

The Science of Mind -Vedantic Perspectives

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Abstract: In Gita 10 / 32 The Almighty says-” adhyamavidya vidyanam” It means, the ‘science of mind is the sciences’. It means, the study, its grasp, its recap and its implementation /application for any sciences say education to start with at the root of all sciences, engineering, social, commerce,arts, information technology, industry, administration, judiciary / politics at the top of all sciences in our daily use for our ‘bread & butter’ is with the help of this science of mind only and nothing else.

Let us, therefore, start our study with this science of mind only. Mind with its associated thoughts is different in each and every human being, on account of its own stock of thoughts of previous births unfruitified, present life till date, parental inheritance, effected through contacts, associations and the work Besides we need to be ethical for a common cause of overall growth of all in general.. It is though difficult but not impossible; because they say ‘where there is a will, there is a way’. This is a puritan call of the day, particularly, when the whole world is full of impulsive activities under the fear of insecurities-pain in body and tension in the mind-and so is in rat race of the hoarding of any kind of security. Even then, despite the very grievous reward of the ‘nature’ to us of frequency, type and intensity of the disasters, our longevity has increased and so we are sure to find a solution and its corresponding execution for understanding the mind, and its reorientation from its ‘impulse base’ to ‘value base’ activity, in line with universal ethics, for our overall growth with ecology as well.

We shall have, therefore to resort to what is repeatedly advised, by visionaries / emissaries, of realization in line with our scriptures, over 5000 years old and also other aspects, as given hereunder.

1. digesting striking episodes of the visionaries 2.diet / sleep / speech control, 3. ‘yogasanas’, 4.h.r.d./ h .r .m..

Key words: mind study, why & when, control inputs, through h.r.d, ‘yogasanas etc.

I. MIND STUDY

Computer / black box of the air craft is a product of mind only; we may try to understand our mind through its product; because we are habituated to understand the material / physical commodity faster than that of the abstract / metaphysical one. Abstract mind and its abstract components are-

- 1) mind
- 2) intellect
- 3) stock of thoughts / memories
- 4) 4)self-mortal & Self- eternal.

Physical computer and its physical components are-

- 1) principal unit of computer with screen
- 2) p .c .u. with chips and hard disc
- 3) key board
- 4) speakers and contains (thinks) a variety of thoughts;

let us therefore, first of all get to know what the ‘mind’ is. It is metaphysical and has 4 divisions within our physical body-

- 1) mind located in our head
- 2) heart located in the right side of our chest
- 3) intellect metaphysically composed of {and located in the head, with other similar components viz intelligence, in combination of memories of our past incarnations including the present one as well and the souls(the mortal & the Eternal as the witness)}
- 4) self-mortal and Self – Eternal & just a witness.

Mind starts its process, to search the appropriate thought and memory in line with the subject matter of the assignment to do its job, with the help of the intellect and its memory/thought storage with in it self (intellect and storage as the key board & hard disc/chips- nos.1& 2 of the computer); if it is working with ethics, it will prefer the particular variety / tool for its ultimate selection and execution through the self-mortal associated with Self- Eternal and ultimate order to the concerned body components for final execution.; In case, of impulsive selection, there will not be accord with the Self- Eternal and ultimately will lead to the final action /execution in total disarray, for our self and also for all concerned with it. It is therefore essential to get to know this metaphysical complex thoroughly, for its fruitful utilization / exploitation for its study through out our life; because any thought that is ultimately so decided within the mind complex, will be translated in its respective execution through the respective components of our body and with corresponding objects of the world out side. Our Vedanta says so, that the study & ethical practice of our mind etc. will surely enable us for taking up with guaranteed success, any discipline, as stated above for its perfection. Reference : Gita 10 / 32 wherein the Almighty Him self states to Arjuna (mortal soul like us)-Knowledge of Spiritual science i.e. the science of mind is more than enough to know any physical sciences-say, education, politics, industry , judiciary , engineering, commerce etc. etc ;because, this knowledge of prime science brings us under the ethics and follows the proverbs’ hurt never, help ever; work is worship, live& let live; love & let love’ for our daily routine. This is possible only with our perpetually sustained sincere and honest, activities with ‘value based functions’ and never ‘impulse based activities at all’ Besides, this philosophy is not just of the Vedanta but it is also equally professed in all other

religions –Christianity, Islam, Buddhism, Jainism, and also in Communism, Maoism and Naxalism. I shall give one practical example to make easy to grasp these Abstract mind components.

II. WHY & WHEN (OPPORTUNE TIME).

This is the opportune time for our all out efforts with perseverance to reorient our selves from the ‘impulse based functions’ to that of ‘value and so dilute or minimize the cruelty of the ‘Nature-Almighty’ that is being experienced by us every where in the world through the variety and exponentially aggravating intensity of disasters- earth quakes, tsunami, volcanoes, global warming and the like. The ‘Nature ‘takes Its corrective toll of action in reply to our all misdeeds as stated hereto before. This is the opportune time for the implementation of spiritual yard sticks-‘hurt never help ever’ etc. etc following here to after.; because we have denatured ourselves to a level of ‘less’ in our affair & activities .as will be seen in the following paragraph of seven social sins.

