



## Power of the Mind

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### Introduction

Many attribute the cause of not achieving goals and other failures in life to bad luck, destiny, circumstances and accept defeat. But failure is only when one falls and don't get up to try again. We must challenge the old saying 'Man is a creature of Circumstances'. Resort to the power of one's mind, positive thoughts and actions and succeed with Will and Mind Power. In the words of Swamy Vivekananda "Arise awake and stop not, until the goal is reached". As per Bhagavad Gita:

उद्धरेदात्मनात्मानं नात्मानमवसादयेत्।  
अत्मैव ह्यात्मनो बन्धुरात्मैव रिपुरात्मनः

*uddhared ātmanātmānam nātmānam avasādayet  
ātmaiva hyātmano bandhur ātmaiva ripur ātmanah*

Mind is the enemy and friend. One must develop oneself with the help of mind, not degrade. It is necessary to utilize the immense Mind Power to manage circumstances and be victorious.

### Presentation & Discussions

"Bhagavad Gita – As It Is" by Swamy Prabhupada<sup>(1)</sup> give a very detailed meaning and analysis of each and every verse in Gita.

विहाय कामान्यः सर्वान्पुमांश्चरतिः निःस्पृहः।  
निर्ममो निरहंकार स शान्तिमधिगच्छति॥

*vihāya kāmānyaḥ sarvānpumāṃścharati niḥsprhaḥ  
nirmamo nirahankāraḥ sa śāntimadhigacchati*

Advise here is to control one's mind from intense desires of sense gratification, free the mind and be devoid of false ego to attain peace.

सर्वभूतस्थमात्मानं सर्वभूतानि चात्मनि।  
ईक्षते योगयुक्तात्मा सर्वत्र समदर्शनः

*sarva-bhūta-stham ātmānam sarva-bhūtāni chātmani  
īkṣhate yoga-yuktātmā sarvatra sama-darśhanaḥ*

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A true yogi sees God in all beings and every being in God. Such a person with self-realization discovers the supreme Lord everywhere.

निराशीर्यतचित्तात्मा त्यक्तसर्वपरिग्रहः।  
शारीरं केवलं कर्म कुर्वन्नाप्नोति किल्बिषम्॥

*nirāśhīr yata-chittātām tyakta-sarva-parigrahaḥ  
śhārīram kevalam karma kurvan nāpnoti kilbiṣham*

The wise person who controls his mind and intellect fully, who gives up sense of ownership in one's wealth and achievements, and who indulges in action (duties) necessary for life, that person is not affected by sinful results of action (if any).

यदृच्छालाभसन्तुष्टो द्वन्द्वातीतो विमत्सरः।  
समः सिद्धावसिद्धौ च कृत्वापि न निबध्यते॥

*yadriśchhālābhasantuṣṭho dvandvātīto vimatsarah  
samah siddhāvasiddhau cha kṛitvāpi na nibadhyate*

He who is satisfied with gain, which comes of its own accord, who is free from duality and does not envy, who is steady in both success and failure, never entangles, although performing actions.

Dr. Deepak Chopra, one of the bestselling authors of numerous books including Ageless Body, Timeless Mind, Quantum Healing and others, blending modern science and the Eastern (Indian Vedic) Wisdom illustrates the Power of Mind through his book "Seven Spiritual Laws of Success"<sup>(2)</sup>.

He wrote "The source of all creation is pure consciousness ... pure potentiality seeking expression from the unmanifest to the manifest. Our true, self is one with pure potentiality and we align our Mind with the Divine". While explaining the Law of giving he wrote "*The universe operates through*

*dynamic exchange .... giving and receiving are different aspects of flow of energy in the universe. And in our willingness to give that which we seek, we keep the abundance of the universe circulating in our lives"*.

