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1. Episode Title: Episode 131 – Bhagavad Gita (Chapter 2, Episode 131)

2. Topics & Tags:

TOPICS: The means to control the mind (manas), the importance of good thoughts, the impact of technology on children, the relationship between habits and addictions, the significance of directing the mind towards God, and the practice of visualizing the divine.

TAGS: HH Chinna Jeeyar Swami, Bhagavad Gita, Chapter 2, mind control, meditation, good habits, addictions, Arjuna, Krishna, dhyana, prajna, devotion, Kapila, Devahuthi, pa:da:di ke:sha:ntha, divine beauty

3. Main Content:

Jai Srimannarayana! Priya Bhagavadbandhus (Dear devotees of the Lord), in chapter 2 of Bhagavad Gita, Sri Krishna explained the means to control manas (mind). We are in the process of discussing it. Elders advise dhyana (meditation) or pranayama (breathing exercises) to control manas. This is to make the instrument [manas] efficient. Once the instrument [manas] is efficient, we should feed it good thoughts. Give the mind topics you desire related to thathva (eternal realities) in a way that it likes.

Manas is like a little child. If we ask little children to see or think about a particular thing, they don’t like it and want to look at what they like. Previously, elders used to make little children aware of what needs to be known. They used to teach them somehow, either using fear, by coaxing, or convincing them. Now the situation has changed. If the kids cry or don’t listen to us, we don’t have the patience or the time to convince them. So parents give them a cell phone with a few games in it, to a child less than a year old. When the child starts playing with it, parents are relieved and get back to their tasks.

Whatever you get someone used to, he becomes proficient in that. We all know this. We give them unnecessary things and try to justify it. How? We say, ‘technology is developing, the world is moving towards the 22nd century.’ ‘It is our responsibility to expose our children to that. We must get them used to cell phones.’ What does the child do in the future? Even if he has an exam, he sits in a corner with a cell phone and does not listen to anyone. Finally, he gets into various addictions, and a situation arises where we can’t connect with him. We are seeing a lot of such kids. We are the ones who got him used to that.

If the parents are used to drinking coffee or tea, they get the kids used to it. Gradually, after he grows up, he may develop other addictions like drinking and gambling. Once it goes to that extent, we feel, ‘The child is not listening to us. He’s become like this.’ However, we did not get the child used to good habits, right? Our manas is also like that. We should gradually convince our manas, using ways it likes, to kindle interest in good topics.

However, there is a problem here. We know manas is not a visible instrument. How can we convince it and make it listen to us? Give it to someone who can mold it to listen? Nowadays, our people are training animals to do many tasks. Dogs, cats, and other animals do many things. In the circus, artists perform many acts, right? How are they able to make them do those things? They didn’t get there in a day. They use many means and make animals practice in many ways so they can do those things. It [animal] doesn’t do it with its intellect. It does it mechanically because of the practice it was made to go through.

In whose hands should we put our manas that way? Even if we put it in someone's hands, how can we be sure of what will happen to it later? Arjuna got this doubt as to who is the grand master who can train the mind? How should we pay him? After all that, we can’t be sure if the mind will listen to us or not. Sri Krishna clarified his doubt in verse 2.61. He said, ‘don’t put your manas in anyone’s hands.’

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SLOKA WORD -

tha:ni sarva:ni samyamya yuktha a:si:tha mathparaha

vase:hi yasya indriya:ni thasya prajna: prathishtitha:

SLOKA MEANING -

Control all the senses, and be focused on Me. The one who has control over his senses has stable knowledge.

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For knowledge to be stable in you, the distracting indriyas (senses) have to be controlled. If the senses are in control, there is nothing else which you won’t be able to achieve. If they are not in control, whatever you do will be of no use. You can’t control your mind and senses. Instead of trying to control them, direct their actions towards Me.

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SLOKA WORD -

tha:ni sarva:ni samyamya

yuktha a:si:tha mathparaha

SLOKA MEANING -

Control the tendencies of all the senses and direct them towards Me.

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What happens then?

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SLOKA WORD -

vase:hi yasya indriya:ni

thasya prajna prathishtitha:

SLOKA MEANING -

Then all senses will be in one’s control, and only such a person whose senses are in his control will have a focused mind.