2.1.

- 1) Politics w/o Principles
- 2) Wealth w/o Work
- 3) Pleasure w/o Conscience
- 4) Knowledge w/o Character
- 5) Commerce w/o Morality
- 6) Science w/o Humility
- 7) Worship w/o Sacrifice.

2.2. Besides, we must know that the skill of a person has 3 stages

- 1) Technical Skill: This is required for achieving material goal such as cooking , reading etc.
- 2) Conceptual skill: This is required for grasping all or major of the underlying basics of things around one self; such as driving a vehicle, we need to know the traffic rules, mechanism of the vehicle, the public around on the road and their mental growth etc .etc.
- 3) Human relations: pedestrians crossing- senior. citizens, ladies, children etc.; over taking without competition and at minimum required speed ,changing of lane systematically etc.etc.
- 4) Taking adequate care for the nature & ecology. Similarly we have to use our skill for the correct option of our activity for the safest and the best outcome of it in the end

2.3. We are becoming ‘lesser’ day by day, in the following aspects covering the entire gamut of our activities.

1. our dress- topless
2. .telephone- cordless
3. cooking –fireless
4. youth-jobless
5. food-fatless
6. labour-effortless
7. conduct-worthless

8. relation-loveless
9. attitude-careless
10. feeling-heartless
11. education-valueless
12. follies-countless
13. arguments-baseless.

Remedial Measures. (control)

1. Illustrious examples of present & past visionaries & emissaries
2. Yogasanas & Pranayamas
3. Dietary control of substantive nature.
4. International conferences on spirituality.

1. Besides we have illustrious visionaries and emissaries of the past (vedic and of other religions) and the present to read, recap and imbibe their ethics for our transformation from ‘impulse’ to ‘value base’ for the good of all, at a time and for ever. In brief, a few are given hereunder

- a) Ramkrishna Paramhansa & Sharda mani devi: A celibate couple without the study of any scripture and average education but divine as an incarnation of the Almighty (Shiva & Shakti); Both guru dev and guru devi of Swami Vivekananda- all from West Bengal.
- b) Raman maharshi from Tiruvannamalai- Tamilnadu. He tried & experienced the pheno0menon of ‘death’ while he was in his lying-down-on-the-floor-posture; that clicked him to his ultimate state of ‘realisation’ and showed all of us the ‘path of knowledge’-one of the 3 paths-‘action, devotion and knowledge’ of the Gita...
- c) Mahatma Gandhi: Truth & Non Violence.” Thought, Speech and Action all in total synchronism for entire life-(in the present context –‘nothing up the sleeve-hidden’)..
- d) Confucius: I give money, you no pay, I get mad; You ask money , I no give, you get mad; better you get mad.
- e) Abraham Lincoln: so shall I not be slave; so shall I not be Master. Some one of his old friend approached him when he was the president of U.S.A & asked for shoe repair; because he was originally a shoe repairer; instantly he repaired for him; so was his simplicity.
- f) Tolstoy: He was born millionaire, but when the then king tzar was cruel & not cooperative to the poor, he evicted his house, family riches and everything ;he stayed then with the poor for ever.
- g) Lord Krishna ate a simple food-“legume” at the house of Vidura- the uncle of Duryodhana disregarding the heaviest and sweetest(56 bhogas) meal at the palace of the latter; having had a failure in the mediation for ‘no war / battle’ between the Pandavas & Kauravas.(full of ego and all malice multiplied)

- h) Gopis pure and eternal love for lord Krishna even surpassed that love of Auddhava to Krishna, as experienced by Auddhav himself when he was sent to gopis in Mathura by Krishna in Dwaraka for enlightening him to nullify his ego of devotion.
- i) Meera & Narasimha Mehta: true devotees to their core and so we remember them as Almighty, even now.

A few scientific similarities:

- a) Parallel lines never meet: it is proved by reduction absurdum like the vedic proof 'neti-neti' for Self-Eternal,
- b) lateral inversion: a passenger in a moving train feels the trees side ways move and the train steady,
- c) Magnetism is tasted by repulsion and not by attraction, Realised person becomes him self / herself as the Self Eternal and so has to be a 'witness' for the mortals to attract .
- d) Kitchen mate- mixer/juicer/ shredder / slicer / doughier can be taken as the mind apparatus for disintegrating the thoughts / memories to weed out the 'Impulse base ones' from the total assemblage of thoughts /memories for selection of the 'value base ones' only for an ethical use.