*Every action generates a force of energy that returns to us in the same kind..... what we sow is what we reap. And when we choose actions that bring happiness and success to others, the fruit of our karma is happiness and success.*

*Karma is the eternal assertion of human freedom ..... Our thoughts, our words, and deeds are the threads of the net which we throw around ourselves.*

Swamy Chinmayananda<sup>(3)</sup> explains the importance of mind power in self-improvement. Instead of pitying oneself "this little me" and mistakingly believing that it is humility, develop self-esteem, believe in your capabilities, and make the 'Mind' work for you to take action with a positive confident mind and become successful. He advised that the Mind should be where the hands are working. Attention of the mind should be fully on the work at hand at all times and places. The mind should not be at home when one is working in the office, and it should not be in the office when you are at home. There should be complete integration of mind with body for success in whatever one is doing. "To consider yourself as 'just this little me'- is a hoax. No single being is separate from the whole, the real you the self is the whole. Infinite are your capacities and abilities, because you are Brahman. As you think, so you become. We can revive and strengthen the Mind by living the discipline of moral values. Reduce ego and selfish desires and cultivate love and concern for others, feel an

unending need to help others. Kindness and a sense of cheerfulness can always bring the Mind to poise and grandeur”.

“A relaxed Mind is able to (make us) see the deeper beauty and wonder all around. Such a Mind lends poise and focus to our actions”. Mind is a great source of energy as like all energies, it can be used for good or evil purpose and lead to peace and happiness / or for causing injury, destruction, misery and unhappiness. Control of Mind and channelizing the energy for good require dedicated efforts. Swamiji through “Taming the Mind” gives very detailed techniques and processes for calming the mind and control of the mind and these can be accessed from a collection of his writings published under the name Read daily, Live Fully<sup>(4)</sup>.

Norman Vincent Peale, in his international bestseller book “The Power of Positive Thinking”<sup>(5)</sup> narrates several case studies / and research findings on the Power of Mind and how to utilize this and augment it with the infusion of Divine Power by prayer and faith, and techniques of relaxing, removing tensions and worries and have a peaceful and positive mind working for realization of one’s objectives.

Mr. Shiv Khera, founder of “Qualified Systems Inc and an internationally famous business consultant and orator emphasizes the power of Mind with positive attitudes to be a winner. In his book ‘You can Win’<sup>(6)</sup>, he clearly explains the obstacles to success such as fear, procrastination, lack of commitment, lack of planning & priorities and lack of persistence, all related to mind and mental attitudes and the need to develop the right mental attitudes, confidence and self-esteem to be a winner. Commander VK Jaitly another contemporary

management consultant for the Corporate world and famous for his motivational talks and articles have highlighted the strategies for winning through the Power of Mind with appropriate ethical thoughts and attitudes and action. His recent book ‘We can – We can’<sup>(7)</sup> a collection of some of his inspirational talks based on research and feedback from thousands of people who attended his workshops, illustrates this through examples.

James Allen in his book “As a Man Thinketh”<sup>(8)</sup> based on research on Eastern and Western wisdom, thoughts and philosophy, meditation and experience, suggested that the “people themselves are their own makers” unlike the much-publicized version that Man is the Creature of Circumstances. In the latter, the responsibility is assigned to circumstances. In the former, the ‘human being’ has to take the responsibility himself / herself for what one is. “Mind itself is the master weaver – and must take control of the circumstances and make one’s own destiny”. He advised that people must control the mind from weaving in ignorance and pain and get enlightened and weave with positive thoughts and attitudes to achieve their goals to be successful, happy and make others happy. They must accept their ethical responsibility to take control of the circumstances using the ‘Power of Mind’. *“The aphorism, as a man thinketh in his heart so is he, not only embraces the whole of a man’s being, but is so comprehensive as to reach out to every condition and circumstances of his life. A man is literally what he thinks, his character being the complete sum of all his thoughts”*. Actions have their seeds (origin) in thoughts. Joy and sufferings are the results (Fruits) of actions. If a person harbours evil thoughts in the mind, these lead to evil actions resulting in misery for others and for oneself.

