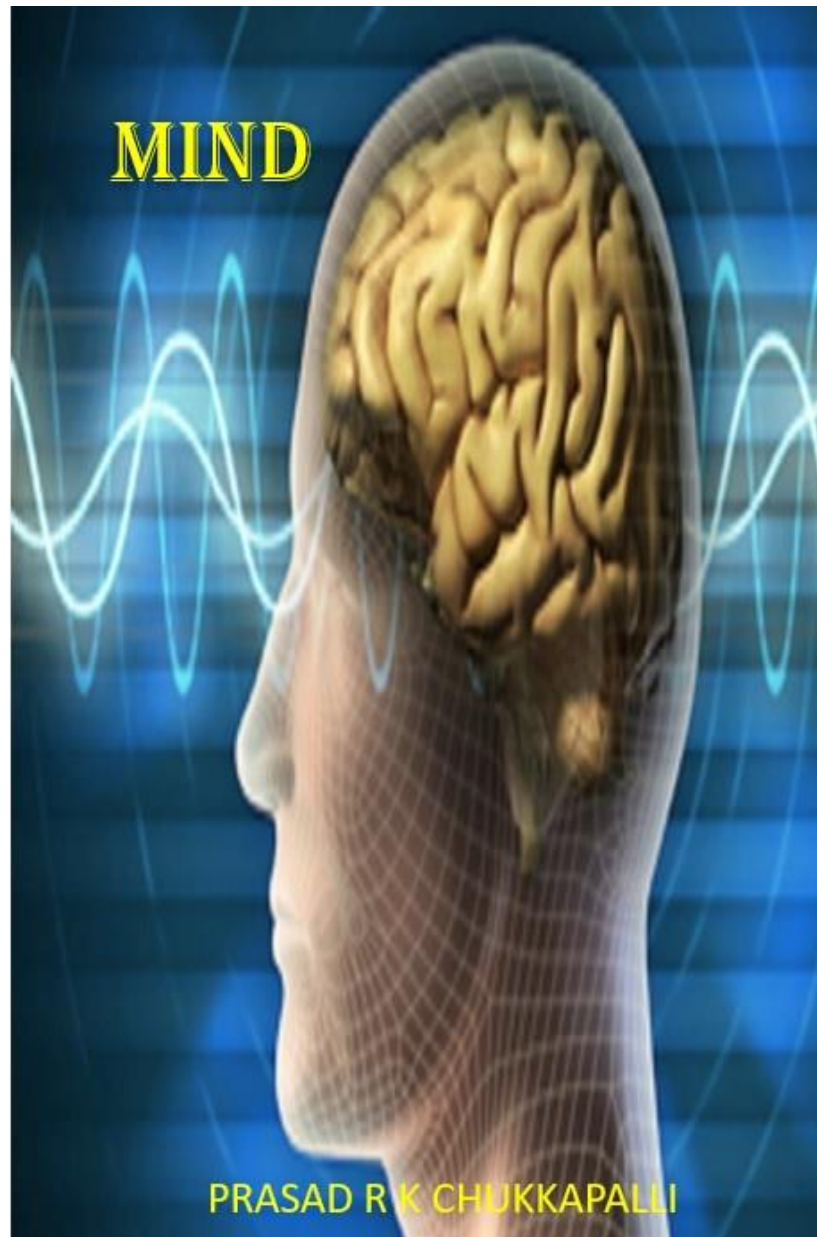


God's Software

MIND



To use electronic or any product, you don't need to be a scientist or know about the technology behind it. However, it is necessary to read the "User's Manual", before handling any gadget. You will understand all the inner parts and their functions that the gadget can perform and how best it can be utilised to get the optimum results, without misuse or damaging it.

Similarly, Mind is a Cosmic gadget, given to humans by God, to help and guide them in their life Journey.

Brain and Mind:

In a human being 'Brain' can be compared to a computer's hardware; and 'Mind' to software.

Brain is the most complex organ in the human body. This jelly-like mass of tissues, weighing around 1.4 kilograms, contains more than one hundred billion nerve cells. Heart transplants have been made, but brain transplants are unheard of so far.

The brain is the physical place, where the mind resides and operates from. It is a vessel in which the electronic impulses that create thoughts are contained.

So, brain is the structure and tangible, while mind is the process and intangible.

The mind projects thoughts, feelings, emotions, desires, sense experiences from the hardware known as the 'Brain'. Mind is often used to refer especially to the thought processes, which has no structural location.

