian. Further, even in vegetarian food, if all the derivatives are Satvic, it is bound to help the mind to function and achieve the goals set by us.

While considering strict vegetarian food (totally avoiding fish and eggs) versus non-vegetarian food, If the argument is about nutrition, vitamins, diet etc., and that vegetarian food lacks the vitamins and nutrition to make the body strong and therefore one has to take non-vegetarian food – the argument is not sustainable and does not stand any good reasoning. I have cited the example of an elephant

earlier. Elephant, the most powerful animal, lives on vegetarian food. What vitamins does it get and they are born and live in forests under the nature's care and in such a rugged manner. Well, if someone says that tiger is ferocious and has so many basic qualities which an elephant does not possess and that the tiger lives on non-vegetarian food, and therefore non-vegetarian food is thus nutritious, lacks rationale. Tiger lacks endurance. It can hunt and be aggressive for short durations and it never has the endurance of an Ox or horse for that matter, which lives on vegetarian food.

Therefore, the food for the body should be vegetarian to synchronize with the basic constitution of mind which is Satvic, and arguments about non-vegetarian food nutrition etc., may not be valid. Human beings' health is very well safeguarded more by vegetarian food than non-vegetarian food. Even doctors have specifically said that eating red meat enhances catching up cancer.

Even in vegetarian food, the food which is aimed at 'taste targets' has its own ill-effect on the mind and a few tips will ensue in the next chapter on Concentration.

Food for the Mind

The only food for the mind is concentration. Several factors involved in the process can be treated as Vitamins and Nutrition for the mind. It may be difficult to term that the growth of the mind can be organic since we want to steer it the way it is required with inorganic methods. Though it looks a bit of a contradiction on the face of it, it is still the truth. Firstly, organic growth of the mind may amount to allowing it to go the way depending on circumstances,

most often aimlessly. Whereas, once we set our goals, we will be compelled to 'stop' the free run of the mind by any method or discipline to bring it under control and hence I have termed it as inorganic.

CONCENTRATION

CONCENTRATION

Overview

This is the toughest and real challenge for everyone. It is a challenge irrespective of age, qualification, level of intelligence, gender, social status, economic background and all factors under the Sun. There are no exceptions and it has nothing to do with the worldly accomplishments. Be it a Nobel prize winner or an illiterate person, when it comes to concentration, they will be on par with each other.

The only exception for this could be the category of Saints, if you can locate one, and some Yogis of very high order. But no one in this category will identify themselves and come before us. For example, when you keep jasmine flower in your pocket, it is bound to spread its aroma, voluntarily, and one can smell it easily provided the person has no cold and running nose! In a similar manner we can identify a saintly person provided we have some good amount of 'mind purity' in ourselves, lest, the fake Godmen easily attract! Saints will never show off and they will certainly keep aloof and not come to limelight! But, we can feel their presence provided our mind is pure. Fully

exploiting this situation, there are many 'make-believe' yogis spreading wrong messages and perhaps minting money too. People flock to them believing their 'divinity' and not realizing that divinity cannot be a donation from someone claiming to be divine. God is not their property.

Moreover, God is more to be experienced than believed, whereas, belief does not make a person 'holy'. An amount of faith to follow a particular path though essential, it should not be carried forward too far. One has to implement the teachings of 'true' Saints in their daily life and mere visiting temples, ashrams and holy places will lead us nowhere. For Saints, the one and only method for God realization is through meditation - that is by concentration at the Shiv Netra, the Gateway to Spirituality. Thus, this is the Gateway to this life too. To accomplish our goals for good purposes, this should become a habit naturally. If we start concentrating at the Shiv Netra, it is not that we will be progressing only Spiritually, whether we intend it or not, but facilitates and helps us to carry on our routine life also in a better manner being on the right track, always.

1 to 5 Experiment

Can you accept a very small and 'silly challenge'? Sit firmly, cross legged, with the spinal cord erect in a fairly quiet place. Without any body movement and closing the eyes, just repeat one to five for 15 minutes, but only mentally not using the tongue. Your entire attention should be only on the digits while you focus all your attention at the eye center. You should never entertain any thought whatsoever, very strictly, and no attention should be paid to any other subject, event or surroundings, and not even on the elapsed time. You should be honest, sincere and absolutely

willing, voluntarily, to do this. Try it and honestly admit whether you could succeed.

