



Yoga And Mind Control

“*Samatvam Yoga Ucyate* - Evenness of mind is called Yoga” [Gita 2.48] come success of failure, honour or dishonour, joy or sorrow – it does not matter, if we are always the same, not affected by anything. You must move about amidst these various vicissitudes of day-to-day life with wisdom, discrimination and inner detachment. To be in this world, yet not to be of the world is Yoga. “*Yogah Karmasu Kaushalam* – Yoga is skill in action.” [Gita 2.50] Not to get into a mess of this life by deluded attachment, blind infatuation, not to get crazy with desires and cravings for sensual objects, but to move to your higher nature is Yoga.

If you want to do this, you discipline the mind. Attachments as well as not-attachments are states of mind. Disciplining of the mind and the gradual training of it to attain that state of unperturbed serenity through certain techniques, gradually alter the nature of the mind. The nature of the mind is to be ever restless and agitated. Mind is more difficult to control than wind itself. But you must control it. No doubt, it is very difficult to control the mind, but it is not impossible. It is possible to conquer this unconquerable mind. The only way of controlling and disciplining the mind is never to give up your attempt. Go on trying, trying, trying. It is sheer persisting and persevering in your attempt with unflinching regularity, day after day, without missing a single day. Let your normal day-to-day life be such that it is helpful and favourable to this inner discipline that you are trying to progress in.

Let there not be counteracting thoughts in the mind. See that you do not add fuel to fire by indulging in too many sense enjoyments. Control your desires and appetites. Try to lessen unnecessary activities. Try to turn the mind inward. Set apart some time daily to sit quite, dropping thoughts of the world, internalising your consciousness, and trying to be in silence with the help of visualising your concept of God and repeating the Divine name, or with the help of prayer. And a day will come when you will be established in the mastery over your mind. It becomes still and unified. This unified mind is concentrated upon the eternal reality. You enter the state of Yoga. “*Yogash Chitta Vritti Nirodhah* – Yoga is the control of the restless modifications in the mind-field.” [Yogasutras 2.1] No more the mind controls you; you control the mind. You will become unattached witness of the different changing conditions of the mind and the world. You are perfectly free from anxiety and fear.

God Bless You!

■ *Swami Chidananda*