The mind is empowered by the Consciousness and begins to operate through the brain just as the non-material picture waves and the sound waves manifest themselves through a television set.

It is an undisputed fact, that the mind and the brain are different from each other.

How the mind originated:

Scientifically, no one is able to pin point the origin of Mind. Scientists are now concluding that the laws of chemistry and physics cannot explain the experience of 'Consciousness' among the human beings.

Then, the question of mind is a philosophical question and not a scientific question because, it is unmeasurable. The existence of the mind cannot be proved to the senses and no instrument in any laboratory can detect or measure it; yet, its presence cannot be denied.

It has been said in the Aitareya Upanishad (1:3-4) that Mind is nothing but, power of the Soul. It is through mind that Brahman (Cosmic Light of Consciousness) manifests Himself, in the Universe in the form of myriad objects.

Therefore, mind enables us to see the physical world. When this mind is transcended, all pluralistic perceptions and the sense of mortality ends. When it projects, the whole world gets projected.

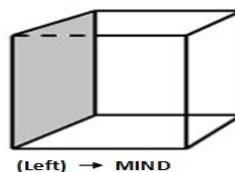
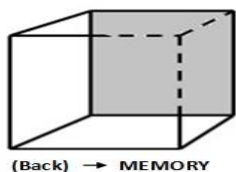
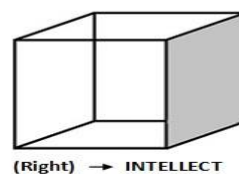
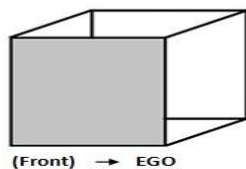
Mind is Anthahkarana, the inner instrument of the physical body:

Antahkarana is the term used by Vedantins, which conveys that the inner instrument has four functions. The very same Mind plays four different roles as - manas, buddhi, chitta and ahamkara.

This is like different names being given to a man, on the basis of his different roles like father, brother, officer, association secretary etc.

This Mind keeps changing its forms just as changes as ice, vapour, waves etc.
The four roles of mind are:

Faculty	Activity
1. Mind (Manas)	Sankalpa/Vikalpa-(Wishing/Contemplation)
2. Memory (Chitta)	Data storage
3. Intellect (Buddhi)	Decisive nature
4. Ego (I) Ahamkara	Takes ownership of the above activities



Let us see again, what each faculty of Mind does in detail:

1. Mind (manas)

It is the thinking and imaginative faculty.

When we are thinking and thoughts are noticed, it is called Manas (mind). It brings in the data through cognitive sense organs and expresses outwardly through the physical work organs.

With Manas, we do Sankalpa and Vikalpa.

'Sankalpa' is wishing and planning; and 'Vikalpa' is to consider the pros and cons of a situation; or, thinking of various alternatives.

So in 'Sankalpa', I contemplate on how to fulfil a wish or desire.

Ex: I initiate a thought process in the mind, with a desire to build a new house. With this Sankalpa, I will start planning sub activities and my mind is in constant motion, to implement that thought.

In 'Vikalpa', the mind starts asking doubts concerning Sankalpa -ex: should I build in this locality or not? Will I get loan for my house? Should I build two or three bed room house?

The 'Manas' faculty starts working due to 'desire' of enjoying sensual pleasures, when the senses propel into action. Then the mind (Manas) starts making plans to fulfil that desire.

As, you see a movie advertisement – you want to watch it.

As, you hear your favourite song- you want to watch the song video.

As, you smell coffee- you wish to drink it.

2. Memory (Chitta)

Memory, functions as the storage faculty of past experiences.

It stores all our impressions, opinions and past experiences. We recollect past experiences from our memory.

When I contemplated to build a house, then design of houses seen earlier are drawn from memory. Similarly, the facilities I noticed in my friends houses, architect name etc., come into picture.

Whatever, you perceive in the present will be referred to memory, for a similar past experience. Suppose you are hearing the sound of an elephant for the first time, without seeing it, your mind stores the sound but with a question mark (?). Later, when you see an elephant and hear the sound again, it now updates the file that the sound is related to an elephant.

Ex 1: You have been told by a friend, that a pizza tastes good. Your memory updates a file –“pizza is good”.

Then you go to a restaurant and eat a pizza. If you did not like it, your memory updates the existing file as “pizza not good”. Next time, when you discuss with your friend, he suggests you should order in a particular restaurant, with particular combination of add-ons. Next time you try and if it tastes good, the file is updated again as 'good with that combination'; or else, it will remain as 'not good'.