If you succeed in this, you are a selected human being of God and you are a real yogi and you will reach the super-conscious state sooner than later.

If you don't succeed, then can you figure out which thought interrupted the experiment and subsequently which are the other thoughts that followed. Jot down the thoughts and sequence chronologically on a paper. You will be surprised to see how the mind works and you will agree with me that mind is a 'big factory' manufacturing 'thoughts' uninterruptedly. This is the case with almost every one of us. Real success in life is just beyond the 'thinking factory' and it lies in concentration for doing any kind of job and not just for 'spiritual purpose'.

Essential requirements to practice concentration

Quarantine the Mind

- May be in the last five decades, specifically, the attention of human beings is scattered in umpteen ways due to number of reasons - mainly a paradigm shift in lifestyle, habits, attitudes and routine practices to eke out livelihood. And to top it all, technological inventions have paved the way to get on to comfort zone and thus changed many habits of life totally disregarding and circumventing laws of nature. A task that was impossible to do some decades back started becoming possible and thus it changed the mindset drastically. There is no point in wasting time going into minute details and we are all very much conscious and fully aware of the current scenario.

- The combined resultant effect is that our sensory organs have been exposed to great hazards as far as our subject on hand is concerned. Continuously, we are all totally exposed to more unwanted and unnecessary things than what is absolutely required for us. Thus, the 'unwanted' - be it news, information, circumstances, general ambiance of our life, both during working hours and outside working hours, at home or office or educational institutions, social gatherings, religious gatherings and name any place, any time and everywhere - mind is logging in 'information garbage'. Therefore, our mind has become a 'dumping yard' of garbage of 'impressions'.
- As explained above, the 'mind space' is being wrongly deployed or in other words, it is being abused instead of being used. Everyone has a limitation of mind space, information storage structure (like data structure), different kinds of memory limitations and memory recall, and therefore, picking something absolutely essential for a particular job narrows down. After all it amounts to picking up something precious from a garbage yard, which is not only difficult but also demotivating.

It is therefore best to 'quarantine' the mind so that the virus of unnecessary and unwanted information seepage into mind is controlled as a routine and natural habit. It is also probable that the illusionary nature of this world thrusts on us a lot of 'unwanted and worthless' information into our mind at the cost of what is most wanted and worthy. Thus, we have a 'problem of plenty' and 'dubious luxury' of most unwanted information, knowledge and talent/skills in wrong directions. It is also noteworthy that,

what is not in the interest of mind is generally 'glamorous, glittering and extraordinarily tempting' and therefore the mind gets completely 'cheated'. Therefore, quarantine the mind and not the viruses since we have no control on them!

Spiritual Anemia

Since we are all in the tight grip of mind, at every step, continuously, we are moving away from traditional practices of good old days. As far as our routine life is concerned, even if we do not want to use the word 'God', for whatever reason it is, our respect and regard for natural way of living has come under threat and most often we have ourselves engineered it just because we want to copy our peers. We are willfully and deliberately transgressing the laws of nature on many counts. We want everything the way we like and desire, in every walk of life, no matter what the price is, both in financial terms and as well effort notwithstanding whether it is morally right or not. So much so, quite often, we don't mind even our immediate family members being affected, and to talk of society will be futile.

Further, the level of desires and ambitions are also very high, totally isolating our own intrinsic worth and capability, which is almost nearing greed. By intrinsic worth I mean, holistic organic balanced growth in every walk of life like, education, employment, good civic sense and moral values. Have we not heard about so many people who have looted the society and gift expensive automobiles to their children, who drive 'drunk' and run over innocent pedestrians? Thus the chances of failure are always greater than success. This is followed by disappointment and depression respectively.

It looks that the factor of 'contentment' is almost missing or we have wrong values set for that.

