

Bring Progress in Mind & Intellect

In the previous lesson we identified two main powers of a human being. Both powers are wonderful gifts of God. Both have to be made very powerful since our life is dependent on them. We have many examples of people who rose from being ordinary human beings to very well known personalities. They became those who were able to challenge the whole world. Eg. Socrates, Abraham Lincoln, Alexander in the West and Vivekananda, Shivaji, Maharana Pratap, Porus in the East and many more. Their powers were not only of the physical but mental as well. A physically weak person can conquer a physically strong person with the help of mind and intellect.

We have to pay attention to bring about progress in both. The question arises, have they reached their lowest? Yes, the mind has become corrupt, negative and weak. This is its defeat. On the gross level, there is lots of intellectual progress but along with it, the spiritual power of the intellect is seen to be fading. Lack of courage and faith in the self, lack of decision-making power and steady intellect are the characteristics of a defeated human being. There was a time when the mind and intellect of human beings were at the highest peak of their progress. How were they identified at that time? Everybody is ignorant of this aspect. All they know is that in today's time, human beings are advancing everyday, but this is not entirely true. Ancient humans were more civilised and progressive. Science too was so advanced that the present progress in science looks faded comparatively. In present times, though intellectual progress has been made, the mind has been murdered. Humans have lost their humanity. They have lost bliss and have become more sorrowful.

When the progress of the mind and intellect was at its peak, those humans were valued as deities. They had powers and had no knowledge of the vices. They did know the meaning of torture. Life was totally pure where nature too gave happiness, diet was pure and civilization was at its peak, where one did

not have to work to earn money and where the essentials of life were easily available. They were no patients, no doctors, no criminals, no police, no wars, no military forces, but the present historians have no knowledge about this civilization. They have no evidence of the statues of the deities, the engravings of that golden age is not available, but to totally deny this fact that we are the offspring of deities, is wrong. That was our totally civilized embodiment.

We have to bring about this completely, civilized embodiment by purifying the mind and intellect. It is not impossible to reach the complete stage. Just think, how did our powers diminish? It happened when the human soul moved away from its original sanskaars. This original nature was purity. By coming in contact with nature, the soul forgot its purity and started falling into impurity. The vices of lust, anger, ego etc. emerged in the soul due to which the power of the mind and intellect got destroyed. The vice of lust gave physical happiness but gave birth to anger and ego, which made the mind impatient and weakened the intellect.

We know that the mind is a subtle power of the soul which creates thoughts. If one pays attention, one will notice that every minute, at least 30 thoughts come into the mind, and in case someone is angry, upset or having lot of tension, the rate of thoughts increases to about 40 thoughts per minute. The mind runs like a horse. So after lot of tension, a person feels mentally tired and unstable. But when a person is peaceful or happy and without any worries, the speed of the mind slows down creating 20-25 thoughts per minute. When a person learns to control the speed of thoughts from 15 down to 10, and finally to one thought per minute, then their powers will increase immensely. We have heard that in ancient times, the saints and recluses used to meditate in a completely peaceful state of mind, without creating any thought in order to increase their mind power and this is the power of spirituality since mind and intellect are the faculties of the soul.

If any person wishes to make effort he can stabilise his mind and intellect on the Supreme soul, God the father who is an embodiment of light and increase his powers. Since the Supreme soul is all powerful, on stabilising the mind and intellect on Him one can increase their powers and if one fails to do so, then at least he should not destroy his remaining powers in waste thoughts, tension and waste talk, or in fear, anger, ego or have any bad vicious thoughts. Due to stress one eats in excess, or sleeps in excess, or goes in bad company or indulges in vices which makes a person's intellect very weak. So who ever wishes to make their mind and intellect powerful, should refrain from these bad habits. Atleast wake up one hour before sunrise since breathing fresh air purifies the mind and increases mental power.

So in this way, try to save the powers of your mind and intellect, which are the supports of a happy life. You should continuously pay attention to their progress, which will help a person increase their will power and also prevent them from getting scared, while facing obstacles and the challenges in life and slowly increase self confidence. In this way, the soul will never get confused during obstacles and will become successful and gain happiness in life. Many philosophers know that lots of dormant powers are available in a human being, which have to be awakened. The reason why these powers have become dormant is because human beings have lowered them with bad habits. This is the reason why we started begging for these from God. But now we have to awaken them. It is only then that human beings will speed up on the path of progress.

The problem is that a person tries to give importance to each little thing and becomes confused eg. If somebody says something to us just for fun and we don't like it, the result is that we keep remembering that person and their talks and loose our happiness. No matter where we go we will keep thinking of taking revenge on that person. But the person who is light-natured will take

everything that is said for fun sake - lightly, it will not matter what the other person says.

The reigns of a person's mind who is not easy natured is usually in the hands of others. Others can make them laugh or cry. When we like to control others why aren't we able to control our mind? It is clear that we should make ourselves so elevated in order to experience happiness from anywhere.

We have to imbibe the habit of enjoying happiness of the present and see that the past incidents do not gain control over us. Whether we are at home or at the office, we should try to do our job well wherever we are, otherwise if one commits a mistake and the other is punished, misunderstanding takes place in the office and the children and the wife are punished at home.

CHAPTER 2:Office burden should not be brought home

Though a human mind may be very powerful, when it becomes weak it continuously gets distracted by outside incidents and elements. From the time the person wakes up and till the time he/she goes to bed, the whole day the person feels dependent on others, resulting that he/she cannot enjoy the real truths of life. Why does this subserviency exist? Just think and you will understand this mental science. Eg. A person called Dhampat, wakes up at 8 a.m. and remembers that he has to leave for the office by 9 a.m., so he quickly gets ready. If his wife delays bringing him his breakfast and tea, he becomes upset. He wants to go peacefully to his office but everyday there is some or the other misunderstanding with his wife and with a sad mind, he reaches his office, where everything distracts him. When the officer-in-charge scolds him for something, he forgets his house and starts thinking about the scolding. And later, if there is a problem in his office work, he forgets his officer and gets engrossed in solving the problem. Afterwards while sitting with friends, they start talking about different things, like films or politics and he plays an important role in the

conversation. So in this manner, his mind is always occupied in different situations, and if he has an argument with anyone, he comes home with a heavy heart.

Now at home the long awaiting children on seeing their father, run towards him but the poor father unnecessarily shouts at them, instead of giving them love. If by chance the wife tells him not to shout at the children for no reason, poor Dhanpat's sorrow pours out in the form of tears and says, he is helpless, people are troubling him a lot and are not allowing him to live in peace. In this way, by blaming others he hides his defects and becomes innocent.

Almost every person has to go through this kind of cycle. If children have working parents, then they are deprived of their parent's love and sustenance, resulting in incomplete progress. In life's rat race many people try to bring office work home resulting in an unhappy life.

In order to gain satisfaction in all walks of life, one should think that "life is a play, different incidents are like different scenes of this play," so I should not remember the past scenes and make my life peaceless. In this life we have to attain bliss, why should I make myself heavy due to these small worldly incidents. This is just a play, with this understanding make yourself light.