In this way from childhood, the memory is updating itself; based on the inputs given by parents, friends, education, direct experience etc.

3. Intellect (Buddhi)

It is the deciding and discriminatory power of the mind.

When I am taking decisions, mind is in the role of Buddhi or Intellect. It is the most important faculty which assesses, discriminates and decides.

Ex: Since, I planned to build a house, now with all the choices and meetings I had with real estate agents, architects, bankers etc., I finally assessed and decided, based on factors favourable to me, such as distance from office, school, budget, loan etc.

4. Ego (Ahamkara)

It is the 'identity' and 'ownership' faculty of the mind. It takes ownership of all the above three activities and identifies itself – as the 'doer'.

From the wish of building a house -

I planned,

I contemplated,

I recalled the architect name and

I finally decided how I should build my house.

Finally when the house is built, it is said- 'I' am the owner and I am going to stay and enjoy in the new house.

The 'I' factor is common in all the above and it is one who is doing all the activities. The 'I' is the doer and 'I' is the owner. This 'I' is also called as 'Ego'.

So, I have built a house with my Sankalpa, and I say 'I have built a new house', 'it is mine' etc

Let us see how all faculties function at one go:

'Manas' presents a file drawn from 'through sense organs' or 'memory' to 'Intellect' to decide.

After evaluating all options the 'Intellect' decides on how to implement. 'Ego' takes action as doer through body organs and enjoys good or bad experience. The impressions of the experiences are recorded in the 'memory' as good/bad (like/dislike) and update the file.

Ex : When 'I' walk through a mango garden, my 'Manas' gets the sight of mangoes through the sense instrument 'eye', then my memory draws out the file of the taste of mango, finds as 'good' and presents it to 'intellect'. Then the 'ego' wants to enjoy the mango taste, once again. Then the 'Manas' makes a plan and presents it to 'intellect' which decides and gives instructions to work organs to execute, to buy and eat mangoes. 'Ego' or 'I' identifies with work organs and buys the mangoes to eat. After eating, desire is fulfilled and 'ego' says 'I am happy'. The taste of the mango and experience is updated again in memory.

Though this single mind does four functions, they work very well all together, in healthy co-operation and perfect integration between them, making a common man believe, it is just one.

Nature of mind:

The 'mind' generates thoughts. Apart from thoughts, there is no such thing as mind. Therefore, thinking is the nature of the mind.

Ex : Flow of water is a river; no water, no river
Flow of thoughts is the mind; no thoughts, no mind.

Mind comprises of thought waves, which are the modifications in the mind.

Just as waves and bubbles arise from the surface of the ocean, so also these thoughts arise on the surface of the ocean of the mind.

In deep sleep state, there are no thoughts or mind, and there is no entity called world. In the states of waking and dream, there are thoughts, and worlds too - physical and dream.

Mind is a bundle of thoughts arising from desires, from contact of different objects through senses. It is also collection of impressions from experiences created by likes and dislikes of the objects. These impressions are constantly being modified by latest thoughts. It is restless and never satisfied with the objects, which are already under its possession. It always wants other unattained ones.

The nature of mind is to create distinctions and differences. It separates, divides, and limits. It is a storehouse of memories created by desires, cravings, doubts, delusions and ignorance. The mind is not a real entity and has no body or form; yet by this mind everything of this world is felt in it. This is indeed a great mystery!

Mind is described as “a hungry, drunken mad monkey, which has been bitten by a scorpion and has stamped its leg on a hot charcoal and jumping from one tree to another”.

Three powers of Mind:

There are three principal powers in the mind:

1. Ichha shakti or the power of desire
2. Jnana shakti or the power of knowledge
3. Kriya shakti or power of action.
 - A desire arises in the mind. This is the power of desire
 - It plans, finds out methods for the achievement of the desired object. This is the power of knowledge.
 - The mind executes fulfillment of the desire. This is power of action.

Source of power for Mind:

The mind is said to be an inert instrument, so it should get energy from some other source. The mind appears as alive by borrowing the power from the Light of Cosmic energy or God. Because of intelligence in the background, this insentient mind appears to be intelligent.

Cosmic energy is the ‘Consciousness’ reflected in the mind to activate it. The mind is like a mirror in darkness, which has no intelligence of its own. The intelligence is experienced by us, only because of the Consciousness, which is the source of power to mind.

