

An Exhortation to the MIND*

Dr C. G. Krishnadas Nair

Oh my Mind! Thou are my guide, my divine light and inner voice
Lead me through righteous paths, doing my dharma as divine duties
Work as worship and no wish for selfish gains.

Do not immerse me in Ego and selfish thoughts of 'My gains and glory'
Do not drown me in worldly pleasures
Do not let me fall into the deep pits of sin
Save me from sinful thoughts and actions.

Be aware of *satkarma*, my *dharma* in this life.
Do not tremble or break up, faced with obstacles in the path
Face miseries and sorrows with courage and faith in God.
Do not get tensed up and stressed by the *Work to be done*.

Rejoice not in the misfortunes of others
Let not jealousy overtake you at someone else's success
Oh! My mind do not wander in the thoughts of wealth
And do not covet others' wealth

Do not pray for what I do not deserve
Be happy with what fate/God is giving

Oh! My mind fill my heart with love and compassion for all
Be happy by making others happy
See all as my friends and relatives

Be aware and remember always '*Tat Tvam Asi*'
Self in me and self in others are one and the same divine self.
Recognize and remember that eternal Truth
Immerse and dissolve in that Truth □

* Refer to the Poem Published in *Asian Journal of Professional Ethics and Management* [Vol 11, No.4 - January – March 2020 issue]

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