Disappointment leads to depression and lack of self-confidence, and we get totally demotivated due to our own folly. We don't care to take a balanced view, most often, and this leads to a sort of sadistic and self-centered approach.

The above points are because we have never attempted to raise our level of consciousness even by a millimeter, and are completely hijacked by our senses. Mind is simply enthralled by the outgoing faculties through the nine portals for sensual gratification. We are perennially hunting pleasure after pleasure, with increments, minute after minute. We have completely lost our direction in life and therefore we can very well call it as 'Spiritually Anemic'. The only treatment available is '**CONCENTRATION**'.

The 'Spiritual Anemia' which we are unwilling to accept may be mainly because of a very high degree of material comforts that we enjoy today. It is almost a case that we are now cock-sure that if we have money power, we can have our heart transplanted or even replace it with an 'artificial heart'! With organ transplantation becoming so very common, what is the big deal in kidney failing or a multiple fracture and so on. A lot of electronic devices are being implanted in the human body and they are purportedly functioning well since years, so much so, we feel that the life is in our own hands if we have money. Obviously, the information spreads across the globe in seconds since the whole world is completely 'wired'.

Oh! Not to talk about synthetic baby birth etc., and even the planning to have a baby at whatever age a female

decides to give birth to a baby, that too, with gender selection, has been made possible. No need to talk about surrogate motherhood, baby production factories through third party semen etc.

Therefore, the mind of common people is obviously under cloud and confusion, so much so, we are now not bothered about what our parents used to follow and practice, traditionally inherited from the forefathers under the guise that 'technology was not developed' then! Therefore, our mind is polluted heavily and we have lost the mental equilibrium and rely everything on our 'financial affordability'. Thus, the slogan 'Money Rules Everything'. It is a waste of time to go into so many areas of our life, where in 'everything is for sale' – degree certificates, personal identity, employment and what not.

Let not readers take me wrong. I am not a pessimist and in fact things crashing right under my nose, I would say, wait, we will salvage.

May I give a simple analogy? A child goes to an exhibition or an amusement park with its parents. It is so excited, happy and rejoices every bit of glamour to its heart's content while holding the parents' hand. At some point of an excitement, it lets itself loose and misses the hand-holding of the parents and starts crying inconsolably while all the excitement around remains as it was. Why does the child cry? Was it deriving happiness genuinely from the amusement or parents holding its hands or both? Therefore, it is obvious that it was enjoying everything around it as long it was holding the hands of parents. Our situation is exactly the same and we are crying after leaving the hands of our parents, that is GOD. It is just not about

losing contact with God. It is even worse that we have become too intelligent and arrogant. All these facts are glaring examples of our 'Spiritual Anemia'. We deliberately do not want to take cognizance of this fact and even if we recognize this point to some extent, we look for shortcuts asking a Pandit to do some Pooja or Homa or flock to some pilgrimage centers to solve our problem. Thus, we give power of attorney to someone like a Pandit to do a Pooja. A day may come when if 'X' is sick 'Y' has to take medicine for that sickness and 'X' still expects to get well. What an irony!

Psychosomatic

Psycho means mind and soma means body. To an extent most diseases originate at mind level or mind triggers, and both the body and the mind suffers. We also do not want to recognize or may not be aware of a phenomenon or system existing in our body. There is always an automatic healing mechanism in the body which puts the body to sleep such that less of spiritual energy is used and thus supplying the same energy to the affected portion. We are simply not bothered about all the self-regulatory mechanism given to us by the Creator, but use our intelligence and feel proud and end up in more problems.

The panacea for most of our problems is **CONCENTRATION**. Concentration can be practiced by anyone in any age group and even by people who are 'differently abled', with some physical deformity. How to practice and what are the points that we need to factor in are given below:

How to practice Concentration

- Make it a habit to wake up at least 30 minutes earlier to your normal time of waking up. Traditionally, it is

expected that we be out of bed before Sunrise. Even birds and animal follow this rule of nature and they don't have as many problems (health) as we have.

