

MIND THE MIND

SILLOO MEHTA

One of the most startling teachings of the masters of self-knowledge is that the seeker of freedom is always free. The only thing that enslaves him, is his own MIND! When he is freed from his mind steeped in his senses, he becomes a saint.

The adage, "beauty is in the eyes of the beholder," applies equally to ugliness. One's own mind determines one's own world. His happiness and sorrow will depend upon whether he uses his mind or his mind uses him. Hence it is very important that we mind the MIND.

How do we control it? How do we deal with the root cause of our problems, miseries, mistakes, follies, frustrations, resentments, wrong decisions and actions, and even physical ailments, for surely, all these are eventually going to manifest in the physical body?

When our souls, which are pure light, incarnate on this earth, clothed in physical body made up of matter, they go into a state of comatose, and the mind takes over the affairs of the world. Of course, we have been given a conscience to guide us, but how often do we listen to it? Compare a chariot with five horses to the body with its five senses. The soul is the passenger in the chariot; the mind, the driver who leads the way for the self to suffer or enjoy-as the case may be.

The senses with their appetites, the mind with its never-ending demands and the intellect with its obsession with likes and dislikes, erect formidable walls that

make it very hard to gain a glimpse of one's own pure simple self — the light of one's 'ruvan'. Our entanglement with the gross and subtle pleasures of the world and absorption of such thoughts may deceive us into a false sense of security.

Our mind, unless controlled and disciplined, is like a devil. It tends to make a mountain out of a mole hill; the slightest provocation may prompt us to fly into a rage or long spells of bitter hatred; the least temptation may throw us off balance, and we may get carried away by some not too pleasant thoughts. **Angare Mainyu** plays tricks upon us through our minds when we try to justify the prick of our conscience. That is why in Hormazd Khodai prayer we pray "**Taroideetey Anghare Manyush**" may I see through the trickery of Angare Mainyu.

The mind is restless. If we wish our minds to be calm and not hold tempestuous thoughts, we should let the mind hold a 'manthra,' say any one of the 101 names of **Dadar Ahura Mazda**, which will tame the mind.

Our mind is like the devil. It won't leave us alone and threatens to 'eat us up' if we are not occupied constructively. Ever heard: "An idle mind is the devil's workshop"? The mind is ever restless and tends to act impulsively.

How are we to restrain this monkey? The seeker must begin with controlling the sense organs, calming the mind with

prayers and meditation, sharpening and feeding the intellect with divine knowledge, and turning the vision inward and the egoistic head downward in a humilistic attitude.

“Thoughts are Things”; hence we need to pay attention to our own thoughts, lest they may be destructive or self defeating. How? There are a myriad ways to check negatives thoughts and replace them with uplifting ones. The following are a few suggestions:

- Religious practices
- spiritual disciplines
- alert and vigilant living with a goal in view
- adherences to values like truthfulness and self-control
- becoming increasingly aware of very strong urges and coming face to face with them
- deriving inner strength from great lives
- dwelling on the Divine through monajats (devotional hymns) and study of the scriptures
- developing a constructive hobby
- physical exercises and games
- putting others first in a spirit of service and generous consideration
- reading great works
- enjoying clean art
- observing Nature-presence of God in the rolling hills and meadows, flowing streams and the pleasant breeze
- rising above personal desires
- serving people
- having the right type of company and influence
- becoming love-finders from fault-finders (faults are thick when love is thin — Swamiji Chinmayananda)
- banishing the ‘I-thoughts’ : self-esteem, self-worth, superiority/inferiority complex.

Reciting an **Ashem Vohu** when the mind tends to skip, is excellent. Remembering and seeking help from

Shah Lohrasp who is aware of every single thought of ours and is known as ‘**Saheb-e-Mithra**’ will work wonders. Keep his image in front of the mind’s eye.

We all have the precept but some of us lack in practice. Why? Because we have not assimilated the values. It is only by conscious set disciplines that right values become our second nature. Noble thoughts need to be entertained with effort. The adage goes: “Sow a thought, reap an action; sow an action, reap a habit; sow a habit, reap a character; sow a character, reap a destiny.” So thoughts are fundamental to inner transformation. They are precious and valuable in shaping our lives and our ‘**manashni**’. Invest in good thoughts and harvest a good life; so wishing dear readers, I wish each one of you a very Happy Season. ●●●

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