

MIND

Saints of all ages have taught the same **ETERNAL TRUTH** that **GOD IS CENTRED IN EVERY HUMAN BEING AWAITING MAN'S AWARENESS OF THIS FACT.**

If we accept this fact, the question naturally arises as to why so few human beings appear to have discovered it and consequently become happy and enlightened.

Really, it is absolutely clear and without any doubt that the mind alone separates man from God; and, until we allocate the mind the proper task, we cannot be fit for the wonderful flight to happiness.

In order to take this flight, we have to adopt a method which will calm the mind and render it receptive to the power of that Light Divine, to that most beautiful Holy Word, to the Celestial Music and to that most sweet tasting Nectar - all of which are to be found **within**, inside us.

In fact the discovery of these Divine Gifts is the entire purpose of this gift of life.

There are certain essential qualities of the mind. Unless we know the nature of the mind, how is it possible to gain mastery over it?

The mind is simply an instrument of our "**Higher Self**", of the real "**us**", so that we may function in this material world.

Truly, the mind itself is not intelligent but only a path through which intelligence is expressed. For example, a lamp or globe by itself cannot express its light. First something has to pass through it. Some current or power makes it express itself in the form of light and heat.

In the same way, the Holy Word or Sat Nam is pure consciousness and the real source of intelligence. The mind only reflects that consciousness and so appears to be intelligent and conscious.

It is the **SELF** which illumines all experiences at the level of the mind, body and intellect. Really it is the Self that is the See-er of all, the uninvolved "Witness".

It is the Holy Word, the Divine Light, which is the Witness of God and with which we, as individual souls, have to merge to attain Truth, Consciousness and Bliss (Sat-Chit-Ananda).

So it is obvious that, if consciousness has to be channelled through **the human mind**, it becomes limited consciousness because it is having to express itself through the limited capacity of the human brain.

In short, the Self is surrounded by a veil of the mind in the form of ignorance. Hence the saying "Remove the veil of ignorance".

The Self, Soul or Atma is all-knowing in itself and, in reality, is not dependent upon the mind. Ancient teachings confirm by experience that to gain worldly experience and Karma the soul must use the mind as an instrument.

The whole drama of positive and negative Karma is expressed through the mind.

If a person acts in the light of this Divine Knowledge he will accumulate good Karma. If he acts in the darkness of ignorance he will accumulate bad Karma. And so the mind becomes an instrument of bondage or liberation.

Medical science has confirmed that the brain is the chief instrument or organ of the mind, an organ comprised of approximately 1500 grams of semi-solid jelly of great complexity, with at least 10 billion cells capable of receiving billions of messages a second in the form of sensations. The brain can also transmit or send messages at the rate of approximately 5000 per second.

This fantastic organ enables Man to function on Earth with a sense of separateness but, in reality, he is dependent upon Nam or the Word or Vibration for every moment of his existence.

Medical science is still not able to explain the wonder of it all. These scientists have no knowledge of the constitution of Man above the physical plane. It is the saints and Masters of the Ancient Divine Knowledge that are the scientists of the highest order.

But the power of this mind is potentially without limit. How then can we expect to discipline it with a limited method or technique?

Every student is aware of the difficulty of controlling the mind but these difficulties have to be faced. Whether or not we are a student of this Holy and Divine Knowledge, we are tied to this mind and so it would be wise to take a closer look at this very powerful computer we carry on our shoulders.

It is the nature of this mind to run from whatever is painful or unpleasant and to look for pleasure. It seeks enjoyment through the senses and through sense objects, just like a bee flitting from one flower to another. In the same way this mind keeps us flitting like bees from one experience to another because of our attachment to the pleasures of this world.

Now there is basically nothing wrong with the mind's natural thirst for pleasure. The real trouble or problem comes when the mind becomes **absorbed** in material things. Truly, if we allow the mind to dwell on sense objects long enough, it will become strongly attached to these objects and this attachment will **INVITE** all sorts of negative impulses to enter the mind. When this happens we feel some kind of struggle.

Our main objective is therefore to curb the mind. Since all negative conditions emerge from our thoughts, we must restrain our thoughts by our own efforts.

It is the method of curbing the mind that I wish to put before you. I wish to prepare you on a mental level so that you can experience perpetual peace, joy and happiness no matter what the conditions or circumstances may be.