Thoughts in mind become action:

Whatever the mind conceives, will be manifested. Once a thought or a desire is generated, it will be in the memory, dormant as in a seed, waiting to manifest itself at the appropriate time, when the conditions are favourable and correct circumstances unfold. If you notice everything sensitively, you will find that nothing in the universe is in your control or command; except your thoughts, which when put into action, results in deeds.

“YadbhavamTatbhavati”

- you will become what you think.

Everyone is fully conscious of all the thoughts that cross their mind. Once we become aware and conscious of our thought, it is empowered; and such a thought whether positive or negative initiates action through bodyorgans. Hence, it is very important to entertain only positive thoughts, which have the potentiality to change the negative circumstances outside.

The choice to empower a thought or neglect and allow it to pass, lies within you. Also, a thought can be changed, modified, edited, or cancelled by using 'Will Power', like files in a computer.

So, mind is action and action is mind-the two are inseparable like the flower and its scent. The conviction of the mind determines the action. Hence the mind is the 'Doer' through physical body.

Modus operandi:

Let us see with an example, how thoughts in mind become action.

In a factory called Brain, the 'Manas' faculty, in the perceiving role acts as the General Manager. He has ten subordinates -five sales agents as the five senses of knowledge and five production staff as five work organs-to bring news and to do work respectively. The information is stored in the 'Memory' which is the store keeper. 'Intellect' is the CEO, and 'Ego' is the chairman.

The steps are as follows:

1. The sub ordinates, five organs of knowledge, receive data from the senses and generate thoughts in mind. This sensual data is passed on to the General manager ('Manas') and checked by store keeper 'Memory' for its authenticity.
2. The 'Manas' analyses the presented sensual data, verifies with the store keeper- the memory with the past data and presents it to the CEO- 'Intellect' for decision making.
3. Intellect (CEO) after evaluating, converts these 'precepts' into 'concepts'. Next, Intellect decides with the approval of the chairman-'Ego.'
4. The decision arrived at, is passed on to the Manas- GM, for execution with a copy to the store keeper- Memory, to update records for future use.
5. The Mind- GM, instructs appropriate production staff- the organs of action to implement the decision taken by the management. The chairman 'Ego' takes the credit for the result of action.

Mind-Centre and Instruments:

We think that, we perceive the objects through the five senses. Actually, it is the mind that really sees, hears, smells, tastes and feels.

Through this inner instrument 'mind'- humans sense, perceive, think and reason, with the help of the outer physical instruments like eyes, ears, nose, tongue, skin.

When the Mind connects itself with the five senses of perception and reaches the place where the object is, then the knowledge and experience of that object is generated. But if the mind is engrossed elsewhere, we do not perceive the objects, though they are close to our senses. This is because the sense-centres are in the mind, and if the mind is not focused on that subject, no perception is possible.

When you are in a state of unconsciousness under anesthesia or when you are in deep sleep, you cannot see or hear, because the mind is absent. Also, when deeply engrossed in some thought, we do not see some objects, as eyes are not connected with visionary centre of the mind.

The external eyes, ears are only instruments, but real visual and auditory centres are in the brain and more correctly in the mind. Perception is possible only, when the mind is linked with the centres of cognition.

Mind focuses on one subject, at a time:

The mind can move fast from point to point, but focuses on 'one point' only.

Mind can think or work on one subject only, at any given time. You can't do two activities simultaneously; like texting on mobile, while you drive.

When you are absorbed watching your favourite serial on TV, you don't see your friend who is standing beside you; because, the mind was focused on the TV.

Connection between mind and language:

Your thoughts will manifest to you alone; people around you will not know of its existence; till, you express them in words of any language. Language is a medium, to manifest your thoughts.

Thought and language are interconnected. Thoughts will not arise without a name and form, which is its symbolic language. If you try to think in a language, which you don't know; your mind will come to a grinding halt. This can be used as a technique in meditation to stop thoughts.

Grasping power of mind:

The grasping power of the mind is very strong in kids, as their mind stays in 'Alfa level' most of the time and they do not have distractions or use logic to contradict their learning. They just grasp, but they have no power of discrimination. It is believed that mind collects 70% of impressions by the age five, so it is suggested that parents should take utmost care to provide love and affection and create positive impressions in their mind.

In the age group of 14 -30, the power of understanding gets enhanced. The power of retentive memory is also great in this age and from here logical thinking takes over. A man below the age of thirty has a wandering and wavering mind.

At the age 30, humans decide to settle down. In business interviews, people give preference to the age group of 32-36, as they have ample experience and will perform at their peak. Also, they would have been married and settled by then, which gives an employer confidence on the employee's stability and performance.

