

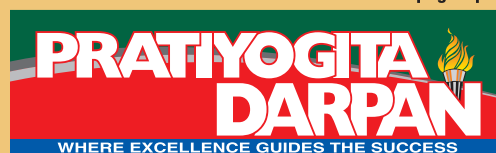


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# CONTROL OF MIND—THE WAY TO SUCCESS

Success always comes to those who train their mind to move in the direction they want it to move. It always eludes those who always waver and allow their mind to stray into forbidden fields of vice and immorality. It is the control of mind again that helps you to lead a life of abstinence and restraint. Concentration of mind on certain things which are useful and fruitful leads one to garnering success after success. It is the control of mind that enables one to concentrate. With control of mind is connected the control of our wayward senses which allure us to enjoy our life at the cost of morality. Let us curb this tendency of our senses through control of mind. If you do this, success will always come to you.

Lord Chesterfield used to say that it is only the men of good conduct who can make real progress in life. Swami Vivekanand often emphasized good conduct and said that it is the best property which one could leave behind for the coming generations. India is a big and respectable country because its history is replete with great personalities, who set glaring examples of good conduct.

In our daily life, we respect and like those persons who display qualities of good conduct, such as control of tongue, cheerfulness, tolerance and the like. A person may be high in academic distinctions, but if he does not behave with courtesy and gentleness, he is liked by none. Because of his power, pelf or position, he may be feared but he can never be liked or loved.

Our young men and women, who are preparing for high jobs and posts of responsibility, must bear in mind that without good conduct, they wouldn't succeed as an employee and must fail as an administrative officer. Howsoever beautiful the casket may be, it is useless if it does not contain silver and gold. You would do well to remember that good conduct is the silver and gold of our life.

All our organs and limbs work according to the dictates of the mind. So, for good conduct, our mind must behave properly and be under our control. The great English dramatist Shakespeare has written that 'The mind in its own place and in itself can make a heaven of hell, a hell of heaven'. In Shrimad Bhagwat Geeta, Arjun says ! my mind is very unstable and often leads me astray. So I am not

able to reconcile to what you say and ask me to do. To this Shri Krishna replies—I agree with you, no doubt mind is unstable and as difficult to control as the air, but even then, through constant efforts, it can be brought under control and made to behave. Howsoever kicking a donkey or a horse may be, it must yield to a determined rider.

For all practical purposes, control of mind means control of tongue and temper. Nevertheless, it is more important to control the temper, as the tongue is the medium through which one expresses what one feels within. We must learn and practise the control of temper so that we may feel no anger or impatience of the mind itself so that the thought may always be calm and unruffled and the nerves may be as little irritable as possible.

Controlled mind means a calm mind and a calm mind means courage so that you may face without fear the trials and difficulties of life. It means also steadiness, so that you may make light of the troubles which come into your life and avoid the incessant worry over little things in which many people spend most of their time. Great teachers say that it does not matter in the least what happens to a man from the outside sorrows, troubles, sicknesses, losses. All these must be as nothing to affect calmness of mind of one who has got control over it. While trying to control the mind you/we must bear the difficulties and limitations cheerfully and remember that all evil is transitory and that our duty is to remain always cheerful and serene, for nobody likes to be with a person with funereal looks and irritable

temperament. A cheerful person seems to be radiating cheerfulness which everybody wants to share and enjoy.

There is enough sorrow and unpleasantness in people's lives. So why would they like to go to a person who adds to what they already have in abundance ? They would like to go to those who mitigate and minimise their sorrow and boredom. So, you must make it a point of life never to allow yourself to feel sad and depressed. Depression is wrong, because it infects others and makes their lives harder, which you/we have no right to do. Therefore, if ever it comes to you, throw it off at once.

As the wisemen tell us an idle mind is the devil's workshop, so never keep your mind idle and never allow bad and unhealthy thoughts to enter it. As I. Krishna Murti has written—"Keep good thoughts always in the background of your mind, ready to come forward the moment it is free." Nevertheless, it is always desirable to use our thought power for good purposes and always think how you could be useful to those who need your help.

One-pointedness too means, that nothing shall ever detract your mind or turn you away even for a moment from the success to which you are pledged. You must become one with the aim set before you. Mind under control will give you courage to proceed on your way with steadfastness and confidence. As your control over mind increases, you begin trusting yourself more and more and that is what control of mind means. He that would make sure of success should keep his mind cool, and under control.