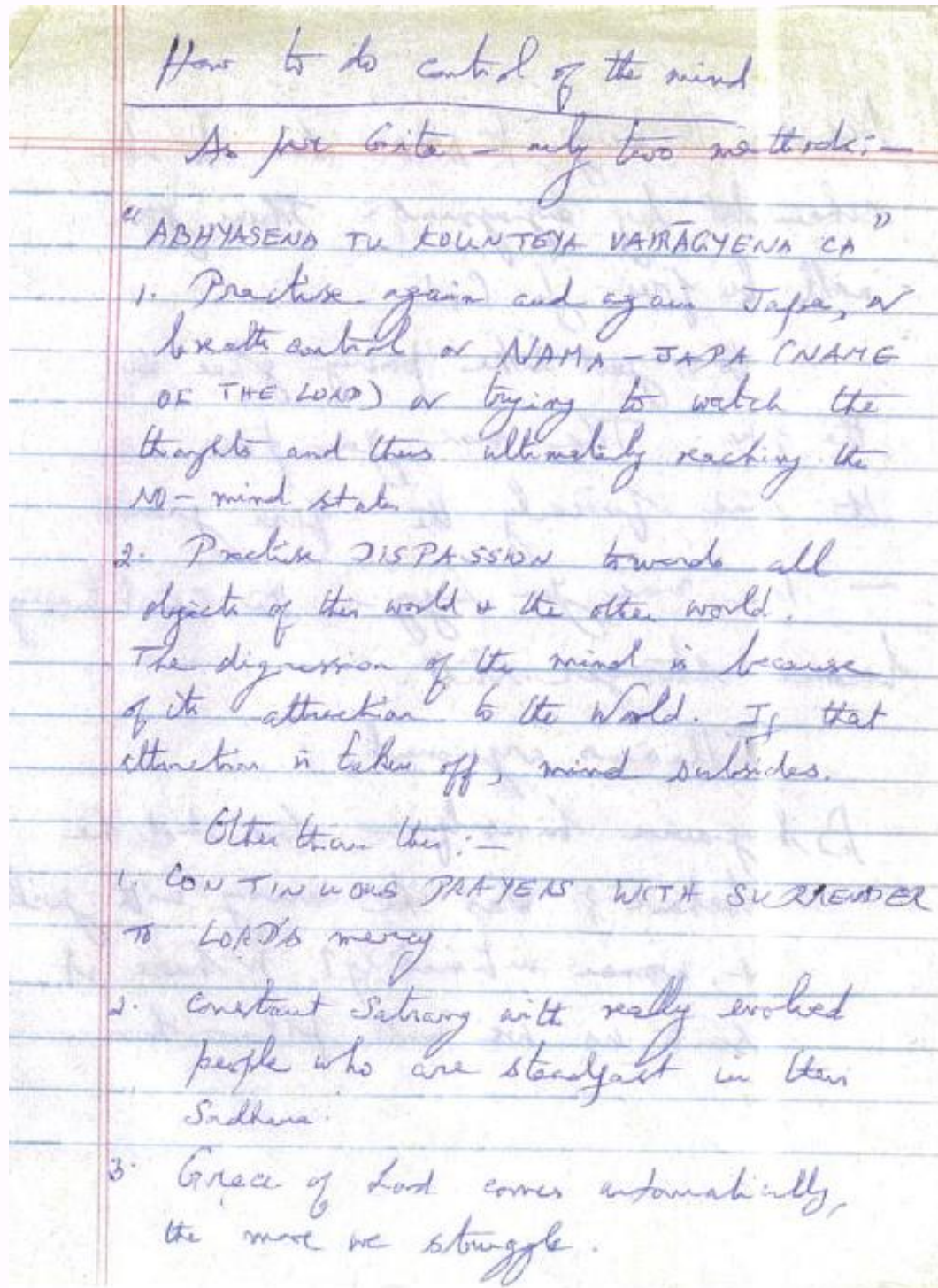




How to do control of the mind?



How to do control of the mind?

As per Gita – only two methods:-

“ABHYASENA TU KAUNTEYA VAIRĀGYENA CA”

1. Practise again and again Japa or breath control or nama-Japa (name of the Lord) or trying to watch the thoughts and thus ultimately reaching the no-mind state.
2. Practice dispassion towards all objects of the world and the other world. The digression of the mind is because of its attraction to the world. If that attraction is taken off, mind subsides.

Other than this:-

1. Continuous prayers with surrender to Lord's mercy.
2. Constant satsang with really evolved people who are steadfast in their sadhana.
3. Grace of the Lord comes automatically, the more we struggle.