Mind is a Multimedia Computer-

In scientific studies, one is faced with the problem of how various kinds of sense data are presented in an integrated fashion. Visual sense, such as perception of colour, movement and form are supposedly located in different parts of the brain. Sounds are processed in other parts of the brain. How are all these elements combined?

The mind, might therefore, be compared to a multimedia computer, having software capable of integrating audio and visual materials into a single, integrated display, making use of a variety of inputs from different sources. - Page 255 - 'Human Devolution' Book.

Mind is restless

In Bhagavad Gita, Arjuna says to Lord Krishna in Sloka 6-34

“chañchalam hi manaḥ kṛṣṇa pramāthi balavaddṛiḍham
tasyāham nigraham manye vāyoriva suduṣhkaram”

Translation

“ O Krishna the mind is very restless, turbulent, strong and obstinate. It appears to me that it is more difficult to control than the wind.”

Commentary by swami Mukundananda:

“Arjun speaks for us all, when he describes the troublesome mind. It is restless because it keeps flitting in different directions, from subject to subject. It is turbulent because it creates upheavals in one's consciousness, in the form of hatred, anger, lust, greed, envy, anxiety, fear, attachment, etc. It is strong because, it overpowers the intellect with its vigorous currents and destroys the faculty of discrimination.”

Only when your mind is quiet, you will enjoy peace in your own home, as you enjoy it in the forest.

Speed of the mind:

In Mahabharatam Dharamaraja was asked by celestial angel-“what is the thing in this creation which moves faster than anything else” -he answered 'Mind'.

In our present science -Light is fastest known thing which travels at 1,86,000 miles/second and mind travels faster than that.

What are thoughts and thought waves?

We have seen that 'Mind' from the time it gets up until deep sleep, it is always actively thinking of some object or experience. A thought rises when an external cause influences the Mind.

All thoughts arise as waves from Memory or through senses.

What is a thought?

A thought is created in the mind due to reaction to the external environment and conditioned by mind through name and form.

Ex 1: While going on the road, suppose I see an advertisement hoarding of a new movie of my favourite star, it strikes to me that 'I want to watch this movie'. This is a thought generated in my mind.

Ex 2: When I feel hungry, a thought comes to eat my favourite dish.
No thought can rise without name and form.
Hope it is clear now what are thoughts.

What are thought waves:

We have to understand more about subconscious memory, to know about thought waves.

Thought waves are generated in the 'memory' part of the mind. Memory faculty of mind can be compared to the 'Hard disk' in our computers and also called subconscious mind. Memory is the store house of impressions created from our experiences with external objects perceived by senses. All files like names, tastes, experiences etc are safely stored here.

The 'Memory faculty' is like a calm lake; and thoughts are like waves seen on the surface of this lake; and, name and form are the normal ways in which these thoughts can be expressed, as it is the only language 'Mind' understands.

So, in a calm lake of memory, when a stone (thought through external sense perceptions) is thrown, the ripples (thought waves) start and before the ripples subside another thought wave starts, which makes it a never-ending process.



Alternatively, thought can generate internally from memory of past impressions. This can be compared to bubbles arising from the bottom of calm lake leading to formation of ripples.

Let us use the same examples again.

Ex 1: While going on the road, suppose I see an advertisement hoarding of a new movie of my favourite star, it strikes to me that 'I want to watch this movie'. This a thought generated in my mind.

To watch a movie, now I plan and decide which day to go. At the same time, I remember that there is an appointment with a dentist. I again contemplate whether to postpone the appointment or the movie. I decide to change the date of movie. Next, which theatre complex to go? I decide on one complex. Then I think, my spouse may also wants to join. So, I decide to buy two tickets in that complex. Then I remember that my spouse likes Carmel popcorn in a different movie complex. So, I decide to take tickets at the new complex.

So, from one thought check how many waves generated. These are called thought waves which are the ripples generated from a single thought.

Ex2: Now having seen a picture of family taken during a holiday trip, my mind now starts thought waves about the remembrance of that trip.

When the thought waves are happening, then it is said that the mind is on its 'duty.'

Reasons for thought waves:

To control thoughts, we should know the reason for these thoughts.

In Pathanjali Yoga Sutras, it is defined that the thought waves in the memory are because of the five classes of modifications in mind. We have to understand these very clearly, then only we can try to control them later.