- Freshen up a bit and sit cross legged with spinal cord erect in a fairly quiet place in the room but never on the bed.
- Free up your mind from all thoughts and strictly tell your mind not to raise any thoughts about any event no matter how important it is.
- Do not move your limbs or scratch your body or in other words, body has to be still if the mind has to become still.
- You should have a fixed time every day and you have to be absolutely punctual. No leniency should be permitted. This discipline is absolutely essential.
- Close your eyes, focus and gaze at the Shiv Netra or the eye center and mentally repeat any name of your choice. Never use your tongue, lest the tongue will be automatically doing its job but the mind will be somewhere else. The choice of name may be anything like OM, Allaha or Jesus or whatever your tradition and custom permits. For that matter, as already mentioned and termed as '1 to 5 experiment', you can even repeat the numbers.
- What is of utmost importance is that your entire attention should be at the eye center and no thought should cross your mind.
- You may find it extremely tough to do this simple job but don't give up. Pursue and keep bringing back the attention to what you repeat.

- Do not expect hasty results and get disappointed. It will take considerable time to achieve some degree of success. May be to focus all your body currents for one or two minutes may take months.
- Nevertheless, despite knowing that you are not really successful, you will be progressing but you may not recognize.
- Your body's extreme portions may start becoming numb and do not be alarmed about it. Blood circulation will not stop and no injury or damage will happen to the body.
- If the body starts feeling numb and that portion becomes senseless, it is an excellent sign of concentration.
- As you progress more and more portions of the body will experience numbness.
- Even though this is a very tough exercise for the mind, it will come under control quite gradually and you will experience all-round improvement in many activities of application of mind. Your efficiency will show signs of improvement, ability to pursue any job, willpower and determination, temperament and application of mind will improve.

All the above points are best and the only mind exercise that anyone can think of. It is a time proven approach. This is also the method to supply all the vitamins and nutrition that the mind needs. There cannot be a better way to enrich mind than this. Repeating the name is certainly significant but in the context of this book, your body

currents should be driven upwards with undivided and uninterrupted attention, and the efficiency will be directly proportional to the degree of concentration that is achieved. Body getting numb is the bench mark of progress by virtue of repetition of whatever name you have selected. Because of the body weight being concentrated at few points, the body may become numb but that numbness you experience while focusing at the eye center are distinctly different. You are the best judge to decide.

If you conquer your mind it is amounting to conquering the world! Give it a sincere and honest try. Though it looks very simple on the face of it, it is certainly very tough, but do not give it up. You will soon start experiencing glimpses of the power of your mind. Incidentally, even if the level of consciousness raises a bit, to that extent one will gain even spiritually although it is not the aim of the exercise.

Hope you enjoyed reading this book!

Important Note

I have published a supplementary to this book covering a gamut of issues brought about here. It is titled “Fasten your Mind to Excel” An insight into Mind Lab. This book is aimed at teachers and student community giving them hints and tips to start, right away implementing various points in a direct manner. It contains suggestions to prepare for a innovative ways of using the power of the mind clearly pointing out some areas of routine life to accomplish the goal. Therefore, it gives impetus from the point of view of ‘just start now’.

Mind is an epitome of unending PLEASURES & HAPPINESS, of course, most often being unable to assimilate the difference between pleasure and happiness. Humanity is chasing happiness and comfort, continuously and permanently, in a temporary world. Can anybody define what is happiness? Then what are we chasing, aggressively? Happiness is a state of mind, way beyond the circumstances and is non-materialistic.

The contents of this book clearly demarcates the difference between 'Brain' and 'Mind' and opens up new annals to enlighten the power of mind. It creates an awareness of the thought process to deploy our mind and control, objectively.

Mind is deceptively enthralled by sensual pleasures, helplessly, and believes firmly in it as 'happiness'. Ironically, the 'Truth' will be realised when there is no more time left on earth!

Wise people start building their mind right away.

Readers including students are welcome as 'Guest Writers' to write articles and also to send their reviews, comments, suggestions and participate in the opinion poll at the web address given below. The author proposes to publish select articles of interest written by Guest Writers on the subject to spread awareness about the importance of Mind in the larger interest of the society. Therefore, this is an interactive book. Terms & Conditions apply:

<https://enlightenmind.org/mindbuilding/>



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