



Mind – Your Greatest Friend

Radiant immortal Atman! Beloved *sadhakas* and seekers upon the path that leads to Liberation and Bliss! You are the rare that have chosen a spiritual way of life. Other aspects of your life have become secondary to you, something that you tolerate because they are inevitable. Your uniqueness is that you are trying to convert your personal, professional and social life into a supplementary and complementary process of your overall spiritual life. In this process, your greatest asset, greatest power, greatest friend, greatest helper is your mind. In your mind you have an ally, an ever ready friend. Even when you are alone, your mind is ever ready at hand to help, guide and show you ways and means to overcome your predicament.

Mind is *Para Shakti*. Mind is God's gift to the individual soul, mind can grant you Liberation. The whole career of a surgeon may depend upon the condition of his surgical instruments. The whole career of a master painter is his brushes and colours. The life of a soldier depends upon the condition of his rifle. How carefully they look after and care for that upon which their entire life depends? Therefore, you also safeguard your mind, protect it, take great care of it, treat it with great kindness. Its enemies are *rajo-guna* and *tamo-guna*, and temptations in the form of the outer attractions, the inveterate habitual tendencies of the senses towards sense-objects. Its enemies lie in the lower self – lust, anger and greed.

Therefore, guard your mind from the lower self, from these negative tendencies: bad company, idleness, the assailment of old *samskaras* (negative impressive). Try to keep it positive, take it into good company. Befriend it. Try to keep it in an elevated state. Then, it will do everything that you want. It depends upon your recognition of its true place in your life, its great significance and its meaning for your Liberation, for your highest good. Be good to your mind.

Realise that God who has given you your mind and therefore, you are a human being; otherwise you would be an animal. Mind is to be utilised, channelised. It is to be educated, strengthened and supported in every way. You must nurture it and make it your greatest asset. Laziness ruins the mind. Take pains; be willing to take trouble. You will not regret it. It will repay you a thousandfold. Ponder well this fact: How great a thing the mind is! How much you owe it!

May God Bless You All!

■ *Swami Chidananda*