III. ASANAS

Now we shall take a few 'asanas' of the many existing ones, that are common, easier, and helpful for our health and development of our mind as under.

1. Asanas while sitting.
2. Asanas while standing and
3. Asanas while lying on the floor.

1. Asanas Sitting:

1.1 Padmasana.

Squatting on the floor with crossed legs; feet resting on the thighs; hands each stretched on separately & fully so that the respective palms rest on the respective knees.- this is good for meditation, chest, stomach, diabetes control etc .etc.. Besides you may do a bit of a 'swing' of your whole body in this 'squat position', with your both hands as the pillars one on each side for the swing; do it for 5/6 times .

1.2. Shashankasana.

Similar to 1.1; but the hands are stretched here to touch the floor breathing in & out as in. 1.1.repeat - 3-4 times; with the breathing cycle as prescribed earlier. Gain; Menstrual flow regulated, diabetes, blood deficit, gas emission etc. etc.

2. Asanas Standing

2.1. Surya namaskar- in 12 stages.

1. Stand with folded hands for salutations to the Sun deity

2. Hands raised fully and bending from the waist backward.
3. Bend & bring hands to touch the floor or the toes.
4. Stretch one leg parallel to the ground & the other bend from its knee with hands firm on the ground, head high looking up
5. Stretch the other leg on the ground parallel to the first leg.
6. Take the body back concaving at the ground, & head looking down.
7. Get the body forward and without touching the ground but parallel to ground, & supported on the 2 toes at the back & 2 hands bent from the elbow in the front with head now high or raised.
8. Get back to position 6 as above.
9. Bring one leg near the hands still on the ground.
10. Bring the second leg as done in 9 above with head still looking down..
11. Do as in 2 above. .
12. Regain the position 1 as above. Do it for 5-7 times. Gain: all joints become Flexible / free for all movement easily ; it is the Sun (visible) deity that we are Prostrating (bowing) to.

2.2. Shirsasana:

Note: It is a difficult one and also restricted to those who are not normal in their heart; but very gainful for many diseases, such as pulse control, brain, gases created by congestion/constipation, stresses in eye, deafness migraine, hernia, hydro cell, appendix, excess urination, tonsil, uterus, etc. etc.

1. Lie down on floor with back on the floor.
2. Clasp your hands & put them together folded from their elbows.
3. Bring your head (back of the head) inside these folded hands.
4. Try to lift your body (half- head to the waist) to its right angle gradually and with all care not to lose balance at all under any fear; feel free & confident of what you do is good for your self and others. Your legs are still touching the floor as & for your safety. Once you are sure for the balance with your half body lifted up on your head safe, try to take your legs either one by one or together gradually & without fear, up till the whole body (head to foot) is lifted up vertically on the ground.

Note: here you must remember that you walk on the ground with your body erect on the support of your 2 tiny feet spread about a foot and a half; whereas in this 'asana', you have support of over two feet and that too in a triangular position that is built up by your own hands duly elbowed and with the central support of your head. So when you are confident in your walk on legs, you need not have fears for this upside down stature. It needs only practice with calm & concentrated mind. Here you may continue

to breathe normal, Stay in this position for about 1 / 2 minutes & get down after it in the same way as you did for the head rest

Note: relax after this asana with Shavasana, -lying down on the floor as described here under.

3. Asanas lying on the floor.

3.1. Shavasana

Simply lie down on the floor with chest facing ceiling or the sky. This is for total relaxation of the body and mind & hence attaining tranquility. Here all body components have to be imagined & made without any sort of activities and also to be totally relaxed ;as if you are practically a dead body.

The difference between you and the real dead body is just the presence and absence of the continuance of breath, respectively.

Note: Our realized seer of recent times –Sri Ramana Maharshi tried this just to know what happens when a person dies; and he thus confirmed that only the component 'breath' is eternal / indestructible and different from all the rest of the body components that are temporal.

Time- say 5 minutes.

Diet control: simple diet with no fries/fats, less carbohydrates, but lot of milk, curd, fruits, vegetables. Our stomach is like

the earth & the sea in between their distribution- 3/4 solid ¼ kept free for gas generated and liquid; so we must never get it fully packed up during our meals; always keep space for the generation of gases out of our inputs.; so never be tempted to over eat the delicacy, you may like the most; because the love of taste is only tongue deep but the harm is created in almost all components of our body.

Frequency of international conferences: This needs to be increased .for better rapport and quick feed back; this is very essential, for its righteous impact on the society, industry and institution etc .etc. Organizers may have sources for its funds through its righteous success.

IV. CONCLUSION

Switch over from 'impulse base' to 'value base' action / operation (motto for this-hurt never, help ever; live & let live; work is worship.) set an ideal example for the rest of your neighborhood.

REFERENCES

- [1]. Indian vedic book.viz.1.Gita, chapter12 / verses 5-11.

Harihi ohm tatsat

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