

OM SAI RAM!

Welcome to Prasanthi Sandesh,

PODCAST 232, “ON MASTERING THE MIND”

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*The following text contains excerpts from Prof. Anil Kumar’s book
“Sai-Chology,” pg. 176 – 181.*

MASTER THE MIND

When Swami says: “Master the mind and be a mastermind”, we have to understand what a mastermind is and how to be one. And above all, find out what the mind is. We also have to understand what Baba means when He says, “Master the Mind.” From this it is quite evident that we have not mastered the mind; therefore, we need to master the mind. Further questions arise: How to do it, why to do it and what harm is there if not done?

If the mind is not mastered, we become its slave and dance according to its tunes and commands. The mind directs us in every possible, silly manner because it is always extroverted and outward. This extroverted nature of the mind makes us run hither and thither – to see all the movies, to listen to all kinds of music and taste different varieties of food through the senses.

In other words, all the five senses will naturally oblige and satisfy the mind. The senses are ready to oblige the mind, as the mind is located above the senses. When the mind directs the senses to do whatever it decides, the body becomes weak. This in essence is one of Bhagawan’s teachings on the mechanics and dynamics of the human personality, which include the body, senses, mind, intellect and *atma*.

THE SENSES ENJOY YOU

We all say that we enjoy life and that we are joyful with the help of the senses. But Bhagawan says, “Really, you are not enjoying the senses. The senses enjoy you – you are not enjoying the senses.”

We have to ponder deeply on this, that if we really enjoyed life with the help of our senses, then we should be stronger and stronger day by day. But this is not the case. The senses enjoy at our expense and ultimately debility is the result. After every sensual enjoyment we become weak. Therefore, who is enjoying whom? In fact, the senses are enjoying at our expense.

How do the senses enjoy? The senses find expression depending on the thoughts and the desires entertained by the mind. Hence it is the mind that entertains the thoughts and the desires. These are translated into action through the medium of senses, making the person ultimately weak. It follows therefore, that if the mind is not mastered or

disciplined or not kept in proper channels, we become weak. Rather, we grow in age faster than we should.

YOU CAN ALSO LOOK YOUNG LIKE ME

Everyone wants to look young, though it is not so. Naturally then, once when Swami mentioned about the secret of looking young, everyone expressed keen interest. Bhagawan said, "You can also look young, but only if you have no worries and anxiety. If you have no worries, if you have no anxieties, if you are free from thoughts, you can be young like Me."

The answer is simple but tough to accomplish because the mind cannot be easily withdrawn and a thoughtless state becomes very difficult. The 'no-mind' state is the final reality. It is the ultimate step in spirituality or *sadhana*, but it is so tough, so difficult to accomplish. It is so simple to say, but that state is not easy to accomplish. Hence, there is every need to master the mind for gaining health and strength and not to age fast.

WE HAVE NO SATISFACTION

We have to master the mind because we (and our mind) have no satisfaction. Mind and satisfaction are not compatible. The mind always wants more and more, whether it is wealth, food, riches or comfort. The mind will never say, "Enough!" Therefore, one who does not check the mind will be carried away by the inexhaustible whims, fancies and vagaries of the mind. Ultimately, that state of mind brings about a total breakdown.

The truth is that none of us have any valid reason to be depressed or frustrated. It is rather strange to find many people unhappy, but on enquiry we find that the person has no genuine cause to be unhappy. He is unhappy because he thinks the other person is happier. Such comparison and competition makes life miserable. But this is the nature of the mind because it is never satisfied at any time and hence has to be disciplined.

MEDITATION IS AN UNDISTURBED STATE

Spiritually speaking, the mind is the biggest obstacle to God, like an iron curtain. What happens if the mind is not in check? Many of us sit for meditation. The body is still but the mind jumps about. Though we are physically alone, mentally we are in a crowd. All those things that we have forgotten long ago come back to our mind when we sit for meditation.

So, meditation is supposed to be an undisturbed state, but in reality it is a state when thoughts crowd the mind. When we talk, we at least concentrate on the subject, whereas in meditation the mind is actually running amok. Then, what is it that we meditate upon? Nothing whatsoever.

Bhagawan even jokes at times, "In the course of meditation, the husband is bothered about lunch and goes on giving instructions to his wife about which curries should be prepared. So it is 'curry meditation' not 'Divine meditation' Or it may happen in the morning, it is 'coffee meditation', not meditation on God.

With an untrained mind, meditation becomes a farce without any goal and we become restless. If one is a spiritual person and truly meditates, he/she should be peaceful,

loving and smiling, remaining joyful. So, meditation should take us to a blissful state and give us lasting satisfaction, but in reality we get nothing. The goal is far from being attained. The reason is that the mind is totally occupied and has not been mastered.

YOU WILL NOT BE BENEFITED

On this subject, Bhagawan gives a substantial reason: **“If you don’t master your mind, even if I stand in front of you, you are not going to be benefited.”** Now, this indeed is a revelation!

It is not unusual for us not to notice Swami, even if we see Him physically, because the mind is not there. It is already busy with reservation of tickets for the return journey and other trivial matters. Thus, the mind is not at all benefited because it is not ‘there’ – we are physically present, but mentally absent.

Therefore, a mind that is not mastered or disciplined will not reap any benefit even if one sits in front of God. In fact, we can see this from a person’s interactions and individual behaviour. We can easily surmise whether that person has benefited from proximity or not, by their vanity and talk. Hence, such an untrained mind takes us away from our spiritual goals.

MIND IS NEGATIVE

From Bhagawan’s point of view, the mind is negative. The mind, the body and the senses are all negative. It is only the Soul, or the Spirit, our Consciousness, our Conscience that is positive. *Atma* is positive, while all the rest of the components of the human system are negative, according to Bhagawan.

The negative nature of the human mind is reflected in the perception that people carry; we don’t view things in a positive manner. Generally, people always take a negative viewpoint. When Swami talks to someone, we try to draw inferences and conclusions about the antecedents of that devotee; topic of conversation, likely outcome, etc. Such inquisitiveness is unhealthy.

If we think objectively, all this is useless curiosity. What will one do with these details and statistics? It will not help, because the mind is negative – it is not ready to accept anything positive.

If someone says something bad or negative about a person, it is immediately accepted. On the other hand, if someone speaks about the good aspects of another person there will be a reaction, which will bring forth a negative response. Therefore, people will ignore the positive side even if it is true and insist on emphasising the negative. Hence, we find that the mind is shrouded in negativity and is always ready to accept anything negative but not to receive anything that is positive, which speaks of the good in others.

Thank you for your time. Professor Anil Kumar enlightens us with more spiritual gems in the next session.

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