They are

1. Pramana (right knowledge)
2. Viparya (indiscrimination)
3. Vikalpa (verbal delusion)
4. Nidra (sleep)
5. Smruthi (memory)

You can read them in detail in 'pathanjali yoga sutras'.

Let us see in simple understandable terms - why thoughts arise:

In simple words, the Mind

- When it is 'active'- it plans for future and
- When it is 'passive'-it recalls old memories and be happy or unhappy based on the incident recalled.
- It is a fact that our mind likes to review the good, pleasant and memorable experiences. Alternatively, it gets agitated with remembrance of bad and unpleasant experiences like humiliation; or on an argument for unnecessary reasons with friend or foe.
- Mostly thoughts are generated from the activities of the past three days. You may watch them with

awareness during meditation and analyse. So, when you sit in isolation for three days for practice, the thoughts will slowly decrease.

- Due to desire for an object, we start thinking, planning and act to obtain that object.
- On expectations about the result of work done, whether it will be successful or not.

Why we have to control thoughts?

The thoughts are generating from the 'desires' created in mind through sense objects.

If you start satisfying the desires out of thoughts, they multiply and keeps demanding furthermore, causing miseries and sufferings. Even if you try to suppress desires-they disturb the mind that lead to suffering.

So, to avoid suffering, we have to control thoughts.

How to control thoughts in mind?

“Mind is a beautiful servant but a dangerous master”
- Buddha.

So, we have to tame the Mind to be our servant and utilise it tactfully.

He who has controlled his mind is said to be a veritable God on earth. So, when we want to control thoughts of mind, what has to be controlled?

- 1) Sense organs which bring knowledge to the mind.
- 2) Memory

How to control sense organs:

The Mind cannot be controlled, unless the sense-organs are restrained. To avoid obsession with sense objects one should wisely discriminate with wisdom and detach from sense objects with dispassion.

So one should first get away from being swayed by the sense-objects in order to clam down the sense- organs, through practice of 'Shama' and 'Dama'

What is 'Shama' 'Dama'?:

'Shama' is an internal restraint of the mind by not allowing it to externalise or objectify.

'Dama' is restraint of the external activities and the senses through the regulation of the will.

Ex 1 : If you renounce the desire for eating mangoes, it is 'Shama'.

If you do not go to the market to purchase the mangoes; if you do not allow the eyes to see the mangoes; and do not allow the tongue to taste them, it is 'Dama'.

Ex 2 : A student deciding not to play during exams is 'Shama'. Student not going out to play despite temptation by his friend to do so is 'Dama'.

The practice of 'Dama' should go hand in hand with 'Shama'. 'Shama' alone will not suffice. You must attack the enemy, desire, from within and outside. Then alone you can control the mind very easily.

Guru Prathameshananda swami explains: *"Now a days, couples have single kid. When they take the kid for outing or shopping, and if the parents are involved in talking with friends or shopping- the kid will keep pulling parents to get their attention. Unless parents give attention- kid keeps on causing them tension. Similarly, mind, will create tension, if we do not give what the senses want."*

We have to keep senses under control- ie by not giving what they want.

Ex: When we take a dog for outing, we let loose the rope or belt as per the wish of dog, but when we notice it is planning to eat any rubbish, we pull it back. Similarly, we have to use 'Intellect' to control the senses, reminding it as not worth desiring."

How to control thoughts from Memory:

Next, is memory. Since thoughts arise from memory and goes back to memory, we have to use memory, only when needed.

Since we understood that impressions are being formed from our past experiences of giving opinions, we have to

be careful in giving our opinion as good, bad, I like it, I want again, I hate it etc- since they will be stored in Memory and bounce back , when we see that object again.

DO NOT LOAD UNNECESSARY KNOWLEDGE:

Mind can only conceive things which are known. What I do not know, I cannot think about. The moment I get a new knowledge, it becomes a new idea to think about.

Mind, according to yoga philosophy, is propelled by prana (breath) and thoughts; and moves in the direction of whichever force is more powerful. So, it is suggested to control the breath, thus the 'Memory' can be controlled. If one aspect is controlled, the other will automatically fall in line, similarly if one moves, other will follow.

Through continuous 'practice' and 'non attachment' only, one can bring thoughts under his control.

Mind is everything. Mind alone is the seed for this delusion of world-appearance. Mind alone is cause for Joy & pain, happiness & suffering.


Mind alone experiences the pleasure or pain I suggest you to listen to what a Monk Dandapani gives tips on how to useMind.

<https://youtu.be/iapX9xiDAFY>



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