Pure, un-selfish and noble thoughts in the mind lead to noble and creative actions for the benefit of all including oneself. Every human being has ‘angel’ and ‘devil’ embedded in him. Mind is the master weaver of character. Mind with continued noble thoughts- blossom to good actions, which will result in peace, and happiness to all.

“Man is made or unmade by himself. He forges the weapons in the armory of thought by which he builds or destroys himself. He also fashions the tools with which he builds for himself heavenly mansions of joy and strength and peace. By the right choice and true application of thought, man ascends to the Divine Perfection; by the abuse and wrong application of thought, he descends to the level of devil. Between these two extremes are all the grades of character and man is their maker and master”.

Mr. James Allen Compares a man’s mind to a garden, which the man may cultivate intelligently or allowed to run wild. If no useful seeds are sown, then useless weeds will grow and more weed seeds will fall in the garden soil and more weeds will grow. A good and wise gardener will clean the garden from weeds and cultivate, growing flowers and fruits for his needs and for others. The garden and control of the garden and putting it to good use is by the gardener’s will. Likewise, the man must tend the ‘garden of his mind’, weeding out all the wrong, useless, impure and harmful, thoughts and cultivate and nurture pure, truthful and useful thoughts and emerge as a triumphant master gardener of his mind. Fill the mind with creative, divine thoughts useful for our-self, society and environment. Let not the mind be empty. “Empty Mind is a Devil’s workshop”. The body is the servant of the mind. A man should

conceive of a legitimate purpose in his heart and set to accomplish it. Until thought is linked with purpose, there is no intelligent accomplishment. “As he thinks, so he is; as he continues to think, so he remains”.

The late Swamy Sivananda, a great sage, philosopher, yogi and literally a doctor of body and mind has extensively researched and written on the Power of Human Mind. Here are a few quotes from him.

“Thought is both force and motion. Thought is dynamic and decodes the future. As you think, so you become. Thought makes a Saint or a Sinner. Friend and enemy, virtue and vice are in all the mind. Good and evil, pleasure and pain belong to the attitude of the Mind. As your thoughts and attitudes so be your life”. “He who has a pure mind sees everything pure. It is the mind that you truly see and that you truly hear. It is your will that makes your thoughts, words and deeds; good or evil. Uncontrolled mind is the root of unhappiness. He who knows his Mind (and control it) knows Heaven”. His book on ‘Conquest of Mind’<sup>(9)</sup> is a comprehensive treatise on the Nature and mysteries of human mind, the potentiality of Mind and how to conquer the Mind Power and use it ethically for peace and wellbeing of one and all. It is an excellent treasure book of knowledge on the subject for the inquisitive learner to become Master of Mind.

## Conclusion

This author wish to conclude with a quote from Brihadaranyaka Upanishad

*“You are what your deep, driving desire is  
(in your Mind)*

*As your desire is, so is your will,*

*As your will is, so is your deed*

*As your deed is, so is your destiny”*

and a quote from Swamy Vivekananda “All Power is within you, you can do anything and everything. Believe in that. Stand up and express the divinity within you..... Arise, Awake, sleep no more. Within each one of you, is the power to remove all wants and miseries. Believe in this and that power will be manifested”.

We must reject the hypothesis that Man is the Creature of Circumstances. We, with our Mind are capable, powerful to shape our destiny. All of us must accept our ethical responsibility to calm and control the mind, fill with positive thoughts and shape our own character and conduct and destiny.

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**WHAT DID YOU GAIN BY PRAYING?**

**“I GAINED NOTHING. IN FACT, I LOST ANGER, DEPRESSION, JEALOUSY, IRRITATION & INSECURITY”.**

**“DO NOT PRAY FOR GETTING MATERIAL BENEFITS, PRAY TO EXPRESS LOVE AND FOR WHAT YOU RECEIVED, COUNT YOUR BLESSINGS AND NOT YOUR UNFURNISHED DESIRES”.**