1.Control of thought - The secret

* Discipline which can take care of the conscious level of mind.
* As long as we identify ourselves with the ego or the body we cannot reach this stage.
* Repetition of GAYATRI MANTRA & OM greatly helps to control our mind.

2.Control of the subconscious mind

* Importance of controlling the conscious mind.
* Awakening of kundalini thought the raja yoga method of Pranayama.
* Practice of spiritual disciplines.

3.Beware of a trick of the mind

* As Meister Eckhart the German mystic says: In the heart of this moment is eternity.
* The future is nothing but MAYA.

4.Believers are at an advantage in controlling the mind

* When faith in god is sincerely cultivated we get potent help for controlling the mind.
* When lust, anger, and other passions disappear the mind becomes purified.

5.The simplest and the surest method of controlling the mind

* Methods of controlling the mind.
* Sri Ramakrishna teaches: The best thing for people whose minds are attracted by sense objects is to cultivate the dualistic attitude and chant loudly the name of the lord as enjoyed in the NARADA PANCARATRA.

6.The same truth comes to us equally forcefully from holy mother’s life and teaching.

* Why do I not succeed?
* How to control mind?