

## Triumph over mind- triumph over the world

Common people are often misguided by their mind and suffer all the times. Often our mind baselessly thinks about useless matters and becomes happy or sad accordingly. Initially when I used to sit for the meditation my mind used to think rubbish and became happy or sad. Gradually when I used to meditate for 10/11 hours at a stretch, I noticed that mind had become calm and quiet and it has left all sort of resolution and doubt. Then the absolute bliss is found.

Human beings wish to get all those enjoyable things that they see in this world. They think that they would be happy if they can achieve that thing. But they don't think whether the people who have got that are really happy or not? Then they decide to achieve it. Next they start the work for achieving this and get the result of the work. If they can make it they wish for different thing afterward and if they can't get it, they become sad. So, dissatisfaction is the result in both the cases. Again they go for the other thing from which they think they can get pleasure. Thus human being roams in their workflow for desires like a fish that goes with the current. And if they get favorable outcome of their work they feel lucky otherwise feel sad. Actually happiness or sadness doesn't belong to work, mind thinks like that. There is nothing good or bad in the universe, our thinking makes it so. If one can get triumph over mind one can get triumph over the world. After getting control over mind if one performs his/her duty whole-heartedly without any expectation then he/she can realize God by his/her deeds. "nar karaṇī kare to nar nārāyaṇ hoy" (Human being can realize God if he/she does his/her duty).

Man has done so many things, Science is very much developed today but human beings are still defeated by their own mind. As they are slaves of their mind, in spite of they are educated they engage themselves in external pleasures. They are not interested to search for the absolute bliss that is hidden in the core of their heart. My spiritual father (Sri Sri 108 Swami Janakidasji Kathiababa) used to tell that "Many of us may not believe in God but I hope irrespective of caste and religion we all believe that there is something that is called mind. If we think about mind and do research on it and try to realize mind intuitively then we can perceive our self, intellect, nature, soul and God. God is not far from us; peace can be obtained by becoming quiet. We can achieve Peace by dedicating ourselves at the feet of God. He stays in the cave of our heart. We cannot see Him because of the restlessness of mind. That's why we suffer. So, winning mind is the fundamental practice of human life. Most of the people are the slave of mind in this world. The valuable time of life gets wasted by serving our mind and we consider it as our caliber. Saint Makshi described the characteristics of mind beautifully in the shanty (peace) episode of the Mahabharata. He said -"oh mind- the slave of desire, give up all sort of restlessness. Achieve peace through indifference. Though you are running behind the desires but not getting the end and yet you are not getting tired. Oh the servant of desire! if you don't want my destruction then please don't trap me in the aimless greed. Alas! It's my childishness that I have become your playing tool. Alas! Does any intelligent man become servant of mind? No one is able to end his desires. That's why I have

started to take prevention. I have become conscious leaving completely the illusion and sleeping. Oh mind! I know you well and also I am familiar to all those things that you like. I have always tried to do you favor but never been able to please you. Oh mind! I know the reason of your restlessness. Desire is the source of your restlessness. So, I will not keep any desire to destroy you as well as your root cause completely. I have realized that increase in desire will destroy me. So, oh mind! stop chasing me. From today I will take my mind away from the material world leaving all the desires and lusts. I will attach my mind with my intellect and unite my intellect with my soul with the help of knowledge and wisdom. And thus being free from disease and pain I will be able to live happily. Oh mind! I have not got peace till I served you and roamed here and there. You have not allowed me to take rest even in my dream. You have made me tired by creating different types of dreams and enjoying the desired pleasures. Oh mind! You have forced me to roam like an ox for achieving whatever you liked. Trying to satisfy you is as difficult as satisfying fire. Now mind! You will not be able to enforce me to do any kind of work anymore. From now onwards if somebody insults me or behaves badly with me I will endure everything quietly. If somebody hurts me or beats me then also I will not take revenge for this. If somebody speaks bad to me I will not reciprocate and will not speak badly to him. Being satisfied all the time and keeping full control on my organs I will live my life with the help of those things that will come to me by luck. But I will not let you to succeed because you are my actual enemy. Now you know it well that I have achieved pleasure of indifference, satisfaction, peace, truth, self-control and kindness towards all living being. So your friends like lust, anger, greed, thirst and dissatisfaction must leave me. Now I am happy. I will not remain your servant like intemperate person. Human being gets pleasure from those desires that he/she has sacrificed. They suffer because they wish to fulfill those desires. Sadness, shamelessness, dissatisfaction originate from lust and anger. I have entered into the supreme soul like people enter into cold lake in summer. I am calm now and that's why I am happy. The pleasure that exists in enjoying the material world and also pleasure of enjoying the heaven are not worthy enough to compare with the pleasure of giving up all the desires. Lust, anger, greed, infatuation, jealousy, arrogance and attachment are the seven enemies of human being. Lust is the strongest among them. All these can be won by winning the mind. I am free from every danger and achieved peace by winning the mind. Thus saint Makshi achieved the fearless state that exists at the feet of Brahma by winning the mind.