7.The clear grasp of the task on hand needed

* It must be clearly understood and fully accepted that there is no gimmick by which the mind can be controlled. Looking the mind, a delicate instrument, should be handled very carefully.
* The mind has to be gradually and systematically brought under control and needs a lot patience

8.A favourable inner climate needs to be created

* To control the mind we need to create a favourable inner climate where concisely accepting certain inevitable of life and creates a positive attitude towards work
* e.g. the five things we worry about most is that is old age, disease, death, decay, whatever the outcome is of my own deeds

9. Two sets of inner discipline

* In the first set several basic disciplines are included like there should be a proper routing for daily life and certain basic principle by which a sense of direction is given to whatever we do
* Without which it is impossible
* In the second we must check its proverbial restlessness and its causes
* The main cause of the proverbial restlessness are the impurities of the mind

10.the purer the mind the easier to control the mind

* The control of the mind depends upon purity more the purer the easier to control it
* We should practice discipline for the purification of the mind and remove the impurities of the mind like anger, fear, guilt, etc.

11.changing the constitution of the mind

* The important part of the controlling mind also depends on the foods and drinking habits of one
* Our mind is the most subtle part of the mind just as curd churned and transformed to make the butter
* One having a good sattvik (the pure) food and lifestyle can lead and better control the mind

**12. holy company greatly helps in the mind control**

* When we are in the company of the perfected soul the powerful vibrations act as a catalyst and helps in speedy change in the Guna (pure) composition of mind
* Thus, resulted in the sattva dominance of the mind and easier to control the mind
* And some time not possible we should depend on our resources that is suitable for us and bring preponderance of the sattva in our mind and purifying the mind