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The Lord said, ‘turn them towards Me’. In Srimad Bhagavatam, Kapila gives a wonderful upadesa (teaching) to his mother Devahuthi. While discussing how to control manas, he said, ‘we should give something beautiful to manas.’ What does manas get attracted to? Where there is beauty, manas gets attracted to that. Whatever is easily accessible, manas gets attracted to that. Whatever is great, the mind gets attracted to that. So it should have greatness, be accessible, beautiful, and it has to give us happiness. If all these are not there, the mind doesn’t go there. The thathva (truth) who has all these is God. Hence, you have to take your mind towards God.

Kapila revealed a great sadhana (dedicated practice) to Devahuthi on taking the mind towards God. What is the first step?

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SLOKA WORD -

san chinthaye:th bhagavathas charana:ravindam

SLOKA MEANING -

Meditate on the lotus feet of the Lord.

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Have darshan (vision), see the Lord starting from His feet. Then come up gradually to His knees, His thighs, His waist, His chest, His shoulders, His throat, His hands, His fingers, His cheeks, His nose, His hair, and His crown.

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SLOKA WORD -

pa:da:di ke:sa:ntha

SLOKA MEANING -

Beginning at His feet upwards to His hair.

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Watch them and reflect on their expression of grace on us. Now, begin at His hair and go downwards to His feet. And then from feet back to the hair again. Manas is used to movement. If you try to tie it in one place, it won’t stay there. It gets suffocated when tied down and falters at some point. Don’t tie it in one place; let it move. But not the way it wants, make it move the way you want. Since it is used to movement, you are moving it. Since you want God, you are making it move around God. Hence, it is a wonderful instrument that helps in focusing on God. From His feet to His hair.

Can we ever see God? Yes, He is visible. How and where? We see Him in a temple or mandir (place of worship), at home. He is visible as archa murthi (deity) in these places. God is adorned in many ways with beautiful clothes, ornaments, and weapons on Him. Why is He adorned this way? Does He need clothes, ornaments, or weapons? He doesn’t need any of these. Then why is He adorned this way? It is not for Him; it is for you.

There is a sthotra (praise), extolled by the celestial beings of Swetha Dweepa, an island in the Milky Ocean where the Lord reclines.

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SLOKA WORD -

na the: ru:pam na cha:ka:ra:ha na:yu:dha:ni na cha:spadam

thada:pi purusha:ka:raha bhaktha:na:m thwam prakashase:

SLOKA MEANING -

Weapons, form, name, decorations, and place are not for Him. They are for us.

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Weapons, form, name, decorations, and place are not for Him. They are for us. We need to have a focused mind, so He adorns beautiful ornaments. Why? We love weapons, beauty, decorations, clothes, and food items. Whatever your mind gets attracted to and wherever it goes, whatever is most beautiful among them, collect all the best of those things mentally and apply them to God. It is fine if you can’t do it physically. The mind doesn’t have that limitation, right? Collect them with your mind and apply them to God.

You may have seen beautiful feet somewhere. See them as God’s feet. You may have seen an amazingly beautiful waist. Recall it and see it as God’s waist. You may have seen a broad chest. Apply it for God. You may have seen the most beautiful eyes. Apply them for God. You may have seen beautiful hair somewhere. Apply it for God. If what we arranged is so beautiful and attractive every second, how fathomless must be His divine beauty, the origin of all those? If it [His beauty] were a vast ocean, whatever is imaginable by all of our buddhi (intellect) is only a droplet in it. Now, feel it; try to visualize it. This is called pa:da:di ke:sha:ntha sthuthi (praise from feet to hair).

An Alwar named Thiruppan Alwar sang about Lord Rangana:tha like that, saying amalan a:dipira:n. Kapila gives a wonderful upadesa to his mother Devahuthi about the Lord's beauty.

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SLOKA WORD -

yuktha a:si:tha math paraha

SLOKA MEANING -

Apply them for Me.

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Then He controls your manas from distractions. He makes sure your sadhana (practice) stays throughout. The main means to control manas is to see God in your manas and direct your manas towards God. This strong foundation establishes prajna (beneficial knowledge) in us. Let us try to gradually learn about that. Jai Srimannarayana!

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